Pittwater Online News

December 30, 2012 - January 5, 2013: Issue 91

Summertime In Pittwater 2012-2013

Palm Beach, Pittwater 12pm 28.12.2012. Picture by A J Guesdon.

People filled the beaches of Pittwater on Friday 28th and Saturday 29th of December, spreading colourful umbrellas across the sands with a traffic jam by 10am on the way to Palm Beach. Small children jumped up and down and up and down in the edge of the water while parents, in an end of year exhale, relaxed within grabbing reach. Around 3pm the southerly caused another traffic jam as all headed home. The Australian Bureau of Meteorology has forecast warmer then average temperatures for January through to the end of March 2013 so days like these will bring more lovers of sea, sand and blue sky to where they may enjoy our briny climes. They may even witness part of the Adrian Curlewis Masters and Boat races coming up on the 4th and 5th of January on this beach, or one of the Ocean Swims set to bring all together throughout January. Either way they get to see Pittwater in her Summer finery and her people simply being themselves.

While snapping this picture of heat and salt hazes mixing we also offered to take a few snaps on their own camera of one visiting family; thus spreading what is Pittwater cheer. We may choose to swim at dawn and dusk in clear patches of water during January's throngful days but we can also appreciate that what we love about our home makes it a place that is home for Summer to many others too. Let's hope they all leave with a sense of Pittwater's people as much as its beauty, with a smile ready to rise at such a memory of us and our place... and all senses refreshed with fresh salt water and salt air, of course!

Happy New Year to all of you who live here, who visit here, and all of you who are far from home...

On the Pittwater estuary side, Palm Beach, 28.12.2012. Picture by A J Guesdon.

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Articles This Week:

Summertime in Pittwater

Thinkers and Tinkerers Toast Computer Pioneers Charles Babbage and Max Burnet At The Discovery Shed, Mona Vale

Artspot VI - Charity Spots for Cobra and Mongoose: Pittwater Online News continues this week with a focus on the summer art exhibition Artspot, opening at Avalon Recreation Centre next Friday 4th January (from 6pm) and continuing January 5th to January 13th. Artspot invites all the Pittwater Online News readers to come along and enjoy the art exhibition and show.

All Previous Articles

Profile: January Gents 2013.; Ted Blackall, In 2012 we were very fortunate to meet a brilliant artist in Ted Blackall and shared a small insight into 3rdi painting, a revelation not just for those who wish to paint but also for every body else as well. This gentleman, who has studied under Australian art legends William Frater, Murray Griffin and Harold Freedman, worked at Channel Nine in Melbourne when Graham Kennedy was leading our cultural revolution and created advertisements you will know is also our Artist of the Month for January 2013. Could there be any better way to herald what must be a great year with gents like these smiling from our horizons…and also up close…

Previous Profiles:

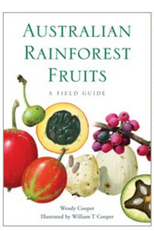
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

History: Summer Saltwater Mix 2013: The History of Small Yacht Cruising Club of Pittwater Inc. by James Brigden, a founding member

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

Park Bench Philosopher: Summer Day by Leslie Holdsworth Allen, 1937



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

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

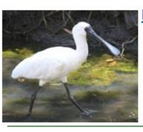
News From our Inbox Year In Review in Science, Culture and Year to Come: 2013: Year of the Water Snake; Science's Breakthrough of the Year: Discovery of the Higgs Boson; Eating Asparagus May Prevent a Hangover; Smoking May Worsen Hangover; Measurements Hint Why the Universe Is Dominated by Matter; Facebook: We own your Instagram photos; Health Papers Published this week: Gout Study Offers Genetic Insight Into 'Disease of Kings', Understanding Cell Organization to Tackle Cancer, Fat Influences Decisions Taken by Brain Cells, Chinese Medicine Yields Secrets, Excessive Protein Synthesis Linked to Autistic-Like Behaviors

Community News: Fast favourable forecast for the 32nd Club Marine Pittwater to Coffs Harbour Race, Palm Beach SLSC- A Weekend Celebration of Surf Life Saving; Adrian Curlewis Twilight Masters & New Year Open & Boat Carnival, NO ME, NO TREE!, Cruise for a Cure, PBL Comp., 2nd annual Club Marine Pittwater Sail Expo for 2013, WHAT'S YOUR PLAN B?, FREE DOG TRAINING CLASSES, Our Council's Notices, Fed. Govt. Media and more

Environment: Top Australian Environmental Stories of 2012: Good, Bad and Ugly, Recycle Plastics at Coles, Weather for January to March 2013, Swirling column of courting jacks, CARGO SHIP POWERED BY 100% RENEWABLE ENERGY UNDER DEVELOPMENT, local Environment groups, Events and orgs.

Lynda Hill: Update 23.12.12: Letting Go Of Fear And Letting Love In: December's Cancerian 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: Beach Life -Summer in Pittwater

Youth: Twenty years from now, Australian children are dancing, Funky Beach Art with Meredith Rasdall, Wallace and Gromit's World of Invention, Trams, 2012 Musical Mash-up, The Wiggles at Powerhouse Museum, Discover your future at Info Day 2013, Fun for You at Mona Vale Library these Holidays, Songfish Choir, Safe Schools are Smart Schools Competition, Pipe Dream, Jack in the box, **The Royal Prince Alfred Yacht Club Teaches over 600 Children a Year to sail**, **School Holidays Art Workshop**, Cool Tools - Tree of Life Branches out Online, New online tool for students from Fed. Govt., Library Story-times for Littlies.

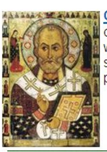
Seniors; Summer Mix - 2013; IN The Mood; Australian Summers Past - Archive Mash-up; New Protection on Costs for People in Aged Care; New MRI Method May Help Diagnose Dementia; NFSA releases unseen film of Bradman in Canada; AvPals Jan. 2013 Enrolments; AASG; Sydney in the Silent Film Era; My Man Godfrey (1936 Summer Movie), local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

Reflections by George Repin. **This week; THE MATSON LINE AND KEEPSAKE MENUS**

DIY Hints: Summer Jobs; How to Fix a Flyscreen and a Leaking Tap.



Collector's Corner: The Father of Santa Claus; one for young and old alike and a good example why you should keep 'bad poets' poems or not smirk at those you consider to be poor with the pen + the original Saint Nikola

Food: Summer Fruit: Australian Cherries; and Native Cherries; recipes, history, health benefits and an Australian lady painter with a direct connection to **Duntroon**, Canberra's, origin.

Events: NYE in Pittwater, Paddling and Walking, Deepsea Challenger showcased at Powerhouse Museum, Kids on the Coast - Summer School Holiday Program, Narrabeen Lagoon free activities, Historic Houses Trust Event - House music 2013, Drive, The Classic Kings, Sustainable Building and Renovating Workshop, NBO Christmas Concert, and more.

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After 200 years Charles Babbage and Allan G. Bromley are still at it The Secret is out !!

In the early 1980's a young Packaging Engineer, Bob Moran, returning home from visiting packaging exhibitions in Chicago and Paris chanced to visit the Science Museum in London. Thinking he knew a good deal about machine design and construction, he was totally deflated by the incredible works of Charles Babbage and his engineer Joseph Clement in their efforts to mechanise computing for the first time in the 1820 - 1830's.

Little did he know that years later he would unexpectedly be invited to quote on replicating that iconic surviving small portion of Babbage's Difference Engine No.1, he marveled at that day. This venture did not materialize but Bob was so challenged and captivated that he decided to proceed alone with the guidance of the late Professor Allan G. Bromley the world renowned expert on the works of Charles Babbage.

Many years have lapsed and we now find Bob teamed up with another computer pioneer, Max Burnet (BACK MUSEUM) in setting up a Discovery Shed in Mona Vale which is a haven for thinkers and tinkerers and now houses a remarkable collection of iconic machinery. It is the bicentennial year of when Charles Babbage first thought to mechanise computing (1812 or 1813). So what do we have to show for this huge lot of research and tinkering to celebrate the bicentenary ?

The bronze and iron small portion of Difference Engine No.1 (1833) is nearing completion it is built as close to the original as possible and will be a working model.

The mockup of the full size machine has commenced using light weight materials, simulating bronze and iron, which would be too costly and time consuming to use. To see this model is quite astounding, as it stands 9' high 11' long and 5' wide, it was intended to be driven by steam with a complexity of mechanism that is hard to believe for the 1830's.

Now for the twist, it happened to be the 26th December 2012 Boxing day, which is Charles Babbage's birthday it is also Max Burnet's birthday and there are 150 years between them, not only that but John Deane from the Australian Computer Museum Society another computer pioneer and a distant relative of Charles Babbage was at the Shed to celebrate this event. Then Pamela Garnsey arrived announcing that "she was distantly related to Charles Jearrard, Charles Babbage's builder" !!

With many iconic machines in the Shed, Babbage's Difference Engine No.1, Max's rare DEC PDP-7 mainframe, his PDP-8 (the first desk top computer 200lb) and Allan Bromley's section of the Broadmeadow Totalisator, ensures that EXCITING THINGS ARE YET TO COME, stay tuned!

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Max Burnet graduated from Melbourne University with a Bachelor of Science (Honours) in electronics in 1962. He then spent four years as a Scientific Officer at the Weapons Research Establishment in South Australia. He joined Digital Equipment Corporation Australia in 1967, and spent 31 years with them, to become the longest serving employee in Australia. He opened Digital's Melbourne office in 1967 and their Adelaide office in 1971. During the period 1975 to 1982 he was Managing Director of Digital in Australia until missing budget in the 1982 recession! In later years he managed Digital's local content project. In Aug 1990, he was the Director of the DECworld'90 event in Canberra. For twenty years he managed Digital's user society, DECUS, which had up to 5000 loyal members. In 1998 he took early retirement a few days before the Compaq takeover, not wishing to be compaqted.

During his time at Digital, he collected a museum of all the early DEC computers and was known around the company as "Museum Max". In 1993 he was one of 15 pioneers featured in Computerworld Newspaper's "Pioneers of Australian Computing" booklet. He has established a company called BACK Pty Ltd, which is Burnet Antique Computer Knowhow - and plans to use his museum collection to provide for porting of old media and all manner of technical, educational, historical and display activities.

BACK, Burnet Antique Computer Knowhow Pty Ltd, has an extensive collection of early computers and data processing artefacts dating back to 1910. It comprises over 60 six foot cabinets. It is considered to be the best collection of Digital Equipment Corporation material in the world. There are also over 6000 items of literature, handbooks, engineering diagrams and software, all catalogued and accessible.

BACK has no grand plan to have these items gathering dust in a museum, but rather to maintain and use them as working tools for a variety of projects. BACK is convinced that in 50 or 100 years, such items will be of immense value and interest. All these items are currently distributed in a number of warehouses around the Sydney area. Inspections can be arranged. Some are on display in public places such as company foyers etc. A description of the BACK collection and philosophy can be found in an article in the December 1996 issue of the Digital Technical Journal.

Preserving Computing's Past: Restoration and Simulation by Maxwell M. Burnet and Robert M. Supnik.
See www.tiac.net/users/mps/retro/sources/dtjn02pf.pdf
Retrieved from: http://www.acms.org.au/burnet-max.shtml

Allan Bromley (1947–2002) was an Australian historian of computing who became a world authority on many aspects of early computing and was one of the most avid collectors of mechanical calculators.
His work on understanding Charles Babbage's calculating engines is Allan Bromley's greatest legacy. The October-December 2000 issue of the IEEE Annals of the History of Computingwas dedicated to him for the quality of his research on this subject.
His studies of the Antikythera mechanism led to the first working model of this ancient analog computer. Allan Bromley was an associate professor at the University of Sydney. His main academic interest was the history of computers.
Allan Bromley (historian). (2012, October 7). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Allan_Bromley_(historian)&oldid=516450558

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Artspot VI - Charity Spots for Cobra and Mongoose

Pittwater Online News continues this week with a focus on the summer art exhibition **Artspot**, opening at Avalon Recreation Centre next **Friday 4th January and continuing January 5th to January 13th**. **Artspot** invites all the Pittwater Online News readers to come along and enjoy the art exhibition and show.

This week we focus on **Artspots**' charity initiative. Sixteen of the artists have created 12" round artworks, which will be available via silent auction raising monies for local Avalon gardener Michael Symons' almost 10 year old charity group called Cobra and Mongoose (www.cobraandmongoosecharitygroup.com.au).

Having positively affected the lives of over 1,000 poor districts, Cobra and Mongoose will be using 100% of the **Artspot** monies raised towards a special project which is building hostels for children matriculating from primary to high school in the remote region of Bandarban.

Michael was introduced to us by one of our artists Christine Mackinnon who shares that she met Michael some 12 years ago when first moving to Palm Beach and hiring him as her gardener. Through her community links including local Pilates classes she actively participated in the annual raffle to raise funds for the Cobra and Mongoose charity. She is inspired by his work in India, Bangladesh and Sri Lanka – from providing women with lessons in machine sewing and work, primary schools for children in isolated villages and teaching for children working in the handmade brick factories. She travelled to see some of the work being done by Michael in 2010 and the difference that his charity has made to so many lives.

Christine suggested this charity for **Artspot's** first exhibition due to it being a small locally driven charity where all the funds go directly to the project. By participating in **Artspot's** silent auction, 100% goes to the hostel building in Kote.

Michael shares that the "*trips always put into perspective how lucky we are living in Australia*".

Artspot will feature 17 artists ranging from emerging too professional with two international guests joining us from South Africa. An array of fine arts is on show including paintings, artist prints, ceramics, photography and sculpture. Artists include Meredith & Gemma Rasdall, Diezel, Cindy Goode Milman, Lorraine Beal, Stephanie Brown, Jackson Davies, Jessica Watts, Blue Stuart, Christine MacKinnon, Julia Sample, Michele Petrie, Caroline Munro, Emily Sandrussi, Angus Benham, May Wentworth and Conrad Bo.

Artspot Art Exhibition
Location: Avalon Recreation Centre, 59A Old Barrenjoey RD, Avalon, NSW, 2107.
Opening Night: Friday 4th January 2013, 6.00pm-9.00pm.
Opening Times: 10.00am – 5.00pm.
Exhibition closes: Sunday 13th January 2013
Author Talk: Sunday 6th of January at 11.00am.
Website: www.artspotexhibitions.com

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SUMMER DAY.

Through the long-drawn summer day
Tides of glowing shadows creep,
Lucent waves whose lapping fires,
Grass with living purple steep.

Sunbeams search the dazzled dust,
Raining in a pillared stream,
Diamond-sanded waters drink
Amber shade and topaz gleam.

Golden sheep are statue-still,
Spiral tongues their fleecy tips.
Horses droop their bronzen necks,
Motes of light about their lips.

Ghost of haze is on the hills,
Frail as shell of amethyst;
Shafted smoke with azure drift
Thicks the air to scented mist.

Tree-tops lift a silent sea,
Chiselled billows, copper-wrought,
Sheathed with salamander breath
Tossed in jets, in eddies caught.

Through the long-drawn summer day
Spell o'erlies the Burning Bush;
Darkness dims the clotted dun,
Penning earth in arid hush.
L. H. ALLEN

SUMMER DAY. (**1937, September 11**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17401605

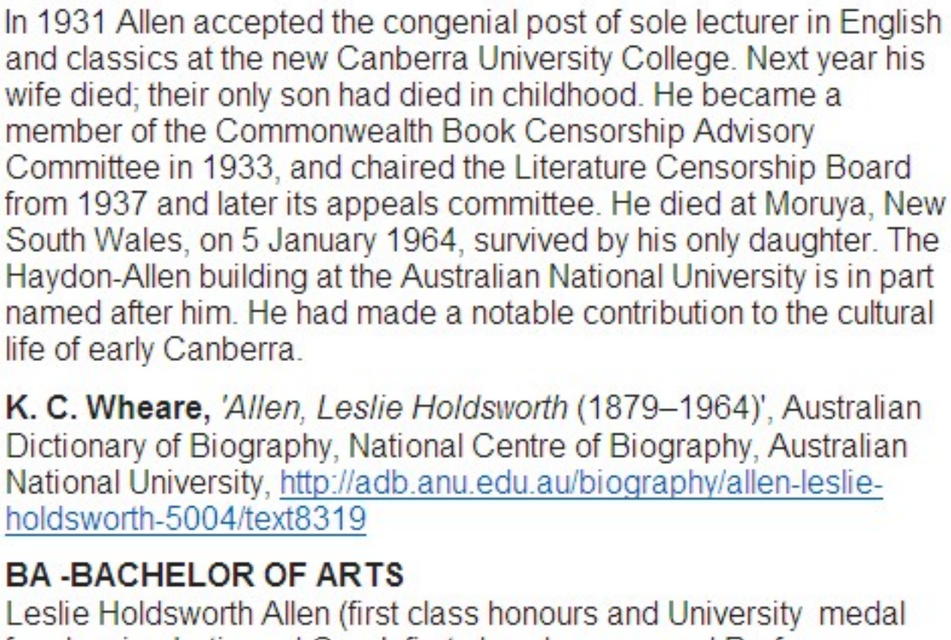
Sir Leslie Holdsworth Allen (1879-1964) was born on 21 June 1879 at Maryborough, was educated at state schools and Newington College, Sydney, then studied English and classics at the University of Sydney (B.A., 1904; M.A., 1920). He won a travelling scholarship, and at the University of Leipzig completed in 1907 a doctoral dissertation on the personality of Shelley. After his return to Sydney he lectured part time at the university until appointment in 1911 as senior lecturer in classics and English at the Teachers' College.

On 22 December 1915 at Chatswood, Allen married Dora Bavin, a New Zealander. She was tubercular, and this led him to seek a post in the hills: in 1918 he became professor of English at the Royal Military College, Duntroon. His work was undemanding and allowed him to pursue his wide cultural interests. A friend of (Sir) Lionel Lindsay and an early admirer of Roland Wakelin, he collected works by Australian painters. He produced several plays at Duntroon and for the Canberra Society of Arts and Literature. He published a wide range of scholarly articles, translated German plays for Dent's Everyman's Library, and wrote several volumes of poetry and a book of children's verses.

In 1931 Allen accepted the congenial post of sole lecturer in English and classics at the new Canberra University College. Next year his wife died; their only son had died in childhood. He became a member of the Commonwealth Book Censorship Advisory Committee in 1933, and chaired the Literature Censorship Board from 1937 and later its appeals committee. He died at Moruya, New South Wales, on 5 January 1964, survived by his only daughter. The Haydon-Allen building at the Australian National University is in part named after him. He had made a notable contribution to the cultural life of early Canberra.

K. C. Wheare, *'Allen, Leslie Holdsworth* (1879–1964)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/allen-leslie-holdsworth-5004/text8319

BA -BACHELOR OF ARTS
Leslie Holdsworth Allen (first class honours and University medal for classics-Latin and Greek first class honours and Professor Maccallum's prize for English.) THE SUCCESSFUL STUDENTS. (**1904, May 2**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article14617126



Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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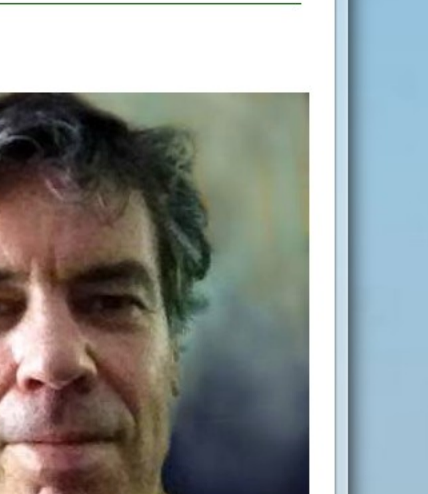
Ted Blackall



In 2012 we were very fortunate to meet a brilliant artist in Ted Blackall and shared a small insight into 3rdi painting, a revelation not just for those who wish to paint but also for every body else as well. This gentleman, who has studied under Australian art legends William Frater, Murray Griffin and Harold Freedman, worked at Channel Nine in Melbourne when Graham Kennedy was leading our cultural revolution and created advertisements you will know is also our Artist of the Month for January 2013. Could there be any better way to herald what must be a great year with gents like these smiling from our horizons…and also up close…

You're always looking for something to paint?

You're finding what to paint and this …the 'what' is the mission; it's not that you don't know what to paint, you can paint a fridge, a bunny, a bran or anything like that, but **the '*why*' comes before the 'what'** . all artists have this problem, they're thinking 'what will I paint next?' …so it's what.. what… what…. Ultimately I got to 'why am I painting?'. I found I'd rather make breakfast or watch TV or anything else rather then paint because painting is hard and it's only hard because of this 'why?'; the motivation.

Before, in the commercial world, I was easily motivated because it was cash; I got to pay the bills at home and all that sort of thing, so that was easy. I did good work and I did it conscientiously and I did it for people with love and I wanted their business to go well because of my art. I like the praise but it didn't mean nearly as much as seeing them happy about it and being able to take my work into their clients and watch their clients laugh and sign cheques. So that was quite clear. But then the more I came into working in Fine Arts I ran up against this thing of…"I'm painting…I'm really good at painting things. I was trained in that." I can paint any kind of figure, out of the imagination, with light and shade and everything like that; I've done so much of it. I must have done thousands and thousands of renderings of this and that, not to mention hundreds and hundreds of paintings, and I found myself in this future mode all the time, telling myself 'I'm going to get better at this, I'm a painter, I shouldn't do anything else.'

Nowhere in there was there this clear mission. Then I studied a lot, a lot of texts and I'm very interested in the 'why' of lie and what I'm actually doing and I think an artist is brought to that at some stage; they're saying to themselves 'what is the point of actually living?'…'what is the thing that's going on on the planet?' and the answer to that is communication because you have this concept of others in one's world, others to communicate with and to realise the oneness and the One is in all; this is what we try to do, we try to join everybody up… everybody is Self or an extension or projection of Self.

I always think of myself as looking in a mirror (when looking at others) and 'how am I doing today?' …(smiles, looks at interviewer as though looking in a mirror)… 'I'm doing ok today!'

When I work with the Seniors; these are very old people and they know everything, they've lived a whole life and they're very silent with it. I'm busy teaching them something and feeling very self conscious and at the same time (learning from them) for whatever their spirit they have going because they're all really highly developed people in the mind. So this is part of my study and I have to confess that I recently came across 'A Course in Miracles'; I read it all, I'm a voracious reader. This tells me that 'self is one'; there is just One, there's just One in All and that life energy itself is an illusion. So here am I painting, looking for 'what' life I should be painting…and I'm looking and I go back to the 'why' very soon because I'm not getting the volition and the 'why' and the communication. So if everything is un-real then what is my work illustrating by showing these un-real things… what's the significance in terms of communication, what's it communicating; what do people see when they look at my work and what do they get out of it if they exist at all…and I have to assume for the sake of the argument that they do, that being alive they exist, that they want to get something out of it.

There's a certain power in work that sells for instance, that's popular. I'd have to point to Ken Done for instance; he's very specifically popular with the Japanese. He's popular with everybody but very popular with them. They buy all the work he does. Why they like him is that Japanese society is a very structured society with a top-down rigid set up and Ken Done is a free man, he paints freely, like a child some say, but really what he's doing is he gives himself permission to go right ahead. He's a lovely guy and real super-friendly. They buy the freedom when they buy his work, it's the freedom they take, buy and put on the wall and look at. That is the selling point, the USP, the Unique Selling Proposition, of the painting and at the same time it is in fact his reason to paint, that he offers freedom, he paints freedom and it's given as a commodity. So you see you're giving at the same time as taking; you're giving something rather then a picture of something.

So there's an equilibrium?

There is an equilibrium. A quid pro quo; all communication has to be two ways. There is no way it can be any other way. It's didactic.

And if you're standing at the core of that what is there?

Knowledge, it's knowledge of how to communicate. I realised I don't want to paint 'things' that don't really transmit anything; there's a new trend of painting abstract expressionism and this is an honest way of communicating, however there is a certain myopia about it in so far as we're not quite sure what we're communicating here and there. We wake up on a good day, we're feeling good and we do an abstract expressionism painting and somebody buys it and the next day we can't figure out why we're not doing so good. The damn thing just sits in the studio the whole time.

The knowledge is the key. Ken has this knowledge of freedom, it's contained and it's focused. He spent a lot of years in advertising… honing his skills.

The mission is the thing; I do try and transmit this to my 3rdi painters; I guess you could call it discovery but it's more about the idea that I don't paint like others. For instance the Expressionists used light to paint to show the things. I'm doing it the other way around. I'm using the thing to show the light. Therefore I don't have to travel to Uluru or some sort of significant lyric… 'let's paint the Sydney Harbour Bridge or the Opera House or the Blue Mountains' or anything like that. I discovered that even just around my house is that small part of the bush that just looks really great, it picks up the play of light really beautifully and so that is my vehicle for the play of light. So if I paint light, I transmit light to the viewer and, abstractly, it's the light which (light equals love in the communication) everybody loves in the picture. They say 'it makes me feel like…' all the connotations with the word 'light'…are the ascending and meeting point for the feeling of oneness. Light is oneness. Light is all of these and so now I have subjects all over the place.

I was walking up here today and just outside this door and there's this most beautiful play of light here because of all the concrete and the trees….I'm not interested in all the trees you have here but the play of light…it's abstractly the light that I'm interested in.

Where were you born?

I was born in Melbourne in 1945.

Where did you grow up?

I grew up in Sandringham. I went to Hallaby College in Brighton. I graduated and went to Art School where I studied Painting and Illustration.

What's the first thing you ever drew?

I don't remember the first time I drew. I think it's a vaguer concept because what you're doing (in writing) is hooking up a right brain idea with letters. I can tell you the reason ***why*** I drew as a kid. It was very young and beyond my memory, because apparently I drew from a very early age, and I always knew what it was for, particularly in review. I was the youngest child and there was a big gap between myself and my two older sisters, and my parents were kind of older, and so I lived a solitary life within the family, not a lonely life, I knew these were very nice people that I'd employed to be my family but they had different concerns and different phases. In this new post-war era I think I got a lot out of watching American movies. I loved the pictures, going to the pictures and so on and so when I first started to draw I invented a whole army, all sorts of military devices and lots of weapons and these two heroes which I drew all the time. One was called 'Nicky', who was the hero and had cross bandages on both cheeks.

Like a comic strip?

Yes, it was my own comic strip and ruling the world. The reason I told you I was the youngest is because I was actually looking for some kind of hand in the scheme of things. Everything seemed to be beyond my control in the world. The youngest is always like that. Everybody else is always doing something so much more important and significant things with their life. A lot of kids start off doing this, drawing particularly from comics which are filled with super characters with powers. The mere embracing of this as a theme to read or write or draw is a quest for the hand of power within life.

I still remember lots of positive comment about my work. This was my Schick; I could do this thing of influence and worldly power and get influence through my drawings and naturally I got better and better at it as I got older. I was a prodigy, I could draw really well at the age of nine and ten, really accurately, but I wasn't trying to do that, it was just a consequence of finding this was my place in life.

Which Art College did you attend?

RMIT, the Royal Melbourne Institute of Technology.

Who were you studying under?

I created the best teachers. All of them were really terrific. First one that comes to mind is **William Frater**.

What did you learn from him?

Painting. I learnt what it was like to be around a great painter; taking away the exterior dimensions, it was how a truly great painter works, he's in Sydney, he's all over the place Jock is, very well known. I was actually very close to him and there was something ineffable that I picked up from Jock. The way he painted, as his students we all watched the way he painted, he painted on our paintings and we saw his paintings and all that…but this guy had a certain essence which could have translated into painting, writing, anything. He was one of these universal souls which kind of seemed to know everything. He wasn't a know-all but seemed enlightened. I felt really lucky to have him.

Who else was there?

Murray Griffin. From him I learnt anatomy mostly, the importance of anatomy. He really stuck it to us as far as anatomy was concerned. He always used to joke about the gluteus maximus, so we'd all give impressions of Murray Griffin saying "*Now here's the gluteus maximus*"…I can remember.

I did Life Drawing and I think this is the first time I saw a woman naked. I was fifteen, sixteen, or seventeen. I went home and my sister and my mother asked, I told them I did Life Drawing and we were a church family, and they were completely gob smacked; 'has she got no clothes on?'…this was 1961 …and I said, I was a man of the world, and cockily said 'yes, no clothes.'

I can remember the first time we had the first Life class and this was probably with Harold Freedman, who was a fantastic drawer, did all those murals around the place…she took off her robe, the model whose name was Lilith, any art student of that time if you say the word 'Lilith' to them they'll know who you are talking about, Lilith disrobed in front of everybody, and I had never seen this before, I'd never seen a female do this, and neither had anybody else in the class. The atmosphere in the room…you could cut it with a knife…and everybody is sharpening their pencils, looking around at each other… nobody wanted to be busted being uncool about it. The thing I noted at the time was 'ha ha everybody else is doing it' ; I do that, I can't help myself; I look around and think 'what's going on here; ahh, everybody is sharpening their pencils, setting up their things as she's casually'…like it happens every day.' So I guess I did generate the question from my mother and my sister that I was able to be cool with them and realise it was a real phenomena in my family culture… to be drawing naked women.

Harold Freedman was one of the greatest drawers in the world and he drew in second World War. He was a War Artist and has got some very famous paintings in the war books, famous paintings, the most exquisite drawer. He showed me about mass and form as distinct from Murry who built the human figure.

Murry Griffin was in Changi and they used to paint on stuff they pulled out of the ceilings, bits of the camp house. A lot of the guys who came back from Changi were gone in the head because it was such a…a lot of the boys that came back from that war couldn't talk to the missus or the family or anything like that. It made you think 'gee, that must have been really hard to put up with'. It would seem that Murry was our first experience of actually knowing somebody who'd been in Changi and what a lovely angelic human being he was. A lovely smile, a lovely attitude, a very loving nature, and it would seem that he didn't really carry any baggage at all. But he had always been a great artist, a terrific artist, and I think he took an artist's flexibility into that experience.

It saved him?

It saved everything. Everything was looked at in an experiential way, not with prejudice, or rather, as a victim. An artist tends to experience things and say; 'and this has happened to you'. You will look for the thing that is underneath; you see someone having an argument or doing something, as a journalist perhaps but especially as a writer, you go 'what's behind this?'…'where is this coming from?'. It might even involve Self, but you're not hearing the criticism, you want to know 'what is this, why is this so?'

I learnt that from him, an enormous compassion in the face of circumstances which I can only dream of. I have experienced some victimisation but on a very mild basis compared to people that have been in Changi.

So he took us through the anatomy which was incredibly vital with the actual drawing. But Harold Freedman took us to the masses and the three dimensions. You'll see that of you look at Rembrandt's drawings or Leonardo's drawings; that's classical drawing, where the thing is not drawn as a flat map, the thing has, the way the strokes are made, you see it with Dürer's drawings and all those great drawers; the strokes are made in the direction to penetrate the picture this way, the aerial space, so that all the shapes turn. It's not shading, like light and shade, it's explaining the form through line. He was the best at this on the earth; Harold Freedman, he was as good as Lloyd Rees nearly. Lloyd Rees drawings are just sublime; perhaps because he was in hospital for a year and that's all he did, just draw with a pencil. That's deprivation producing a sight, just in the same way as the Changi experience for Murry Griffin was a deprivation which gave him the need to draw. God, he painted a storm up when he got out of the army and came back after the war. Instead of being crushed by it and silent and forever in there he had a positive response to answer it with. He gathered it up and used it.

I think that's what an artist does, and what a stroke of luck to run across art and expression.

How old were you when you finished and what did you do then?

Nineteen or twenty. I went to work at Channel Nine. I was in the Graphics Department. I was prodigious at Illustration. I worked out all the American styles; I'm a really good learner because I want to know, particularly about that sort of thing. I got to do all the illustrations as a kid. At the same time I was working as a musician in a rock and roll band.

What was the name of the band?

Blackies Babies. We did a couple of originals but mostly covers. Beatles songs and we did a lot of soul music, Marvin Gaye and Otis Redding. I look back now at that time, I was the lead singer and guitarist in this band. Later on I went solo and actually recorded for Warner Brothers, my album was called Energetic Flesh (1974; produced by Brian Cadd). I had all the top musicians in the country working on this album with me. I had this vision. It was the first time I realised one can have any crazy thing that one wants if you have it clear enough in your head. I'm skipping a bit here…

We'll get back to Channel Nine in a minute…

Yes. I was about twenty-eight when I got offered this recording contract and I did this recording with all my own original material. This was more ballads and rock, a bit mixed up. To do with my age; I was actually too young. I'd been brought up in such a precious atmosphere, a myopic atmosphere in a way, that I hadn't experienced enough of life to be a rock and roll star. I was going to tour with Randy Newman and I found that, I was a young guy, newly married, we had a five year old boy; what came to me one way or another was a fork in the road; which was; 'go with this thing here'; and the sex, drugs and rock and roll and what we all know about, or 'go with your family and follow that'. I can quite safely say there was no choice for me. That just looked horrible without these guys (Ted's family). We love each other and we loved our baby. It was a definite choice. All the people I recorded with were all on their second marriages and had split up and had their kids visiting on the weekend. That was a pain I just didn't want to go through. That's an abiding and permanent problem. People who have to live with that, I feel so sorry for them. I'm no better then anybody in terms of that. I was lucky enough to see it clearly at that time and understand that. I think it's the rock and roll life that highlighted my family life, that clear polarity of that decision.

It's like the mate's line that says you can be with your mates and also be with your family but even that is a line that takes you away from your family; I'm not saying it's always like that, but it's a much more blurred line because your mates know your missus and your kid and their kids play with your kids, so the separation and the option isn't quite as clear. I don't have the moral fibre to say I made that decision because I'm such a good guy; it was just that this looked so horrible that the prospect of being without them, my family, was so absolutely and completely clear and that's why I stayed with the art and kept on going with that.

So you were at Channel Nine during the 70's?

1968 to 1969.

They were doing a fair amount of revolutionary entertainment then for that era…

No sh*t. I was there to see it. I was a part of that; I was doing all the original Illustratipns. They used to have Graphics in those days, none of these quick cut films that they piece together today. I did all the Graphics for all the shows; I did an illustration for The Littlest Hobo which was a television show. I got to draw people and perfect my style and be paid for it.

There were also the first Australian cop shows, Australian musicians being filmed and recorded….

And they had **Graham Kennedy** who was the high priest of this iconoclastic ironic movement. Everybody loved Graham; I mean everybody loved him personally but also because he was almost a cultural saviour and for all of Australia it turned out to be. I had this and that to do with him but I'll tell you a little story…

Can we print it?

Yes of course. I had to do the idiot sheets, they called them, and this was beneath me. I had to do them for **In Melbourne Tonight** which was an institution. I scrawled through them because I was doing great illustrations and that was much more interesting to me. I had no sense of humility on those days. So they go on the TV and the next morning Graham storms into the art room and says "Who wrote those bloody …" as it turns out that last night he just stumbled his way through, and I looked at it and it did look really bad.. and he said "Who did it?!" but… he didn't actually do it in a way that was truly angry. Graham was a real beautiful soul, and even as he's dressing me down, although he wasn't dressing me down directly, I think they said ; 'that guy over there', and he said "Well, you've got to stop doing this because I've got to read this stuff…" and while he's doing this I'm loving the guy. Truly. I never thought 'what a bastard' or anything like that. We all absolutely loved him because he was such an important part of our lives.

The younger generation don't understand this, that a lot of the ethos that goes through our entire culture is directly from Graham Kennedy. Absolutely it is. He did things no one had done; that's where all the innovation came from, from him. This whole night time show format, sit down at 9.30 and everybody watched Graham do his thing and this told you how far you can go. He starts giving the impression of the seagull and going 'Fuuuu…'. He did that for the first time. He did it and he didn't get censored. He got away with it…totally.

He was giving all our childhood's a going over, saying "Listen you old fogies it's a new world, and you're not to be so oppressive." or stuff like that and he sold this whole freedom. I can't think of another person, even Barry Humphries, who had terrific ideas…fantastic stuff… I lived in Edna Everage land, we all did, there was nothing separate about it.

But with Graham, (he was empowering) I grew up looking at him and then manifested being in his presence. We all hung around the studio, the old soup factory in Bendigo street, where GTV is. We all loved him.

I was only there about a year though because I really wanted to be in advertising.

So you moved on to advertising?

Yes, and I shouldn't have. I was just bent on this advertising thing because you made money in advertising and you could support your family. I had this vision about getting a job in advertising because I was very good at the concepts and the ideas. I'm a reasonably handy writer and did reasonably well in the advertising industry. I worked for McKenna and J Walter Thompson…I worked with Jackie Huie, she was a genius. I'm talking about 1976 here. After that I went into my own business doing visual and painting at the same time. I went into Graphic Design. Later on my son came into it and joined me in the Graphic Design business. He worked with me for a couple of years. Now he's in New York running his own e-commerce business and doing really great business. So I had a good chance to work with him for a while and he could see how not to run a business (laughs).

Did you see your art developing through doing this or did it just make you want to paint full-time?

No, I wasn't hungry to paint full-time. I was really, I have to tell you, any creative exercise that's ever been in front of me I always adored it, because I'm in that place and I don't want to be in anywhere other then that place. When I was in the advertising I never used to go into work. They'd chip my partner and say 'would you have a word to Ted and say he should come in more'. I had a couple of top jobs there, was getting paid a lot of money, and I would go surfing. I would get the work done though, absolutely. I was beyond conscientious, it was my life. I would look at what I was selling; Mennen for Men or Volvo motor cars.

I wrote an ad once with a picture of the dummies, you know the crash dummies. The headline says 'Six dumb reasons to rush out and buy a Volvo.'

What was your favourite advertisement that you created?

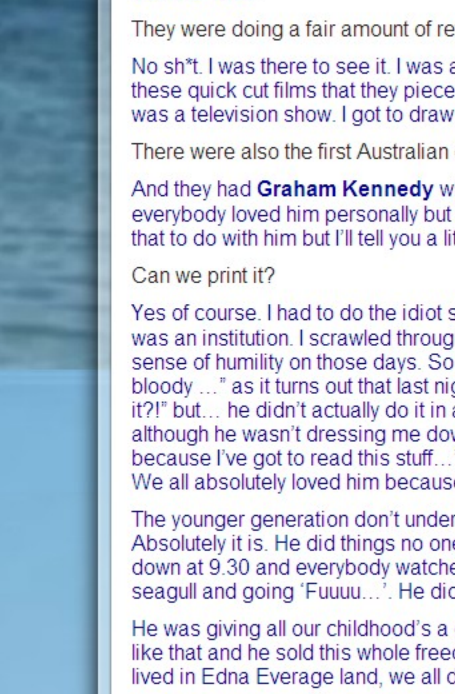
That. That's the one that comes back to me because I got synergy between the headline and the picture itself. I enjoyed them all… everything. I enjoyed the getting of it.

Do you know what an idea is? An idea is the joining hitherto unjoined separate and sovereignly different notions. One thing is taken and put with another to make a third idea. I'll give you an example. The best ad that was ever done that was my style of advertising was, as far as that equation is concerned, is 'Put A Lock on Freshness' for Tupperware; there's an orange and they have a lock. Those two previous disparate hitherto unjoined ideas are brought together to make this third proposition which is freshness for food, and give it an icon, make it an abstract. It's what's called iconic.

All original ideas are like this, I love this stuff when I see it because I know the advertising people have had a hit. This brainstorming that goes on now, you can't have an idea by committee; what you have to do is go and find that thing and then that thing and put them together to make something new. For instance, movie pitches, you have these brilliant Jewish writers who go in and say it all in 250 words of telling the heroes journey. If you're familiar with Joseph Campbell's work on The Cycle, there's always the cycle, the transition through. It's a fish out of water idea, it's the hero's journey. With all movie stories you can pitch until you're blue in the face and it won't get anywhere unless it has a fish out of water and the hero's cycle.

I used to go surfing and knew what I was looking for; I was looking for that and that at the same time and would drive them down these lines and they would either come together or I'd have to reverse gears and go another way. What happens today is a lot of these ideas go right through and they don't work. They start out really good but then they've got nowhere to go because they haven't fixed up the preparation. The thing wasn't right in the start. The foundation idea, the concept was wrong. It was missing something.

I was always after that hit. I would do it all in my head, as with the Volvo, I had something to say about the safety; why would you give dumb reasons; there's the mnemonic, the wild card in it; 'you're going to give me dumb reasons? Ahhh..hit…memory…safety..' That's the whole proposition. All the stuff I worked on was like that.



When did the shift to start doing portraits come?

I've always done portraits. One of the first ones I did was when I was at art school.

Who of?

Me. I did it in the mirror.

What is attractive or different for you in doing portraiture compared to the commercial work you were doing?

The difference is that human life is all about identity. Apparently different identities. When I'm painting a portrait I'm painting the One person, the One and same person. If you look at any of my portraits, or any good portrait, you can see this One in All, one person. There is a single identity that is the world identity, the universal identity. The fun is the different covers and the different noses and mouths. That's the fun on this level but the real fun for me is to actually be saying hello to my original identity in apparently someone else. And I see that it's not actually someone else.

My mission as far as painting portraits is to first it's a blessing and that I want somebody to look at the portrait of themselves, that I have painted, and feel integrated, feel that integration and feel themselves as sovereign, as guiltless identity, feel guiltless and to be pure essence. I'm sure that I do pick that up because I'm looking for that. One only has to ask and it's there. To know to ask is the trick. Not to do any special training; I'm teaching 3rdi now and that's painting like this; I'm looking over here and painting here. Virtually all us 3rdi painters we're letting the universe guide our brushes, what you call the god force or the original creative essence, that's the thing that drives the thing because it's the ego that runs us around normally here. These eyes (points to flesh eyes) are the serpent of the ego. Our method is to trap it over here and get the eye of the spirit, the 3rdi, working all around here.

So if you look at my face and I start waggling my fingers and you become aware of my fingers over here waggling and you get interested in that, all of a sudden there's a light episode happening around my face. You stop saying 'no' and the whole sense comes in; we actually paint the whole thing.

So 3rdi is the next step, a progression for you as a person and an artist?

Yes. It's everything, it's every thing that I know.

And it's still developing as you're doing it?

Blow me down, it is. Even today I realise that, and it should be like that, the day it stops developing I guess I'll be dead. The other things is I'm credited with being a really good teacher but I'm learning from them. I tell my people 'listen, I should be paying you.' Everybody gets on to it and we all paint for each other in these sessions that we paint together and everybody paints for everybody else and it's the most fantastic integrating experience where one will suddenly get on to the thing and they'll make a comment about it. Mostly it's to do with drawing in the peripheral vision, thinking in the peripheral vision, speaking in the peripheral voice, with that other voice, the real voice; and identifying this wretched little creature here who is criticising the self all of the time, selling 'we're not good enough' …

So when is your next term for **3rdi painters** beginning?

I'll be running some in my studio on Mondays and Saturdays at $40.00 as a casual fee … the new terms will be in between school terms.

If you could be another creature for a day, furred, finned or feathered, what would you be and what would you do?

I'd be a bird, that's pretty easy. An eagle. And I'd fly. The eagle because I wouldn't have to worry about other birds. We feed birds at our place and they're always looking over their shoulder in case an eagle is about. They're in a lot of trouble, except for the kookaburras…but the lorikeets take precedence because they've got blood colours; they have the green to protect them from things above because they can't be seen, but they have this blood colour from here up to here and march right up to the kookaburras and say 'get out of here'. But the Indian mynahs are going like this all the time; they're sh*tting themselves. So are the currawongs. So I would like to be a bird that had no worries.

What is your favourite place in Pittwater and why?

Newport. We've lived in Newport since 1975 and see it change and not change. The Peninsula people, Barrenjoey people, are a race apart. They're real easy going, intelligent, circumspect. A lot of it has to do with the surfing and the beach of course, which is sacred territory. That sacredness seems to spread out on the community itself. For instance take away the beach and the ocean out there… put a desert there…what would it be like…exactly. And we wouldn't be wearing thongs and shorts and be this crazy people that we are. Everybody is very friendly. Everybody I meet on the Peninsula, just like that, you're best friends in a second. They do anything for you. There's something elevated and stratospheric about actually being on the ground here, its ineffable. I walk around the neighbourhood as exercise and everybody says hello to you and is really cheery. I think there's two elements in the world and they are love and fear. I don't see any fear around here. We're all in a situation of love here; don't you love everybody ?

Yeah, I do. Yep.

Everybody's really terrific and you could be on a desert island with any of them. There's no lunatics around the place.

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

'One is creator of all that one sees.'

References and Further:

William Frater

Murray Griffin

Harold Freedman

Joseph Campbell's monomyth, or the hero's journey, is a basic pattern that its proponents argue is found in many narratives from around the world. This widely distributed pattern was described by Campbell in The Hero with a Thousand Faces (1949). An enthusiast of novelist James Joyce, Campbell borrowed the term monomyth from Joyce's Finnegans Wake. Campbell held that numerous myths from disparate times and regions share fundamental structures and stages, which he summarized in The Hero with a Thousand Faces:

A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered and a decisive victory is won: the hero comes back from this mysterious adventure with the power to bestow boons on his fellow man.

Campbell and other scholars, such as Erich Neumann, describe narratives of Gautama Buddha, Moses, and Christ in terms of the monomyth and Campbell argues that classic myths from many cultures follow this basic pattern. Monomyth. (2012, December 25). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Monomyth&oldid=529675102

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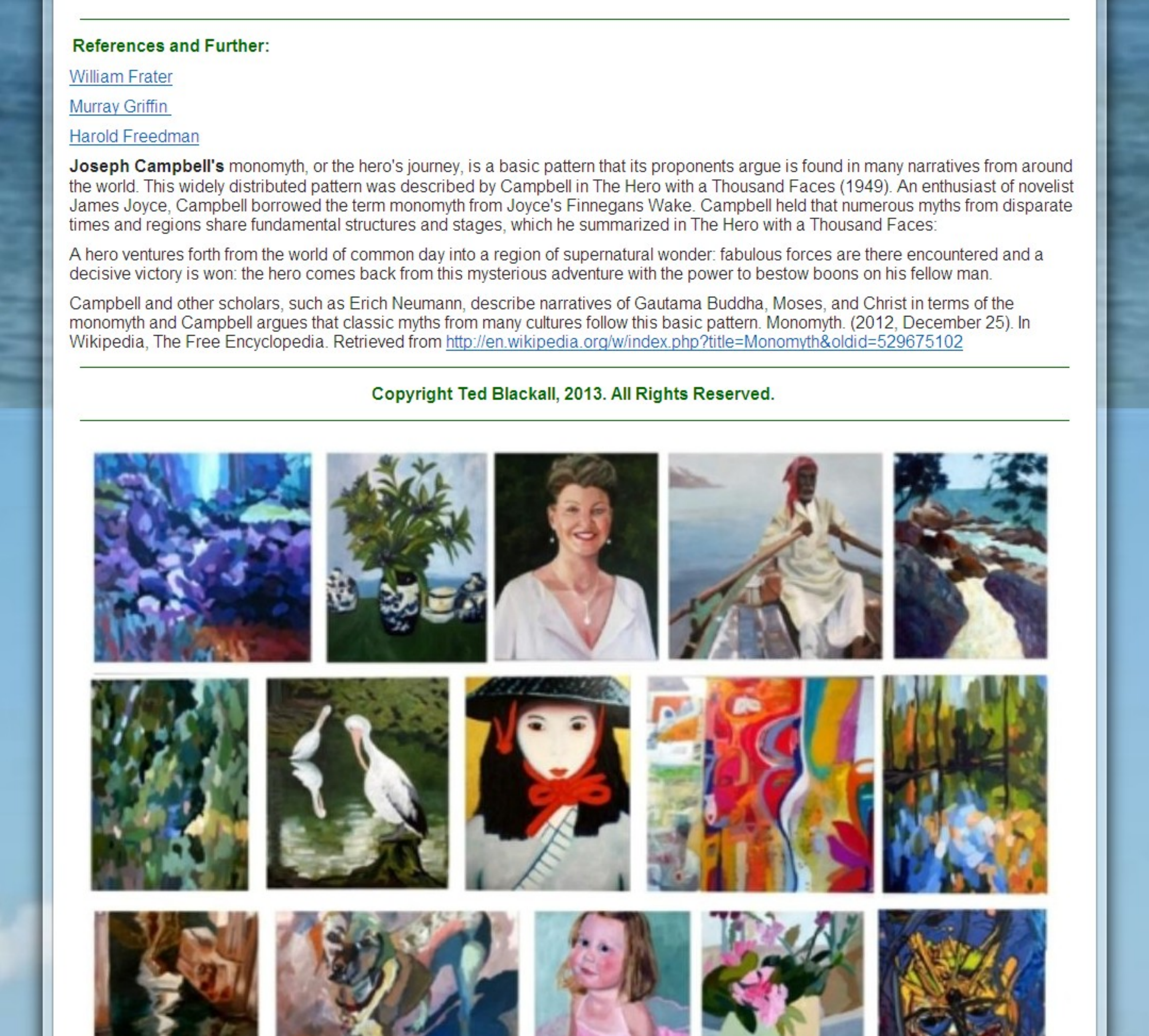

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The History of Small Yacht Cruising Club of Pittwater Inc.

By James Brigden a founding member

The club came from discussions aboard Fairley II at Mitchells Boat shed basing the concept on the Land Rover Owners Club - 4wd trips in company using our boats and the wonderful waterway of Broken Bay.

We had our first cruise on the October long weekend in 1975 meeting at Portuguese Beach and sailing in company to Smiths Creek, on to Bobbin Head (where Ted and Ineen Donnely joined us from the shore) and then down to Brooklyn – eventually ending up at Refuge Bay – finally home to Pittwater. The first members and boats were Satus II with Rose Nev Bernie and Gabriel Howard – a Hartley TS; Firebird – a top hat that only attended that once, Graeme & Lauris & Deb De Graaff in Trethane of Fowey – a 18' tailer sailer, Moonshine – a Bluebird sailed by myself and a girlfriend at the time Jenny Blacker, and Ted and Chris Rhodes – with Destiny – a new triton 24.
Shortly after that weekend we were joined by John and Lyn Walsh, with a converted 18' skiff, Maurie & Jean Jackson with the first Endeavour 26 Suveron, and another Triton 24 owned by Ray Russell. Then shortly after that bought a Mottle 33 hull & Deck and fitted it out naming the boat Panash. Not long after our first cruise we held the first meeting at the home of John Walsh at Killara and the club was away. Often new members joined us as we sailed Broken Bay.

We had a cruise every second weekend and they were well attended. The club grew strongly in the early days and there was great enthusiasm and interest. A magazine was produced each month called the MainSheet with trip programs and trip reports – each trip having a trip leader. The flag was an orange flag with a black cross – though our second lot of flags were made in Hong Kong and were much more like yellow than orange.

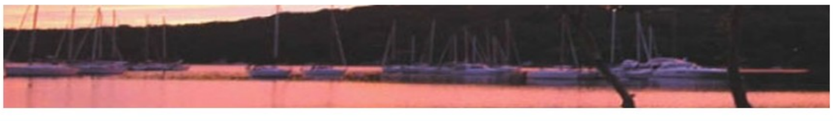
Our first mooring was a tyre mooring made up by Maurie Jackson Ted Rhodes and myself which we placed close in at Towlers Bay. We had monthly meetings often with a guest speaker or a film (no videos in those days) held in members' homes or occasionally halls. It was a great time – we had a lot of fun – sailing in cheap boats without spending much money and helping each other a lot. Whilst the cost of boats and boating may have increased it is good to know the club still enjoys much of what was envisioned back in 1974 – I do remember my first mooring in Salt Pan Cove cost $4 per annum and I think membership fees were $10 at that stage and the club made a profit. It was an interesting time because sailing was not a rich man's sport. Oh it could be, however one could get afloat cheaply and family cruising was well within most people's budget. A plywood boat was very cheap and if you were willing to maintain it yourself then you could have weekend adventures that enthralled all the family. I remember raft ups where all the kids got together on one of the boats and the adults on another (often at opposite ends of the raft) and fun was had by all. Early days of the club brought about a self-help group who cooperated to bring about safe sailing at low cost. I guess you can still buy boats cheaply – I saw a Triton 24 at auction the other day for $1200 and with some hard work and careful expenditure you could easily have a great family cruiser – MSB moorings have increased a lot as have all costs but low cost cruising is well within the reach of most if you have the inclination. The waterways are much busier and more regulated but within reach. The club was very much designed to encourage inexperienced people to go sailing safely cheaply and get help and guidance from the more experienced members.

Early in the peace we had a race – from Portuguese beach. We all lined up on the shore – down to the dinghies – on board – raise sails and up anchor – around the torpedo targets(remember those grey barges in the centre of Pittwater) and back to the beach – anchored – sails furled and anchors holding – won if I remember right by John Walsh in the 18' skiff with keel Lyngrason – again lots of fun and designed to improve one's boating skills rather than speed of boat. I think it was the only race we ever held – however we did have Man overboard exercises and sailing in line and other navigation exercises – and pirates days for the kids (some quite big kids dressed up I do remember) and sailing treasure hunts.

We were able to voyage to some quite unusual places because these boats were small (initially the largest was Maurie's 26' Endeavour), so Berowra waters was a popular place to go on a long weekend. This allowed us to explore Bar island and similar places. One weekend we went to Spencer and were given a great welcome by the locals. We made a chart of Mullet Creek and were able to get in there opposite Wondabine station and the lovely sculptures if the tides were right. We also went to Danger Island and I remember racing around the island in a dory with all sorts of oared and paddled craft. There was a bay not far from Apple Tree bay on the opposite side of the river with a lovely stone dam – beautiful fresh clear water to swim in. Dragging dinghies into the Basin and rediscovering the old graves – if my memory serves a mother and child dated 1864. Trips to Lion Island and a walk to the top where an old flag pole exists. Winter rafts in the upper bays of Pittwater to save a cold trip around the Horn as people called West Head

We of course developed our favourites and traditions were formed such as the anniversary cruise to Smiths or Christmas at the top of Coal & Candle creek with very large rafts, New Year's Eve at Towlers Bay and Easter in Pinta bay. I am sure there are others I have forgotten.

The club constantly grew and unfortunately so did the size of the boats and so places west of the Hawkesbury Bridge became inaccessible however it is lovely to know the club is still going strong and so many people love their cruising on the wonderful Broken Bay.



SYCC Today

The present club SYCC, is now an incorporated club and all members abide by the rules and constitution and all members have to have full comprehensive insurance this is a good thing to have. As all the newer boats are of a larger size than before ,the average size is around 32 ft and the larger yachts are up to 42ft and also of a more expensive nature than the small timber boats of the past. The boats now have all the latest items onboard that make boating and coastal cruising all that more rewarding being able to have electronic charting onboard and GPS along with email and onboard entertainment systems that supply you with all the things that make your boat a place away from home to enjoy with the family and friends . SYCC has a fortnightly cruise events calendar and a cruise leader who's job is to write a trip report about the cruise so that the members who missed out on this one will look forward to the next event .Some of our members have travelled far and wide and have a great wealth of stories of their past travels to distant cruising grounds and this helps newer members to boating to gain a lot of facts about cruising in general and apply that information to their future travels .SYCC now has seven club moorings throughout Pittwater and the Cowan cruising ground and are red tyre mooring with our club burgee, which is orange with a black cross on it They are maintained to a high level for club members only .

For all other information about SYCC please see our web site www.sycc.com.au

Derek Howie
Commodore SYCC

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Pittwater Online News

December 30, 2012 - January 5, 2013: Issue 91

Articles This Week

Summertime in Pittwater

Thinkers and Tinkerers Toast Computer Pioneers Charles Babbage and Max Burnet At The Discovery Shed, Mona Vale

Artspot VI - Charity Spots for Cobra and Mongoose: Pittwater Online News continues this week with a focus on the summer art exhibition Artspot, opening at Avalon Recreation Centre next Friday 4th January (from 6pm) and continuing January 5th to January 13th (10am-5pm). **Artspot invites all the Pittwater Online News readers to come along and enjoy the art exhibition and show.**

Reflections by George Repin: The Matson Line and Keepsake Menus

Profile of the Week: **January 2013 Gents:** Ted Blackall; In 2012 we were very fortunate to meet a brilliant artist in Ted Blackall and shared a small insight into 3rdi painting, a revelation not just for those who wish to paint but also for every body else as well. This gentleman, who has studied under Australian art legends William Frater, Murray Griffin and Harold Freedman, worked at Channel Nine in Melbourne when Graham Kennedy was leading our cultural revolution and created advertisements you will know. Could there be any better way to herald what must be a great year with gents like these smiling from our horizons…and also up close…

History: **Summer Saltwater Mix 2013:** The History of Small Yacht Cruising Club of Pittwater Inc. **by James Brigden**, a founding member

Artist of the Month for December 2012: **Ted Blackall - 3rdi painter, Portraits and landscapes**

Pictures: Beach Life - Summer in Pittwater 2013

Fast favourable forecast for the 32nd Club Marine Pittwater to Coffs Harbour Race

A fast favourable forecast looks set for the first ocean race of the new year, the 32nd Club Marine Pittwater to Coffs Harbour yacht race hosted by The Royal Prince Alfred Yacht Club. When the quality fleet of 34 line up for the start, the forecast is looking good for a quick run north with a 20 Knot South South Easter predicted for the start, strengthening to 25 knots in the afternoon before backing down to 15-17 knots later in the evening and into the following morning as it swings more to the south. According to the seabreeze forecast, the southerly is expected to stay with the fleet all the way to Coffs.

If the forecast rings true, Bob Oatley's 10 year old race record with the former 60ft *Wild Oats IX* could be under threat. The race record stands at 18 hours 29 minutes 14 seconds with a boat needing to average 14 knots and be in Coffs Harbour before 7:29am to break it.

With the absence of *Wild Oats* (six out of the past 10 years) and last year's line honours and PHS handicap winner, Craig Ellis' 57ft *Future Shock*, a new line honours winner will be crowned in 2013. The largest in the fleet, Bill Wild's RP55 *Wedgetail*, will be the bookies line honours favourite but in hot pursuit will be Syd Fischer's TP52 *Ragamuffin* who will be out to spoil Wild's party, to get their hands on the coveted Line Honours Bell Trophy.

24 year old Tom Spithill, helmsman and tactics on board Bruce Hogan and Tina Clifton's Marten 49 *Perpetual Mocean*, 2009 line honours winner said, "there are a few different weather models out there and I don't want to put my prediction on anything just yet. Regardless of the weather, competition wise it looks like it's going to be pretty tight getting on the podium. Obviously, Ragamuffin and Wedgetail will be having a good battle for line honours, however the last spot on the podium looks to be pretty hard to pick with a handful of boats between the 45-52ft mark in contention."

Spithill who will also act as crew boss with seven RPAYC youth development graduates doing their first major ocean race commented, "With an average age on board of 28 and our youngest being 16, we certainly have the horsepower on board to keep the boat charging. Everyone's pumped about it."

The handful of boats Spithill is referring to in contention include the Kaiko 52 *Merlin* skippered by David Forbes, the Marten 49 *Perpetual Mocean*, the two DK46s *Exile* and *Nine Dragons* and the Farr 45 *Pretty Woman* skippered by Richard Hudson.

2012 IRC race winner Rob Reynolds DK46 Exile– photo by Damian Devine

In terms of IRC handicap, there's a bunch of boats in contention including current Class 2 Audi IRC Australian Champion Darryl Hodgkinson's Beneteau 45 *Victoire*, 2012 IRC winner Rob Reynolds DK46 *Exile*, 2012 runner up Bob Cox's DK46 *Nine Dragons, Ragamuffin*, the Farr 45 *Pretty Woman* and the Kernan 44 Steven Proud's *Swish*.

In terms of PHS, keep an eye on Garry Holder's ID35 *The Real Thing* who relishes the downwind conditions, the RPAYC Commodore Rob Curtis' and Ross Trembath's Murray 42 *Secret Men's Business*, third last year and Rob Hoile's Beneteau 47.7 *Kaliber* who also performed well in the 2012 race.

Commodore Curtis said, "The forecast is looking great for a fast race north and just glad it's not looking like the bashing we had to windward all the way last year. There has been a lot of hard work into setting up the regatta at both ends and we know it will be another great event for everybody My crew and I are very much looking forward to turning left at Barrenjoey and heading North."

The Category Two 226nm Club Marine Pittwater to Coffs race gives competitors the opportunity to enjoy a tactical challenge between the current and the beaches, as they make their way north along the scenic route to the finish in Coffs Harbour. The tactical decision will be whether to head offshore in the hope of stronger breeze but having to contend with the south flowing current or to hug the coast.

The race dubbed the "**warm water classic**" is the first race of the Club Marine Pittwater & Coffs Harbour Regatta consisting of five races with another four races being staged in Coffs Harbour over two days on **5-6 January**. The five races shall count for the overall regatta score with no discards and double points awarded for race one.

There will be IRC, PHS, and ORCi divisions. The regatta will also incorporate the second Australian Performance Handicap (PHS) Championships which will see boats competing for a trophy to become the National PHS champion. In IRC, there will be 27 racing whilst 32 boats will contest the Australian PHS championship. All boats entered have the opportunity to compete in both.

Plenty of regulars will be amongst the competition including a few 25 plus race veterans, skipper Richard Hudson, the Farr 40 Witchcraft navigator Brian Ellis and helmsman Peter Antill. In his 25 plus attempts to date, Hudson, has climbed the podium ten times with his most recent with syndicate owners Russell Murphy and Michael Lockley in 2009 when they captured a bridesmaid trifecta; with seconds in line honours, IRC handicap and overall regatta.

"I am looking forward to the regatta as I do every year and getting to Coffs for some great racing. It's a quality fleet and very competitive, so we should see some very close racing," commented Hudson who is currently navigating on board Ichi Ban on his way to Hobart.

Smaller boats have always been an integral part of the fleet and the 2013 regatta has again attracted a number of small boats to the event providing a race within a race towards the back of the fleet. The smallest to boat to enter is the Van De Stadt 34 *Spindrift* from Sydney Amateurs Sailing Club skippered by Brendan Lyon. *Katinka*, Paul O'Connell's Cole 35 and Garry Holder's ID35 *The Real Thing* are the next smallest.

Time will tell whether conditions for the 2013 Pittwater to Coffs Harbour Race are kind to competitors but one thing's for sure everyone will have a good time and there will be plenty of action down on the docks in Coffs Harbour for locals to see.

The race will once again feature the Yellow Brick yacht tracking system with 15 minute updates. The tracking system will provide a real-time, graphical representation of the yachts during the race while up to date commentary is to be provided via Twitter and Facebook and on the event website.

The Club Marine Pittwater to Coffs race starts at 1pm on Wednesday 2 January 2013.

Follow all the action on the event website at www.pittwatertocoffs.com.au

By Damian Devine/ Club Marine Pittwater & Coffs Harbour Regatta

Cruise for a Cure 24th February 2013

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

Download Boat Registration Form

Our contact us for further details: Ph: 9968 1222

Email; bbatton@maritimosydney.com.au

Win A Timber Setting!

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

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

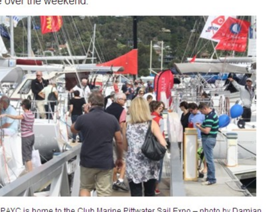
Valued at more than $2,500
PRIZE INCLUDES:
• Return Airfares from Sydney to Auckland, New Zealand
• 3 Nights Accommodation at the luxurious Powderhorn Chateau in Ohakune
• Mt. Ruapehu 3 Day Ski Lift Passes for either/both Ski fields of Whakapapa (NW Slopes) or Turoa (SW Slopes)
• 3 Days Ski/Board/Ski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

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.

WHAT'S YOUR PLAN B?

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

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

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

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

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

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

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

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

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

COUNCIL HOURS DURING NEW YEAR

Pittwater Council and associated facilities will observe the following opening and closing times during the New Year period:

Pittwater Council customer service centres at Mona Vale and Avalon close at 5pm on Friday 21 December and reopen on Thursday 27 December at Mona Vale at 8am and at Avalon at 8.30am.

Mona Vale Library will close on Friday 21 December at 6pm until 10am on Wednesday 2 January. During this time the library will be undergoing renovations and the after-hours book chute will remain closed during the time. The library will waive all fines for overdue books during this period.

Avalon Library will be open during the Christmas and New Year period except on the public holidays ie. Christmas Day, Boxing Day and New Year's Day.

Warriewood Children's Centre will close on Monday 24 December and reopens on Monday 7 January.

The Coastal Environment Centre at North Narrabeen will be closed from Friday 21 December to Sunday 6 January. The centre will reopen on Monday 7 January with a two week program of children's activities; book online at www.pittwater.nsw.gov.au/cec/bookings

The Council's call centre will continue to operate 24 hours a day throughout the holiday season for emergency calls only.

NEW E-AUDIO BOOK SERVICE

Mona Vale Library is offering a new e-audio book service to its members. Library Manager Cathy Howie said the service will mean that library borrowers can download bestsellers for free from the library website 24 hours a day, seven days a week.

"As long as you have internet access and your library membership details, you can download an audio book onto your MP3 player, iPod, Android device or computer from anywhere," said Ms Howie. "We have a great selection of best-selling books on offer and I encourage members to browse the list to see what's there," she said.

Ms Howie said the free service provided by OneClickDigital hasover 600 titles and offers something for everyone, with new titles added each month.

"It also means that waiting lists will become a thing of the past, as borrowers can download the same book at the same time. This will be great news for reading groups!"

To download an e-audio book, visit www.pittwater.nsw.gov.au/library

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

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

Aboriginal Support Group Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

The SUMBA Foundation AUSTRALIA

PALM BEACH, NSW 2108

15 28 TODAY	RAIN RADAR SATELLITE WARNINGS
19 30 TOMORROW	16 24 THURSDAY

The Weather Channel Palm Beach weather

New Season for Sailability Pittwater

Sailability Pittwater is a volunteer organisation which provides sailing for people with a disability. Our main recreational sailing activities are at Rowland Reserve, Bayview, and we run competitive sailing for people with a disability out of RPAYC Newport. **We are currently looking for new volunteers for our Saturday morning program at Rowland Reserve and Tuesdays at RPA.** Visit our website for more information at www.sailability.org/au/pittwater or call John on 99825656 / 0409391065

Submit your Event

Name of Event

Date of Event

Address of Event

Description of Event

Contact Name

Contact Phone Number

Website or Email

280SE
Type the two words:

Submit

Australian Federal Police; Media Release: Referral by Graham Perrett MP- Release Date: Sunday, December 23 2012, 04:00 PM

The AFP can confirm a referral was received on 21 December 2012 in relation to this matter. The referral is currently under evaluation in accordance with normal protocols. As this matter is still being evaluated, it is not appropriate to comment further.

Copy of Referral Letter by Graham Perrett, MP for Moreton, QLD., on Public Access Internet via News.com.au names Hon. Bishop, among others. Accessible HERE

Palm Beach SLSC- A Weekend Celebration of Surf Life Saving

Adrian Curlewis Twilight Masters
January 4th 2013

A fun event with some serious (?) competition - followed by the presentation, bbq and drinks at the club.

Times: Registration: 3.30 pm to 4.30 pm (all teams must be registered by 4.30 pm).
Team Captain Briefing: 4.40 pm (all teams must be represented to be able to compete)
Races start: 5 pm sharp - marshalling for the first event will cease at 4.55 pm.
Presentation / bbq / drinks: around 7pm on the club back lawn. Family and Friends: are welcome. Food and drink will be available for purchase

Teams: Maximum number of teams: 32
Teams: 4 members per team - one must be female or over 50 - we may be able to arrange a composite team if you have more than 4 members
Members: all members must be proficient and financial
Composition: Composite teams (over more than one club) are allowed
Competition clothing: it is strongly encouraged that all competitors wear pink competition vests. Club caps must be worn.
Events:
Swim team: 3 members per team - one must be female or over 50
Board relay: 3 members per team - one must be female or over 50 - transition runner allowed
Ski relay: 3 members per team - one must be female or over 50 - transition runner allowed
Taplin Plus: 4 members per team
Sprint relay: 4 members per team
Entries: via surfcans (www.surflifesaving.net.au) and will close **Wednesday January 2nd 2013.**
Cost per team: $100 per team of 4 - includes a drink and a food ticket per competitor (further food and drinks can be purchased).
Entry fees must be paid prior to the event. Late entries or unpaid fee (by Jan 3rd): $125 per team (cash only) - this is subject to available space
Team List: after you have entered your members, please email the team list - club, team name, member name, member age (sls competition age) and male / female - to Gordon at opencarnival@palmbeachslsc.com to allow a draw to be prepared
Parking and Equipment: Parking: parking will be available in front of the club
Equipment trailers: equipment trailers can be stored overnight (Friday) in the grounds but must be moved by 8am the next morning. Please contact Gordon to advise if you want to leave a trailer overnight for the Palm Beach New Year Open.

Palm Beach New Year Open and Boat Carnival:
Open: there will be individual master events at the Open - along with u13, u14, u15, U17, U19 and Open and boats. Masters are encouraged to enter and compete at both events - separate entries are required.
Cancellation: the club reserves the right to cancel some or all events if conditions are deemed unsafe or unsuitable. Entry fees will not be refunded.
Queries:please contact the Carnival Organiser, Gordon Lang - 0411 727242 or opencarnival@palmbeachslsc

Palm Beach New Year Open & Boat Carnival
January 5th 2013

Start the year with a carnival that caters for Under 13s to Masters and Boats

Events:
Marchpast
Age: : U13, U14, U15 - water and beach
Open: U17, U19 and Open - water and beach
Masters: over 30 - water and beach, could be individual events only - subject to timing
Sand Run: 4km
Boats: U23 M & F, U19, Open M & F
Entries: via surfcans (www.surflifesaving.net.au) and will **close Wednesday January 2nd 2013.**
Cost per competitor: $20 per competitor. - must be paid prior to the event. Late (beach) entries: $25 (cash only) - this is subject to available space - **no late boat entries allowed**

Timing: Registration: starts at 6.30 am - in the Pavillion (on the beach). 4 km run: starts at 7am (from Palm Beach to Barrenjoey and return). Boats and water events: starts at 8am. Beach events: starts at 9am. Marchpast: starts at 1pm

After Carnival function (bbq, dinks and music): commences after the completion of the Marchpast

Parking and Equipment: Boat trailers: parking will be allocated in the area just north of the Pavillion (Ocean Road)
Craft Trailers: parking will be allocated south from the Pavillion to the surf club (Ocean Road)
Officials parking: parking will be allocated south of the surf club
Competitor parking: two parking areas will be allocated in Governor Phillip Park North Palm Beach - south of North Palm Beach surf club. There will be no competitor parking on Ocean Road south from the Palm Beach Road corner
Roadside parking: normal parking fees and penalties will apply for all areas other than the above
Master Craft trailers: if competing on Friday evening, equipment trailers can be stored overnight (Friday) in the grounds but must be moved by 8am the next morning. Please contact Gordon to advise if you want to leave a trailer overnight for the Palm Beach New Year Open.

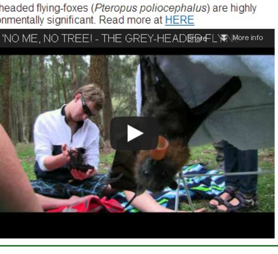
Competition Clothing: Safety Vests: it is strongly encouraged that all competitors (water and boats) wear pink competition vests.

Cancellation: the club reserves the right to cancel some or all events if conditions are deemed unsafe or unsuitable. Entry fees will not be refunded.

Queries: please contact the Carnival Organiser, Gordon Lang - 0411 727 242 or opencarnival@palmbeachslsc.com

'NO ME, NO TREE! - THE GREY-HEADED FLYING FOX published December 20th, 2012 by PittwaterEcowarriors

Grey-headed flying-foxes (*Pteropus poliocephalus*) are highly environmentally significant. Read more at HERE



Evolution of flying bat clue to cancer and viruses – 21st of Decemeber 2012 from CSIRO

The genes of long-living and virus resistant bats may provide clues to the future treatment and prevention of infectious diseases and cancer in people, researchers have found. Published today in the journal Science, the research provides an insight into the evolution of bat's flight, resistance to viruses and relatively long life.

Researchers at CSIRO and the Beijing Genome Institute led a team sequencing the genomes of two bat species - an Australian mega bat, the black flying fox, and a Chinese micro bat, David's Myotis. They then compared the bat genomes to the genomes of eight other mammals, including humans, to find similarities and differences. Dr Chris Cowled, post-doctoral fellow at CSIRO's Australian Animal Health Laboratory, said the research may eventually lead to strategies to prevent or treat disease in humans.

"A deeper understanding of these evolutionary adaptations in bats may lead to better treatments for human diseases, and may eventually enable us to predict or perhaps even prevent outbreaks of emerging bat viruses," Dr Cowled said. "Bats are a natural reservoir for several lethal viruses, such as Hendra, Ebola and SARS, but they often don't succumb to disease from these viruses. They're also the only mammal that can fly, and they live a long time compared to animals similar in size," Dr Cowled said. "Flying is a very energy intensive activity that produces toxic by-products but we can see that bats have some novel genes to deal with these toxins."

Some of these genes, including P53, are implicated in the development of cancer or the detection and repair of damaged DNA. "What we found intriguing was that some of these genes also have secondary roles in the immune system," Dr Cowled said. "We're proposing that the evolution of flight led to a sort of spill over effect, influencing not only the immune system, but also things like ageing and cancer."

The research also reaffirms bats' ancient and important place in the eco-system, particularly as pollinators and controlling insect numbers.

"**They've been around since the time of the dinosaurs, at least 65 million years**, and they're among the most abundant and widespread mammals on the earth."
This work continues CSIRO's world leading position in research into bats and the viruses they harbour and is part of our wider biosecurity research effort to safeguard Australia and its people from exotic and emerging pests and diseases.

The research was a global effort involving the Beijing Genome Institute in Shenzhen, China; Australia's national science research agency, the CSIRO; the University of Copenhagen; Wuhan Institute of Virology at the Chinese Academy of Sciences; the Naval Medical Research Center and Henry M. Jackson Foundation in the USA; Uniformed Services University, USA; and the Graduate Medical School at the Duke-National University of Singapore.

Careel Bay Tennis Club

Pittwater Offshore Newsletter Update 24/12/2012: 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

Bushcare Notices - January 2013

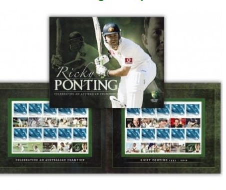
Bushcare at Warriewood

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

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

Pittwater Council's COOEE Newsletter December 2012

Australia Post celebrates the sporting career of a cricketing champion



In recognition of an outstanding sporting career, Australia Post will celebrate the achievements of former Australian Test Captain Ricky Ponting with a special souvenir stamp pack. Australia Post Philatelic Group Manager Mr Michael Zsolt said:
"Australia Post is delighted to be able to celebrate the career of one of our true champions and this special stamp pack is a wonderful memento of a sporting career spanning almost 20 years."

Ricky Thomas ("Punter") Ponting was born in Launceston, Tasmania in 1974 and played his first match for Tasmania in November 1992 at just 17 years of age. He was destined to become one of the greats of world-class cricket and played his first One Day International (ODI) game in 1995. Ponting debuted in the Australian Test side against Sri Lanka in Perth with a healthy score of 96. He became the Australian One Day International captain in early 2002 and Test captain in early 2004.

After 168 Tests and 375 ODIs, Ponting is Australia's leading run-scorer in Test and ODI cricket. He is one of only three players in history to have scored 13,000 Test runs. Statistically, he is the most successful captain of all time, with 48 victories in 77 Tests between 2004 and 31 December 2010, while as a player he is also the only cricketer in history to be involved in 100 Test victories.

Ponting played his last cricket Test on 3 December 2012 in Perth against South Africa, retiring with a Test batting average of 51.85. His appearance equalled the Australian record held by Steve Waugh. The Ricky Ponting souvenir pack contains a sheetlet of 20 x 60c stamps with full-colour career highlights featured in the stamp tabs and is being released for sporting enthusiasts just in time for Christmas. The special commemorative pack is available from participating Australia Post retail outlets, via mail order on 1800 331 794 and online at auspost.com.au/stamps

No more registration stickers

A Roads and Maritime Services (RMS) spokesperson today announced registration stickers are no longer being sent out with registration renewals.

"The change means registration stickers will no longer need to be displayed on light vehicles including motorcycles and trailers up to 4.5 tonnes **from 1 January 2013**," the spokesperson said.
"Customers will continue to receive registration renewal notices but from next year will no longer be inconvenienced by having to remove the old sticker and display the new one.

"RMS customers whose registration is due on 1 January or after will soon receive a flyer in their registration renewal reminding them a registration sticker is no longer needed.

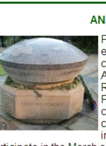
"Customers will notice there is no sticker in their registration renewal reminder. Further information on the change will be available on the reminder notice to help the community adjust seamlessly. Vehicle owners who pay for their registration before 1 January will have already received their reminder which included a sticker. These customers should use this new sticker when they renew their registration and leave it in place until new year's day.

"The retirement of registration stickers will simplify the registration process for customers, significantly reduce costs for fleet operators and car rental companies and provide savings to the NSW Government and the community of about $575,000 per year. There is also the environmental benefit of reduced wastage of registration sticker stocks.

"There will be no change to the registration process other than the retirement of stickers and customers are reminded registration renewals will still need to be paid by the due date to avoid enforcement action. Driving an unregistered vehicle is an offence and heavy penalties apply. Advances in camera enforcement technology will enable NSW Police and RMS to identify unregistered vehicles.

"RMS customers can check if their registration is current and the expiry date of their registration by completing a free registration check at rms.nsw.gov.au"

ANZAC Centenary 2015



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

PITTWATER COUNCIL – Celebrating 20 Years 1992-2012

Responsible Pet Ownership

During summer Council Rangers will be increasing patrols to raise community awareness of responsible dog ownership and the incidence of dog attacks. The main focus will be on:

Roaming dogs; Dogs unleashed in public places other than designated off-leash dog areas; Dogs not under effective control in designated off-leash areas; Dogs on beaches (this includes beaches within the Pittwater estuary)

More information visit www.pittwater.nsw.gov.au or call 02 9970 1111.

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

Federal Government Media Releases:

Albuterex Xtreme Formula
SNIPPET: Albuterex Extreme Formula poses a serious risk to your health and should not be taken. The supply of Albuterex Xtreme Formula is illegal. Albuterex Xtreme Formula has not been assessed by the TGA for quality, safety or efficacy as required under Australian legislation, and the place of manufacture is not approved by the TGA.

Referral by Graham Perrett MP - Australian Federal Police
SNIPPET: The AFP can confirm a referral was received on 21 December 2012 in relation to this matter.

Joint statement on whaling and safety at sea -

SNIPPET: The Governments of Australia, the Netherlands, New Zealand and the United States jointly condemn any actions that imperil human life at sea during the 2012-2013 Southern Ocean whaling season. We reiterate our call to the masters of all vessels involved to ensure that safety of human life at sea is not endangered and international collision avoidance regulations are observed to avoid injury or loss of life among protestors and whaling crew. We draw their attention to the International Maritime Organization's 17 May 2010 resolution on assuring safety during demonstrations, protests or confrontations on the high seas, and the International Whaling Commission's 2011 Resolution on Safety at Sea.

Changes to help Australia's horticulture exports keep pace-

SNIPPET: Changes to Australia's horticultural export arrangements, announced today, will ensure the industry keeps up with a changing global market. Minister for Agriculture, Fisheries and Forestry, Senator Joe Ludwig, said export efficiency powers for apple, pear and dried grapes will be removed from 31 January 2013. 'The review involved thorough consultation with the horticulture industry, including the Australian citrus industry which is the only one to make significant use of the export efficiency powers,' Minister Ludwig said.

Establishment of Wheat Industry Advisory Taskforce underway

SNIPPET: The Australian Government has today called for nominations for the Wheat Industry Advisory Taskforce. Minister for Agriculture, Fisheries and Forestry, Senator Joe Ludwig, said the taskforce will provide recommendations to the government and wheat industry on key issues, including export standards and the reporting of up country stocks information. 'The establishment of this taskforce reflects the Government's view that industry representatives should drive industry good functions,' Minister Ludwig said.

Nomination time extended for Homelessness Services Awards

SNIPPET: Australians will have more time to nominate outstanding services for the second National Homelessness Services Achievement Awards, with the nomination period extended until 1 February 2013. Nominations were due to close on 18 January, but Minister for Housing and Homelessness Brendan O'Connor has extended the period in recognition of busy time support services face over Christmas. But I know this can be a very busy time of year for our homelessness services and organisations, so I have extended the nomination period **until 1 February 2013.**

ADF contribution to UN mission in Timor-Leste ends
SNIPPET: ADF contribution to UN mission in Timor-Leste ends. The ADF's contribution to the United Nations Mission in Timor-Leste (UNMIT) Operation TOWER has ended. From peace keeping and security operations through to nation building and reinforcing the political process, the ADF has worked alongside the security forces and government of Timor-Leste as part of the UN commitment.

Centrepay review head appointed | Minister for Human Services
SNIPPET: Social Inclusion Board Member Anna Buduls has been named to head the independent review into Centrepay, the direct bill paying service available for people who receive a Centrelink payment. Minister for Human Services Senator Kim Carr welcomed Ms Buduls' appointment and said her broad experience made her well suited to conduct the review. Senator Kim Carr announced an independent review into Centrepay in November this year.

Further progress on Royal Commission
SNIPPET: Work is continuing on the establishment of the Royal Commission into Institutional Responses to Child Sexual Abuse including close consultation with states and territories following the December COAG meeting, with terms of reference set to be settled in January. Attorney-General Nicola Roxon explained that in the weeks since the Royal Commission was announced by the Prime Minister, the Gillard Government has been busy consulting across the Australian community about the best way to establish the Royal Commission. Significant decisions have been made and steps been taken to establish the Royal Commission including:.

Eight natural disaster declarations for bush fires across NSW during recent months
SNIPPET: The Hon Nicola Roxon MP. Eight areas across New South Wales have been declared Natural Disasters following bush fires that occurred between August and October this year. Ms Roxon said that these natural disaster declarations trigger a number of disaster assistance schemes to assist with the cost of disaster relief and recovery.

AMRAP funding extended
SNIPPET: Deputy Leader of the Government in the Senate. Minister for Broadband, Communications and the Digital Economy. The Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, today announced that the government will provide an additional $250,000 to ensure the Australian Music Radio Airplay Project (AMRAP) continues for a further six months.

ADF participation in Mardi Gras
SNIPPET: ADF participation in Mardi Gras. Australian Defence Force members will march in uniform at the Sydney Mardi Gras in 2013. Defence personnel have participated in the Mardi Gras since 2008 but the volunteer contingent of soldiers, sailors and airmen and airwomen will march as a formed body for the first time in the Mardi Gras parade on 2 March 2013.

Agriculture exports bounce back in 2011-12
SNIPPET: New figures out this week show Australias farmers and miners lifted primary exports more than 9 per cent in the 2011-2012 financial year, to nearly $200 billion. The Department of Foreign Affairs and Trades Trade in Primary and Manufactured Products shows these exports accounted for nearly two-thirds of Australias $315.8 billion total. Trade in Primary and Manufactured Products is part of a series published each year by the Department of Foreign Affairs and Trade on Australias international trade in goods and services.

China's rise dominates yearly trade round-up

SNIPPET: China's growing importance as an export destination is the leading feature piece in this year's Composition of Trade, released this week. New research by the Department of Foreign Affairs and Trade shows that while minerals and fuels top the list of Australian exports to China, the agriculture, manufacturing and services industries have also expanded. Composition of Trade is part of a series published each year by the Department of Foreign Affairs and Trade on Australia's international trade in goods and services.

Preferred Tenderer for Nambucca Heads to Urunga Upgrade
SNIPPET: NSW Minister for Roads and Ports. 'The Nambucca Heads to Urunga section is the first part of the 42 kilometre Warrell Creek to Urunga project, with the Warrell Creek to Nambucca Heads section to be built next. The duplication of the Nambucca Heads to Urunga section of the Pacific Highway is funded on a 50-50 per cent split between the Federal and NSW governments.

New charity regulator hits the road in 2013 | Office for the Not-for-Profit Sector
SNIPPET: The Australian Charities and Not-for-profits Commission (ACNC) is touring the country to explain their role and to encourage the not-for-profit sector to provide feedback on how the new regulator intends to use its powers. 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).

Government confirms legislative timetable for Element 3 of the Investment Manager Regime
SNIPPET: The Gillard Government has reaffirmed its commitment to the Investment Manager Regime (IMR) by announcing amendments to improve the regime's operation and confirming the intention to introduce the final element of the IMR into Parliament in the first half of 2013. In creating the IMR the Government has clarified the tax framework so that it supports greater internationalisation of Australia's funds management industry. 'Following careful consultation with industry, the Government will make legislative amendments to allow funds to trace through to underlying investors for the purposes of applying the widely held and concentration tests.'.

Children's Participation in Sport and Leisure Time Activities, 2003 - 2012
SNIPPET: These documents will be presented in a new window. Commonwealth of Australia 2012.

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 January 6th, 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

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Pittwater Online News

Front Page | Contents | Park Bench Philosophers | Profile of the Week | History | **Youth** | Seniors | Environment | Food | Lynda Hill | Pictures | Community News | News From our Inbox | Books | Events | Artist of the Month | Reflections | Collector's Corner | DIY Hints | Past Features

December 30, 2012 – January 5, 2013: Issue 91

Dancing and martial arts experience kick in popularity

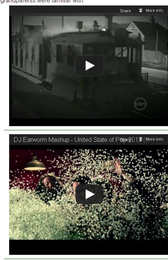
More Australian children are dancing and engaging in martial arts - but less so in netball and tennis - according to figures released by the Australian Bureau of Statistics (ABS). ABS Director of the National Centre for Culture and Recreation Statistics, Andrew Middleton said the Children's Participation in Cultural and Leisure Activities survey has been conducted every three years, and has shown some interesting trends on participation in sport, cultural activities and use of technology for children aged between five and 14 years.

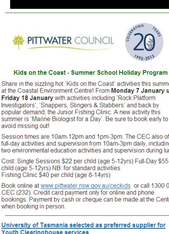
"Between 2003 and 2012, children's participation has increased by 27 per cent for dancing and 24 per cent for martial arts," said Mr Middleton. "Contributing to the increasing popularity of dancing was a rise in participation among children aged five to eight years, with participation increasing from 27 per cent to 32 per cent for girls and from one per cent to four per cent for boys. Since 2003, swimming and diving has remained the most popular sport for younger Australians. The survey showed that 25 per cent of 5–8 year olds and 18 per cent of 9-11 year olds participated in swimming and diving in 2012."

For children aged 12–14 years, outdoor soccer, netball and dancing were the most popular sports in 2012, with participation rates of 13 per cent for outdoor soccer and 11 per cent for both netball and dancing. Overall, the number of children who participated in netball declined between by 8 per cent since 2003. Participation in tennis also fell by 10 per cent in this period. Children are also spending less time watching TV than they did a decade ago, with an average of 11 hours per week spent in front of the box in 2012 compared to 22 hours per week in 2003. **'The proportion of children accessing the Internet increased from 64 per cent in 2003 to 90 per cent in 2012.'**

Further information is available in Children's Participation in Sport and Leisure Time Activities, 2003-2012 (cat. no. 4901.0.55.001), available for free download from the ABS website (www.abs.gov.au).

Trams may be coming back to Sydney. This great short film below will give you a little insight on what your grandparents and great-grandparents were familiar with





The Royal Prince Alfred Yacht Club Teaches over 600 Children a Year to sail and have great School Holiday Programs. Have a look here.

Kids on the Coast - Summer School Holiday Program

Share in the sizzling hot 'Kids on the Coast' activities this summer at the Coastal Environment Centre! From **Monday 7 January until Friday 18 January** with activities including 'Rock Platform Investigations', 'Rock Pools, Slingers & Stabbers' and back by popular demand, the Junior Fishing Clinic. A new activity this summer is 'Marine Biology for a Day'. Be sure to book early to avoid missing out!

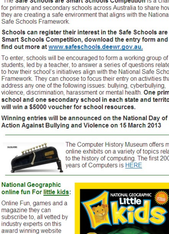
Session times are 10am-12pm and 1pm-3pm. The CEC also offers full-day activities and supervision from 10am-3pm daily, including two environmental education activities and supervision during lunch.

Cost: Single Session $22 per child (age 5-12yrs) Full Day $55 per child (age 5-12yrs) NB. for standard activities
Fishing Clinic $40 per child (age 8-14yrs)

Book online at www.pittwater.nsw.gov.au/ceckids or call 1300 000 CEC. (232) Credit card payment only for online and phone bookings. Payment by cash or cheque can be made at the Centre when booking in person.

University of Tasmania selected as preferred supplier for Youth Clearinghouse services

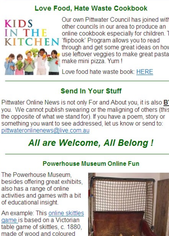
SNIPPET: The University of Tasmania has been chosen as the preferred project partner for the Australian Clearinghouse for Youth Studies (ACYS) with a renewed supply commitment to 2015. Contractual negotiations with the University of Tasmania to deliver National Youth Clearinghouse services from 2013 by 2015 will now begin, he said. I congratulate the University of Tasmania on being selected as the preferred partner and look forward to a successful partnership with ACYS in the New Year.



Youth and children's choirs starting 2013.
Enrol now via website or email: songfishchoir@gmail.com

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 funding 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 show 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 cash prize for school resources.**

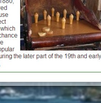
Winning entries will be announced on the National Day of Action Against Bullying and Violence on 16 March 2013

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

National Geographic online fun For little kids:

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

HERE



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

Bus Pass Replacement

HERE

Bullying; NO WAY !!!

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

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 'Kidcook' 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

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 !

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

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.
Mark Twain.

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

Get your hands on cracking contraptions at Wallace & Gromit's World of Invention exhibition now on at the Powerhouse Museum. Step into the home of Wallace & Gromit and play with their incredible inventions like the Blend-o-matic and Tellyscope II. See smashing claws from Aussie inventors, an implant that helps people hear and even a mousetrap making machine.

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

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

FUN FOR KIDS AT MONA VALE LIBRARY

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

The activities kick off with a camera workshop for **10-14 year olds** on **Tuesday 8 January from 9am to 12pm**. The workshop run by a professional photographer will include an outdoor photo session and costs $7.

A series of free summer movie nights will run on Wednesday 9 January with Sound of Music, Swiss Family Robinson on Wednesday 16 January and Blazing Saddles on Wednesday 23 January. All sessions commence at 6.30pm.

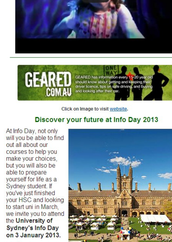
Library Manager Cathy Howie said there are also holiday craft sessions suitable for all ages of children.

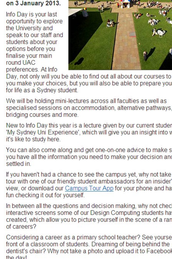
"Kids will not be able to **make a rabbit using recycled material, with a workshop for 8 to 11 year olds on Tuesday 15 January** from **9am to 11.00am** and an afternoon session for 12 year olds and upwards. The morning workshop costs $10 and the afternoon session is $15.

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

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

The Wiggles at Powerhouse Museum: Details.





Discover your future at Info Day 2013

At Info Day, not only will you be able to find out all about our courses to help you make your choices, but you will also be able to prepare yourself for life as a Sydney student. If you've just finished your HSC and looking to start uni in March, we invite you to attend the **University of Sydney's Info Day on 3 January 2013.**

Info Day is your last opportunity to explore the University and speak to our staff and students about your options before you finalise your main round UAC preferences. At Info Day, not only will you be able to find out all about our courses to help you make your choices, but you will also be able to prepare yourself for life as a Sydney student.

We will be holding mini-lectures across all faculties as well as specialised sessions on accommodation, alternative pathways, bridging courses and more.

New to Info Day this year is a lecture given by our current students – 'My Sydney Uni Experience', which will give you an insight into what it's like to study here.

You can also come along and get one-on-one advice to make sure you have all the information you need to make your decision and get settled in.

If you haven't had a chance to see the campus yet, why not take a tour with one of our friendly student ambassadors for an insider's view. Or, download our Campus Tour App – it's free to download and have fun checking it out for yourself.

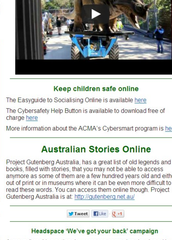
In between all the questions and decision making, why not check out interactive screens some of our Design Computing students have created, which allow you to picture yourself in the scene of a range of careers?

Considering a career as a primary school teacher? See yourself in front of a classroom of students. Dreaming of being behind the dentist's chair? Why not take a photo and upload it to Facebook on the day?

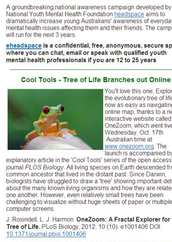
Don't forget to check out the live entertainment and grab a bite to eat. There's a lot to get involved in at uni once you're here, and the University of Sydney Union will be able to give you an idea if you visit them in the Quadrangle.

And for the parents and guardians, we will help you navigate the admissions and enrolment process and provide you with all you need to know to help you make a smooth transition from school to university with a seminar from 11am to 12pm.

Discover your future, visit: sydney.edu.au/infoday.



Buy Tickets HERE



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

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 works. You can access them online though. Project Gutenberg Australia is at: http://gutenberg.net.au/

Tweet Like +1

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.

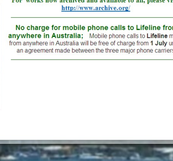
eheadspace is a confidential, free, anonymous, secure space where you can chat, email or speak with qualified youth mental health professionals if you are 12 to 25 years

Cool Tools - Tree of Life Branches out Online

You'll love this one. Exploring the evolutionary tree of life is now as easy as navigating an online map, thanks to a new interactive website called OneZoom, which went live Wednesday, Oct. 17th. Australian time at: onezoom.org/tree. The launch is accompanied by an explanatory article in the 'Cool Tools' series of the open access journal *PLOS Biology*. All living species on Earth descended from a common ancestor that lived in the distant past. Since Darwin, biologists have struggled to draw a 'tree' showing important details about the many known living organisms and how they are related to one another. However, even relatively small trees have been challenging to visualize without huge sheets of paper or multiple computer screens.

J. Rosindell, L. J. Harmon. **OneZoom: A Fractal Explorer for the Tree of Life.** PLoS Biology; 2012; 10 (10): e1001406 DOI: 10.1371/journal.pbio.1001406

OneZoom is committed to heightening awareness about the diversity of life on earth, its evolutionary history and the threats of extinction. This website allows you to explore the tree of life in a completely new way; it's like a map, everything is on one page, all you have to do is zoom in and out. OneZoom also provides free, open source, data visualization tools for science and education, currently focusing on the tree of life.



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

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

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

Pittwater Online News

Front Page | Contents | Park Bench Philosophers | Profile of the Week | History | Youth | **Seniors** | Environment | Food | Lynda Hill | Pictures | Community News | News From our Inbox | Books | Events | Artist of the Month | Reflections | Collector's Corner | DIY Hints | Past Features

December 30, 2012 - January 5, 2013: Issue 91

New Protection on Costs for People in Aged Care

People who enter aged care homes from 1 July 2014 will benefit from greater consumer protection following a Federal Government decision requiring aged care providers to seek approval for charging fees over a certain level. People who enter aged care homes from 1 July 2014 will benefit from greater consumer protection following a Federal Government decision requiring aged care providers to seek approval for charging fees over a certain level.

Minister for Ageing Mark Butler said for the first time aged care providers would be required to publish their accommodation prices and seek approval for charges over a certain level.

"Under the new tiered system, providers who want to charge above $500 a day will have to justify that cost and above $85 a day will need to seek approval from the Government under a new set of guidelines. Importantly, all prices will be published on the Government's MyAgedCare website making the system more transparent and open to scrutiny. This will set clearer boundaries and protect older people and their families from being overcharged or being asked to pay exorbitant fees without proper justification."

Mr Butler said the changes will be complemented by a new 'Choice of Payment Method Fund'.

"After agreeing on a price with an aged care home, new residents will have 28 days after moving in to decide whether to make accommodation payments as a Daily Accommodation Payment (DAP), a Refundable Accommodation Deposit (RAD) or a combination of both."

The changes follow recommendations to the Government by the Aged Care Financing Authority after public consultations.

The Government asked the Authority to provide the advice as part of the $3.7 billion, 10 year Living Longer Living Better aged care reform package announced last April.

In another major step forward in implementing the package, Mr Butler announced that aged care homes that participate in reforms to their facilities will be eligible to share more than $480 million in extra funding from 2014.

"This funding is designed to encourage growth and expansion in the aged care industry, with priority consideration being made by the Aged Care Financing Authority on how 'significant refurbishment' should be defined for the refurbishments can be made from 20 April this year and must substantially benefit Australia's 167,000 Government-supported aged care residents."

As a result of the new funding, aged care homes will be rewarded by an increase in their accommodation supplement from the Government, which rises by 62 per cent – from a maximum $32.56 per resident per day, to $52.84 from 1 July 2014.

"Residents will be the winners from these considerable incentives," Mr Butler said. "This will result in alterations, updates, upgrades and other improvements to residential aged care facilities, including bedrooms and common areas."

Details of the changes to accommodation payments and the higher accommodation supplement are at *Living Longer Living Better*.

Sydney in the Silent Film Era

Scenes: Footage filmed on top of a Sydney tram heading south down George Street in 1906: American boxer Jack Johnson filmed training at Rushcutters Bay in December 1908: An exhibition for his World Heavyweight Championship title match at Sydney Stadium against Canadian Tommy Burns: Daylight saving was introduced to NSW on 1 January 1917: Swimmers flock to Bondi Beach.

Intertitles: Daylight Saving: Thousands of People Visit Sydney's Beaches to Enjoy Early Work in Dome: Rugby League representative game, SCG 5 June 1922: New Zealand Maori vs NSW Second Rank: Sydney is the heartiest known surviving film of rugby league action in Australia. Intertitles: The Maoris give their famous War Dance: The Government sponsored documentary on the major landmarks of the city of Sydney, circa 1927.

Intertitles: Sydney practically radiates from Circular Quay... The ferry services to all across-the-water suburbs, almost the whole of the primary services, and most of the principal streets commence at the Quay. The Central Railway Station, with its 27 platform faces and 14 other tracks is the largest railway passenger terminal in the British Empire. Railway Square, George St West, Main Building, Sydney Technical College: Commonwealth Bank: Sydney's General Post Office is a fine specimen of architecture, and is one of the largest public buildings in Australia. Martin Place en fete. The architecture of the National Art Gallery in the Domain embodies some of the best features of the great Classic Revival.

Media Release: Smart options for mobile seniors - 20 December 2012 - Senator the Hon Kim Carr, Minister for Human Services

Seniors can now use a new mobile app that makes it easier to travel and work while receiving the Age Pension. Minister for Human Services Senator Kim Carr said the Gillard Labor Government had developed the Express Plus Seniors App to make it easier for pensioners to do business with the Government.

"This app is more convenient for pensioners and part-pensioners, so they can focus on the things that matter to them," Senator Kim Carr said. "Australians of all ages are great adopters of new technology. Anything that can give us more freedom to work and travel in our retirement is usually a welcome innovation. More than 600,000 of Australia's 2.2 million pensioners are already registered to use Centrelink online services, so we expect the app to make a difference to a very large group of Australians.

"It also offers an innovative solution for self-proclaimed 'grey nomads' – those people who head off to see Australia," Senator Kim Carr said. "The app allows pensioners to claim benefits for extended periods of time, making it more reliant on mobile technology to manage their affairs. The app means people can subscribe to online letters, as well as store letters and documents in their secure 'vault'. They are even able to capture and upload documents rather than posting hardcopies. It's a very big step forward."

Senator Kim Carr said the Seniors App would be particularly welcome news for the growing number of Age Pensioners who continued working beyond age pension age.

"The Australian Government's improved pension arrangements mean pensioners who receive employment income can earn more before their Age Pension is reduced under the Work Bonus," he said. "With the Seniors App it is simpler to report your income to Centrelink, making it even easier to capitalise on the Work Bonus. It's easy for business and pensioners just have to be registered, for online services in order to use the app.

"Last year, there were 1.7 million calls to Centrelink's senior phone line with each call taking an average of seven minutes. Most of that business will only take a minute or so using this app."

The new **Express Plus Seniors App** is available for free from the App Store on iPhone, iPad and iPod touch or at www.centrelink.gov.au, while the Android version can be accessed through Google Play. The app also allows pensioners to view and update their details, claim an advance and access a Centrelink statement.

Express Plus Seniors is the latest app developed by the Department and joins three other recently released popular apps: Express Plus Families, Express Plus Students, and Express Plus Job Seekers which together have been downloaded more than 200,000 times.

Further information is available: **humanservices.gov.au/expressplus**

New website to support seniors online
Hon. Brendan O'Connor MP
Acting Minister for Families, Community Services & Indigenous Affairs

Joint Media Release with: Senator Doug Cameron, Senator for New South Wales

Older Australians can now have greater access to training resources and information to help them get online with the Australian Government's new Broadband for Seniors website. Labor Senator for New South Wales, Senator Doug Cameron, launched the new website at the 2012 Australian Computer Conference for Seniors in Sydney today.

The Acting Minister for Families, Community Services and Indigenous Affairs, Brendan O'Connor, said the revamped web resource will provide seniors with more online learning tools to help them use the internet, as well as providing kiosk hosts and volunteer tutors with valuable resources.

"The Government's Broadband for Seniors program has been a huge success, with around 250,000 older Australians accessing the internet at about 2,000 internet kiosks across the country," Mr O'Connor said. "These kiosks are located in community hubs like senior citizens centres and book clubs, and provide seniors with free access to computers with broadband internet, as well as training in basic computing, internet browsing and email skills from teams of dedicated volunteers."

Senator Cameron said the Australian Government was investing $25 million in the program, which is being delivered by NEC Australia in partnership with Adult Learning Australia, Australian Seniors Computer Clubs Association and University of the Third Age Online.

"The Government is proud to be part of such a successful partnership that has helped thousands of senior Australians gain the skills and confidence to get online and be involved in the digital economy," Senator Cameron said.

"A recent survey showed that more than 80 per cent of participants said their computer and internet skills, as well as their confidence in using new technology, had increased since visiting a Broadband for Seniors kiosk."

Mr O'Connor said the Government would continue supporting older Australians to get online through the **Broadband for Seniors Program.**

"Broadband for Seniors is helping older Australians to stay connected to family and friends, learn new skills and be more involved in their community. The new website will build on this and ensure our seniors are getting the full benefit of the digital age."

For a full list of kiosks and more information visit the Broadband for Seniors website at www.necseniors.net.au

Contact Community Care Northern Beaches by clicking their logo:

CCNB Community Care Northern Beaches Limited

Kedron Wavell Services

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, 2 Jackson Road Warriewood. New people welcome every week. $8.00 casual. Phone Ingrid to secure your spot on 0405 457 063. www.healthyoutdoor.org.au

Seniors Card

Seniors Card Website: great information Competitions Newsletters and Events listings **HERE**

Tweet | Like | Share

Hornsby Shire Council | Warringah Council | Mosman Council | Manly Council

Northern Beaches Council | Pittwater Council

2013 SENIORS ROAD SAFETY CALENDAR

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

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

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

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

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

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

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

The Senior Newspaper Online
Click on logo:

Australian Senior Publications

Summer Mix - 2013

January is the time we all sit back and relax a little more, if that's possible! This January we shall bring you our usual Summer Mix of what's current and what has been happening here and elsewhere from eras past. We have some interesting History pages of a saltwater theme, some great Pittwater gents in our Profiles and there's a lot happening which we'll cover in reports and images for you.

To get you "in the mood" we share **Australian Summertime Past - Archive Mash-up** from Screen Australia in which you may spot yourselves.

Event wondered what the Aussie summer looked like 60 years ago? Screen Australia's Film Archivist Richard Carter has created this montage of summertime footage from the 1940s to 1970s using only film, music and audio from the Film Australia Collection (now managed by the National Film and Sound Archive).

A Mash-Up: noun. 1. Music, Slang. a recording that combines vocal and instrumental tracks from two or more different songs. 2. Slang. a creative combination or mixing of content from different sources: movie mash-ups; a Web mash-up that overlays digital maps with crime statistics

New MRI Method May Help Diagnose Dementia

A new way to use MRI scans may help determine whether dementia is Alzheimer's disease or another type of dementia, according to new research published in the December 26, 2012, **online issue** of *Neurology®*, the medical journal of the American Academy of Neurology.

Alzheimer's disease and frontotemporal lobar degeneration (FTLD) often have similar symptoms, even though the underlying disease process is much different.

"Diagnosis can be challenging," said study author Corey McMillan, PhD, of the Perelman School of Medicine and Frontotemporal Degeneration Center at the University of Pennsylvania and a member of the American Academy of Neurology. "If the clinical symptoms and routine brain MRI are equal, an expensive positron emission tomography (PET) scan might be needed. Or, a lumbar puncture, which involves inserting a needle into the spine, would be needed to help make the diagnosis. Analysis of the cerebrospinal fluid gives a reliable diagnostic interpretation, but this is something patients look forward to and is also expensive. Using this new MRI method is less expensive and definitely less invasive."

The study involved 165 people who had been diagnosed with a neurodegenerative disease consistent with FTLD, Alzheimer's disease or FTLD and had a lumbar puncture and a high resolution MRI. Of the 165, the diagnosis of 64 patients was confirmed by the autopsy or by determining that they had a genetic mutation associated with one of the diseases.

Researchers used the MRIs to predict the ratio of two biomarkers for the diseases in the cerebrospinal fluid, the proteins tau and beta amyloid. The MRI prediction method was 75 percent accurate at identifying the correct diagnosis in those with pathology-confirmed diagnoses and those with biomarker levels obtained by lumbar puncture. MRIs showed similar accuracy of the MRI and lumbar puncture methods.

"Developing a new method for diagnosis is important because potential treatments target the underlying abnormal proteins, so we need to know which disease to treat," McMillan said. "This could be used as a screening method and any borderline cases could follow up with the lumbar puncture or PET scan. This method would also be helpful in clinical trials where it may be important to monitor these biomarkers repeatedly over time to determine whether a treatment was working, and it would be much less invasive than repeated lumbar punctures."

Corey T. McMillan, Brian Avants, David J. Irwin, Jon B. Toledo, David A. Wolk, Vivianna M. Van Deerlin, Leslie M. Shaw, John Q. Trojanowski, and Murray Grossman. **Can MRI screen for CSF biomarkers in neurodegenerative disease?** Neurology, 2012 DOI:10.1212/WNL.0b013e3182750147

NFSA releases unseen film of Bradman in Canada

The Australians in Toronto, a rare 1932 film featuring cricket legend Sir Donald Bradman in action in Canada, has been released by the National Film and Sound Archive of Australia. The 13-minute black and white silent documentary had never been seen before in Australia.

The film shows Bradman during a privately organised tour, playing matches against Canadian teams in June-July 1932. The visit to Toronto was part of a 51-match North American cricketing adventure organised by 46-year-old former Australian Test leg spinner Arthur Mailey.

"The NFSA is delighted to share this film – made at a time when the 'spirit of cricket' was as important as the result – with cricket lovers around the globe," said NFSA Curator Simon Foster.

Though not officially sanctioned by the governing body of Australian cricket, Mailey put together a diverse team comprising state and present Australian first class cricketers, several lower level grade players and a medical support officer. The Canadian Pacific Railway Corporation would agree to be the major tour sponsor under one proviso – the team had to include one of Donald George Bradman, known in all parts of the British Empire for his phenomenal batting exploits.

Recently married to childhood sweetheart Jessie Menzies in late April 1932, Bradman was initially not too keen on the idea of another overseas commitment, but agreed to the request on several conditions – most importantly, that his wife Jessie be included in the touring party. As overseas travel was a luxury afforded to select few, particularly given the effects of the Great Depression, the opportunity was too good to pass up. This 'Goodwill Tour', as it became known, would ostensibly be a Mailey Testimonial Tour – a working holiday while seeing the sights of Canada and the United States.

The visit of Bradman to Canadian shores was treated with much fanfare and anticipation by the Canadian Pathe News, the Ontario Motion Picture Bureau (OMPB), a provincial government-run film production company, sent its cameras to document the event. The resulting film was The Australians in Toronto, filmed only months before the start of the world-famous Test series battle, the infamous 'Bodyline' tour.

While much moving image exists of Bradman, his entire Test Match career was played in only two countries – Australia and England. The Australians in Toronto is believed to be one of only two known moving image records of Bradman playing cricket in Canada, somewhere other than in Australia or the United States.

The Australians in Toronto is presented by the NFSA, with the support of Library and Archives Canada. The film can be seen on the NFSA YouTube channel.

Avalon Computer Pals for Seniors

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has over 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

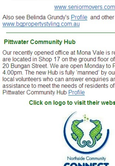
(how to hold the mouse!) to more complex matters, there is a trainer who can help.

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 on phone 02 8064 3574

Next Student Registration Day - Monday 21st January

You must attend our registration to to enrol for the next term. We operate in the Scout Hall, Mana Regina Church, 7 Central Road, Avalon Beach. There is ample free parking.

Article on their Seminar



My Main Godfrey is a 1936 American screwball comedy film directed by Gregory La Cava. The screenplay was written by Morrie Ryskind, with uncredited contributions by La Cava, based on "1101 Park Avenue", a short story by Eric Hatch. The story concerns a socialite who hires a derelict to be her family's butler, only to fall in love with him; much to his dismay. The film stars William Powell and Carole Lombard.

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 :

The University of the Third Age Pittwater U3A

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.pittwateru3a.org

Keep your Wits About You

A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: Lumosity 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/v6/personalization

Senior Movers

Senior Movers is a volunteer resource for the Pittwater senior community who are thinking about downsizing from their property. Senior Movers wants 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.

www.seniormovers.com.au

Also see Belinda Grundy's Profile and other great Business: www.bgoproperstyling.com.au

Pittwater Community Hub

Our recently opened 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 the community and residents of the Northern beaches. Pittwater Community Hub Profile

Click on logo to visit their website for more

Nurture Community CONNECT

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December 30, 2012 - January 5, 2013: Issue 91

Top Australian Environmental Stories of 2012

Good:

Australia creates world's biggest marine protected areas
Australia announced it would establish the world's largest network of marine protected areas, spanning 3.1 million square kilometers (1.19 million square miles). The announcement means our maine parks will increase the number of its marine reserves from 27 to 60, putting nearly 40 percent of Australian waters under some form of protection. The plan also set aside a part of the Coral Sea, which includes the Great Barrier Reef, for protection. The new marine protected areas include bans on oil and gas mining and tougher regulations on fisheries. Marine scientists have become increasingly vocal that oceanic biodiversity is imperilled by a combination of overfishing, nutrient pollution, ocean acidification and climate change. Fisher industries state this is the death knell for their livelihood and associated suppliers of services and products.

Australia Legislates to introduce carbon tax - July, 2012
Australian Federal Government announces it will introduce a carbon tax that targets around 300 of the country's biggest polluters. The tax started out at around $24 for every metric ton of carbon pollution, aiming to cut carbon by 159 million metric tons in eight years. The Clean Energy Act establishing the tax was hugely opposed by Australia's opposition government which warns it will repeal the tax if they gain power. The Australian public is wary, citing any increase by any government on big industry players is immediately passed on to consumers, thus negating any positive results. Time will tell how effective this tax is.

Stopping Super Trawler from plundering Australian fish stocks.

Australia passes legislation against illegal timber imports – November 2012, joining the U.S. in outlawing the importation of illegal logged timber from abroad. The new legislation makes it a criminal offence for Australian businesses to import timber from illegal operations. The Australian government estimates that $400 million worth of illegal timber products are sold in the country each year often as outdoor furniture and wood for decks. The law was pushed by a wide coalition of businesses, environmental groups, and social and religious organizations.

Bad:

Australian coal seam gas exploiters is among the environmental stories of the year, as gas companies move quickly to take advantage of this unexploited resource, and community groups move just as quickly to oppose them. Governments are yet to draft regulations to cover the industry that both sides of the debate are happy with.

NSW Government allows hunters into National Parks to 'cull feral pests'. The NSW government did not attempt to hide the fact that the policy to allow hunting in NSW National Parks was initiated to secure the votes of the Shooters and Fishers party for the privatization of power infrastructure in NSW. The policy changes did not happen in response to a call from the community.

Recent threatened ecological community listings
Natural Grasslands of the Murray Valley Plains – listed as Critically Endangered on 8 September 2012
Giant Kelp Marine Forests of South East Australia – listed as Endangered on 29 August 2012
Broad leaf tea-tree (Melaleuca viridiflora) woodlands in high rainfall coastal north Queensland – listed as Endangered on 19 May 2012
Recent species listings
Spotted handfish transferred from endangered to critically endangered on 11 Oct 2012
Red handfish transferred from vulnerable to critically endangered on 11 Oct 2012
Plains death adder listed as Vulnerable on 11 May 2012
Bago leek-orchid and Kiandra greenhood listed as Critically Endangered on 3 May 2012
Koala (combined populations of Queensland, New South Wales and the Australian Capital Territory) listed as Vulnerable on 2 May 2012
Black Cod listed as Vulnerable on 4 April 2012
Murray Hardyhead transferred from Vulnerable to Endangered on 16 March 2012
Kroombit Tinker Frog transferred from Vulnerable to Critically Endangered on 18 January 2012

Ugly:

Alpha Coal mine and rail project approved by Federal Government Environment Minister Tony Burke – 23rd of August, 2012: Project proponent GVK Hancock referred the proposal to construct and operate an open-cut coal mine and 495 kilometre railway line to Abbott Point for federal assessment in December 2008 because of its potential impact on listed threatened species and ecological communities, migratory species, their habitat, and national and world heritage. For more information go to http://bit.ly/M5A5yo.

21/12/2012: Queensland government is seeking registrations of interest to participate in the first stage of the potential development of a new coal export terminal at Abbot Point to serve the Bowen Basin and the Galilee Basin.

The Galilee Basin is a permian geological basin in the western Queensland region of Australia. It is located west of the Surat Basin and is part of the Great Artesian Basin drainage basin. Towns close to proposed mines in the basin include Alpha and Jericho but the basin extends north past Hughenden, south to Charleville and west beyond Winton to Middleton.

Nine mines have been proposed to be built in the Galilee basin. In May 2012, the Government of Queensland granted approval to Hancock Coal and GVK to construct the Alpha Coal Project. The project is being built in an area used as habitat by the endangered Black-throated Finch. **The mine is intended to export 30 million tonnes of thermal coal annually from 2015.** 1,000 employees will be needed once the mine is operational.

Hancock is also developing the Kevin's Corner coal mine adjacent to the Alpha project. Mineralogy owns thermal coal deposits in the Galilee Basin, which are estimated to total 100 billion tonnes of coal. The mine is planned to be built on the Bimblebox nature reserve, which Clive Palmer, owner of Mineralogy, claims is not a high quality environment and has been degraded by grazing. The project, known as China First Coal, is **expected to export 40 million tonnes of coal a year** and according to Palmer will proceed even though one of the original supporters, Vitol, has left the project. China First Coal includes an open-cut, underground longwall mine, standard gauge railway and port facility.

Port facilities at Abbot Point are expected to be the export point for coal sourced from the Galilee Basin. A proposal for a coal-fired power station in the areas has been placed on hold. Water supply for mines in the basin was once provided as a reason supporting the development of the Bradfield Scheme.

The biggest build-up is anticipated at Abbot Point, south of Townsville, where the 200 ships that visited to pick up coal in the past 12 months are expected to grow to 1300 annually. : *Barrier Reef tanker traffic to double as coal industry grows.* **Andrew Fraser.** The Australian. July 2nd, 2011.

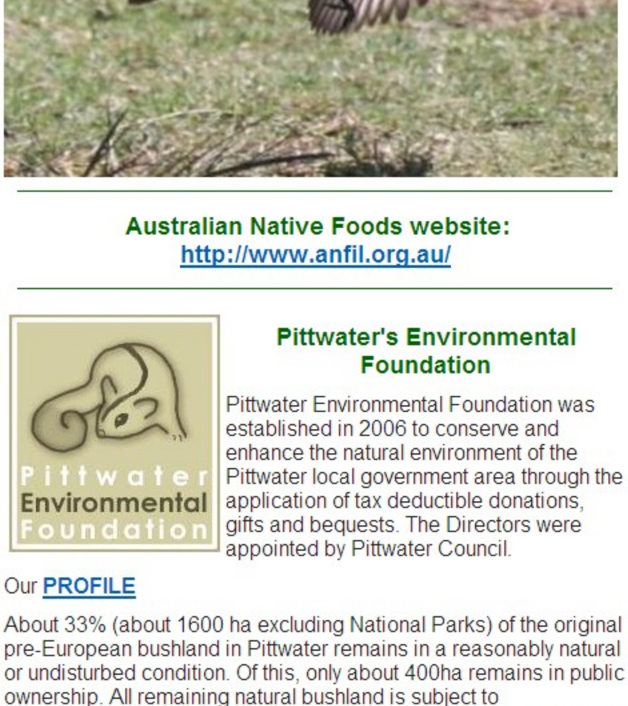
The first European navigator along this section of the coast was **James Cook in HMS Endeavour in 1770**. He charted and named **Cape Gloucester** (Gloucester Island), **Edgecumbe Bay** (Port of Bowen) and **Cape Upstart**. Cape Upstart National Park.

The mouth of the Burdekin River was discovered by Captain Wickham in **HMS Beagle in 1839** and was first named after him. It was later renamed by Ludwig Leichhardt as the Burdekin. The first European to live in the area was James Morrill who survived a shipwreck in the area in 1846 and lived with the local Aborigines until 1863. He eventually made his home in Bowen and is buried in the town's cemetery. Local legend has it that when he emerged from the bush with the Aborigines in 1863 he announced 'Don't shoot mates, I'm a British object'

Abbot Point wildlife_online20120831183003.pdf
Size : 98.762 Kb
Type : pdf

Above: Cape Upstart National Park.

Willy Wagtail, Careel Playing Fields, October 2012.



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

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.

THE WILDERNESS SOCIETY

Entries open for children's literature award

The Wilderness Society's annual **Environment Award for Children's Literature** promotes books that help grow kids' love for nature. Entries for the 2013 Award are now open!

Enter now using our online entry form.

The Environment Award for Children's Literature regularly recognises some of the highest quality children's books in the country. Each year, the shortlist is used as a guide for parents and teachers wanting to foster a love of wild places and wildlife in young Australians, and encourage a sense of responsibility for our natural world.

The winners of the 2012 Award were Hairy Nose, Itchy Butt by Elizabeth Frankel and Garry Duncan and One Small Island by Alison Lester and Coral Tulloch. 2013 will mark the Award's 20th year and, as such, celebrations are expected to be bigger and better than ever.

This time round, the award has gone digital, and **interested authors, illustrators, and publishers are asked to complete the online entry form before the closing date of 31 December 2012**. The Award is open to fiction and non-fiction books in two age categories (primary readers and secondary readers). Entrants are encouraged to read the full terms and conditions before entering. Winners of the 2013 Environment Award for Children's Literature will be announced to coincide with World Environment Day on 5 June, 2013.

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

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

PROTECT THE LAWS THAT PROTECT THE PLACES YOU LOVE

What if the Government couldn't protect the places you love?

A poll by Lonergan Research found 85 per cent of Australians want the Federal Government to have final say over potentially damaging projects. However, that isn't stopping the government from proposing changes that would weaken our critical environmental protection laws and hand protection over to the states.

We can't allow our unique places to be destroyed. You can help stop this move by spending two minutes signing this online petition and sharing it with your friends.

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, has 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.

Tweet | Like | +1

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

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

from the Prayer of Saint Patrick

Recycle Plastics at Coles from Take 3

Some great news for keen recyclers! Coles has announced that they will be accepting soft plastic packaging for recycling at selected stores across Australia!

This is a great win for the environment with soft plastic film, packaging and even old 'green bags' previously being sent to landfill now being given a second chance at life as outdoor furniture, bollards and walkways. Find out if a store near you accepts the new soft plastics here.

If you don't have a store near you then you can EVEN send the packaging in direct to the recycler! Send it here.

For more information visit here: www.coles.com.au/About-Coles/Environment.aspx

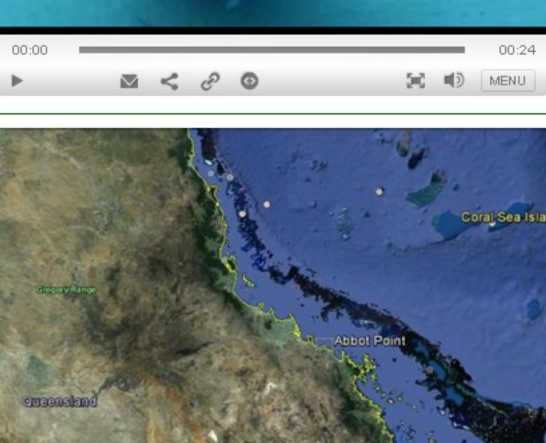
Examples of what you can now recycle are: Shopping bags; Fresh fruit and vegie bags; Bread bags; Biscuit packaging; Confectionery packaging; Rice & pasta packets; Frozen food bags; Reusable or 'green' bags. Be sure to ask your local Coles when they'll be getting these great new facilities in store!!

Southeastern Australian Seasonal Temperature Outlook: probabilities for **January to March 2013**, issued 19th December 2012 from Bureau of Meteorology

Warm days for New South Wales, cool nights in the south
The southeast Australian temperature outlook averaged over January to March 2013 shows that:
warmer days are more likely over most of NSW and northeast SA; cooler nights are favoured across Victoria, souteast SA and southern NSW

This outlook is a result of warmer than normal waters in the Indian Ocean, with warmer than normal tropical Pacific waters having less of an impact.

Researcher Octavio Aburto captured this swirling column of courting jacks off the coast of Mexico. Credit: Octavio Aburto



CARGO SHIP POWERED BY 100% RENEWABLE ENERGY UNDER DEVELOPMENT by University of Southhampton– 21st of JUNE, 2012

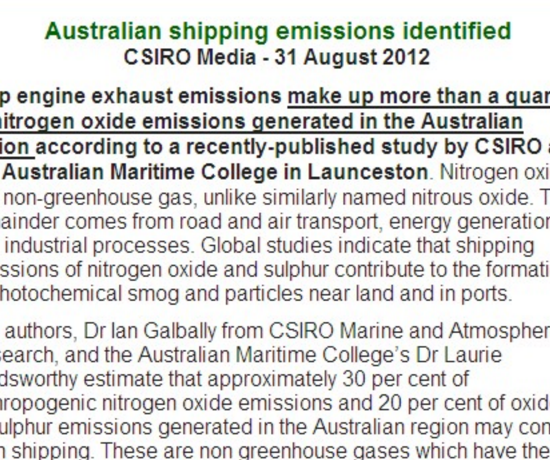
One of the great stories for our environment this year;

Those fossil-fuel chugging tanker ships transporting goods between the continents may soon be a thing of the past, as development of the world's first 100 percent renewable-energy powered cargo ship has begun.
Developed by Ireland-based B9 Shipping and scheduled to start undergoing testing at the University of Southampton's Wolfson Unit for Marine Technology and Industrial Aerodynamics (WUMTIA) this month, once ready for the seas the 3000dwt sailing cargo ship will be the first in the world completely powered by clean, renewable energy.

A hybrid system of sorts, the ship is powered by a combination of a dyna-rig sail propulsion system (first used on the Italian yacht The Maltese Falcon) along with an engine powered by biomethane gas generated from waste by the shipping company's sister company, B9 Organic Energy. 60 percent of the ship's power comes from capturing the wind while the remainder is from the gas-powered engine.

"We are designing B9 Ships holistically as super-efficient new builds transferring technology from offshore yacht racing combined with the most advanced commercial naval architecture. We're combining proven technologies in a novel way to develop 'ready-to-go' future-proof and 100 per cent fossil fuel free ships," said Diane Gilpin, the Director of B9 Shipping.

To help combat drastically rising fuel prices as well as clean up the shipping industry, B9 wants to use the combination of technologies to compete with conventional shipping companies. If it is successful, the company could transform the shipping industry from a carbon-heavy one to a carbon-neutral one.
Watch a video by B9 Shipping titled "Flagships of the Future":



Australian shipping emissions identified
CSIRO Media - 31 August 2012

Ship engine exhaust emissions make up more than a quarter of nitrogen oxide emissions generated in the Australian region according to a recently-published study by CSIRO and the Australian Maritime College in Launceston. Nitrogen oxide is a non-greenhouse gas, unlike similarly named nitrous oxide. The remainder comes from road and air transport, energy generation, and industrial processes. Global studies indicate that shipping emissions of nitrogen oxide and sulphur contribute to the formation of photochemical smog and particles near land and in ports.

The authors, Dr Ian Galbally from CSIRO Marine and Atmospheric Research, and the Australian Maritime College's Dr Laurie Goldsworthy estimate that approximately 30 per cent of anthropogenic nitrogen oxide emissions and 20 per cent of oxides of sulphur emissions generated in the Australian region may come from shipping. These are non greenhouse gases which have the potential to affect the air quality near coastal regions, and have consequences for human health and amenity.
Dr Galbally said around 10 per cent of global shipping freight passes through Australian ports annually. "Shipping is a major driver in the Australian economy, with 753 Mt of international exports worth $202 billion passing through Australian ports in 2008-2009."

"There is limited knowledge about the emissions from ships in coastal regions and ports in Australia, the effects of these emissions on air quality in the surrounding coastal and portside urban regions, or potential effects on human health" he said.
The ports of Perth, Melbourne, Sydney and Brisbane are located where seasonally-prevailing onshore winds dominate and the pollutants from shipping frequently will be carried into the air-sheds of these major urban population centres.

"We're seeing increasing regulation of land-based emissions but limited regulation of shipping emissions and expect that in the near-future there will be a need to monitor more closely emissions from shipping," Dr Galbally said.

The authors commenced this study with measurements of ship exhaust emissions on the coastal cement carrier *MV Goliath*. Dr Goldsworthy said it is possible to quantify emissions generated based on knowledge of fuel type, fuel origin, engine size, cargo, and speed.

"We know from previous studies and the Australian Pollutant Inventory that ship emissions off the coast of Australia are substantially larger than in-port ship emissions. Nitrogen oxide and sulphur oxide emissions at sea are comparable in magnitude with other national sources such as energy generation and industry. They are potentially significant contributors to the air-sheds of major coastal cities," he said.

The study appeared recently in the journal Air Quality and Climate Change.

CLIMATE ACTION PITTWATER

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

Food and Agriculture Organization of the United Nations (FAO)

Out now from FAO forestry department: **Forest Land Use Change 1990-2005** – including new estimates of deforestation and afforestation trends worldwide. Download free at http://bit.ly/TQmmkM

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

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

Sustainable Building and Renovating Workshop

This summer, why not start thinking about how to make your home more sustainable, comfortable and pleasant to live in with local architect Tony Edye. The workshop will explore how to incorporate environmental features into your building using natural light, natural materials, water storage, solar panels for hot water and electricity, water recycling, and other power saving devices. In most cases this won't cost you a lot!
When: **Thursday 24 January, 6:30-8:30pm**
Where: Newport Community Centre, 11-13 The Boulevarde, Newport
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)

World Wetlands Day - Twilight Walk

Celebrate World Wetlands Day today by joining us on an engaging and educational journey through Warriewood Wetlands – past, present and future. Learn about the importance of wetlands and the significance of World Wetland Day.
Joining us will be Council staff and local community experts to share their knowledge of the history of these valuable wetlands, passion for the incredible plant and animal biodiversity, and expertise in areas of water and catchment management.
When: **Friday 1 February, 6 - 8pm**
Where: Warriewood Wetlands - meet point provided upon booking.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)

Narrabeen Lagoon Eco-Paddle

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

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

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

PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

Identifying Overland Flow Affected Properties in Pittwater

Overland flow is a common, but not well known cause of flooding. Its consequences range from flooding across yards and gardens to moving parked cars and risk to personal safety and property. Overland flow is surface runoff before it enters a waterway. It is caused by rainfall flowing downhill along low points concentrating in gullies, channels, surface depressions and stormwater systems.

With nearly one in five properties in Pittwater affected by either overland flows or mainstream creek flooding, Council is bound by the NSW Government's Flood Prone Land Policy to undertake investigations and manage overland flows.
The current Overland Flow Mapping and Flood Study is the first step to locate and quantify overland flow paths throughout Pittwater.

Council has mapped properties potentially affected by overland flow paths which can be viewed online at www.pittwater.nsw.gov.au/overlandflow. Overland flow hazards are defined as flows resulting in a water depth greater than 150mm. Properties with overland flow water depths below 150mm are not mapped.

How to find out more about the risk of overland flow on your property: Visit www.pittwater.nsw.gov.au/exhibition and download the maps to find out if your property is affected.

Council is also seeking comments during the public exhibition period for overland flow and related changes to Pittwater 21 DCP. **The public exhibition period is from 24 November 2012 – 25 January 2013.**
For more information visit www.pittwater.nsw/overlandflow or to send your comments:
Email: overlandflow@pittwater.nsw.gov.au
Post: The General ManagerOverland Flow Public Exhibition PO Box 882 Mona Vale NSW 1660

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

Pittwater Online News

Front Page | Contents | Park Bench Philosophers | Profile of the Week | History | Youth | Seniors | Environment | Food | Lynda Hill | Pictures | Community News | News From our Inbox | Books | Events | Artist of the Month | Reflections | Collector's Corner | DIY Hints | Past Features

December 30, 2012 - January 5, 2013: Issue 91

Australian Cherries

On Christmas Eve our local fruit and vegetable supplier was encouraging all to taste test the varieties of Australian cherries on offer currently. Three varieties, one from Queensland, one from Tassie and another from NSW resulted in selecting a Black Douglas from E B Batinich and Co in Wombat N.S.W.. The Black Douglas is a large black cherry with firm, meaty flesh available late in the season. Cherries are the richest sources of certain anthocyanins, a type of antioxidant responsible for the deep red colour that has been linked to a variety of health benefits including boosting your immune system or reducing inflammations.

As you may, like us, have come home with a few kilos of these great Aussie fruits, we offer a few recipes from the excellent Australian Cherries website this week just in case you still have some left.

Black Forest Cupcakes (Serves: 12)
Preparation Time: 15 minutes
Cooking Time: 40 minutes
Ingredients:
Cupcake Mixture
125g butter or margarine
1/2 cup caster/raw sugar
1/2 cup plain yoghurt
2 eggs
2 cups self-raising flour
1 teaspoon baking powder
1/3 cup dark cocoa, sifted
1/2 cup milk
200g pitted cherries, halved
Icing & Decoration
125g butter
1 cup icing sugar mixture
1 teaspoon vanilla paste
1 tablespoon milk
12 whole cherries with stem on

Method:
Preheat oven to 180◦C and place 12 cupcake wrappers in a muffin tin.
Place butter and sugar in a bowl and beat together until creamy.
Add eggs and beat well until incorporated.
Stir in yoghurt and then gently fold in flour, baking powder, cocoa, cherries and milk until combined.
Spoon mixture into prepared muffin tins and bake for 40 minutes or until cooked. Remove from the muffin tin and allow to cool.
Make the icing by combining the butter, sugar and vanilla paste.
Add milk as required to achieve a rich, creamy, spreadable consistency.
Sift the icing sugar over each cupcake and top with a cherry.

Cherry Quinoa Salad with Lamb (Serves: 4)
Ingredients:
1 cup tri-colour or white quinoa, rinsed and drained
1/3 cup (80ml) olive oil
6 lamb tenderloin fillets
¼ cup (60ml) lemon juice
1½ cups pitted fresh cherries, halved
3 spring onions, thinly sliced
½ cup finely chopped parsley
¼ cup finely chopped mint
½ cup toasted pistachios, coarsely chopped
200g Greek feta
3 cups water
Method:
Combine water and quinoa in a saucepan and bring to the boil. Reduce heat to a simmer, cover and cook for 15 minutes or until grains are tender.
Drain, then transfer to a large bowl and set aside to cool.
Lightly coat the lamb fillets in 2 tablespoons oil, season well with salt and freshly ground pepper.
Heat chargrill pan over high heat then cook lamb for 6 minutes turning or until cooked to your liking.
Transfer to a plate and cover loosely with foil. Set aside to rest for 5 minutes.
Meanwhile, whisk remaining oil and lemon juice until combined, then add to the quinoa and toss to coat.
Add remaining ingredients to bowl and toss well to combine.
Slice lamb and serve on top of salad.
*For a vegetarian option, omit lamb and replace with zucchini.

Recipes courtesy Australian Cherries:
http://australiancherries.com.au/

Tweet | Like | +1

The cherry is the fruit of many plants of the genus *Prunus*, and is a fleshy drupe (stone fruit). The cherry fruits of commerce are usually obtained from a limited number of species, including especially cultivars of the wild cherry, Prunus avium. The name 'cherry' also refers to the cherry tree, and is sometimes applied to almonds and visually similar flowering trees in the genus Prunus, as in "ornamental cherry", "cherry blossom", etc. The majority of eating cherries are derived from either *Prunus avium*, the wild cherry (sometimes called the sweet cherry), or from *Prunus cerasus*, the sour cherry. Prunus serotina, commonly called black cherry, wild black cherry, rum cherry, or mountain black cherry, is a woody plant species belonging to the genus Prunus. This cherry is native to eastern North America: from eastern Canada through southern Quebec and Ontario.

The native range of the wild cherry extends through most of Europe, western Asia and parts of northern Africa, and the fruit has been consumed throughout its range since prehistoric times. A cultivated cherry is recorded as having been brought to Rome by Lucius Licinius Lucullus from northeastern Anatolia, modern day Turkey, also known as the Pontus region, in 72 BC. A form of cherry was introduced into England at Teynham, near Sittingbourne in Kent by order of Henry VIII, who had tasted them in Flanders. The English word cherry, French cerise and Spanish cereza all come from the classical Greek (κέρασος) through the Latin cerasum, thus the ancient Roman place name Cerasus, today a city in northern Turkey Giresun from which the cherry was first exported to Europe.

P. serotina timber is valuable; perhaps the premier cabinetry timber of the U.S., traded as "cherry". It is known for its strong red color and high price. Its density when dried is around 590 kg per cubic meter. P. serotina trees are sometimes planted ornamentally. P. serotina is a pioneer species. In the Midwest, it is seen growing mostly in old fields with other sunlight-loving species, such as black walnut, black locust, and hackberry. Gleason and Cronquist (1991) describe P. serotina as "[f]ormerly a forest tree, now abundant as a weed-tree of roadsides, waste land, and forest-margins." It is a moderately long-lived tree, with ages of up to 258 years known

Australia
In Australia, cherries are grown in all the states except for the Northern Territory. The major producing regions are located in the temperate areas within New South Wales, Victoria, South Australia and Tasmania. Western Australia has limited production in the elevated parts in southwest of the state. Key production areas include Young, Orange and Bathurst in New South Wales, Wandin, the Goulburn and Murray valley areas in Victoria, the Adelaide Hills region in South Australia, and the Huon and Derwent Valleys in Tasmania.
Key commercial varieties in order of seasonality include 'Empress', 'Merchant', 'Supreme', 'Ron's seedling', 'Chelan', 'Ulster', 'Van', 'Bing', 'Stella', 'Nordwonder', 'Lapins', 'Simone', 'Regina', 'Kordia' and 'Sweetheart'. New varieties are being introduced, including the late season 'Staccato' and early season 'Sequoia'. The Australian Cherry Breeding program is developing a series of new varieties which are under testing evaluation. The New South Wales town of Young is called the "Cherry Capital of Australia" and hosts the National Cherry Festival.

Prunus serotina. (2012, December 26). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Prunus_serotina&oldid=529780552

Health benefits; Cherries, both sweet and tart, have anti-inflammatory properties. A study by R.A. Jacob, published in the June 2003 issue of the "Journal of Nutrition" found that cherries inhibit inflammatory pathways and, thus, decrease inflammation. Black cherries contain polyphenols, which are organic compounds with antioxidant properties. A study by N.P. Seeram published in the February 2008 issue of the "Journal of Agricultural and Food Chemistry" conducted tests on the antioxidant potency of different fruit juices such as black cherry, pomegranate, acai, blueberry, cranberry and concord grape juice. The study tested the juices' ability to inhibit low-density lipoprotein-cholesterol (LDL) oxidation and total polyphenol content. Black cherry juice was in the top four juices for antioxidant capacity.
Gout is a type of arthritis. Crystals form in the joints from a buildup of too much uric acid in the body. This causes the joints to become inflamed. Men and women both suffer from gout. One of the treatments for gout is drinking 8 to 16 oz. of any cherry juice, including black cherry juice, daily. After two weeks, this lowers the uric acid, preventing gout attacks, according to the University of Maryland Medical Center.

A 2003 study by the U.S. Department of Agriculture at the ARS Western Human Nutrition Research Center at the University of California at Davis followed 10 healthy women consuming sweet cherries and found that plasma urate decreased 5h, which supports the anti-gout efficacy of black cherries. Black cherries contain serotonin, which produces beneficial effects on sleep. A study by M. Garrido and colleagues published in the September 2010 issue of "The Journals of Gerontology" performed a sleep study with volunteers. They found cherries from the Jerte Valley in Spain, such as black cherries, had a positive effect on sleep and sleep duration.
According to a study funded by the Cherry Marketing Institute, presented at the Experimental Biology 2008 meeting in San Diego, rats that received whole tart cherry powder mixed into a high-fat diet did not gain as much weight or build up as much body fat, and their blood showed much lower levels of inflammation indicators that have been linked to heart disease and diabetes. In addition, they had significantly lower blood levels of cholesterol and triglycerides than the other rats.

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An Extra Australian Cherry

Exocarpos cupressiformis (native cherry) circa 1844 by Marrianne Collinson Campbell (1827-1903) watercolour 8x7cm. Courtesy of National Library of Australia; nla.pic-vn3621801. Part of Wild flowers, fruit and butterflies of Australia [picture album] [ca. 1843-1883]

Native Cherry - Exocarpos cupressiformis
Derivation of Name: Exocarpos from Greek exo, outside and carpos, a fruit, referring to the apparent location of the seed outside of the fruit. cupressiformis; similar in appearance to the conifer Cupressus. The genus Exocarpos is a genus of about 26 species, 10 of which occur in Australia. Other species occur throughout the Pacific islands and in New Zealand. The members of this genus are at least partly root parasites in that their roots attach themselves to the roots of other plants and gain part of their growth requirements from the host species. Exocarpos cupressiformis is the best known and most widespread species. It has the general appearance of a conifer with attractive weeping foliage of yellowish-green to dark green colour. It will often be seen growing along roadsides close to eucalypts which it apparently uses as hosts. The small cream flowers are inconspicuous and are followed by the fruit which is a small nut about 0.5 cm in diameter. The nut is attached to a fleshy fruit-like structure which is actually an enlarged, succulent section of the flower stalk. The enlarged stalk (which is edible) is usually bright red and gives rise to the common name of the species.

Marrianne Collinson Campbell (1827 - 1903)
Marrianne Close was born on 30 June 827 in the village of Green Hills in the Hunter Valley of New South Wales. She was one of nine children and the only surviving daughter of Lieutenant Edward Close and his wife, Sophia. Marrianne had a passion for flora and fauna and, with an eye for detail, she recorded many Australian wildflowers. Lieutenant Close, a talented watercolour artist, gave his daughter lessons in drawing and painting, while Marrianne's great-aunt Sophia nurtured her work. In her early teens, Marrianne took lessons from the artist Conrad Martens, who influenced her meticulous painting style.

About 1843, at age 16, Marianne began compiling an album, Wildflowers, Fruit & Butterflies of Australia held at the National Library of Australia. The gold embossed, leather-covered album with its hand-painted title page contains many of her exquisite flower and natural history paintings. Marianne continued to add paintings to the album until 1883.

In 1854, Marrianne married her second cousin, 36-year-old George Campbell, who had inherited the family home of Duntroon, near what is now Canberra, in 1846. They lived at Wharf House in Campbell's Cove, now part of The Rocks area of Sydney, until 1857, when Marrianne, George and their two children moved to Duntroon. Marrianne transformed the home into an imposing, two-storey Gothic revival house. The gardens were redesigned and planted with numerous exotic and rare blooms, as well as various trees from England and trees collected on Marrianne's travels. The Australian native plants Telopea speciosissima, variousEucalyptus and Callistemon species grew on the estate.
Marrianne painted native plants from Western Australia, the Blue Mountains in New South Wales and Moreton Bay in Queensland. Many species from one location were often featured in a single painting. The majority of her work, however, was accomplished in and around Duntroon and Sydney.

44. Croquet party on the lawns of Duntroon, c. 1872
left to right standing: Sophie Campbell, Emily Smith, Bishop P. Barker, Marianne (Mrs George) Campbell, George Campbell. Middle row: Reverend P. G. Smith, Mrs Barker, Mrs H. O'Brien of Douro, Yass, Mrs P. G. Smith, Mrs Bates. Front: S. M. Emily Campbell, Fraulein Dittenberger, Mary Smith

As a widow in her late fifties, Marrianne devoted much of her time to painting. Many of her albums are still treasured as valuable heirlooms among family in Australia and Scotland.Marrianne died at Duntroon on 2 May 1903, at the age of 75, and was buried among other Campbell family members in a dedicated enclosure at St John's Church in Canberra, of which she was a benefactor.

The house at Duntroon did not remain in the Campbell family after Marrianne's death. After the creation of Canberra as the national capital, the Australian Government acquired the estate and 370 acres (1.5 km2) of land. **In 1911, the Royal Military College of Australia was founded at Duntroon, and the original house became the Officers' Mess.**

Source: Extracted from: *Women of Flowers*, by Leonie Norton (2009), National Library of Australia

Pittwater Online News

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December 30, 2012 - January 5, 2013: Issue 93

Beach Life - Summer in Pittwater 2013.

Photos by Alison Cuneaton, 2013. All Rights Reserved.

Pittwaten Online News

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Community News | **News from our Inbox** | Books | Events | Artist of the Month | Reflections | Collector's Corner | DIY Hints | Past Features

December 30, 2012 - January 5, 2013: Issue 91

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

Science's Breakthrough of the Year: Discovery of the Higgs Boson

Discovery of the Higgs boson is the biggest breakthrough in physics for the last 40 years, and the Higgs boson has been heralded by the journal Science as the most important scientific discovery of 2012. The particle, which is often hypothesized more than 40 years ago, holds the key to explaining why other particles have mass. Without mass, particles like the Higgs (particles), such as electrons and quarks, get their mass.

A computer visualization depicts one array of particle debris that physicists have analyzed from the decay of the Higgs boson in the Large Hadron Collider, the world's largest particle accelerator. After years of effort, officials at the accelerator laboratory CERN report that the Higgs apparently exists and has characteristics in line with the standard-model particle physics theory.

©2012 CERN

In addition to recognizing the detection of this particle as the 2012 Breakthrough of the Year, Science named its international nonprofit research center CERN, which operates the Large Hadron Collider, as scientific achievements the past year and compiled them into a top 10 list that will appear in the 21 December issue.

Researchers unveiled evidence of the Higgs boson on 4 July. When put into place the last missing piece of a puzzle that physicists call the Standard Model of particle physics. This theory explains why particles interact via electromagnetic forces, weak nuclear forces and strong nuclear forces in order to make up matter in the universe. However, until this year, researchers could not explain how the universe's particles received their mass.

"Simply assigning masses to the particles makes the theory go haywire mathematically," explains theoretical physicist Adrian Cho. Cho wrote about the discovery for the journal's Breakthrough of the Year feature. "So, mass must somehow emerge from interactions of the otherwise massless particles with themselves. That's where the Higgs comes in."

As Cho explains, physicists suspect space is filled by a "Higgs field," which is similar to an electric field. Particles interact with the Higgs field to obtain energy and – thanks to Einstein's famous mass-energy equivalence – mass as well. "Just as an electric field can be made to vibrate and produce light, the theory says the Higgs boson seems into existence," he explains. "Physicists have now blasted them out of the vacuum and into brief existence."

But, a new to the Higgs boson did not come easy – or cheap. Thousands of researchers working with a 5.5-billion-dollar atom-smasher at a giant particle physics research near Geneva, Switzerland, called CERN, used two gargantuan particle detectors, known as ATLAS and CMS, to spot the long-sought boson.

It is unclear where this discovery will lead the field of particle physics. On the one hand, it means that the physics community has at last been understood, which is why Science calls the detection of the Higgs boson the biggest breakthrough of the year. On the other hand, December issue of the journal includes three articles written by researchers at CERN, which help to explain how this breakthrough was achieved.

Science's list of nine other pioneering scientific achievements from 2012 follows:

The Denisovan Genome: A new technique that binds special molecules to single strands of DNA allowed researchers to sequence the complete Denisovan genome from just a fragment of a bone from an ancient pinky finger. The genomic sequence that allowed researchers to compare Denisovans – archaic humans who lived between 30,000 and 50,000 years ago in Asia – with Neanderthals and modern humans hovered to a gulf with brown and brown hair and brown skin who died in Siberia between 74,000 and 52,000 years ago.

Making Eggs From Stem cells: Japanese researchers showed that embryonic stem cells from mice could be coaxed into becoming viable egg cells. They clinched the case when the cells, fertilized by sperm in the laboratory, developed into live baby born of surrogate mothers. The method requires female mice to receive ovarian transplants, and it is unclear if it will work in the case of scientists' ultimate goal, creating human eggs in the laboratory. But, it provides a powerful tool for studying genes and other factors that influence fertility and eggs cell development.

Curiosity's Landing System: Though unable to test their rover's entire landing system under Martian conditions, mission engineers at NASA's Jet Propulsion Laboratory in Pasadena, California, came up with a plausible plan called the Curiosity rover on the surface of Mars. The 3.3-ton rover entry vehicle was too massive for traditional airbags to work, so engineers at JPL developed a system of cables to create a "sky crane" landing system that dangled Curiosity on wheels deployed, at the end of three cables. The fearless landing maneuver performed by the Curiosity rover's mission control mission near an earlier rover to pick up samples the rover collected and return them to Earth.

X-ray Laser Provides Protein Structure: Researchers used an X-ray laser, which shines a billion times brighter than traditional synchrotron sources, to determine the structure of an enzyme – photosystem II – that plants use to split water molecules during photosynthesis. The advance demonstrated the potential of X-ray lasers to decipher proteins that conventional X-ray sources cannot.

Precision Engineering of Genomes: The revision and deletion of DNA in higher organisms has become a powerful tool in many proposition. But, in 2012, a tool known as TALENs, which stands for "transcription activator-like effector nucleases," gives researchers the ability to alter or inactivate specific genes in zebrafish, toads, mice, rats, monkeys, plants and human cells in laboratory cultures. This technology, along with others that are emerging, is proving to be just as effective as (and cheaper than) established gene-targeting techniques, and it may allow researchers to determine specific roles for genes and mutations in both healthy and diseased individuals.

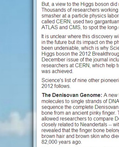
Majorana Fermions: The existence of Majorana fermions, particles that (among other properties) act as their own antimatter and annihilate themselves, has been debated for more than seven decades. But, in October, a team led by researchers at the Dutch Netherlands provided the first evidence that such exotic particles exists, in the form of quasi-particles, groups of interacting electrons that behave like single particles. The discovery has been promoted efforts to incorporate Majorana fermions into quantum computing, so scientists think "bricks" made of these incorporate particles could be more efficient at storing and processing data than those currently used in digital computers.

The ENCODE Project: A decade-long study that was reported by 30 papers published in September, ENCODE project found that more "functional" than researchers had believed. Although only 2 percent of the genome codes for actual proteins, the ENCODEpedia of ENCODE, or ENCODE, project indicated that at least 80 percent of the genome is active, helping to turn genes on or off, by making "switches" and "dimmers" that regulate when and where the ways in which genes are controlled and to clarify some genetic links to human diseases.

Brain-to-brain Interface: The same team that helped develop demonstrated that neural recordings from the brain could be used to move a cursor on a computer screen showed in 2011 that two paralyzed human patients could move a mechanical arm with their minds and millions people monitored in their laboratory. The technology is still experimental – and extraordinarily expensive – but it could one day lead to more advanced algorithms and cochlear brain neural implants to help patients paralyzed by diseases like Parkinson's and amyotrophic lateral sclerosis.

Neutrino Mixing Angle: Hundreds of researchers working at the Daya Bay Reactor Neutrino Experiment in China reported the last unknown parameter of a model that describes how elusive particles known as neutrinos, morph from one type or "flavor" to another as they travel at near-light speed. There is still lots to learn about these anti-neutrino could possibly change flavors differently and suggest that matter and antimatter in the early universe behaved differently, the universe contains so much matter and so little antimatter. If physicists cannot identify new particles beyond the Higgs boson, neutrino physics could represent the future of particle physics.

The above story is reprinted from materials provided by the American for the Advancement of Science, via EurekAlert!, a service of AAAS.

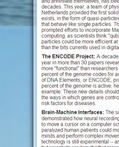


2013: Year of the Water Snake – Overview

Rainbow Water Snake, Enhydris enhydris, native to China.

This year for Chinese Astrology will be the 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. Politically, economically and socially 2013 will be a year of change as well, the interest most closely associated with education and research, making 2013 a very special year for scientists and scholars. Snake is a great year, for those who can harness the 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 Snake is Black. Water Snake is the 6th Animal Sign, closely related to Rats. Therefore, we can say 2013 is a Black Colored Water Snake or Black Water Snake year. The Snake is the sixth sign of the Chinese Zodiac. Snakes are thoughtful, mysterious, introspective, refined and collected of the Animals Signs. Ancient Chinese people thought that Snakes are the most feared of all, because it means that our family will not starve. People born in the Year of the Snake are keen and cunning, quite intelligent and wise. They are great meditators and good at doing business. Therefore, you should have good luck if you were born in the Year of the Snake.



Measurements Hint Why the Universe Is Dominated by Matter, Not Anti-Matter

A collaboration with major participation by physicists at the University of Wisconsin-Madison has made a precise measurement of elusive, nearly massless particles, and obtained a crucial hint as to why the universe is dominated by matter, not by its close relative, anti-matter.

Steve Fisher, a post-doctoral fog anti-neutrino detectors lagging filling with ultra-pure water in September, 2012 at the Daya Bay Neutrino experiment. The experiment, just starting its second year of operation, has found the last of the three ways in which anti-neutrinos oscillate virtually in mid-flight. University of Wisconsin-Madison physicist Karsten Heeger and Physicist Lawrence Livermore National Laboratory Jennifer Dunmore (both at Daya Bay) and Stanislaus Kwok (Lawrence Berkeley National Laboratory).

The particles, called anti-neutrinos, were detected at the underground Daya Bay experiment located near a nuclear reactor in China, 55 kilometers north of Hong Kong. For the measurement of anti-neutrinos it made in 2012, the Daya Bay collaboration has been named runner-up for breakthrough of the year from Science magazine. **The measurement has implications for the study of atomic particle electrons, protons and neutrinos that make up our world. When an electron encounters an anti-electron, or positron, both are annihilated in a burst of energy. In order to see these bursts in the universe tells physicists that anti-matter is vanishingly rare, and matter rules the roost in today's universe.**

"At the beginning of time, in the Big Bang, a soup of particles and anti-particles was created, but somehow an imbalance came about," says Karsten Heeger, a physics professor at UW-Madison. "All the studies that have been done have not found evidence of primordial anti-matter, so we have to understand why matter dominates the universe to explain the absence of anti-matter."

But the neutrino, an extremely abundant but almost massless particle, may have the right properties to explain the origin of matter in the particle, Heeger says. "And that's why physicists have put their last bet on the neutrino to explain the absence of anti-matter in the universe."

Heeger and his group at UW-Madison have been responsible for much of the design and development of the anti-neutrino detectors at Daya Bay. Jeff Cherwinka, from the university's Physical Sciences Laboratories in Stoughton, Wis. is chief engineer of the project and has overseen the design and construction of the detector installation. The construction of the experiment was completed in fall and data-taking started in October using the full set of anti-neutrino detectors.

Reactors, Heeger says, are a fertile source of anti-neutrinos, and physicists have long used them to study the particles. Reactors, reactive to the electric power is fed to fabricate a quantity called the "mixing angle." The probability of these particles are flavor into another.

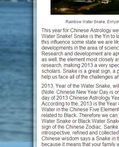
The measurement of the Daya Bay experiment, released in March 2012, even before the last of detectors was installed, showed a surprisingly large angle, Heeger says. "People thought the angle might be really tiny, so we built an experiment that was 10 times as sensitive as we ended up needing.

"The neutrino community has been waiting for a long time for this parameter, which will be used for planning experiments for next decade and beyond," says Heeger, "and that is why it was recognized by Science."

An expected to breakthrough of the year was the detection of the Higgs boson, an elusive sub-atomic particle that completes the Standard Model of physics. The discovery was made in July. The discovery also had major participation by physicists from the UW-Madison.

The above story is reprinted from materials provided by University of Wisconsin-Madison.

Facebook: We own your Instagram photos



New policies, which now apply to users in the United States, will enable Instagram to share photos and other content with marketing messages, the company said on its Facebook page, announced Monday (December 17,12 2012), may let companies pay to use photos and profiles in ads for marketing, raising privacy and security concerns, said Jeffrey Chester, executive director for the Center for Digital Democracy.

"It's a new, more powerful way to extend Facebook into mobile," said Instagram, a photo-sharing service that Facebook bought in August 2012 for about $1 billion. Facebook and other content with marketing messages, the company said on its site. The new terms of use, which take effect next month, could be exploitative, Chester said.

Facebook, operator of the world's largest social network with more than 1 billion users, is changing policies for its Instagram unit as it tries to make money from the photo-sharing service. Instagram, popular with teens and young adults, reached more than 100 million users. Facebook Chief Executive Officer Mark Zuckerberg said in September.

Facebook "uses teens as a digital goldmine," said Chester, whose group is focused on privacy issues. The company has filed a Federal Trade Commission to issue policies to protect teen privacy.

If users are younger than 18, then they "represent that at least one parent or guardian has also agreed to content being used for marketing, according to the updated usage terms. The changes are aimed at protecting minors without preventing abuse, Instagram said in a blog.

In the updated policy document, Instagram also said it may not always identify paid services or sponsored content. The company said it may also share information with Facebook, including how some businesses use Instagram, users' names, followers and photos in connection with sponsored content.

Our updated privacy policy helps Instagram function more easily as part of Facebook by being able to share info between the two companies," Instagram said in a statement. We can do things right spam more effectively, detect system and reliability problems more quickly, and better features for users and businesses as the Instagram is used."

But the Instagram said in a statement.

But the Instagram said in a statement.Watchdog reported that what meant is getting under users' skins are the new rules about how Facebook can use Instagram photos in ads. Users will be presented with a no fair game for advertising purposes.

According to the new terms of service, there is no way to opt out of the new rules, and anyone's photos may be used.

As the company puts it in a section titled, Proprietary Rights in Content on Instagram:

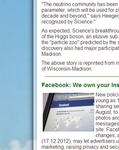
"By displaying or publishing ("posting") any content on or through the Instagram Services, you hereby grant to Instagram a non-exclusive, fully paid and royalty-free, worldwide, limited license to use, modify, delete from, add to, publicly perform, publicly display, reproduce and translate such content, including without limitation distributing part or all of the Site in any media formats through any media channels, except content not shared publicly ("private") will not be distributed outside the Instagram Services.

Some of the Instagram Services are supported by advertising revenue and may display advertisements and promotions, and you hereby agree that Instagram may place such advertising and promotions on the Instagram Services or on, about, or in conjunction with your Content. The manner, mode and extent of such advertising and promotions are subject to change without specific notice to you.

Tordai News and Sensitive are services.

Picturesque Tasmania

A short panorama of Tasmania, including Burnie, as it was in 1933. The brief synopsis says it all: "A driving tour of Tasmania, showing a number of towns from Hobart along the western, northern and eastern coasts." Made by the Cinema Branch 1933. Produced by G.A. Gahon.



Eating Asparagus May Prevent a Hangover, Study Suggests

Nothing brings in the New Year like merry makers suffering with the dreaded hangover. According to a study published in the *Journal of Food Science*, published by the Institute of Food Technologists (IFT), the amino acids and minerals found in asparagus extract may alleviate alcohol hangover and protect liver cells against toxins.

Researchers at the Institute of Medical Science at Jeju National University in Korea investigated the components of young asparagus shoots and found that they contain high levels of the amino acid asparagine and that the vitamin and mineral contents were found to be much higher in the young shoots than in the mature ones, says lead researcher Bi Y. Kim.

Chronic alcohol use causes oxidative stress on the liver as well as unpleasant physical effects associated with hangovers. The researchers were significantly interested in recovering the effects of the extracts of asparagus leaves and shoots," says Kim. "These results provide evidence of how the biological functions of asparagus can help alcohol hangover and protect liver cells."

Asparagus is a low-calorie, common vegetable that is widely consumed worldwide and has long been used as an herbal medicine to treat inflammation, pain, fever, diabetes, jaundice, coughs and bronchitis, Kim says.

(B. Y. Kim, C.-G. Cui, S.-B. Lee, S.-J. Kim, H.-K. Kang, Y.-K. Lee, D.-Y. Park. **Hepatoprotective and Antioxidant Activities of Young Asparagus officinalis Effects of**. Journal of Food Science, 2009; 74 (7): C511-C515. DOI: 10.1111/j.1750-3841.2009.01283.x)

Smoking May Worsen Hangover After Heavy Drinking

People who like to smoke when they drink may be at greater risk of suffering a hangover the next morning, according to a study in the **January 2013** issue of the *Journal of Studies on Alcohol and Drugs*. But anyone who has ever had too much to drink, that does after combination of headache, nausea and fatigue may be a hangover. Now, a study finds that smoking cigarettes may boost about one-quarter of people who drink enough to spear a hangover in the morning. Researchers at the Research Institute on Addictions in the New York suggest that smoking cigarettes after drinking alcohol boosts the hangover odds.

Researchers have found college students were more likely to report hangover symptoms after a heavy drinking episode if they smoked cigarettes during the night. Those who drank more frequently than they smoked more when they drank more.

"At the same number of drinks, people who smoke more that day are more likely to have a hangover and have more extreme hangovers," said Amy Pedersen, Ph.D., of the Center for Alcohol and Addiction Studies at Brown University in Rhode Island.

Her team controlled for some other factors as well, such as whether someone regularly drinks or smokes, and found that smoking was linked to an increased risk of hangover compared with not smoking. The study was based on 1,230 drinking episodes reported by 421 students who smoke on hangovers, Rohrenow said.

The "how" isn't fully clear. But other research has shown that nicotine receptors in the brain are involved in the body's response to drinking, Rohrenow said. For example, smoking and drinking at the same time boosts the release of dopamine, a "feel-good" brain chemical. So the fact that nicotine and alcohol together can boost that high may explain why smoking is tied to hangover.

The findings out based on a study of 113 college students who recorded their drinking and smoking habits, and any hangover symptoms, every day for a month. Students frequently drank a heavily - the equivalent of five or six cans of beer in about an hour or two - and smoked about half a pack of cigarettes a day. They were also asked to report how morning and suffered more when they did. That leaves the question of "So what?" Hangovers may make you feel bad, but it's not clear they're dangerous.

There is evidence that a hangover affects your attention and reaction time in that direction. Pedersen said. It might be unwise to drive or work in safety sensitive occupations with a hangover, for instance, but there is no evidence that they impact signal some type of damage to the brain, but smoking is already known to be harmful to the brain, so it's not a big leap to add it to the list of reasons to avoid cigarettes.

There are already plenty of reasons to avoid both smoking and drinking heavily, Pedersen said. Smoking is harmful to health, and smokers are going to indulge in heavy alcohol use, it would be wise to at least cut down on cigarettes.

Kristina M. Jackson, Damaris J. Rohsenow, Thomas M. Piasecki, Jonathan Heckman, Alan E. Shiffman, Nancy P. Barnett. **Smoking in Hangover Symptoms Among University Students**. Journal of Studies on Alcohol and Drugs, 2013; 74 (1): 9-18)

Walkley Awards Gala 2012 Year in Review Video Montage

Video montage of the year's biggest news stories as shown at the 2012 Walkley Awards Presentation and Gala Dinner held at Parliament of Australia in Canberra, ACT on Friday 7 December 2012.

Health Papers Published this week:

Gout Study Offers Genetic Insight Into 'Disease of Kings'

Scientists have shed light on why some people are more susceptible to gout than others: a study has identified 18 new genetic variations that increase levels of uric acid in the blood, which can lead to gout. The findings could help researchers develop better treatments and tests to prevent gout, a painful condition that affects some symptoms of the condition once known as the 'disease of kings'. **Gout is the most common inflammatory arthritis condition in men and affects 1 in 40 people in the world's populations.** Understanding how these common genetic variants increase uric acid levels in the blood could lead to new ways to treat or prevent gout, which is caused by a build-up of uric acid crystals in joints.

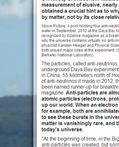
The international team of researchers, including scientists from the University of Birmingham, the University of Queensland and the Broad Institute of Harvard and MIT, studied the genetic code of more than 140,000 people. **Their findings are published in the journal Nature Genetics.**

Dr Veronique Vitart from the Medical Research Council Human Genetics Unit at the University of Edinburgh, who led the research in Scotland, said: "Although levels of uric acid are known to be associated with gout and other conditions, but causal relationships are not always clear. Gaining insight into the genetic factors that influence uric acid levels in the blood may help to find new ways to further our understanding of these conditions."

Professor Mark Caulfield, from the William Harvey Research Institute at Queen Mary, University of London, who co-ordinated the study, said: "Gout is a common and painful arthritis. Our findings identify new genes associated to gout and offer opportunities for new therapies which may improve prevention of this debilitating disease."

Kottgen et al. **Genome-wide association analyses identify 18 new loci associated with serum urate concentrations**. Nature Genetics, 2012; DOI: 10.1038/ng.1465

Understanding Cell Organization to Tackle Cancer



View through the middle of a hollow lentiloy stromo. (Credit: Image courtesy of Weizmann Institute of Science)

Scientists at The University of Manchester have identified how cells know which way up they need to be. The discovery could lead to the fight against cancer because the early stages of the disease the cells become disorganised.

Professor Sally Dunne from the Faculty of Life Sciences at Manchester Trust Centre for Cell Matrix Research has conducted the research that leads to a better understanding of cell polarity. Properly organised tissues are due to maintaining functional organs and is a result of having organised tissues and organs. In the correct position within the tissue and the right way up, because the top and bottom are different.

Professor Dunne explains: ECM is a type of protein that surrounds cells and helps tissues and helps to design and shape all of our organs. Previous studies have shown that ECM is important for cell polarity, but how it does this has been unclear. Now, for the first time, we have identified a molecular mechanism.

To understand this better Professor Stroud and Dr Hirter looked at epithelial cells, which make up the surface of our skin and the lining of the skin and epithelial cells of the breast, which make milk. These cells also form the linings of mammary ducts to carry the milk to the nipple. Professor Dunne's research team found that cells in these tissues need access to the ECM in the third layer of cells underneath them so that epithelial cells become disorganised.

Professor Dunne's team found that ECM through receptors called integrins. In experiments using mice Professor Dunne and Dr Hirter removed one of the genes that controls integrins. They found that the cells in the mammary ducts were unable to bind to the ECM and in the experiments the mice developed breast cancer. They then had removing integrins in cultured cells from the breast and found that the cells became disorganised.

Further study revealed that within the cell the integrin receptors connect to the protein Rac1 which controls the cell skeleton and helps cells to move. Dr Hirter said: "Rac1 is a protein that is known to be important in cancer because it helps cancer cells to move. We found that the ECM helps to control the cell skeleton by controlling the activity of Rac1. Our findings explain how cells are supposed to figure out where the transport machinery and the integrin receptors which makes sure that proteins are delivered to the right place. This is the first time that anyone has shown that cells know the wrong way up and that the ECM is responsible for telling them."

He continues: "What's really interesting is that when we compared breast tissue from non-cancerous cells with tissue from breast cancer cells we found that integrin Rac1 was similar. The cells were upside down and disorganised so they couldn't carry out their normal functions. This is the first time that anyone has shown that an ultimate lead to better diagnostic for patients."

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The next stage of the research will be to investigate the link between altered levels of integrin receptor, to determine whether this causes the disorganisation of breast cells seen in the early stages of the disease.

Hirter, Clifford, Charles H. Streuli. **Integrin-ECM-intracellular network orients cell polarity and tumors formation in glandular epithelium**. Nature Cell Biology, 2012; DOI: 10.1038/ncb2644

Fat Influences Decisions Taken by Brain Cells for Production of Insulin

Scientists at Karolinska Institutet in Sweden have identified two molecules that influence the production of insulin in the pancreas. The discovery, which is published in the journal *Nature Chemical Biology*, may be significant in the long term for the treatment of overweight and type 2 diabetes.

The same scientists have previously shown that receptors known as 'free fatty acid receptor 1' (FFAR1) are important for the production of insulin in the beta cells of the pancreas. The receptors ensure that insulin is released when blood sugar rises. By producing neurons play an important role in a number of diseases, such as Parkinson's disease.

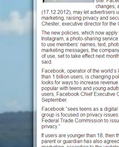
What was not known, however, was which molecules stimulate LXR in the medium. Now, the same research group has identified two such molecules. They are called 24(S),25-epoxycholesterol and desmosterol. The study, "Here we have taken a first step to identify two molecules that bind to LXR and activate it. These two molecules are produced in the body's cells and are important in the regulation of cholesterol metabolism," says Professor Ingemar Lundquist, who led the study. "The next step is to find out whether or not these molecules are the 'real molecules,' which is important for receiving treatments for diabetes in the future," says Professor Lundquist. "We have also shown that these molecules are important for the regulation of insulin release in humans."

An important conclusion of the study is that 24,25-EC can be used to turn stem cells into medium dopamine-producing neurons. He can't put like that in Parkinson's disease, which is characterised by the loss of dopamine-producing neurons in the brain. The study also shows that the molecule desmosterol in the brain's cells which desmosterol could be used for transplantation to patients with Parkinson's disease.

It is not familiar with the fact that desmosterol is found in the brain, it is more that it is harmful for humans to consume too much cholesterol," says Ernest Arenas, Professor of Medical Biochemistry and Biophysics at Karolinska Institutet and Biophysics at Karolinska Institutet, who led the study. "**What is new is that it is found in cholesterol has several functions, and that it is involved in extremely important processes in the brain.** Desmosterol is important for the development of the brain and for the function of the brain's cells. Desmosterol is also important for cholesterol acts in the construction of these nerve cells, and in their survival. This is why desmosterol is found in the brain in such high concentrations in the development and function of the brain."

Hjorden Theofilopoulos, Yuqin Dong, Sabin Srinivas Kitambi, Paola Sacchetti, Kyle M Sousa, Karl-Bodin, Anne Kim, Carmen Wiss, Nicholas Gustafsson, Ernest Arenas. **Desmosterol activates liver X receptors in dopaminergic neurons and stimulates differentiation and regeneration of neural precursor cells**. Nature Chemical Biology, 2012; DOI: 10.1038/nchembio.1139

Cochlear Implant Secrets: Atomic Mechanism of Two-Headed Molecule Derived from Chang Shan, a Traditional Chinese Herb



The mysterious inner workings of Chang Shan – a Chinese herbal medicine **used for thousands of years to treat illnesses associated with malaria** – have been uncovered thanks to a high-resolution structure solved at The Scripps Research Institute (TSRI). The structure reveals the atomic mechanism of a two-headed molecule derived from Chang Shan, which has been the primary ingredient in Chang Shan since. Scientists have known that this compound, called halofuginone a derivative of the alkaloid febrifugine, can treat malaria in the primate system – but nobody knew exactly how.

The new structure shows that, like a wrench in the works, halofuginone jams the gears of a molecular machine that is responsible for protein synthesis, the complex process that allows organisms to synthesize the proteins they need to live. Chang Shan's halofuginone molecule has two heads that bind to the machine's gears, one head to the machine's core and the other to the machine's exit tunnel, where the machine stirs proteins in making proteins, rolling them in an infected person's bloodstream.

The new structure provides a model that may lead to improved possible about the mechanism of action of a medicine that has been used to treat fever from a malaria infection going back to 1,000 B.C. The study appears in the March 2, 2012 issue of the journal *Nature*. Professor Amnon Hizkiahu of Molecular Biology and Chemistry and Associate Professor Shaggy Institute for Chemical Biology at TSRI. Schmeing led the research with TSRI Professor Kimberly Hartman Zhou, Ph.D.

Halofuginone has been in clinical trials for cancer, but the high-resolution picture of the molecule's interaction with the ribosome machine may help researchers to develop it into new drugs to treat numerous other diseases.

The Process of Ammoniacyclase and its Importance to Life

Halofuginone is a molecular drug that interferes with the process, the end products of gene expression. When genes are expressed their DNA sequence is first read and transcribed into messenger RNA, or mRNA. The mRNA is then translated into proteins by the ribosome machine. The ribosome reads the mRNA in groups of three letters of amino acid molecules strung together in the order called for in the DNA. Ilavacaso's Schmeing says, "The ribosome is a machine that makes proteins, and it's made of RNA and protein. Proteins are the machines that do most of the work in cells and are required for all structures of living organisms and for virtually all processes within cells. How does it know how many proteins to make, and when to make them?"

Aminoacylation is the biological process whereby the amino acid's parents are attached to their cognate tRNAs. The term charging is sometimes used to describe this process. Since tRNAs link amino acids to the three-base codons of mRNA, Schmeing and his colleagues have been examining the molecular details of this process, which is also known as transfer RNA aminoacylation, for insights into how Aminoacyl-tRNA synthetases regulate the genetic code development.

Over time what has emerged as the picture of this process basically involves three different enzymes. The first enzyme, known as an aminoacyl-tRNA synthetase enzyme attaches to a specific transfer RNA molecule called a tRNA or a microscopic form of RNA that is found in all cells. The synthetase then attaches the appropriate amino acid to the cell's protein by chemically adding it to the tRNA's terminal end. The synthetase enzyme also ensures that the appropriate tRNA. It does this by blocking the active site of the enzyme to all but the correct tRNA molecules. Finally, the synthetase enzyme also ensures that the correct amino acid is attached to the tRNA.

The article, "A Pre-Decided Conjugate of Oxidative-Inverse-Based Medicine on Human Cells," by Kimberly Zhou, Ph.D., Jonathan Heckman, Ph.D., and Paul Schmeing, Ph.D., was published in the journal *Nature* on Dec. 23, 2012.

Yanhan Zhou, Jake Sun, Jonathan Heckman. **Aminoacyl-tRNA directed capture of bioactive fucha-based molecules on human rRNA synthetase**. Nature, 2012; DOI: 10.1038/nature11726

Excessive Protein Synthesis Linked to Autistic-Like Behaviors, Mouse Study Finds

Autistic-like behaviors can be partially remedied by normalizing excessive levels of protein synthesis in the brain, a study published December 19 in the journal *Cell* has demonstrated. The findings, which appear in the latest issue of Nature, **provide a new target for therapeutic intervention in autism spectrum disorders (ASD) and other neurodevelopmental disorders characterized by impaired communication ability, and repetitive behaviors.**

Researchers led by Nahum Sonenberg, Ph.D., of McGill University in Montreal, Canada, and Eric Klann, Ph.D., of New York University, in collaboration with Dr. Antonio Santini of Telethon Institute of Genetics and Medicine in Pozzuoli, Italy, and Dr. Mauro Costa-Mattioli of Baylor College of Medicine in Houston, Texas, found that these mice had exaggerated levels of protein synthesis in the brain and that they exhibited autistic-like behaviors, including impaired social interaction, communication and repetitive behaviors. Treatment with a drug that blocks this process also reversed these abnormalities.

The study, "4-PI Directed Capture of Oxidative-Inverse-Based Medicine on Human Cells," by Kimberly Zhou, Ph.D., Jonathan Heckman, Ph.D., and Paul Schmeing, Ph.D., was published in the journal *Nature* on Dec. 23, 2012.

Yanhan Zhou, Jake Sun, Jonathan Heckman. **Aminoacyl-tRNA directed capture of bioactive fucha-based molecules on human rRNA synthetase**. Nature, 2012; DOI: 10.1038/nature11726

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

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Pittwater Online News

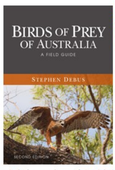
December 30, 2012 - January 5, 2013: Issue 91

Old Books: January 2013

Adventures in Australia (1885) by William Henry Giles Kingston (1814-1880)

Australia unlimited (1918) by E. J. (Edwin James)Brady, 1869-1952

New Releases from CSIRO

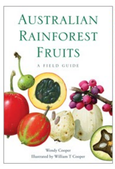


Birds of Prey of Australia - A Field Guide Second Edition by Stephen Debus - University of New England - Colour plates, Colour photographs, Illustrations, Maps, 208 pages, $ 39.95

This book is an illustrated field guide to diurnal raptors, a bird group that many people find among the most difficult birds to identify. Raptors are popular and iconic birds, and important ecologically as well as in legislation, with some species listed as threatened. Birds of Prey of Australia will enable people to more easily identify them. It also provides a brief overview of the biology of raptors and an indication of the current state of knowledge on them.

The book has been completely revised and updated, with 15 years of new data, a section on difficult species-pairs (split-images providing direct contrast), and rearranged in modern field-guide format, making it easy to use and enabling rapid identification of 'difficult' raptors.

Birds of Prey of Australia will appeal to a wide range of readers, including ornithologists, raptor biologists, birdwatchers, wildlife rescuers/carers, raptor rehabilitators, zookeepers, naturalists, bushwalkers, ecological consultants, fauna authorities, park rangers, state forestry personnel and students.



Australian Rainforest Fruits - A Field Guide by Wendy Cooper and William T Cooper - Colour plates, Line Art, Maps 272 pages - February 2013, $ 59.95

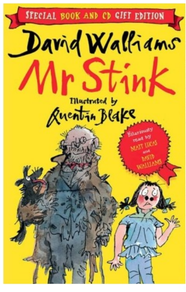
This beautifully illustrated field guide covers 504 of the most common fruiting plants found in Australia's eastern rainforests, as well as a few species that are rare in the wild but generally well-known. These spectacular plants can be seen from Cape York to Victoria, with some species also found in 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.

For Children:



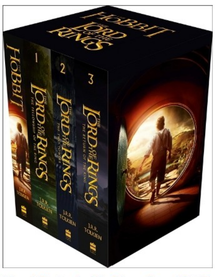
Mr Stink [Unabridged Edition] By David Walliams. On Sale: 27/12/2012. Formats: CD and Book. $29.99 and $19.99

"Mr Stink stank. He also stunk. And if it was correct English to say he stinked, then he stinked as well..."

Chloe sees Mr Stink every day, but she's never spoken to him. Which isn't surprising, because he's a tramp, and he stinks.

But there's more to Mr Stink than meets the eye (or nose) and before she knows it, Chloe has an unusual new friend hiding in her garden shed.

As Chloe struggles to keep Mr Stink a secret, and her dad tries to hide a secret of his own, the stage is set for an epic family confrontation. But there's one other person with a an extraordinary secret - Mr Stink himself...



The Hobbit and The Lord of the Rings: Boxed Set Film tie-in edition By J R R Tolkien: $39.99

When they were first published, The Hobbit and The Lord of the Rings became instant classics. Treasured by readers young and old, these works of sweeping fantasy, steeped in unrivalled magic and other-worldliness have sold more than 150 million copies around the world.

This new boxed gift set, published to celebrate the release of the first of Peter Jackson's three-part film adaptation of JRR Tolkien's The Hobbit, THE HOBBIT: AN UNEXPECTED JOURNEY, contains both titles and features cover images from both films.

It offers readers a new opportunity to discover Tolkien's remarkable world of Middle-earth and to follow the complete story of Bilbo Baggins and the Hobbits' part in the epic quest for the Ring - beginning with Bilbo's fateful visit from Gandalf and culminating in the dramatic climax between Frodo and Gollum atop Mount Doom.

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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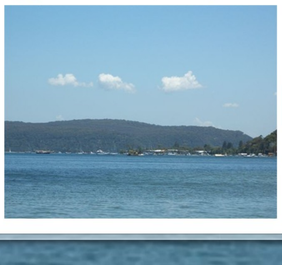
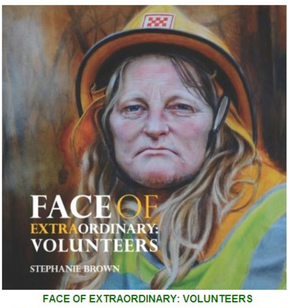




FACE OF EXTRAORDINARY: VOLUNTEERS

Art Project featuring Book Launch and Portrait Exhibition

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

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

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

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

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

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

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

Face of Extraordinary: Volunteers will exhibit at the Avalon Recreation Centre as part of the Artspot Art Exhibition.

Artspot art exhibition features 17 artists ranging from emerging and professionals to two international guests from South Africa. An array of artworks is on show including paintings, print works, ceramics, photography and sculpture. Artists include Meredith & Gemma Rasdall, Diezel, Cindy Goode Milman, Lorraine Beal, Stephanie Brown, Jackson Davies, Jessica Watts, Blue Stuart, Christine MacKinnon, Julia Sample, Michele Petrie, Caroline Munro, Angus Benham, May Wentworth and Conrad Bo.

Artspot Art Exhibition

Location: Avalon Recreation Centre, 59A Old Barrenjoey RD, Avalon, NSW, 2107.
Opening Night: Friday 4th January 2013, 6.00pm-9.00pm.
Author Talk: Sunday 6th January 2013, 11.00am.
Exhibition closes: Sunday 13th January 2013.

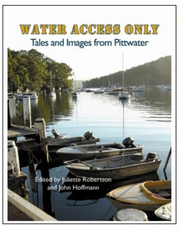
Capturing Time - Panoramas of old Australia

Pittwater resident Edwin Barnard has recently released the most beautiful book for art lovers as much as we who love Australian History. We will bring you more on this extraordinary work, and this great gent, presently. In the meantime;

Panoramas, whether painted or photographed, were the nineteenth-century equivalent of IMAX or Google maps. These wide-angled views of landscapes and cities fascinated viewers, who had never before seen such far-reaching perspectives on the world around them.

Based on the National Library of Australia's extensive collections, Capturing Time: Panoramas of Old Australia looks back on our nation through the magic of panoramas—to the streets of Sydney when it was the convict capital, to the gold rushes of Melbourne and to Perth, struggling to establish a toehold on the continent's western frontier.

Dating from 1810 to the 1920s, the paintings and photographs include historic views of all of Australia's capital cities, plus some country towns. Not only can readers imagine what it might have been like to stand on Sydney's Observatory Hill in 1820, for example, but also what it would have been like to stand there with a companion able to point out landmarks and tell the sorts of interesting stories that only locals know. Purchase from here



Attention New Offshore Residents and Local Visitors

Show 'em where & how we live. Share a glimpse of your Pittwater lifestyle with family and friends this Christmas with a copy of our local anthology.

Packed with true life short stories, poems, colour photography and artwork by offshore residents, WAO captures the essence of life on Pittwater, with all its hilarity, adventures and challenges.

"These little slices of history are funny, poignant, poetic and downright classy: a joy to read"

Susan Duncan: Author Salvation Creek.

Christmas Offer: $20/book. Contact us for sales and delivery options

Juliette: 0418349448: scotisle@tpg.com.au or Carol: 0407066419: floydcbg@ozemail.com.au

Avalon Library Hours

Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 6pm
59a Old Barrenjoey Road
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

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Pittwater Online News

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

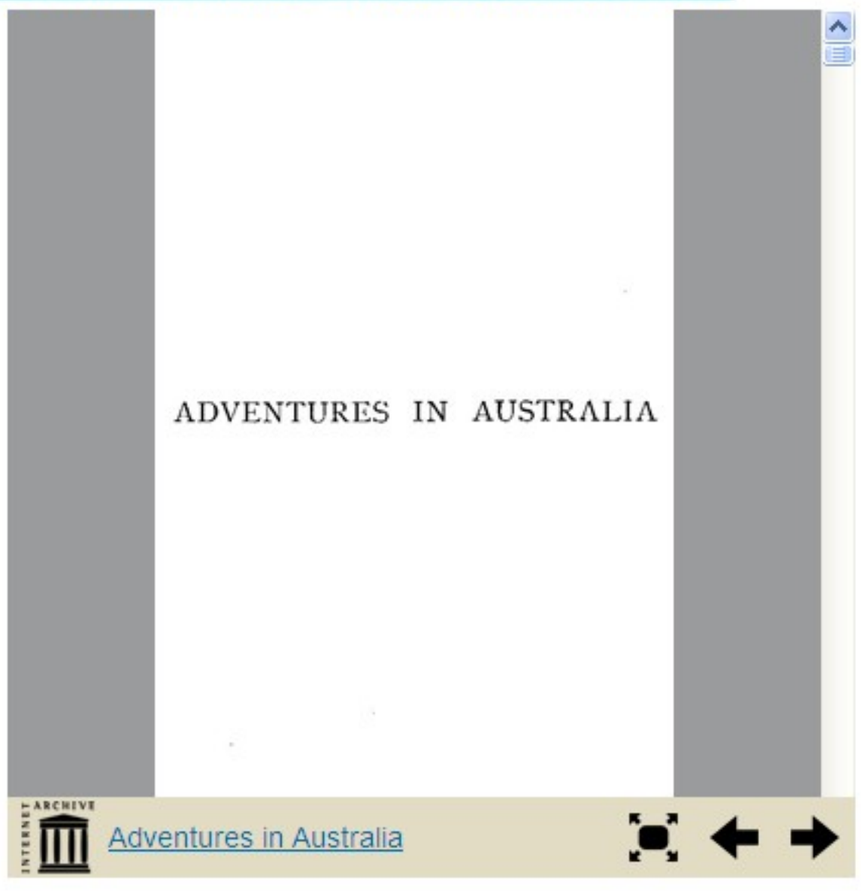
Adventures in Australia (1885) by William Henry Giles Kingston (1814-1880)

William Henry Giles Kingston (28 February 1814 – 5 August 1880), often credited as W. H. G. Kingston, was an English writer of boys' adventure novels.

William Henry Giles Kingston was born in Harley Street, London, on 28 February 1814. He was the eldest son of Lucy Henry Kingston, and grandson by his mother's side of Sir Giles Rooke, Knight Justice of the Court of Common Pleas. His father was in the wine business in Oporto, and Kingston lived there for many years, making frequent voyages to England and contracting a lifelong affection for the sea. He entered his father's business, but soon indulged his natural bent for writing.

Beginning in the 1870s Kingston entered into a contract with the publishers Sampson Low and Marston to translate some works of the French author Jules Verne. These are the works for which Kingston is most remembered today, but although they were all published under his name, the translations were actually done by his wife, Agnes Kinloch Kingston.

His first book, *The Circassian Chief*, appeared in 1844. His first book for boys, *Peter the Whaler*, was published in 1851, and had such success that he retired from business and devoted himself entirely to the production of this kind of literature, in which his popularity was deservedly great; and during 30 years he wrote upwards of 130 tales.
William Henry Giles Kingston. (2012, November 18). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=William_Henry_Giles_Kingston&oldid=523745254



Adventures in Australia

Tweet Like +1

Internet Sacred Text Archive

Sacred Texts Website: http://www.sacred-texts.com/index.htm

Australia unlimited (1918) by E. J. (Edwin James)Brady, 1869-1952

Edwin James Brady (1869-1952), journalist and writer, was born on 7 August 1869 at Carcoar, New South Wales, son of Irish parents, Edward John Brady, mounted police constable, and his wife Hannah, née Kenny. His father had migrated first to the United States of America where he had fought in the civil war. Brady was educated at Oberon Public School, then in Washington D.C. where his family settled in 1881. Homesick they returned to Sydney next year, and Brady went to two Catholic schools, then in 1884 passed the junior public examination from St Patrick's Boys' School. He worked on the Ben Buckler sewer and matriculated, but only attended a few evening lectures at the University of Sydney.

Brady's verse appeared in the Bulletin from May 1891. The publication of his first volume, The Ways of Many Waters, in 1899, reinforced his many literary friendships with Henry Lawson, A. G. Stephens, J. F. Archibald, and others. After a wagon journey from Sydney to Townsville in 1899-1900, Brady bought a half-share in the Grafton Grip, and edited it until 1903. Wearying of country life, he sold out, set up the Commonwealth Press Agency in Sydney and briefly edited the Labor paper, Australian Worker, until he moved his press agency to Melbourne in 1906. He edited there a short-lived literary monthly, the Native Companion, in which he published Katherine Mansfield's first short stories and contributions from Katharine Susannah Prichard. 1911 was a prolific year for Brady: he published an account of his wagon trip as The King's Caravan (London); a book, River Rovers (Melbourne), about a trip in an open boat down the Murray from Albury; another volume of collected verse, Bells and Hobbles (Melbourne); and Tom Padgin, Pirate (Sydney), illustrated by Lionel Lindsay. Next year he visited parts of south-east Asia, and soon after set up camp at Mallacoota, Victoria, to write free of distractions. His only very profitable book was Australia Unlimited (Melbourne, 1918), a comprehensive survey of Australia's primary industries.

John B. Webb, 'Brady, Edwin James (1869–1952)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/brady-edwin-james-5335/text9019

Australia unlimited

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Monday

January 2013 - Ted Blackall, Painter

Website

Training began: RMIT Painting School

Mentors: William Frater, Harold Freedman, Murray Griffin.

Post graduate studies with: Fred Bates, William Grunstein, Joshua Smith, New York Artists League.

Tutor at: Julian Ashton School, Sturt University Summer School.

Exhibiting: Royal Arts Society, Holdsworth Gallery, Bridge Street Gallery, Barons Galleries, Sydney Galleries, Lasting Impressions, Golden Wing Lounge, Newport Artworks, The Private Gallery, Wentworth Galleries, Humane Society International, Fattahi Stamford CT, Zorya Greenwich CT, Mosman Art Prize inclusion three times, once commended, Singleton Art Prize Highly Commended.

Commissions and Collections: International Olympic Committee, Moet Chandon, Kaiser Stuhl, Singapore Airlines, Qantas, Westpac Bank, Victorian College of Pharmacy, Bond Corporation, Kumagai Australia, Mansfield Capital, Northern Territory Tourist Commission.

Prizes:

Norman's Victorian Arts Society Prize 1969.

First Prize Sydney Royal Easter Show 1995.

Liverpool City Council Prize 1998.

Highly Commended North Sydney Art Prize 1999

Very Highly Commended, Drummoyne City Arts Society 1998.

My paintings depict people in their worlds. They are an attempt to portray the interior life of my subjects by showing them in their everyday surroundings at a precise moment in time. Often the life situation reveals more about the interior spirit of my subjects than their face, figure or attire. My painting style is purposely gestural, and fast so that the objects and subjects are not individually dwelt on but the specific high moment appears to have been captured all at once before it dissolves into the next moment.

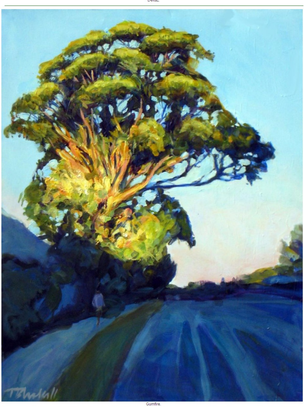
Also see: Painting in the 3rds

Grandview (Newport) 6.30am

Nannybeer Upon Reflection.

Steve Bobby.

Cellist.



Gumtree.

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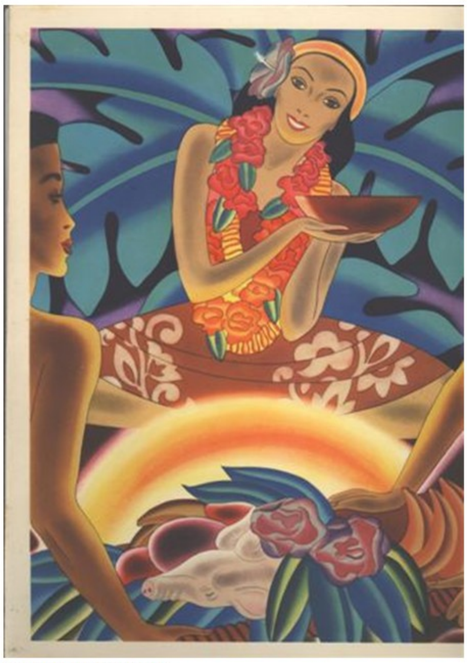

Monterey 12 November, 1938

Monterey 7 November, 1938

Monterey 13 November, 1938

THE MATSON LINE AND KEEPSAKE MENUS

By George Repin

The Matson Navigation Company (often referred to as the "Matson Line"), founded in 1882, began as a carrier of merchandise from the mainland of the U.S.A. to the Hawaiian Islands, returning with cargoes of sugar. Over time, increasing commerce led to an interest in Hawaii as a tourist destination, to which the Company responded by adding to its fleet, ships which carried passengers. Matson's famed "white ships" the *Mariposa*, *Monterey* and *Lurline*, constructed between 1930 and 1932, were instrumental in introducing mass tourism to the Islands and the Company's two hotels on Waikiki Beach, the Moana and the Royal Hawaiian, provided tourists with luxury accommodation ashore. Other ships were added to the fleet including the *Matsonia* (originally called the *Malolo*).

Matsonia 10 December, 1938

Matson liners, starting from San Francisco and Los Angeles, sailed beyond Honolulu through Pago Pago and Suva to Auckland and Sydney, carrying tourists in both directions.

Matson developed enterprising advertising campaigns involving the creativity of famous photographers and it commissioned artists to design attractive colourful keepsake menus. All of these were actual folder type menus used aboard the ships. Such menus in good condition are now collectors' items bringing high prices. They often are displayed, framed, in hotels and restaurants in the Islands. A trade has also developed producing 'art deco' reproductions of the menus. Two artists particularly associated with the menus were Eugene Savage (1883-1978) and Frank McIntosh (1901-1985). Examples of menu covers prepared in the 1930s by McIntosh, under commission from Matson, accompany this article. They are highly colourful scenes of Hawaii displaying the spirit and romance of the Islands at the time.

Matsonia 15 December, 1938

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