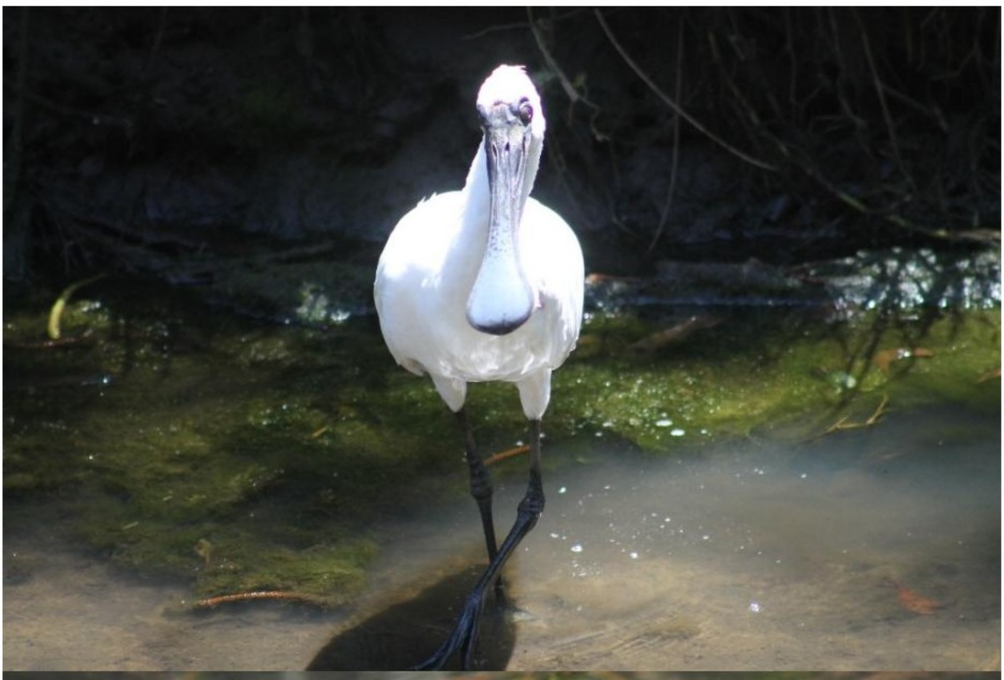
November 4 - 10, 2012: Issue 83

Careel Creek – If You Rebuild It They Will Come



Subscribe to Pittwater Online News

Enter email address

Submit

Tweet Like +1

Photos by A J Guesdon, 2012. All Rights Reserved.

Careel Creek – If You Rebuild It They Will Come

For over twenty years a group of dedicated residents have joined in ensuring the sand dunes at Avalon are replanted and then have extended this work in creating a wildlife corridor alongside Careel Creek all the way to Careel Bay. This week, for the first time in over 30 years, we spotted a Spoonbill fishing along this creek.

While on the way to where this wonderful Pittwater water-bird was a dragon, numerous birds both of trees and waterways also flew, scurried or just sat there blinking back in amazement. The dedication and decades it has taken to see this once sick creek begin to return to its former glory is evident in the height of trees, the flowering mangroves and all these creatures, furred, scaled, finned and feathered that are now happy to wade its lengths or bask in the sun on its banks.

This week's Pictorial shows you all seen on one short walk from the bay to the village and reinstates the simple joy of being able to see and hear those who live among us that are not human. Work on rehabilitating this area is continuing and you can join in by turning up with hands ready to one of the Bush Care mornings listed on our Community News page or begin returning paradise to some other area of Pittwater by attending any of the other Bush Care days listed.

Congratulations to all those who have toiled so hard for so long to see the tide turn for our bush areas and waterways. The proof, physically speaking, is clearly in the feather !

Past Features Archives

November 4 - 10, 2012: Issue 83

Articles This Week:

Careel Creek - If You Re-build It They Will Come - Spoonbill photographed at Careel Creek this week; first one seen there in over 30 years.

RPAYC Youth Development Program Graduates win Bird Island Race by Damian Devine

Reflections by George Repin: THE LANDS DEPARTMENT BUILDING AND YELLOWBLOCK SANDSTONE

DIY Hints by Paul Johnson: INSTALLING A GARDEN WATERING SYSTEM

All Previous Articles

Profile: Pittwater Organisations and Sole Trader Businesses: E G Constructions; November's Profiles will be a half and half mix; some local organisations and their works are celebrated and information about great local products or services that's also a record of Pittwater through the industry experiences of those whose businesses these are.

Previous Profiles:

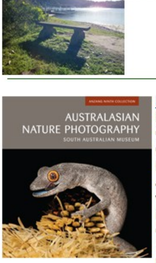
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie 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

History: **Pittwater Ferries:** November and warming weather inspires us to inspire you to get out on the water: we open this month with SS *Florrie* (launched 1879); built by Rock Davis, sent hither and thither by Charles Edward Jeanneret.

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

Park Bench Philosopher: How you say it by JJ Smith; can Bob Dylan sing?



Books:**Australasian Nature Photography - ANZANG Ninth Collection, The Monsters and the Critics By J R R Tolkien, FOR THE LOVE OF GRACE – A Story of Love and Betrayal by Pam Bayfield, Living with Fire - People, Nature and History in Steels Creek, Coral Reefs and Climate Change - Educational Video Series, Chasing Mavericks: The Movie Novelization, Australian Marine Life - The Plants and Animals of Temperate Waters; Second Edition**

Old Books: **A Voyage to Terra Australis Volume 1 and Volume 2 (1814) by Matthew Flinders:** A Voyage to Terra Australis: Undertaken for the Purpose of Completing the Discovery of that Vast Country, and Prosecuted in the Years 1801, 1802, and 1803, in His Majesty's Ship the Investigator..

News From our Inbox Sculpture Australia 69 - As Sculpture By The Sea celebrates another successful year of seaside sculpture on Sydney shores we offer this look back in time to the Australian sculpture scene in 1969. Child Forger Fails, Grey Friars Female Skeleton Is Possibly of Founder, Hunt for Superbugs in Australian Animals, Mars Like Hawaii? NASA Rover's First Soil Studies Help Fingerprint Martian Minerals, Nine Colorful and Endangered Tree-Dwelling Tarantulas Discovered in Brazil, **Health Research Papers**: New Way to Prevent Recurrent Ear Infections?, Drop in Testosterone Tied to Prostate Cancer Recurrence, Primates' Brains Make Visual Maps Using Triangular Grids

Tweet Like +1

Community News: COUNCIL APPEAL TO FIND NEWPORT VANDALS, COMMUNITY WORKSHOP ON AVALON BEACH PLAN, Pittwater RSL and Rotary Mayoral Address, Public comment and feedback invited on Mona Vale Road upgrade options, Australia In The Asian Century White Paper, NSW Parliament House, Hon. Rob Stokes MP & Pittwater Primary School Captains, Roll out of bed to the start line at Coffs Harbour, Garden at The End of the World, Narrabeen 2050, Learn 2 Swim Program - Narrabeen Rock Pool, **AUSTRALIA'S FIRST ECO BOAT SHOW AT BAYVIEW**, AFTSF 2013 Grants Open, Our Council's Notices, Fed. Govt. Media and more

Environment; Uncertainty of Future South Pacific Island Rainfall Explained, **Enviro. Award for Children's Literature OPEN**, First Ever Family Tree for All Living Birds Reveals Evolution and Diversification, Weeds: Unwelcome Strangers Vid by CSIRO, Environment Events: Asparagus Fern Out Day at Woody Point, FREE Green Film Night, Frogging for all the family!, Science of the Surf with Dr Rip, Worrisome Weed Workshop, Barrenjoey Goats - first day back!, Ingleside Chase Reserve Walk, Rock Platform Tour North Narrabeen Aquatic Reserve, Solar eclipse of November 13, 2012, Cooee November Issue, local Environment groups and orgs.

Lynda Hill: **Update 14.10.12**: Heralding The Dawn: October's Libran New Moon

Pictures: Careel Creek Update - If You Rebuild It They Will Come; a stroll alongside the rehabilitated Careel Creek on a sunny afternoon and the Spoonbill spotted - first in over 30 years!

Youth: Chance to Study in Asia, Photo competition; get snappy!, SEEKING YOUTH INPUT ON PITTWATER'S FUTURE, Name Your Favourite Teacher, Get Voting program to support school elections, Youth Leading the World Congress, Shaving, SongCamp - Yarramundi, Bullying Has Long-Term Health Consequences, Support Local Music, Defend AMRAP, Science and Innovation to be rewarded, **A Flycycle Built For Two**: The Three Stooges FUN! Cool Tools - Tree of Life Branches out Online, New online tool for students from Fed. Govt., Library Story-times for Littlies.

Seniors; Mahjong at Avalon, How to Stay Cool when It Hots Up, Health Papers released this week that may interest you, 'How to plan for a Downsize' Workshop, Hobby for Seniors; Writing, Washing Day, **The Atlantics**, Home Power Savings Program, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: November 2012: Robyn Park; beautiful jewellery wonderful silks, fantastic mosaics, copper foiling angels, encaustic wax works; a very creative lady!

Reflections by George Repin. **This week; THE LANDS DEPARTMENT BUILDING AND YELLOWBLOCK SANDSTONE**

DIY Hints: **Spring Homes** – **INSTALLING A GARDEN WATERING SYSTEM** by Paul Johnson

Collector's Corner: one for the romantics; we once used to give small pocketbooks of love poems to our intended as a part of courtship; two over a 100 year old examples for you from Ella Wheeler-Wilcox and Elizabeth Barret Browning

Food: Bananas were cultivated 8000 BC. During the 1930's housewives used surplus bananas to make cakes to earn money; some history, nutritional facts and a recipe from our childhoods.

Events: Timber Boat Festival on at RMYC Today!, 'M', MOONRAKER & MONA VALE - BOND COMES TO PITTWATER!, Melbourne Cup 2012 Notices, New Mayor to Speak at Pittwater RSL, Magnificat at Manly, Market Days 2012, Mike Munro to Speak at PBL Breakfast for SLSC's, Tom Burlinson at PBGC and more

Disclaimer: The content of editorials and Advertisements in this Publication have been provided by a number of independent sources. Any opinions expressed are not necessarily those of *Pittwater Online News*, and no responsibility is taken for the accuracy of the information, or any factual errors contained within items published. Readers should make their own enquiries directly to any organisation or business prior to making any plans or taking any action.

November 4 - 10, 2012: Issue 83

The crew on board *Perpetual Mocean* dockside after the Bird Island race. - photo by Damian Devine

The Hudson/Lockley/Murphy Pretty Woman winner of IRC Division in Race One of the series - pic by Damian Devine

Tweet Like +1

Club Marine Bird Island race line honours win to Perpetual Mocean

By Damian Devine

A mix of youth and experience took line honours in the first race of the Club Marine Blue Water Point score, the 52nm Barrenjoey to Bird Island hosted by The Royal Prince Alfred Yacht Club.

Bruce Hogan's Marten 49 *Perpetual Mocean* took line honours in a time 5hrs 46mins 30secs a mere one boat length ahead of the Hudson/Lockley/Murphy Farr 45 *Pretty Woman* with Bruce Staples Farr 40 *Witchcraft*, third.

Hogan's was a special win as he had on board a crew of RPAYC Youth Development graduates, all in their first ocean race under the tutelage of Club coach Tom Spithill, who shared the helm. This was a warm up for this crew who will have a crack at the Club Marine Pittwater to Coffs race in January.

A fleet of 14 boats lined up to compete in the first race of the Club Marine Blue Water Series.

Conditions were favourable for the start off Barrenjoey with a 12-15 knot South Easterly. With an outgoing tide and the breeze behind them, it was always going to be a tricky start. Three boats received individual recalls for being OCS whilst the rest of the fleet got away cleanly under cracked sheets. By the time the fleet hit Cape Three Points spinnakers were hoisted for the downhill joyride to Bird Island.

Perpetual Mocean got caught on the wrong side of a shift as they tried to come back inshore coming to the Island mark and rounded third behind Pretty Woman and Witchcraft.

For the bash back to windward in the early afternoon, the breeze was gusting up to 20 knots. *Perpetual Mocean* fought on bravely upwind to catch *Witchcraft* and then *Pretty Woman* on the line.

Skipper Bruce Hogan, line honours winner of the 2009 Pittwater to Coffs race said, "It was a great race and we got lucky in the end to win by a boat length but I don't know how many more miles we sailed downwind than our competitors. We just can't sail the angles like some of the others with the asymmetrical set up. Anyway, we just got them in the end so it was pleasing.

"The young crew worked well and with the experience of Tom (Spithill), Peter (Gregg – navigator), Muzza (Murray Gordon) and Mitch (Watkins) acting as role models, they learnt a lot out there today. They're a great bunch of kids, a credit to themselves and the club."

A clearly emotional Tom Spithill said dockside after the race, "It was a good hit out, we got some good breeze and we sailed the boat reasonably well. We had gusts up to 22 knots on the way back and we hit a top speed of 13.6 knots as we surfed our way to the Island. The team of youth development squad mixed in well to gain some valuable ocean racing experience."

Youth graduate 18 year old Milly Bennett on her first ocean race commented dockside, "It was fun, I learnt a lot out there today and didn't get sea sick, so I am happy."

Taking handicap honours IRC was the Hudson, Lockley, Murphy Farr 45 *Pretty Woman* in a time of 7 hrs 30 secs, two and half minutes ahead of Bruce Staples *Witchcraft* with last season's Blue Water point score winner Mark Griffith's Sydney 38 *Old School* finishing third.

Skipper Richard Hudson said, "The crew sailed well today and it was great to get out there and stretch our legs in the first Blue Water race of the season. The breeze was consistent over the course and it was a great ride downhill to Bird Island and a tough beat back to the finish line."

The PHS division was won by Garry Holder's iD35 *The Real Thing* ahead of David Boekemann's *Bombolo* and *Le Billet*. ORCi went to *Pretty Woman* from *Old School* and Bruce Staples *Witchcraft* third.

The race is part of the five race Club Marine Blue Water Series conducted by the RPAYC with races to Bird Island, Cabbage Tree Islet, Coffs Harbour, Botany Bay and Newcastle.

The next race in the Club Marine Blue Water Pointscore Series is the Cabbage Tree Island race on 7 December, followed by the Club Marine Pittwater to Coffs race on 2 January.

All boats from other YA Affiliated clubs are welcome to enter the Category 3 Blue Water races. Contact the RPAYC sailing office on (02) 9998 3700 for more details.

November 4 - 10, 2012: Issue 83

How you say it

by JJ Smith.

I watched Patsy turn and glance behind her, afraid, then tossing her nose in feigned bravado, step deeper out and dive in.

"I'll be alright," she tells me, "I'll go and see my guru this afternoon. You can come too if you like."

So we did. An hour after her 'session' we are walking back to the beach, me in quiet musing, Patsy with her eyes wide, mouth dropped open in hurt shock. I walk beside her, mind chanting 'Avoid the guru stance. Avoid the guru stance.' until she could look at me and I could say,

"I've got to get you to a real counsellor dear friend. Your Guru is in need of a therapist himself."

If your guru is telling you they have found 'it' and no one else has, run away. If your guru is telling you no one else knows what they know, run away. If your guru thinks they should be in charge of you, run away. If your guru is impoverishing themselves of the gift they have to give by stepping into a limousine, run away. You can't lead others to a higher ground if you don't reside there yourself and all of the statements made by Patsy's 'guru', and the tone and manner in which they were made, are indications that he does not. As a 'guru' speaks his untruths what is spoken is like a knell, a testing tuning fork revealing the sounding difference between truth and lie. As it is with all who aren't 'gurus'. Listen carefully, look for the shifts in their eyes.

I am aware we only use between three and five percent of our brain and that this is what keeps us locked into this 'reality'. I do know those who have expanded themselves, found more then this 3-5%, are gentle, loving, humble and quiet about their brilliance.

"Counsellor?" Patsy asked, her big sad eyes swimming around to me.

"Well, if you're going to pay to speak to someone, you should at least be heard."

"Listened to?" she whimpers, bottom lip trembling.

"Hmm." I nodded.

"But he listens to me."

"Perhaps, but he can't hear you, he has a mantle of culture all over him, and his culture has engendered misogyny. In his view you were born as lesser and can never be anything else even though you are already higher then he can ever be, owing to this mantle he will ever refuse to shed. "

"Oh."

"You hand him a slice of chocolate cake and he thanks you for the nice purple oranges."

"Oh."

"You wobble in on your doll stilts and he thinks you're shuffling in wearing sandshoes with holes in them."

"Oh, they're nice stilettos though, make me feel all womanly."

"Hmmm, then when you try discussing football with him, to regain comfortable common ground, he thinks you're speaking about a State of Oregamo or Oregano, some herbal paper folding football exercise."

"So he has a hearing problem?"

"Yes, but his deafness springs from ego, from the nuances of individual personality, his nature. It is not a physical hearing problem, it is a conscious disregarding. He has spent so long blocking out the voices of all around him, just to hone his own speaking voice, that this not hearing has become practice, part of him, until he disregards even what he speaks inside himself."

"Oh."

"And he can't see clearly either."

"Who can?" Pasty sighs, shrugging.

"I can." I tell her, and she knows, from my tone and stance, that I am not experiencing a moment of megalomania. I am speaking, quite softly, what is true.

She peers at me, eyes narrowing, and asks, "What can you see?"

It is not just *what* you can see though, it is *how* you see. It is not just *what* you can think, it is *how* you think that leads to Revelation. It is not just *what* you feel, it is also *how* you feel that can lead to lovingness, to making love, and not in the sexual defintion of this term. You must stretch yourself, you must be prepared to become all you can be. No gurus needed.

Here is an example of how this rule of all champions has come down to your place, to the day that is today. I recently remarked to an acquaintance that I would be going to listen to a friend sing. Said acquaintance opined that the evening's entertainment he was attending would be much better then what I would experience as, in his opinion, my friend cannot sing.

"Neither can Bob Dylan." I responded.

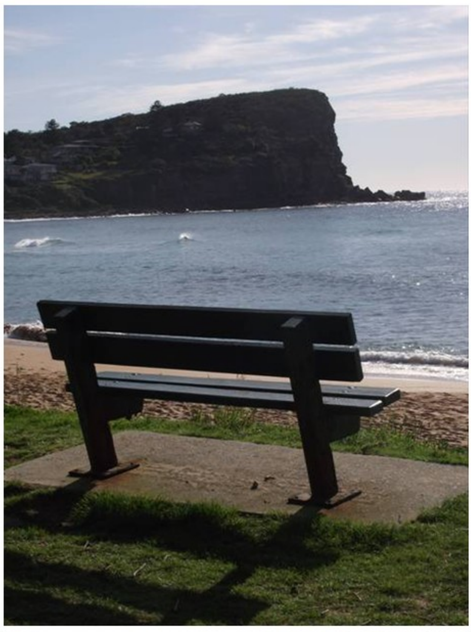
He blinked, didn't get it.

"You know, everyone thinks Bob Dylan can't sing, even though he obviously can, because they are all so blown away about *What* he sings about that *How* he sings these things then becomes The Way to sing; with your own voice, scratchy or smooth, emotioned or deadpan, it brings the whole song to whole life."

He blinked twice, and you could see, between those two blinks, he was deciding to ignore this obvious truth.

Whether you ignore it or embrace it, communicating your essence or the innate in anything is all about *how* you speak as much as *what* you say. Pianos, voices and interconnected muscles are not all that need warm ups, tuning or interconnected scales to run through. Our hearts infusing our thoughts bring out the truest notes and in the truest is simple truth, the other food we are hungry for.

Extract from *Signals From Above. Chapter 1.* Seeing Things. Copyright A J Guesdon. 2008.



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.

Copyright Pittwater Online News, 2012. All Rights Reserved.

Pittwater Online News

Home | Your Pittwater | Your Community | Your Business | Your Environment | Your Council | Your Lifestyle | Your Events | Your Photos | Your Forums

Thursday 2 - 16 July 2012, Issue 14

Archive This Week

Council Costs, A Big Backlash Over Bike Lanes - Newcastle Mayor Jeff Rob Wants Ratepayers To Pay Less - Sydney Mayor Clover Moore Wants Ratepayers To Pay More - Ku-ring-gai Mayor Ian Cross Wants Ratepayers To Pay Nothing - Warringah Mayor Michael Regan Wants Ratepayers To Pay Attention

Pittwater Organisations and Sue Toms' Bankruptcy, 8 Pittwater Organisations and Sue Toms' Bankruptcy, 8 Pittwater Organisations and Sue Toms' Bankruptcy - Pittwater Online News has been approached by a number of concerned ratepayers and informed about great deal of concern, in several Pittwater Organisations, about the bankruptcy of Pittwater Ward Councillor Sue Toms.

Cr Jacqui Townsend, Pittwater Ward Councillor - Pittwater Online News has asked Cr Jacqui Townsend, Pittwater Ward Councillor, to provide a regular column, on a fortnightly basis, to keep the community informed about what she is doing on behalf of the community as a Councillor.

Bikeathons Bike Ride Details - PITTPREP - Tyler Diamond and Ashleigh Gardner Bike Ride - Bike Ride Raises Funds For Cancer Research - Bike Ride Raises Funds For Kids With Cancer

Mountain Cycle Bike of Remember - get a little of them to remember - Mountain Cycle Bike of Remember - Mountain Cycle Bike of Remember - Mountain Cycle Bike of

November 4 - 10, 2012: Issue 83

E G Constructions

The basis of any business and how good it may be is inherent in whoever began that business, their acumen and approach to their work. Years of experience, training and ongoing education of self contributes to the quality of their product. The shifts and changes they have seen in their industry, particularly if they've worked for decades in one field, is also a record of how an Australian industry changes and how the areas we live in have changed or been shaped by the impact of an industry. Co-ordinating other tradesman with a schedule of work, keeping up to date with changes in law requirements, acquiring further certifications is all part of any field if you are the boss. The Australian Building Industry, where many once had a 'job for life' has changed during the past two generations; projects that once took years must be completed in months, skilled tradesmen undertook further study and became licensed builders. Suburbs where workmen were once instructed to 'use the servant's entrance' a mere fifty years ago are now the same places these gents own homes in. Financial dependence, through pursuing education, has become financial independence. This week we thank Eric Gumley, our main sponsor, for sharing a few insights on construction.

When did you begin your apprenticeship?

Aged fifteen, 1971. This was a carpentry ticket as most males did an apprenticeship then so they would have a trade, become a Tradesman, especially of they weren't seeking further education in the form of a degree. Australia still had a perception of a 'job for life' so men could support their families, as opposed to current employment trends where people may have several jobs or positions during a career. In my early 30's I decided to get my Builder's Licence; hard work on top of a long day but worth it.

What local works did you do as part of this training and once qualified?

Built Maria Regina Church at Avalon with my dad while doing my apprenticeship; this was Mears and Richards project. Everytime I see it I remember how high up we were, laying bricks. Worked on Avalon Retirement Village during the early 1980's; this was a Leighton's project. I also worked on the Lake Euncanbean Spillway during the 1980's, a large project with a big team. This was a big eye-opener and also an intensive 'work only' project as many of the tradesmen had to live in huts nearby. I have also built numerous houses or done renovations throughout Pittwater. It's nice to drive along so many streets and see these homes still standing.

What are the main differences you notice between the Pittwater of the 1970/80's and now in terms of homes?

People want bigger homes. Once the area was mostly holiday cottages but now each block seems filled to capacity. We seem, alongside these structures, to be trying to squeeze more people into less space in other areas.

What is your favourite project and why?

My favourite is at Palm Beach; this was a two storey Architectural design by Stephen Lesuike with unusual uses of hardwoods and steel beams that made a spectacular house for the client. I found the challenges and intricacies of this job satisfying.

If you hadn't been involved in the Building Industry for the last 40 years what you have rather done?

Be a Rock Star! No, I like building, like working with natural products and restore old furniture on weekends. I do also have a great love of music and a guitar collection to match; all of which are played regularly to keep them in tune.

What is your most useful tool?

A combination rotating head mitre saw; these are used for cutting pieces of timber to length. The other would be a hand planer; used for planning wood.

Please describe your ultimate dream house:

High ceilings, open plan living, tiled floors, a swimming pool and spa bath.

What is your favourite place in Pittwater and why?

My home and the waterways. Also Palm Beach because it still has a laid back atmosphere.

What is E G Constructions 'motto' or a working phrase you strive to live up to?

E G Constructions is not only a pun on the initials of my name it also stands for 'an example' and this is what we strive for in our work; to look after the client, to help them with documents and forms and translate complicated terms into understandable English, to finish all jobs to the highest possible standard. A lot of work in this industry comes through word of mouth reference and some jobs are large and involve many aspects. You have to keep your eyes on the details *and* the whole picture. Building on any scale can be stressful for clients, part of your job is to lessen this stress by keeping them up to date, by helping them understand best possible products, by ensuring their budgets are kept to.

E.G.
Constructions

Eric Gumley Ph: 0409 991 697. Email: egconstructions@bigpond.com

Copyright Pittwater Online News, 2012. All Rights Reserved.

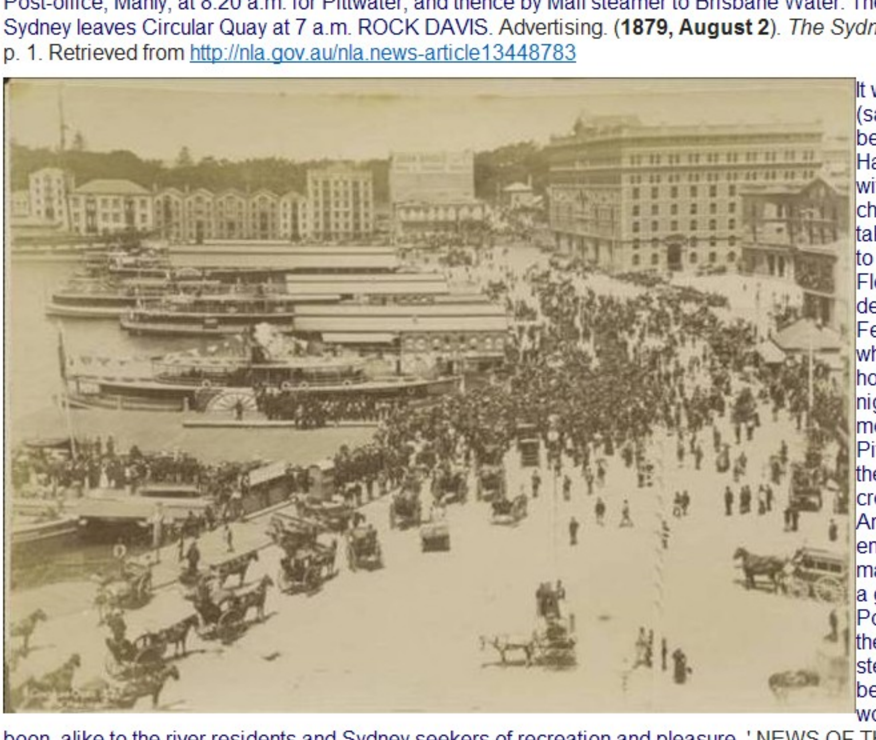
Tweet Like +1

November 4 - 10, 2012: Issue 83

SS Florrie

One of Brisbane Water's most prolific shipbuilders was Rock Davis who was born at sea in July 1833. Ferries, schooners, steamships, cutters and ketches were launched from the Davis shipyard at Blackwall (near Woy Woy) totalling 168 vessels built as recorded. One of these, launched in 1879, was the Florrie, a 32 ton steam ship capable of carrying 150 passengers with dimensions of 55.50 x 14.00 x 5.40 (feet). Originally owned and run by Mr Davis she was contracted to be the Royal Mail Service for Brisbane Water. This service commenced on August 2nd 1879 and within a few months the Florrie and her connecting Mail service was owned by Charles Edward Jeanneret.

PITTWATER. The Royal Mail S.S. "FLORRIE, under contract with her Majesty's Government, will run as follows, commencing on SATURDAY, 2nd August. 1879:-From Gosford Wharf, on THURSDAYS and SATURDAY'S, at 8 a.m., touching at Blackwall, and arrives at the head of Pittwater, at about 11 a.m.; from Brisbane Water, passengers will be conveyed by waggonette leaving Pittwater immediately after the arrival of the Mail steamer from Gosford ; and passengers from Sydney will be conveyed by waggonette leaving Post-office, Manly, at 8.20 a.m. for Pittwater, and thence by Mail steamer to Brisbane Water. The steamer conveying the Mails from Sydney leaves Circular Quay at 7 a.m. ROCK DAVIS. Advertising. (**1879, August 2**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article13448783

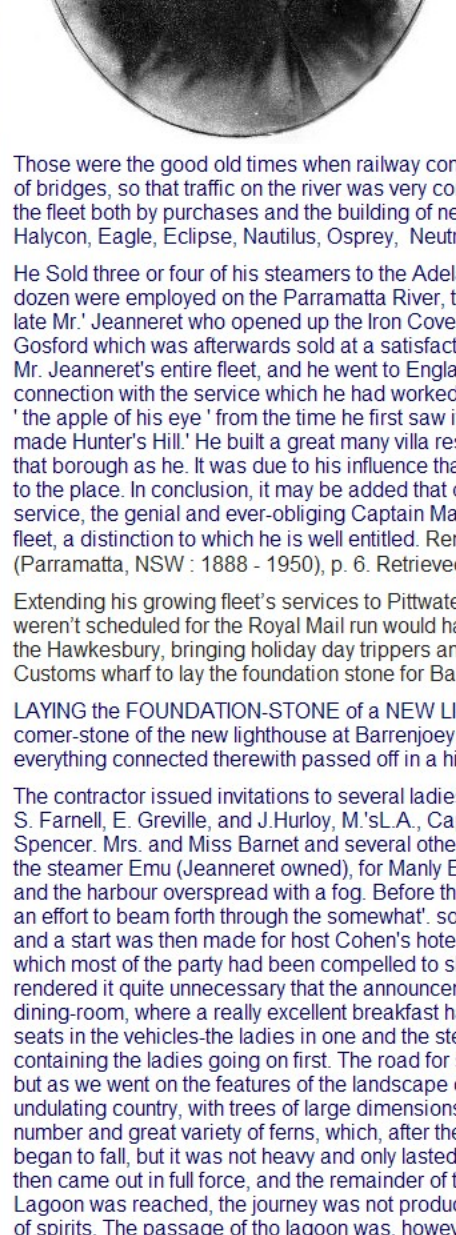


It will be welcome news to pleasure-seekers (says a Correspondent) that a trip to the beautiful Rhine-like scenery of the Hawkesbury, via Manly Beach, may betaken with reasonable comfort, regularity, and cheapness. The arrangement is this. You take the first boat to Manly, thence by coach to Pittwater, where the pretty little steamer " Florrie " will be ready for a speedy and delightful run up the River to Wiseman's Ferry. Here you may pause to consider whether you will proceed to Windsor, accept hotel accommodation on the spot for the night, or camp aboard the steamer, in the morning you may return to Broken Bay, and Pittwater to Manly, and arrive in Sydney by the late Manly steamer. Who could wish to crowd into two days more of real enjoyment And there is but little doubt that the enterprising gentleman who has offered so many advantages to excursionists will obtain a good share of patronage. If the Postmaster-General would arrange to have the various mails on the river delivered by steamer, a regular weekly communication between. Wiseman's and Sydney, via Manly, would be an established fact, and a great boon, alike to the river residents and Sydney seekers of recreation and pleasure. ' NEWS OF THE DAY. (**1879, October 24**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article13446325 Image: Circular Quay on holiday, Sydney, ca. 1895 [picture] 1894 or 1895. Tile a1 of Unnumbered Page of Album of the Boileau family's voyage from England to Australia in 1894-1895. nla.pic-an3366506-s88-a1, Courtesy National Library of Australia.

STEAM To HAWKESBURY RIVER PERSONS desiring to see the BEAUTIES OF THIS RIVER will have an opportunity of doing so on TUESDAY next, by the steamer PELICAN leaving King-street at 7 .30am, and joining the Florrie at Barrenjuee Or by Manly steamer from Circular Quav at 7 15, and overland to Pittwater If booked on the previous day. The Steamer FLORRIE will proceed to W ISEMANS FERRY fifty miles up the river, where good Hotel accommodation can be had. Early on WEDNESDAY MORNING she will proceed on TOWARDS WINDSOR for a considerable distance and then return to Pittwater in time to take coach to catch last Manly steamer. Fares-20s return coach -4s each way. C E. JEANNERET. King-street Wharf. Advertising. (**1879, November 7**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article13445918

Charles Edward Jeanneret is the gentleman responsible for the building of what we now call the Newport Arms Hotel and the jetty or wharf that allowed passengers on to land in Pittwater. Some sources state a disagreement or a refusal to allow Mr Davis to use this wharf were resolved in Mr Jeanneret purchasing the Florrie. Other sources point to him to only ever connecting with other mail steamers from Sydney at the head of Barrenjoey (the custom's wharf) or with vehicles bringing mail overland into Pittwater. Most of these terminated at Newport due to the condition of the tracks into Pittwater which were even worse or non-existent further north then this. Either way, Mr Davis seemed happiest building boats while Charles Jeannerett, who must rank among Australia's pioneers as a gent who invested and built much infrastructure, was a keen ferry procurer.

Born in Sydney in 1834 the eldest son of Dr. Henry Jeanneret he grew up on Flinders Island, then a protectorate of Tasmania, where his father had the title of 'Commandant' as well as 'Superintendant of Aborigines'. Here he learnt navigation and seamanship. After stints at sea, sailing to England at 18 and on the goldfields in Bendigo he returned to Sydney in 1850, joined the Bank of New South Wales and married Julia Anne Bellingham in 1857, settling at Hunter's Hill. They had eight sons and two daughters, the youngest of these, born in 1879 was named Florence Annie. Besides being responsible for the building of many lovely houses at Hunter's Hill and elsewhere, being attributed with a great avenue of trees in this suburb and the construction, later, of a tramway, C E Jeanneret heard the complaints of fruitgrowers in this area on the then existing ferry service for their produce down the Parramatta River to Sydney markets.



Reminiscences. The Late Mr. Jeaneret. History of the Parramatta Steamer Company. The late Mr. Alderman Jeanneret's career had an important bearing in the development of the passenger traffic on the Parramatta River and elsewhere. The original proprietors of the Parramatta steamers were Mr. E. D. Manning, Sir William Manning, Mr. J. S. Mort, Mess.rs. J. and W. Asyrnes, and it was about 30 years ago that Mr, Jeanneret came upon the scene and that his influence was felt in connection with the river traffic. At that time the Hunter's Hill people expressed great dissatisfaction with the arrangements of the original Parramatta Steamship Company, and this culminated in Messrs. Jeanneret, Joubert and others running a small steamer called the' Tsabel' from Hunter's Hill to Sydney. Success attended the venture, and, soon after, the s.s. Adelaide, procured in Melbourne, and engined in Sydney was added to tho service. The enterprising owners then floated a company in opposition to the old company. Almost the whole of the fruitgrowers of the Ryde district, from those at Ermington to those of Hunter's Hill took tip shares in the company to the extent of £5 and under. Mr. Jeanneret was unanimously selected as Manager, a position for which he proved himself eminently fitted. The two companies now entered into a keen competition, with the usual result that both lost heavily, and in less than two years there was an amalgamation, Mr. Jeanneret being selected as manager of the combined fleets. Soon after the amalgamation, the members of the old company disposed of the whole of their shares in the boats, and the new company were therefore left masters of the situation. Owing, however, to the heavy expenses, incidental chiefly to the working of the old steamers, whose earnings did not give an adequate return for the outlay, the victorious company found after a time that it could not meet its liabilities. Tenders were invited for the purchase of the fleet, which was sold to the highest bidder — the energetic and enterprising C.E. Jeanneret. He continued running the steamers successfully, the time proving exceedingly opportune for the venture. Those were the good old times when railway construction was in full swing, and large sums of money were being expended in the building of bridges, so that traffic on the river was very considerable. He continued the service for many years at a profit, and added considerably to the fleet both by purchases and the building of new steamers, bringing the number of vessels in the service up to 20. It was he who built the Halycon, Eagle, Eclipse, Nautilus, Osprey, Neutral Bay and, lastly, the Pheasant.

He Sold three or four of his steamers to the Adelaide Company (incorrect; see further down 1.). Of the 20 vessels in his service half-a-dozen were employed on the Parramatta River, the others running to Gosford, Neutral Bay, Iron Cove, Hawkesbury River, etc. It was the late Mr.' Jeanneret who opened up the Iron Cove service and also the service to and from Woolwich. Another boat he built was the s.s. Gosford which was afterwards sold at a satisfactory figure. During the good times an English syndicate made an offer for the purchase of Mr. Jeanneret's entire fleet, and he went to England in 1890 to treat with the syndicate. The result was that he sold out, severing entirely his connection with the service which he had worked up to a high state of proficiency. He made his home at Hunter's Hill, which he regarded as ' the apple of his eye ' from the time he first saw it. He was always a shrewd business man, and of him it might almost be said that he ' made Hunter's Hill.' He built a great many villa residences on the Hill; in fact, no single individual has spent so much money in property in that borough as he. It was due to his influence that the Post and Telegraph offices were built at Hunter's Hill, and they are certainly a credit to the place. In conclusion, it may be added that of the officers or men employed by the old Parramatta company that opened up the river service, the genial and ever-obliging Captain Mance is the only one now remaining in the service. He is known as tho Commodore of the fleet, a distinction to which he is well entitled. Reminiscences. (**1898, September 10**). *The Cumberland Argus and Fruitgrowers Advocate* (Parramatta, NSW : 1888 - 1950), p. 6. Retrieved from http://nla.gov.au/nla.news-article85845277

Extending his growing fleet's services to Pittwater, the Hawkesbury River and ensuring these were used on the days and times when they weren't scheduled for the Royal Mail run would have seemed logical to such an entrepreneur. The Florrie became a fixture on Pittwater and the Hawkesbury, bringing holiday day trippers and picnickers to Pittwater. It was the Florrie who transported the official party to the Customs wharf to lay the foundation stone for Barrenjoey Lighthouse;

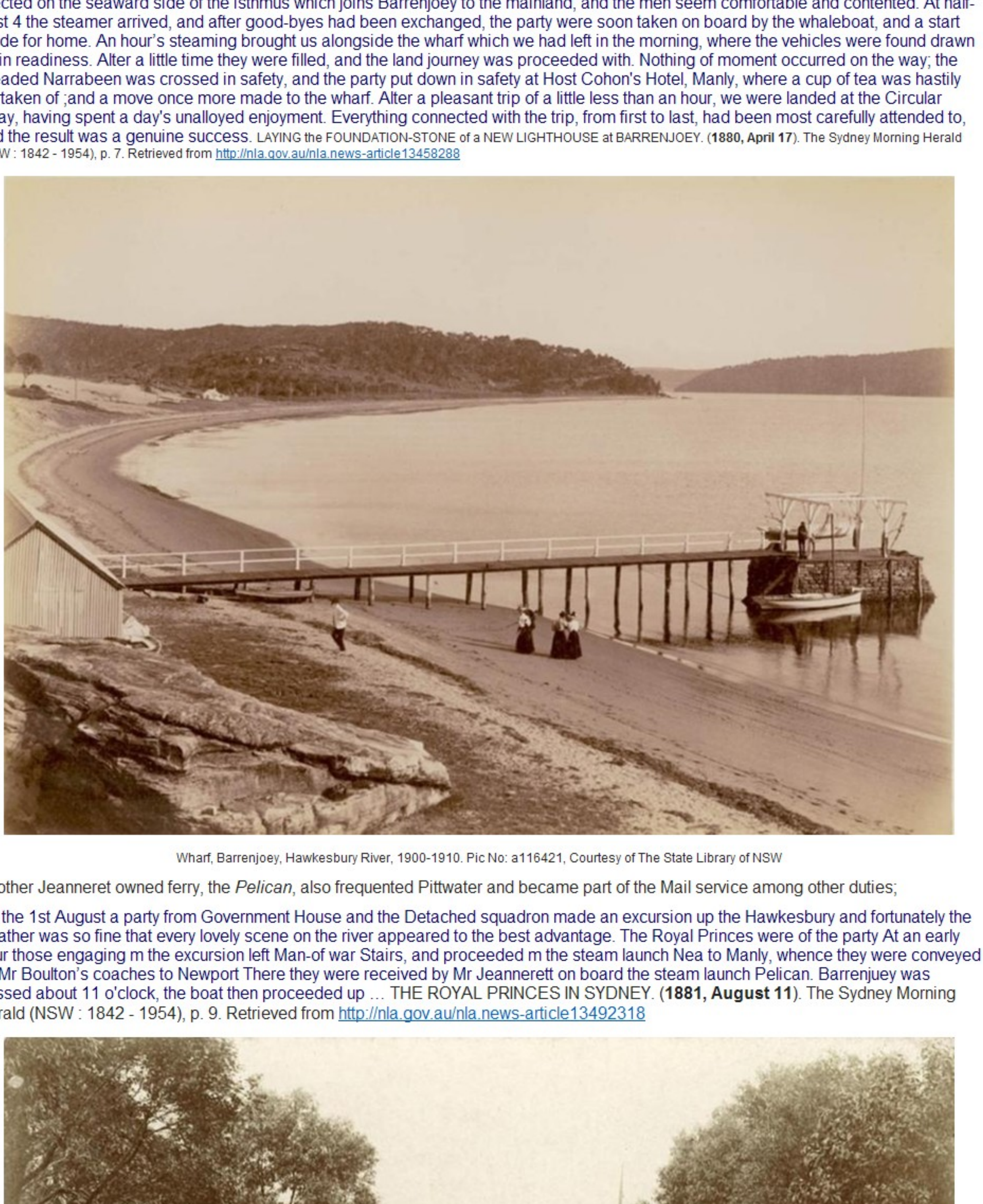
LAYING the FOUNDATION-STONE of a NEW LIGHTHOUSE at BARRENJOEY (By OUR OWN REFORTER.) The ceremony of laying the comer-stone of the new lighthouse at Barrenjoey was performed on Thursday, by Miss Rosa Barnet, daughter of the Colonial Architect, and everything connected therewith passed off in a highly satisfactory manner. ...

The contractor issued invitations to several ladies and gentlemen to be present, and among those who responded there to were Messrs. J. S. Farnell, E. Greville, and J.Hurloy, M.'sL.A., Captain Hixson, and Messrs. Thompson, Whiting, Jeannerett, Wilson, Walker, Barnet and Spencer. Mrs. and Miss Barnet and several other ladies were also present. The party left the Circular Quay at a quarter past 7 o'clock, in the steamer Emu (Jeanneret owned), for Manly Beach, whence they were to go overland in vehicles. The morning was somewhat cloudy, and the harbour overspread with a fog. Before the steamer reached Manly, however, the fog had entirely disappeared, and the sun made an effort to beam forth through the somewhat'. sombre sky. Arrived at Manly, three vehicles were found in waiting, which were quickly filled, and a start was then made for host Cohen's hotel, on reaching which it was announced that breakfast was awaiting us. The early hour at which most of the party had been compelled to shake off dull sleep, in order to be in time for the boat and the trip down the harbour, had rendered it quite unnecessary that the announcement should be repeated. Accordingly, we immediately wended our way upstairs to the dining-room, where a really excellent breakfast had been provided. Good humour reigned supreme. After breakfast we again took our seats in the vehicles-the ladies in one and the sterner portion of humanity in two others, and made a start on our journey proper, the vehicle containing the ladies going on first. The road for some distance, after leaving Sydney's favourite marine suburb, was dull and uninteresting ; but as we went on the features of the landscape changed, and the level tracts covered with stunted timber and brushwood gave place to undulating country, with trees of large dimensions, though evidently not of much commercial value. One conspicuous features was the number and great variety of ferns, which, after the shower of rain, looked beautiful. I almost forgot to say that just after leaving Manly rain began to fall, but it was not heavy and only lasted a short time, so that macintoshes and umbrellas were speedily dispensed with. The sun then came out in full force, and the remainder of the day, with the exception of one very slight shower, was beautifully warm. Until Narrabeen Lagoon was reached, the journey was not productive of anything worthy of record beyond the fact that every one seemed to be m the best of spirits. The passage of tho lagoon was, however, rather exciting to most of the party, from tho fact that hints bad been thrown out beforehand that the horses might jib, and leave us in the middle of the water before it was accomplished ; that the water was deep, and the swerving of the horses to either side might be the means of increasing the applications for space at Haslem's Creek. Notwithstanding our "critical position" the utmost coolness was observed; whilst we were crossing the ladies were assured by one gentleman in our vehicle of their perfect safety by the fact of so many " life-boys" bring close to them. A merry peal of laughter was the only reply. Frequent inquiries were made of the ladies as to whether .' their feet were wet yet," as the bottom of the body of their vehicle seemed to be immersed; and it was evident that if such a calamity had happened several of our party were prepared to go to any extreme to avert its repetition. However they were not called upon to exercise their undoubted courage, or manifest their chivalric devotion other than in the way mentioned. We got through the lagoon in safety.

The remainder of the road-or rather track-was in fair order, and we made respectable progress. As we neared the end of our journey we gradually ascended a hill, on reaching the top of which a magnificent panoramic view burst upon us. At our feet lay the waters of Broken Bay, or rather that portion of it termed Pitt Water. For miles it stretched towards the entrance to the mouth of the Hawkesbury while, on either side, bold headlands, crowned to their summits with timber, and looking like great sentinels, rose from the water's edge. Expressions of wonder at the beauty of the scene were heard on all sides, and the fact that this lovely place is so little known to denizens of the metropolis was freely commented on.

But our steamer, the good ship **Florrie**, owned by Mr.Jeannerett, is in waiting, lying alongside a jetty at the head of the bay, so we immediately embarked for our destination, Barrenjoey, a distance of about eight miles. On the opposite side of the bay is New Port, the property of Messrs. Mills and Pile and Mr. Jeanneret, who are erecting an hotel, for the accommodation of visitors to the bay. It will have a fine situation ; and when the place becomes more widely known, as it deserves to be, the hotel will doubtless be largely availed of. The trip down the bay was greatly enjoyed and every point of interest critically scanned. Shortly before 1 o'clock, or about an hour after leaving the wharf, we steamed opposite the jetty at the Customs-house landing, a short distance away-the depth of water not permitting us to go alongside, and soon Mr. Black, with his whaleboat, came along-side. The whole of the party were then transferred to her, and safely taken on shore, while the provisions, ice., were conveyed in another boat.

The arrangements-for carrying on the works seem to meet all the requirements. Houses for the accommodation of the workmen have been erected on the seaward side of the isthmus which joins Barrenjoey to the mainland, and the men seem comfortable and contented. At half-past 4 the steamer arrived, and after good-byes had been exchanged, the party were soon taken on board by the whaleboat, and a start made for home. An hour's steaming brought us alongside the wharf which we had left in the morning, where the vehicles were found drawn up in readiness. Alter a little time they were filled, and the land journey was proceeded with. Nothing of moment occurred on the way; the dreaded Narrabeen was crossed in safety, and the party put down in safety at Host Cohon's Hotel, Manly, where a cup of tea was hastily partaken of ;and a move once more made to the wharf. Alter a pleasant trip of a little less than an hour, we were landed at the Circular Quay, having spent a day's unalloyed enjoyment. Everything connected with the trip, from first to last, had been most carefully attended to, and the result was a genuine success. LAYING the FOUNDATION-STONE of a NEW LIGHTHOUSE at BARRENJOEY. (**1880, April 17**) The Sydney Morning Herald (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article13458288



Wharf, Barrenjoey, Hawkesbury River, 1900-1910. Pic No: a116421, Courtesy of The State Library of NSW

Another Jeanneret owned ferry, the *Pelican*, also frequented Pittwater and became part of the Mail service among other duties;

On the 1st August a party from Government House and the Detached squadron made an excursion up the Hawkesbury and fortunately the weather was so fine that every lovely scene on the river appeared to the best advantage. The Royal Princes were of the party At an early hour those engaging m the excursion left Man-of war Stairs, and proceeded m the steam launch Nea to Manly, whence they were conveyed by Mr Boulton's coaches to Newport There they were received by Mr Jeanneret on board the steam launch Pelican. Barrenjuey was passed about 11 o'clock, the boat then proceeded up ... THE ROYAL PRINCES IN SYDNEY. (**1881, August 11**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article13492318

Disembarking at Newport for picnic, circa 1900, Broadhurst image 106125h Courtesy State Library of NSW

The Florrie, outside of official engagements and fulfilling her Government contract, continued as the mail boat and a vessel used for excursions;

Michael Maher, the former engineer on the steamship Florrie, was summoned, by Mr. C. E. . Jeannerett, the owner of the vessel, for having, on the Hawkesbury River, on the 30th September, by drunkeness, so neglected the engine of the vessel as to endanger her. The vessel was at Newport, Pittwater, on the 30th September, having onboard the Hon. W. A. Brodrihlie and eight other passengers. 'the speed of the vessel was very irregular, sometimes being very fast, at other times only two or three knots an hour, and occasionally the engine stopped working ; at times there was only 40lb. of steam, and at other times there was 701b. ; the engineer was observed to frequently go up and down from the engine-room to the deck ; a stoppage was made at Wiseman's Ferry, and as the passengers after going ashore carne aboard the engineer was found lying on the deck helplessly drunk. The party were going to Sackville Reach, but a consultation was held, and it was decided not to proceed until the services of another engineer were obtained. The passengers stayed at Wiseman's Ferry that night, and next day an engineer named G. Brooks was engaged to look after the engine of the vessel- The prisoner was committed for trial. Bail was granted, the prisoner being required to enter into his own bond of £80, and to find two sureties in the sum of £40 each. WATER POLICE COURT. (**1882, October 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article13524784

October sittings of the Metropolitan Quarter Sessions commenced yesterday, before Mr. District Court Judge Joephcim, Mr. I. J. Healy prosecuted for the Crown. The only case of importance was one in which a man named Michael Maher was charged with endangering the safety of the steamer Florrie of which vessel he was the engineer, and the passengers on board of her, while on a passage from Newport, Pittwater, to Wiseman's Ferry, on the Hawkesbury River. Not withstanding that the evidence was… 'very strong against the defendant, the jury found him not guilty, and he was discharged. NEWS OF THE DAY. (**1882, October 31**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article13527380

Some sources state the *Florrie* served as a Lane Cove River Ferry at some stage in her career; another Jeanneret enterprise. Mr Jeanneret had entered public life serving as an Alderman, Mayor and eventually an MP as member for Carcoar (rural NSW). His wide range of interests, accruing assets, and some say debts owing to an innate generosity to those in need, plus attending to the needs of a large family, made him privy to or seeking opportunities elsewhere (1.);

Sailed —Florrie, for Adelaide, via Wollongong. The steamer Florrie, one of the four boats selected for Mr. Jeanneret's new service at Port Adelaide, sailed for South Australia via Wollongong today. She will be followed tomorrow by the Promise, the Defiance, and the Petrel. NEW SOUTH WALES. (**1888, March 27**). *The South Australian Advertiser* (Adelaide, SA : 1858 - 1889), p. 5. Retrieved from http://nla.gov.au/nla.news-article36428802

Four small steamers have been fitted out here for the contract Mr. Jeanneret has with the South Australian Government to perform Customs and other services, and the landing of mails at Largs Bay, It is intended to dispatch the vessels in company at the beginning of next week, so as to be in time to commence the new contract on April 1. NEW SOUTH WALES. (**1888, March 17**). *The South Australian Advertiser* (Adelaide, SA : 1858 - 1889), p. 5. Retrieved from http://nla.gov.au/nla.news-article36428343

Charles Jeanneret sold his entire fleet, aside from those in South Australia, in 1890 to an English company; NEW NOTICES. LEGISLATIVE ASSEMBLY.-TUESDAY, NOVEMBER 20. Mr Garland to move,-That leave have of absence for the remainder of the present session be granted to Charles E. Jeanneret one of the members for Carcoar, who has been compelled to visit England land on urgent private business. NEW NOTICES LEGISLATIVE ASSEMBLY. **Friday 16 November 1888**. *Sydney Morning Herald.*

ADELAIDE, FRIDAY Mr Jeanneret, late member for Carcoar, arrived by the Liguria this morning, and proceeds from Melbourne on Mondav to his electorate by special tram. MR. GARRETT AT CAMPBELLTOWN. (**1889, February 2**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article13712748.

The Florrie's duties in South Australia, aside from those on Government contract, were running to and from Port Germein and Port Pririe;

OUTPORTS. Port Augusta, November 26. Arrived-Investigator, steamer (Adelaide Steamship Company), West, from Port Adelaide via gulf ports. Cargo-General.- 'Florrie,' steamer, Kerrison, from. Port Pirie, with Macintyre, lighter, in tow. ' Sailed-Investigator, 'steamer, for Port Adelaide. via Ports Germein and Pirie. Cargo-Wool and general. Florrie, steamer, for Port Pirie. Port Pirie, November 27. SHIPPING NEWS. (**1901, November 28**). *The Advertiser*(Adelaide, SA : 1889 - 1931), p. 6. Retrieved from http://nla.gov.au/nla.news-article4887753

SHIPPING NEWS. CAPE BORDA. The steamer Florrie left here on Sunday with the Port Germein cricketers and others for a trip to Port Augusta. A cricket match was played at Port Augusta between the local team and Port Germein, .the scores being - Port Augusta 177; Port Germein, 59.- PORT GERMEIN. (**1903, January 29**). *The Advertiser* (Adelaide, SA : 1889 - 1931), p. 7. Retrieved from http://nla.gov.au/nla.news-article4919992

PORT AUGUSTA. June 28. The Broken Hill team of footballers arrived here from Port Pirie in the steamer Florrie yesterday morning, and were met on the wharf by a large crowd of local-athletes and others. The president of the Port Augusta Football Club (Mr. J.Bsalton) met the team and conducted them to the Town Hall, where a formal reception had been arranged. The council chamber was we'll filled with the visitors and townsfolk. The visitors, who thoroughly enjoyed the trip, left for Port Pirie by the steamer this morning. PORT AUGUSTA. (**1899, July 8**). *Chronicle* (Adelaide, SA : 1895 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article87201876

The Mayor of St. Peters and members of the council with their wives paid a visit to the Outer Harbor on Thursday after-noon. The work in progress was inspected under the guidance of Mr. Rogers. After-noon tea was provided by the mayoress, and the outing was thoroughly enjoyed. **The Government were thanked for placing the steamer Florrie at the disposal of the party**. PERSONAL. (1907, April 13). *The Advertiser* (Adelaide, SA : 1889 - 1931), p. 8. Retrieved from http://nla.gov.au/nla.news-article5061851

THE MAYORESS' BELGIAN FUND. —Port Adelaide.—Amount previously acknowledged, £99 1/; collected by Sammy Lunn-S.S. Florrie, 8th instalment, 5/1; Mrs. Sloane, 10/; Mr. W. Tait. £5; proceeds of concert held in Groom's Hall, Peterhead, on 3rd inst., per Miss Bessie Jenkins, £13:total. £117 16/tl. THE MAYORESS' BELGIAN FUND. (**1915, March 9**). The Register (Adelaide, SA : 1901 - 1929), p. 6. Retrieved November 1, 2012, from http://nla.gov.au/nla.news-article60743470

A pioneer of this region was her captain in South Australia: William Thomas Swiggs (born 21/4/1854), served as a councillor for the Birkenhead Council in 1882. He was also Captain of the steamer Florrie at Port Pirie.

The threads for this lady disappear mid 1920. Some sources state she was broken up in 1931, a mere 52 years old. Other sources state she was converted to a tug and utilised in Port Augusta.

Tweet | Like | +1

SS Florrie Threads Collected and Collated by A. J. Guesdon, 2012.

Pitwater Online News

November 4 - 10, 2012: Issue 83

More than 10,000 Australian students AusBoost

More than 10,000 Australian students will receive greater support to study in Asia and thousands more will have access to two new generous student loans schemes, the Government's strategy to strengthen engagement with Asia, The Gillard Government's new $37 million AusBoost initiative will offer grants between $2000 and $5000 for students undertaking short or semester length study exchanges, and $10,000 grants for higher degrees.

In addition, eligibility for Government OS-HELP loan schemes will be increased and simplified to give more students access to increased loan amounts, as well as an extra $1000 for Indonesian language training. Announcing AusBoost today (31.10.12), Minister for Tertiary Education, Senator Chris Evans said the new initiative would provide more Australian students to experience life and work in Asia.

"AusBoost will support more than 10,000 Australian students to gain the experience of living and studying in Asia for a month," Senator Evans said. "This is a program to give Australian students the opportunity to build relationships, professional networks and friendships. In addition, all Australian students, across all institutions, will have greater support to undertake part of their study in Asia. Through the AusAsia in the Asian Century Whole Paper, we want to double the number of Australian students undertaking degrees in Asia and double the proportion of Australian students gaining a degree in Asian country by 2025."

The mainstream OS-HELP loan scheme for students undertaking study in Asia will increase by $1,250 to $7,500 in 2014 and subsequently be indexed to ensure students do not lose Commonwealth supported places. An additional $1000 loan will be available for students who undertake Indonesian study. Under the student's dollar amount opportunity, students will no longer need to be enrolled at an overseas higher education institution.

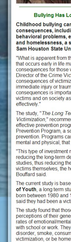
Instead, they can undertake study at professional or other such programs that contribute to their Australian university course. Changes to the loan scheme will also mean that more students approaching the end of their degree access to OS-HELP loans.

The Gillard Government also announced new loans for Australian students to study in Asia,' Senator Evans said. "For a long time, Australian students have enjoyed education loans to study in Australia but student mobility must go both ways. The next generation of Australians must be better equipped to engage Asian Media and these are skills that need to be experienced by being there and. The updated scheme means low cost, student friendly loans to give more students assistance to follow some of their dreams overseas."

Senator Evans said the Gillard Government would work with Australian universities to substantially boost the number of Australian students studying in Asia and to ensure that it progresses to deepen engagement with the region.

Many of our institutions already have strong regional connections,' Senator Evans said. "Together we can build on these connections to ensure more students have the opportunity to spend a term or two in Asia, and support our students to make the experience a great one. The Asian Centre presents a world of opportunities for our students and the Gillard Government is working to ensure that sure more Australians have the chance to benefit."

The funding for AusBoost was announced in MYEFO and, consistent with the Budget rules, is fully offset.



Bullying Has Long-Term Health Consequences

Childhood bullying can lead to long-term health consequences, including general and mental health issues, behavioral problems, substance abuse, delinquency, alcohol use, and homelessness, a study by the Crime Victims' Institute at Sam Houston State University finds.

"What is apparent from these results is that bullying victimization that occurs early in life may have significant and substantial consequences for those victims later in life," said Leana Bouffard, Ph.D., a professor in the College of Arts and Sciences. "Some of the consequences of victimization are much more far-reaching than just immediate injury or trauma. Understanding these long-term consequences is important because it may be a total loss of some victims and on society as well as responding to victims more effectively."

The study, *"The Long Term Health Consequences of Bullying Victimization,"* recommends expanding victim services and effective prevention programs, such as the Olweus Bullying Prevention program, which has been successful in bullying prevention. Programs can help address the intrinsic factors, both mental and physical, that victims experience.

"This type of environment may explain the added benefit of reducing the long-term deleterious effects identified in this and other studies, thus reducing the high cost of victimization borne by the victims themselves, the health care system and society in general," Bouffard said.

The current study is based on the **National Longitudinal Survey of Youth**, a long-term study that has tracked 12,686 U.S. respondents born between 1980 and 1984. Nineteen percent of those surveyed said they had been victim of repeated bullying.

The study found that those bullying victims had more negative outcomes than those who were not victimized, including higher levels of emotional or behavioral problems, lower levels of attachment to school or work. They were also more likely to have an eating disorder, smoke, consume alcohol, experience property and violent victimization, or be homeless.

While there are serious consequences themselves, they may also serve as intermediate mechanism for even more long-term health issues, such as cancer, alcoholism, cardiovascular and respiratory problems," said Mana Kroeger, co-author of the study.

Full report HERE The above story is reprinted from materials provided by Sam Houston State University, via EurekAlert!, a service of AAAS.

PITWATER COUNCIL 20 years

SEEKING YOUTH INPUT ON PITTWATER'S FUTURE

The Council is asking the next generation to tell them what kind of Pittwater they want to live in by 2025. Council is seeking input from young residents aged 10 to 24 at fun and interactive sessions in November. There are two ways for young people to give their views, with free pizza and the chance to win a $100 gift card to the shop of their choice on offer.

Sessions are on **Thursday 8 November at Mona Vale Memorial Hall and on Wednesday 14 November at Avalon Recreation Centre from 4pm to 5.30pm.** Sessions will feature interactive activities designed to track what young people think about Pittwater.

Mayor Jacqui Townsend said the views of younger residents were a critical part of the review.

"It's a real opportunity for young residents to have their say about priorities and long-term goals for the local area," she said. "After all they are going to be the earners and parents of Pittwater by 2025."

If you're aged between 16 and 24 and want to book into a session, visit www.pittwater.nsw.gov.au/youthforum2012, or phone 9970 1324.

Residents can also comment online by 'liking' objectives, making a suggestion or sharing ideas at www.pittwater.nsw.gov.au/shapeyourfuture, or make a comment on our blog at www.pittwater.nsw.gov.au or on Facebook at 'I Love Pittwater'.

Science and Innovation to be revealed

Young innovators and scientists are being encouraged to apply for the 2013 Science and Innovation Awards for Young People in Agriculture, Fisheries and Forestry. Minister for Agriculture, Fisheries and Forestry, Joel Fitzgibbon said the competition are now open for grants of up to $22,000 for innovative projects across Australia's agriculture, fisheries, forestry, food and natural resource management sectors.

The 2013 Science and Innovation Awards support young people aged 19 to 35 years who have an innovative project that will benefit Australian primary industries. Mr Fitzgibbon said the awards are passionate about the future of our industries. "The future of our rural Australia and these Awards are a way to bring their ideas to fruition and help advance our industries."

There are a number of industry category awards available to applicants, supported by Australian primary industry representative organisations (RDCs). Categories include animal welfare, red meat processing, food safety, food manufacturing, wool, horticulture, aquaculture and oyster, grain, dairy and livestock, new and emerging rural industries and biosecurity.

These awards are given the opportunity to work closely with the RDCs and industry, including participating in their industry activities such as conferences and workshops.

Successful recipients can use their funding for a range of activities including study, training and development, travel to attend industry visits or conferences and workshops.

Minister Ludwig said that after receiving the application and assessment process, one of the industry category award recipients will then receive Minister's Award, which includes an additional $33,000 in funding to further develop their research project. The successful recipient of the 2012 Science and Innovation Awards will be publically acknowledged at the Outlook 2013 conference in Canberra in February 2013.

Applications close on Friday 30 November 2012. For more information and to download application forms and a list of Awards supporters, visit the Awards website, contact +61 2 6272 5260 or email Science Awards.

A Flycycle Built For Two: The Three Stooges come face to face with real danger. Actually, it's Curly who gets the most danger as he takes the official tester for the Flycycle. Unfortunately, the Wright Brothers are ahead of the Stooges on the aviation front.

Nominations open for 2012 Australian Vocational Student Prize, Media Release, The Hon Peter Dutton MP, Minister for School Education and Minister for Early Childhood and Youth

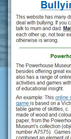
The nation's most skilled students can now be recognised for their hard work and dedication to their vocational training, with a prize for the 2012 Australian Vocational Student Prize. Minister for School Education Peter Garrett today encouraged students across Australia to nominate themselves for the prize.

"Each year, up to 500 prizes are awarded to outstanding Year 12 students who have undertaken a Vocational Education and Training program or an Australian School-based Apprenticeship as part of their secondary certificate," Mr Garrett said. "**This prize is not an academic award, instead, it focuses on vocational competencies and skills, and it is a great way for students to be recognised for their achievements, and for employers to see the prize in their school and community.**"

Students can be nominated by their school principal, teacher or Vocational Education and Training Coordinator and, if successful, receive a certificate and an award for $2000 prize.

"This award is the vocational equivalent of the academic Australian Student Prize, another initiative aimed at recognising the achievements of students and their schools," Mr Garrett said. "It is a great opportunity to celebrate the achievements of students who have chosen a practical pathway through their senior studies and have demonstrated high levels of skill and competency in developing industry specific skills through vocational training, helping these students with planning and pursuing their chosen career path, and the AVSP is a great way to recognise these endeavours."

Nominations close Friday 7 December 2012. For more information, including how to nominate, visit www.deewr.gov.au/avsp.



National Geographic online fun For little kids

Online Fun, games and a kids magazine to subscribe to, all edited by industry experts on this award winning website HERE.

Australian Cleaning 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 development 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 the lives of young people in Australia. The Australian Clearinghouse for Youth Studies's mission is to providing information on the complex and wide-ranging issues that affect young people today, and by disseminating research and other developments and 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 at school or talk to mum and dad. **Make sure you are heard**. We are here to stop it and other ppl. will hear each other down. Anyone who tries to bail you otherwise is wrong.

Powerhouse Museum Online Fun

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

An example This online Wolfies game is based on the Powerhouse's collection and is a table game of skillfulness, c. 1880, from the Powerhouse museum's collection (object number 87575). Likely made by a combined an element of chance and a combination of skill and coordination was popular as family entertainment during the later part of the 19th and early 20th century. More 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 bad language (if there is it will be the opposite of what we stand for). If you have a poem, story or something you want to share send it to us and we will send it onwards.

pittwaterOnlineNews@live.com.au

All are Welcome, All Belonging

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

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 their friends and their family. The campaign will run for the next 3 years.

headspace 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

Word of the Week

VOTE: noun. A formal expression of preference for a candidate for office or for a proposed motion or law or of an issue. A means by which such a preference is made known, such as a raised hand or a ballot. A right to participate in a decision or election. A collective voice or vote. A group of persons or voters. A political party. The right to the ballot. The rural vote. The act or process of voting: took a vote on the issue. The result of an election: The vote was close. The right to participate in a vote; suffrage. From Middle English, vote, from Latin vitum, from neuter past participle of vovere, to vow

Empower Your Words

Even though this is an advertisement (at the end) it illustrates how the arrangement of words can be powerful, how words manipulate free notions, nuances, and with letters rearranged to form new words, can change not only how we feel the song but what you hear and see. Never underestimate time, intent and the inherent architecture in all things and how it can be rearranged, or how we can rearrange our perspectives or rearrangement of them to provide a new perspective, to open new horizons and worlds therein. The true joy let your heart speak of and in it is the higher your mind will rise to meet and embrace, an ever-expansive, simple great truths. Our thanks to Irene Anderson for this clip.

Photo competition 'Doubts can win a great SLR camera'

The Australian Human Rights Commission is seeking photos that capture the spirit of the human rights journey for human rights through the camera lens – and the photo that best encapsulates the perfect opportunity to show us what human rights means to you.

Photos can be submitted in either the under 18 or 18 years and over category. Winners will be announced at the Commission's Human Rights Awards Ceremony on Monday 10 December 2012 and will receive a Canon EOS 1100D digital SLR camera and a $100 gift card.

www.humanrights.gov.au/PhotoCompetition2012/

Electoral Commissioner launches national Get Voting program to support school elections

The Australian Electoral Commission (AEC) has launched a new initiative supporting the conduct of free and fair student elections. Get Voting is a new practical program which provides online resources for schools to conduct elections for their student representative bodies.

"School elections are many young Australians first experience of voting, and by working with young people in Get Voting we aim to provide them with the skills they need to develop good voting habits in our future elections," he said.

"By participating in Get Voting, young people will learn how to plan and develop skills and confidence for participating in the electoral process as adults."

The Get Voting website provides teachers with information, resources and tools to conduct student elections in primary and secondary schools.

Mr Killesteen said schools can also request a Get Voting election equipment pack, which will help to transform classrooms or school halls into polling places.

"Get Voting can also link schools with their local AEC office as AEC officers are available to provide assistance and support to volunteer teachers," he said.

Following the official launch of the program, students in year 3-6 at Garran Primary school had their own election and had an exciting experience of voting while also contributing to the civics and citizenship curriculum.

Youth Leading the World Congress - 27th Nov 2012 - 9am - 3pm

3-day environment congress for youth people (core groups 15 - 18 years), run by non-profit organisation OzGreen. Now in its 4th year, 11,191 participants have taken part in workshops, talks, forums and overseas, November 27 - 29, 9am- 3pm. It is a 3-day environmental education program for students, 15 - 18 years (core group 15 - 18), run by non-profit organisation OzGREEN.

Participants explore local and global issues of sustainability, measure and analyse their own ecological footprint, and work on action plans to make changes in their lives, schools and communities. Workshops are led by environmental organisations and groups from their schools.

The Sydney Northern Beaches Congress is held at the Coastal Environment Centre, Narrabeen. Cost: Attendance is free. Registration: 9970 2161 or 0414 966 000 - yltw@ozgreen.org.au, Website: www.ozgreen.org.au

SongCamp - Yarramundi, November 23-25 - From Keith Lindsay

Karl Broadie and I have teamed up and we are going to run a new SongCamp at Yarramundi Homestead, Nov 23-25. We will only depend and if we can get the numbers in the need 6 weeks so if you know someone who might want to come please let them know. It is a very secluded location on the Hawkesbury River between Windsor and Springwood at the base of the Blue Mountains where I have run SongCamps for the last 4 weekends in a row. It is a great SongCamp - its a weekend retreat where you come to relax in the bush and relax and write songs in a beautiful secluded spot of songwriting. We will also have a celebrity artist coming out on the Saturday night to play a set and do a workshop in a very intimate environment where we can have a great time together. We are finalising that as we speak so I'll let you know who it is when it is confirmed. We will also have Karl Broadie who has agreed to mail information over the years that it is hard to put it all into one email. Karl's Website is www.karlbroadie.com. Karl's Facebook Songwriter Collaborator Page of the Month. Talking to the world. Time Frame, Clear writing, Hook lines, Titles, Angles, Structure, Form, Rhyme Schemes, Word Palettes, Chords and Keys, Cliches, Repetition, Performance and much more... and Karl will be covering most of these topics in his workshop on Saturday night. Bookable sending people to come and his experience there as a songwriter and also giving 1 on 1 song evaluations of your existing songs and coaching on how to take your songs to the next level, giving games to stimulate your creative juices and having lots of fun. The numbers will be limited to the whole weekend but $250 all inclusive - that means food and accom. Please email me at keith@songcamp.com.au if you're interested.

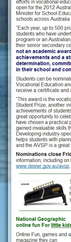
New online tool for students

A new online search tool makes it easier for kids to find out about eligibility for Commonwealth Government assistance, including Family Allowance, Austudy and Youth Allowance, Parliamentary Secretary for Social Inclusion, Julie Collins MP, has announced. The new tool, called the Study Assist website, allows students to find out about the range of financial assistance available while studying.

"The Study Assist website brings together a wide range of information that a student needs to know about financial tertiary assistance," Mr Bird said. "The site offers a new quick and simple interactive tool where **students can answer up to six short questions, and the tool will provide a list of Commonwealth payments they may be eligible for and their estimated rates.**"

Visit the Study Assist website at www.studyassist.gov.au or view the new interactive search tool HERE.

Prime Minister Launches New Online Program to Honor Vote Favourite Teacher, OCTOBER 5th 2012 Prime Minister, The Hon. Peter Garrett MP, Minister for School Education, Early Childhood and Youth



Students of all ages will be encouraged to vote their favourite teacher of all time and post an inspiring message of support as part of the program to highlight the important role teachers play.

The Prime Minister today launch a six-week online program to tell the story of their favourite teacher and encourage students with student teachers and teachers to share their stories. Minister Peter Garrett of the University of New South Wales will kick off the campaign by telling the story of his school teacher and the importance of education.

The aim of the new campaign is to generate a conversation on what makes a great teacher and to celebrate the teachers play in students' lives.

Pupils, past and present, are invited to post a message, photo or a video about their favourite teacher on the Prime Ministers's Facebook page. The conversation will be on-going across a range of social media channels with the Prime Minister and other ministers.

A range of social media platforms will be used, including:

• People posting their entry on the Prime Minister's Facebook page. • A video of the impact of education on the Prime Minister's life and how it has shaped the Prime Minister's career and ambitions (Below). • A Facebook Q&A session on education, and • A Net blog about education.

Under our National Plan for School Improvement we want Australian schools back in the top 5 schooling systems in the world by 2025 and we know that great teachers are the key to getting there.

Cool Tools - Tree of Life Branches out online

Now the tree is starting the evolutionary tree of life in the form of a phylogenetic online map, thanks to a new project led by Imperial College London and Yale University. Wednesday, Oct. 17th, 2012 at 10:00 AM www.onezoom.org The OneZoom project provides an explanatory article in the "Cool Tools" section of the science journal *PLoS Biology*. All living species on Earth descended from a common ancestor, and the tree of life shows how all living biologists have struggled to draw a 'tree' showing important details about how all living species are related to each other, and to one another. However, even relatively small trees have been difficult to produce, and even the best trees are still full of gaps and uncertainties.

OneZoom, which was partly inspired by the zooming interface of Google maps, provides a new approach to start with a broad view of life on earth, then zoom in on any point to explore phylogenetic data relevant to that specific organism, or group of organisms.

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 complete 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 links to other sites that provide valuable **tools for science and education, currently focusing on the tree of life.**

Cowboys and Aerials – THE MOVIE By Luke Kennedy - 10 October 2012

Saddle up the comfy chair, dig your heels in and get a grip on your popcorn, this is a movie review of a film that is a rollercoaster of a mouthful of dramatic twists and turns that pick-nick into another universe for this bunch of board-shagers who flip, flip and spin flop on the board. Not only does it take us into the board, but in and around the world's board wave ranch and accompanied by a kickin' soundtrack. The movie is a fantastic portrayal of life in south-east Australia, and a lot of the scenes

Featuring Matt Meola, Re Crane, Gary Marco,Chopsa Wilson, Mitch Parkinson and Martin Poole.

Note: **Get the DVD with December Tracks on sale 5th November**

Star Texts - C-SIRO

Move over Comic Sans, we're found a stellar typeface. Galaxy Zoo lets you "galaxify" text, finding galaxies to match letters. Enjoy playing with the results. www.zooniverse.org

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

For weeks now archive.org has been a rich source, this week visit:
http://www.archive.org/

Love Food, Hate Waste Cookbook

Our ex-Pittwater Council has joined with Sydney Water to produce a cookbook and other resources and materials for children. This 'Bytecook' Program allows you to read recipes on your computer, learn how to use leftover veggies to make great pasta or how to make a cake.

Love food hate waste book HERE.

Murder under the Microscope by Lesley Stevens

Murder under the Microscope is a murder mystery with an environmental murder mystery, played by students in years 9 - 12 and their teachers. Lesley Stevens is the creator. This game is all about environmental science, with a strong focus on the scientific method and team work.

Student teams are asked to sign on as 'investigators' to assist Detective Inspector Ian Rankin in investigating the murder of a person of 5 or 6 players. The investigating teams must research vital information, understand clues, grasp the concept of cause and effect, and put together the pieces to solve environmental crimes, discover the Villain and place an accusation online.

The first to complete the correct Murder, Clues, Motive and Villain is named Eco Sleuth for that year. This year's case is called *'Lament in the Lucky Country'*. The game website opens on 23 July. Visit www.microscope.edu.au for the full story.

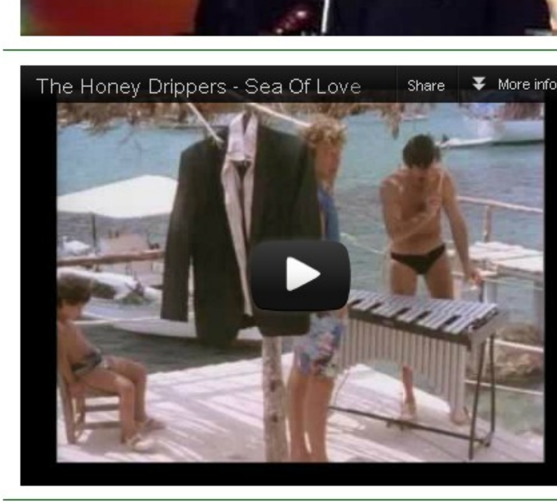
Australian Stories Online

Project Gutenberg Australia, has a great list of old legends and stories. Some of the stories are very old and the language appears as some of them are in old English spelling and other words are out of print or in museums where it can be even more difficult to access. Some of the stories are available online through Project Gutenberg Australia is at: http://gutenberg.net.au/

November 4 - 10, 2012: Issue 83

MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.



'How to plan for a Downsize' Workshop - Join Senior Movers for a free workshop on moving from the family home - 3rd Nov 2012 ; 2pm - 3:30pm

We will expose our hottest tips from each of our "7 secrets of How Seniors can enjoy moving from the family home". Are you wanting to: work out what to sell, keep, and dispose of, organise the downsize so you don't feel overwhelmed, know how to present your property in its best possible light for sale & therefore add value for the property. This is for you!

Venue: Conference Room L1, Narrabeen Sands Hotel, 1260 Pittwater Road (Cnr Robertson & Pittwater), Narrabeen, New South Wales 2101

Cost: **2 x tickets FREE** Contact: http://seniormoverssaturdays.eventbrite.com/

Website: http://seniormovers.com.au/live-events/

Hobbies for Seniors

For anyone who is interested, there is a fantastic site called www.writing.com where writers of all levels of skill are welcome. I started writing seriously in April of 2005, joined that site in October, and just had my first novel published last month.

We seniors have a wealth of experience and knowledge that can be passed on to the younger generation. Judy.

Bombora by The Atlantics

The Atlantics are an Australian surf rock band formed in the early 1960s and arguably Australia's most successful of the genre. Most well-known for their classic hit, "Bombora", their later recordings such as "Come On" are examples of 1960s garage rock. They were the first Australian rock band to write their own hits. In 2000 the group reformed with three of the original members, and they are still actively releasing new material and performing live.

The Atlantics seminal surf classic instrumental "Bombora" shot to number one for a record eight weeks in 1963 and charted around the world. Their follow up single "The Crusher" also charted strongly. The Atlantics went on to record seven more singles and four LP"s, all of which are now regarded as classics of the Surf Instrumental Genre. In 2000 Bombora was given the ultimate accolade by being used in the Closing Ceremony of the Sydney 2000 Olympic Games. Their website lists new releases/dvds

Home Power Savings Program

Through the Home Power Savings Program, 220,000 eligible households will save up to 20% a year on their power use. By joining the program you will save up to 20% a year on your household's power use. The installed Power Savings Kit will save you around 10% a year. Putting your personal Power Savings Action Plan to work can save another 10% a year. By saving power you are reducing carbon pollution and helping the environment. The average home makes about 160,000 black balloons of carbon pollution a year. Carbon pollution impacts on our environment and leads to climate change.

Every eligible household that joins the program will get a FREE:
Home power assessment by an energy expert to identify ways to save power in the home
Power Savings Kit to help kick start savings which includes:
stand-by saver power board
4 energy efficient light bulbs
low flow showerhead
shower timer
tap aerator
draught-proof strips for around the door
door snakes.

To be eligible for the program you must live in NSW and contribute to the power bills for the property. At least one person in your household must have one of the following cards:
Centrelink Pensioner Concession Card
Centrelink Low Income Health Care Card
Department of Veterans' Affairs Pensioner Concession Card
Department of Veterans' Affairs (Gold) Repatriation Health Card
Department of Veterans' Affairs (White) Repatriation Health Card
OR
be a recognised energy utility hardship customer.
You'll need to confirm your eligibility when joining the program. Book your free home power assessment. Call 1300 662 416 or Request a call back.

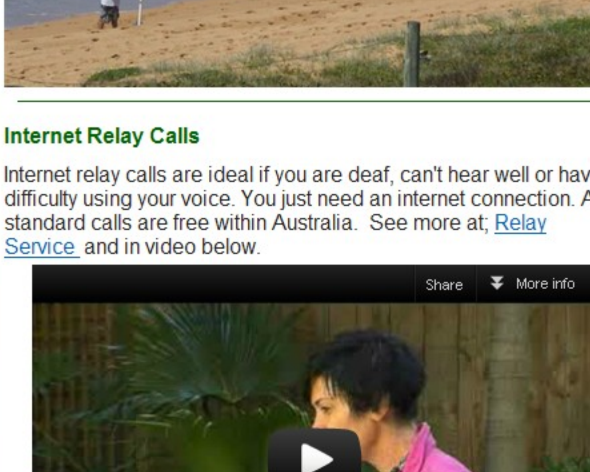
Keep your Wits About You

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

The Senior Newspaper Online

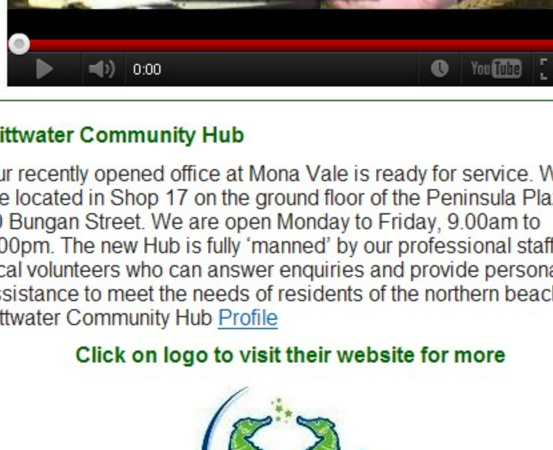
Click on logo:

Australian Senior PUBLICATIONS



Internet Relay Calls

Internet relay calls are ideal if you are deaf, can't hear well or have difficulty using your voice. You just need an internet connection. All standard calls are free within Australia. See more at; Relay Service and in video below.



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 meet the needs of residents of the northern beaches. Pittwater Community Hub Profile

Click on logo to visit their website for more

Northside Community CONNECT

Tweet | Like | +1

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Copyright Pittwater Online News, 2012

Keeping Cool When it Hots Up

With prevailing predications that we may be headed for one of those long hot Summers Australia is well known for it seems timely to offer a short list to all you who are so precious to all of us on how to keep your cool when it hots up. Most of you are well aware to keep hydrated, to close the curtains or blinds to keep the cool air in and hot air out, to invest in a fan to move air around a little so humidity doesn't settle like pea soup around you or even have a shallow basin for cooling your feet and spreading this coolness upwards but a checklist is always a good idea and may inspire further 'cooling off ' activities like getting in the ocean or any of our rock pools. Returning to swimming not only cools you off, it also provides a social contact point to whinge about the weather, plus it increases your health; swimming is the only exercise, apart from cross-country skiing, that moves everything in you.

Clothes
a. Wear light colours and light materials such as linen and cotton. Materials such as rayon and polyester tend to trap heat close to the skin.
b. Wear loose fitting clothing;
c. Wear a hat with a wide brim to protect the face.

Home
a. Stay indoors during extremely hot weather;
b. Lower shades, blinds, or close drapes on the east side of your home during the morning hours and the west side during the afternoon in order to keep your home or apartment as cool as possible. Use a fan in the rooms where the windows are covered;
c. If you do not have air conditioning in your home, go to a Recreation center, your local Library or movie theatre in order to stay cool. Or take a cool shower or bath!

Outdoors
a. Wear sunscreen SPF (Sun Protection Factor) of 30 or higher;
b. Wear a wide-brimmed hat or take an umbrella to block the sun;
c. Schedule outdoor activities before 10 AM or after 6 PM when the temperature is lower;
d. Avoid strenuous activity;
e. If you are outside, take frequent breaks in shaded area;
f. Avoid crowded places.

Keeping Hydrated - Fluids
a. The best liquid to drink during hot, humid days is water. Drink plenty of water, even if you are not thirsty, in order to stay hydrated;
b. Avoid drinks with caffeine;
c. Avoid alcoholic beverages which will dehydrate your body;
d. Drink sports drinks that have the added minerals that your body loses when it sweats.

Food
a. Keep frozen treats such as ice cream and popsicles in the freezer that can help you keep cool during hot weather;
b. Eat cold foods such as sandwiches and salads;
c. Fresh fruits and vegetables are also another way to keep hydrated.

Keeping Safe – Have A Mate
a. Make sure that you have someone to check on you to make sure that you are well.

Using Common Sense
a. Avoid long walks, particularly during noon-3 PM, when the sun is at its peak;
b. Slow down, avoid strenuous activity. Do not try to do too much on a hot day;
c. Pay attention to weather reports;
d. Speak to your doctor if you are taking several drugs for a number of health problems because these may make it harder for your body to keep cool through perspiration. A few examples would be diuretics, sedatives, tranquilizers, and also some heart and blood pressure medicines.

Health Papers Released this Week that may interest you:

Dementia Patients Need Urgent Support After Diagnosis

There is an urgent need for support from outside the family after diagnosis of dementia according to a study led by researchers from the **University of Hertfordshire**. The study, published in *PLoS Medicine*, explores how healthcare professionals can better understand the challenges that dementia patients and their carers face around the time of diagnosis, as well identifying their immediate and on-going support needs.

Dr Frances Bunn, senior research fellow in evidence-based practice at the University of Hertfordshire said: "The needs of people with dementia and their carers are complex and varied which makes diagnosing and supporting this group particularly challenging. But it is clear from our analysis that **support needs to be on-going, flexible, and sensitive to their needs**.

The researchers reviewed the experience, beliefs, feelings and attitudes of patients and their carers around dementia diagnosis. Focusing on those patients who lived and were cared for within the community, **the study also tried to understand barriers to early diagnosis** and what type of support is useful for newly diagnosed patients.

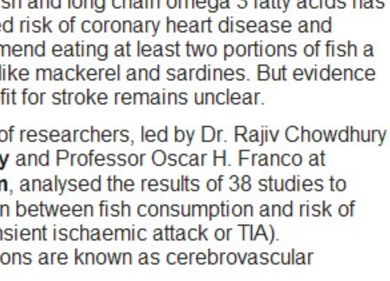
Despite improvements in **the speed of diagnosis, unawareness or denial of the signs and symptoms of dementia by the patients and people close to them can still delay diagnosis. Being diagnosed as a person with dementia has a huge impact on the identity of the patient, leading to feelings of loss, anger, uncertainty and frustration, and has major impacts on roles and relationships both within the family and in wider social networks**.

Bunn continued: "Those making decisions about the timing and delivery of services need appropriate expertise and training. So, future research must focus on the development and evaluation of ways to meet those needs."

Frances Bunn, Claire Goodman, Katie Sworn, Greta Rait, Carol Brayne, Louise Robinson, Elaine McNeilly, Steve Iliffe. **Psychosocial Factors That Shape Patient and Carer Experiences of Dementia Diagnosis and Treatment: A Systematic Review of Qualitative Studies.** PLoS Medicine, 2012; 9 (10): e1001331 DOI:10.1371/journal.pmed.1001331

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

Couple of Weekly Portions of Oily Fish Can Help Ward Off Stroke; But Fish Oil Supplements Don't Have the Same Effect, Study Finds



Eating at least two servings of oily fish a week is moderately but significantly associated with a reduced risk of stroke, finds a study published on the British Medical Journal website. But **taking fish oil supplements doesn't seem to have the same effect, say the researchers**.

Regular consumption of fish and long chain omega 3 fatty acids has been linked with a reduced risk of coronary heart disease and current guidelines recommend eating at least two portions of fish a week, preferably oily fish like mackerel and sardines. But evidence supporting a similar benefit for stroke remains unclear.

So an international team of researchers, led by Dr. Rajiv Chowdhury at **Cambridge University** and Professor Oscar H. Franco at **Erasmus MC Rotterdam**, analysed the results of 38 studies to help clarify the association between fish consumption and risk of stroke or mini-stroke (transient ischaemic attack or TIA). Collectively, these conditions are known as cerebrovascular disease.

The 38 studies involved nearly 800,000 individuals in 15 countries and included patients with established cardiovascular disease (secondary prevention studies) as well as lower risk people without the disease (primary prevention studies). Differences in study quality were taken into account to identify and minimise bias.

Fish and long chain omega 3 fatty acid consumption was assessed using dietary questionnaires, identifying markers of omega 3 fats in the blood, and recording use of fish oil supplements. A total of 34,817 cerebrovascular events were recorded during the studies.

After adjusting for several risk factors, participants eating two to four servings a week had a moderate but significant 6% lower risk of cerebrovascular disease compared with those eating one or fewer servings of fish a week, while participants eating five or more servings a week had a 12% lower risk.

An increment of two servings per week of any fish was associated with a 4% reduced risk of cerebrovascular disease. In contrast, levels of omega 3 fats in the blood and fish oil supplements were not significantly associated with a reduced risk.

Several reasons could explain the beneficial impact of eating fish on vascular health, say the authors. For example, it may be due to interactions between a wide range of nutrients, like vitamins and essential amino acids, commonly found in fish. Alternatively, eating more fish may lead to a reduction in other foods, like red meat, that are detrimental to vascular health. Or higher fish intake may simply be an indicator of a generally healthier diet or higher socioeconomic status, both associated with better vascular health.

The differences seen between white and oily fish may be explained by the way they are typically cooked (white fish is generally battered and deep fried, adding potentially damaging fats).

Although there's a possibility that some other unmeasured (confounding) factor may explain their results, the authors conclude that "they reinforce a potentially modest beneficial role of fish intake in the cause of cerebrovascular disease."

In addition, they say their findings are in line with current dietary guidelines that encourage fish consumption for all; and intake of fish oils to people with pre-existing or at high risk of heart disease. They also support the view that future nutritional guidelines should be principally "food based."

In an accompanying editorial, authors from the Division of Human Nutrition at Wageningen University suggest that although it is "reasonable" to advise patients that eating one or two portions of fish per week could reduce the risk of coronary heart disease and stroke, any benefit of long chain omega 3 fatty acid supplementation is likely to be small. They say it is possible, however, that patients with additional risk factors such as diabetes may benefit.

The above story is reprinted from materials provided by *BMJ-British Medical Journal*, via EurekAlert!, a service of AAAS.

Avalon Computer Pals for Seniors

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

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

Article on their Seminar

Media Releases concerning Seniors this week from National Seniors Australia

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

Senior Movers

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

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

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

www.seniormovers.com.au

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

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

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

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

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

U3A Lectures on Wednesday Afternoons at Newport -

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

HEARTMOVES | Heart Foundation

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

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

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

Pitwater Online News

November 4 - 10, 2012: Issue 83

Uncertainty of Future South Pacific Island Rainfall Explained

With greenhouse warming, rainfall in the South Pacific islands will depend on two competing effects - an increase due to overall warming and a redistribution of the tropical rainfall pattern towards warmer waters according to a study by an international team of scientists around Matthew Widlansky and Wenju Cai at the International Pacific Research Center in Honolulu, Hawaii, USA. Wenju Cai, the lead author of the study shows, these two effects sometimes cancel each other out, resulting in highly uncertain rainfall projections. Results of the study are published in the **28 October online issue of *Nature Climate Change*.**

The largest rainfall in the Southern Hemisphere - the South Pacific Convergence Zone (SPCZ) - is the main source of rainfall for South Pacific island nations. Changes in this rainfall band would have major impacts on the region's water resources and its ecosystems having to adapt to accelerating sea level rise. The SPCZ is well known about how this 8,000-km-long climate feature will respond to greenhouse warming.

"One reason why the SPCZ projections are so elusive is that many climate models are notoriously poor in simulating this important, rainfall-bearing, under-present-day climate conditions," says Protime Fiji Fellow Widlansky of the International Pacific Research Center. "We were able to overcome some model shortcomings in our study by using a new, improved, high-resolution climate model that showed new surface temperatures."

With the resulting improvements in climate model performance, Widlansky, Timmermann, and colleagues could identify the two competing mechanisms affecting rainfall trends in the South Pacific.

"We have known for some time that rising tropical temperatures will lead to more water vapor in the atmosphere," explains Timmermann, professor of oceanography at the International Pacific Research Center and the University of Hawaii at Manoa. "Abundant moisture tends to bring about heavier rainfall in regions of converging winds such as the SPCZ." Scientists refer to this as the "wet gets wetter" climate change mechanism.

"Nearly all climate change model simulations, however, suggest the equatorial Pacific will warm faster than the subtropics. This uneven warming is likely to pull the rainfall band away from its normal position, causing drying in the Southwest Pacific and more equatorial rainfall," Timmermann goes on to say. This shift refers to this as the "warmer gets wetter" mechanism.

Widlansky adds, "When we evaluated the latest climate change experiments being conducted by international climate modeling groups, we saw that these competing mechanisms are the cause for uncertainty in the SPCZ rainfall projections."

The scientists found that depending upon the degree of tropical warming expected this century, one or the other mechanism is more dominant. If the tropical Pacific warms moderately, the wet-gets-wetter mechanism is likely to shift the rainfall toward the equator, potentially causing drying during summer for most Southwest Pacific island nations. If much tropical warming is possible by the end of this century, the net effect of the opposing mechanisms is likely a shift towards more rainfall for the South Pacific islands.

"To be more definite in our projections, however, we need more extensive observations in the South Pacific of how clouds and winds have been changing in response to tropical warming as well as El Niño. Before we have more confidence in our calculations of the delicate balance between the two competing mechanisms, we need to be able to simulate cloud formations more realistically," says Timmermann.

Matthew J. Widlansky, Axel Timmermann, Karl Stein, Shayne McGregor, Niklas Schneider, Matthew H. England, Matthieu Lengaigne, Wenju Cai, **Changes in South Pacific rainfall bands in a warming climate**, Nature Climate Change, 2012, DOI 10.1038/Nclimate1771[1]

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!

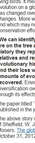
Enter now using our online entry form.

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 looking for great books to share with their children and young Australians, and encourage a sense of connection to our natural world.

The winners of the 2012 Award were Harry Horse, for his Duff by Elizabeth Frankel and Garry Duncan and One Small Island by Alison Lester and Coral Tulloch. 2011 will mark the twelfth year of the award, 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 all children's literature (including picture books, chapter books 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.

First Ever Family Tree for All Living Birds Reveals Evolution and Diversification



The world's first family tree linking all living birds and revealing when and where they evolved and diversified from their ancestors of Earth has been created. Experts used the family tree to map out where the almost 10,000 species of birds live to show where the most diversification has taken place in the world.

Researchers, from the Zoological Institute, Tokyo University, **University of Tasmania** and Simon Fraser University, used the creation of new species has speeded up over the last 50 million years. Surprisingly, species formation is not faster in the species rich tropics but in the temperate zones, which are colder compared to the Eastern Hemisphere as well as in the tropics.

As well as being the first time scientists have created a family tree for birds, the scientist behind the research could help inform conservation efforts in a bid to save the most diverse species from extinction.

"It's the first time that we have – for such a large group of species and with such a high degree of confidence – for the first time, the rate of diversification in time and space," said biologist Walter Jetz of Yale, lead author of the team's research paper, **published Oct. 31 online in the journal Nature.**

He continued: "The research highlights how heterogeneously fast diversifying species groups are distributed throughout the family tree and over geographic space. **Many parts of the family tree have seen a variety of species groups diversify rapidly and recently. All this leads to a diversification rate that has been increasing over the past 50 million years.**"

The researchers called nearly on fossil and DNA data, combined with geographical information to produce the exhaustive family tree, which **includes 9,993 species known to be alive now**.

Dr Gavin Thomas, of the University of Sheffield's Department of Animal and Plant Sciences, said: "This is the first time that we have had the evolutionary relationship between all the species of birds. We used fossils and genetic data to estimate the ages of all the different branches of the tree so that we could see where most diversity has accumulated through time. Our work is indebted to previous work on molecular phylogenies but we have added hundreds of thousands of extra data points from across the world.

**Despite major steps forward in modern super computers a big still lasts the researchers almost the same time as **the millions of year's worth of fossil data, DNA, maths and maps, to create this never-before-seen family tree of life.

Thousands of birds alive made it to where they are today. To even enable the scientists to calculate which species were more or less diverse they had to create a new 'species rate' measure.

Dr Thomas added: "Diversification is the net outcome of new species arising, called speciation, and existing species going extinct. We combined this data with existing data on the geographic ranges of all living bird species so that we could map diversification across the world.

"This 'phylogeny' is important because it is the first that includes all living birds and it allows us to see how species have spread across evolution on a global scale and gain new insight into how diversity has changed over millions of years as well as understand those changes. More widely, one way in which phylogeny can be used, and which may not be obvious, is in helping to prioritise conservation efforts.

'We can identify where species at greatest risk of extinction are on the tree and ask how much distinct evolutionary history they represent. Some species have many close relatives and others have very few and represent ancient evolutionary history whereas others have few close relatives and their loss would represent the disappearance of vast amounts of evolutionary history that cannot be recovered. Environmental change has very likely affected diversification over time. Climate change could be a part of that through its effects on the extent of different types of habitat."

The paper titled 'The global diversification of birds in space and time' is published in the journal Nature.

The above story is reprinted from materials provided by University of Sheffield. W. Jetz, Thomas, G. H., Joy, J.B., Hartmann, K. & A.O. Mooers. The global diversification of birds in space and time. Nature, October 31, 2012.

Solar eclipse of November 13, 2012

A total solar eclipse will take place on 13–14 November 2012 worldwide and in Australia and New Zealand on 14th November, with a magnitude of 0.9970, occurring only 12 hours after the perigee, with greatest eclipse totality lasting just over 4 minutes. A solar eclipse occurs when the Moon passes between the Earth and the Sun, thereby totally or partially obscuring the image of the Sun for a viewer on Earth. A total solar eclipse can only take place during the apparent diameter is larger than the Sun, blocking all direct sunlight; turning day into darkness. Totality occurs in a narrow path across the surface of the Earth, while a partial solar eclipse will be visible over a region thousands of kilometers wide. For this eclipse totality will be visible from parts of northern Queensland, Australia and Cairns. The most tropicalwe city to experience totality will be Cairns, which will experience 2 minutes of totality just an hour after daybreak (06:30 AEST, 20:30 UTC) with the sun at an altitude of just 14°. Northfall Island, a small pacific island east of Australia, will experience a partial eclipse with a maximum of 90% of the sun obscured at 09:37.

Wikipedia, accessed November 13, 2012. October 4, in Wikipedia, the Free Encyclopedia. Retrieved from http://en.wikipedia.org/wiki/Total_lunar_eclipse, on October 4, 2012 at 23:00 UTC.

Willy Wagtail, Careel Playing Fields, October 2012.

PITWATER NATURAL HERITAGE ASSOCIATION INC.

Come for a day out removing Asparagus Fern. Pittwater's worst weed. Asparagus Fern Out Day, **Sunday November 18** is at Woody Point on Pittwater. Volunteers shores in Pittwater are removing it work in lovely Spotted Gum forest you get a free fancy ride, gourmet lunch, free T shirt, free hat, free gloves, free tuition, free tools, free workshop, and the book which was free in 1620!!! for details contact Ken on ph: 9918 3368 0439 409 202 pittwater@gmail.com or ph: 9918 3368 0439 409 202

Coastal Environment Centre

PITWATER NATURAL HERITAGE ASSOCIATION INC.

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

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

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

November 2012 Newsletter includes information on:

BushCare Planting Activities (volunteers needed), Workshops and Events, and photo competitions. NEW!

FREE Green Film Night 'The Economics of Happiness' - Thursday 8 November, 6:15pm – 8:40pm

Come and be inspired by this award-winning documentary that advocates local, practical solutions for a thriving community. After the screening, there will be a panel discussion with local experts talking about the practical implications and solutions for our local areas. Where: Cabarita Community Centre, Park Road, Avalon

Frogging for all the family! - Friday 9 November, 6:30-9pm

The Council's annual Family Frogging Night is on again! This is a joint event between Council and the Frog and Tadpole Study Group (FATS). Bring the family along to Ingleside Community Hall, Warriewood and be joining in for a night of froggy fun and information. Starting with a hands-on seminar and display, you will learn lots about our froggy friends and then go on a frogging hunt at Warriewood Wetlands. Event suitable for children aged 5 and over.

Bring torches and wear gumboots. Activities for weather conditions, camera (optional)

Science of the Surf on Bilgola - Saturday 17 November, 2 - 3pm and Wednesday 16 January, 2 - 3 pm (Summerfest Event)

'Science of the Surf' is a fascinating, entertaining and multi-award-winning visual presentation about the ocean and how it behaves. From the journey of tiny little sand grains onto your favourite beach, to the mysterious rip tide, this talk will take you on a journey to spot a deadly rip current. The talk is for anyone who loves and is interested in the beach.

Presenter Dr Rob Brander is Australia's best known surf scientist from his Discovery Channel Surf Science, Dr Brander has been nicknamed 'Dr Rip' by the Bondi lifeguards for his habit of throwing purple dye into rip currents.

The talk runs for approximately one hour with additional time for questions and answers. Suitable for adults and children aged 8 and over. Cost: One Gold coin for adults and children aged 8+ Location dependent on numbers - Newport or Narrabeen (advised on booking)

Worrisome Weed Workshop - Saturday 17 November, 1 – 3pm

Pittwater Natural Heritage Association are holding a second weed workshop on November focusing on the smaller weeds that are invading our landscape such as Ehrharta grass, Cobblers Peg (Bidens pilosa), Madeira Vine (Anredera cordifolia), Tradescantia (Tradz), Fleabane and Pennywort. How do we identify them, what do they look like, what do they do to our bush and Bushcare, and what can we do to help with their control? We will be demonstrating techniques to get on top of these troublesome plants. Where: Cooee Oval, Bushcare Shed, Cooee Oval, Park Road, Narrabeen

Newsletter Goats - first day back! - Saturday 17 November, 8:30am – 12pm

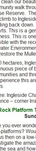
After a break the Barrenjoey Goats bushcare group are back to rid Barrenjoey Headland from unwanted Bitou Bush, Lantana and Asparagus Fern on the Northern Parks and Reserves, as they clamber over rocks and through the bush to remove these invasive weeds on the northern side of Barrenjoey. This work is particularly important as you will be working at a site that has two Endangered Ecological Communities and Endangered Species present. Bushcare is a part of the NSW Threatened Species Act.

Dress for rugged terrain. Tools and gloves and morning tea will be provided. Wear sturdy footwear, long pants, long sleeves and bring a water bottle. Limited Council parking permits are available upon request.

Where: Barrenjoey Headland, Palm Beach. Meet at the end of Barrenjoey Road, Palm Beach. For information call on 9977 7031 or Judy.morris@pittwatercouncil.nsw.gov.au

Ingleside Chase Bushcare - Sunday 18 November, 9am – 12pm

Help clean our beautiful waterway! Come and join us for a community walk through the newly opened bush track at Ingleside Chase Reserve. This is a great opportunity for all Ingleside residents and clients to Ingleside Park where we'll stop for morning tea before continuing on to the Ingleside Park Reserve and walk up a little bush in parts. This is a gentle paced walk but requires a reasonable level of fitness. Wear a hat, long pants, long sleeves and sturdy shoes. Gloves are available. Bushcare is a great way to meet other community members and threatened fauna species. Spring is a lovely time to experience the flora and fauna in the Pittwater area, especially the critical work of Aboriginal rangers.



Rock Platform Near North Narrabeen Headland Reserve - Sunday 25 November, 9am – 3pm

Have you ever wondered what the animals that live on our coastal rock platforms? Would you like to know what they are? Come and join us then on a low-tide rock platform tour. Enjoy a day out in the sun and investigate the amazing diversity of life that lives between the land and the sea. Learn about the ecology of our rocky shores and the challenges they face. A couple of hours of low tide will be ideal.

Where: North Narrabeen Rock Platform. Meet at North Narrabeen pool carpark near the base of the stairs to the beach. What to bring: sturdy covered shoes that can get wet, hat, sunscreen, water, camera (optional).

Book early for all of these to avoid missing out! Online: www.pittwater.nsw.gov.au/environment/events, Pittwater Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Weeds: Unwelcome Strangers - Published on Oct 22, 2012 by CSIRO

'Unwelcome Strangers' presents the views of some Aboriginal people towards plant and animal invaders, from the point of view of Aboriginal Rangers, Indigenous Protected Areas, Environment Centres, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

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

A poll by Lonergan Research found 82 per cent of Australians want the Federal Government to have final say over potentially damaging projects, rather than the states. Strong bipartisan support for national environmental laws underpinned 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 five minutes signing this online petition and sharing it with your friends.

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 LGA. The aim is to share skills and knowledge in creating fabulous local, organic food. We get out and about and grow food. We also aim to foster community connection and creative ideas for community resilience and celebrate our Pittwater Region.

Open to all ages and skills, our first garden is on the grounds of Barrenjoey High School and Pittwater Rugby. Become part of this exciting initiative to change the world locally.

www.pcoa.org.au/Home/Home.aspx?Id=pcoa.org.au

Visit us at facebook.com/pcoa.org

image attacht: www.grassy.com

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

The magazine is an online publication, which has been going for over a century now, have been a leading authority and advocate for the protection of birds, actively involved in conducting scientific research, nationwide surveys, targeted actions and other activities to ensure the conservation of birds. Birds are a good indicator of the health of our ecosystems and are a barometer of our environment. 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.

PITWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

On-ground bush regeneration, eg. Asparagus Fern Out Days
Activities: guided walks, bird-watching
Quarterly informative newsletter, online or paper
Members email group for latest environmental news and events
AGM with Guest Speaker
Free advice for members on managing gardens for Native Vegetation and habitat
Lobbies Pittwater Council and State Government on inappropriate development policies and decisions
Provides support to Council for PNHA-approved grant applications, eg. Bushcare, Landcare
Publications: Introducing Bushcare, Bushcare Environmental Violents & Linaroing Reserve, $20.00p, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

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

CLIMATE ACTION PITTWATER

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

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

Pittwater Council has launched a unique online calendar designed to educate the community about the ecological environment, based on traditional Aboriginal knowledge. The calendar, which is web-based, includes a number of images of various native plants, birds, animals and plants. Many of the images were provided by local photographers, including Pittwater Council's Bushcare and Environmental Officers and the Wetlandcare Officer.

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater Honeyeaters Project, which is funded and has funded a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority through the federal government's Caring for Country grant program. Representatives of the Darkinjung people have provided knowledge for descriptions of some of the images and the Gungaree, Darkinjung and Darug people are also represented. The project aims to increase knowledge of the various studies details of environmental events and compares growth, 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 ceo@pittwater.nsw.gov.au

17th Century Dutch explorers help the Atlas reach a major milestone – 30 million records!

From CSIRO Media Releases

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 Pacific pigeon, dated 1696.

How Green is a Spotted Gum when Wet?

"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 speed of the wind, the depth of the sea, the stability of the earth, the compactness of rocks."

from the Prayer of Saint Patrick

Tweet

This Pittwater Online News is a free service. Please consider the environment before printing this page. Thank you.

This Pittwater Online News is a free service. Please consider the environment before printing this page. Thank you.

This Pittwater Online News is a free service. Please consider the environment before printing this page. Thank you.

This Pittwater Online News is a free service. Please consider the environment before printing this page. Thank you.

This Pittwater Online News is a free service. Please consider the environment before printing this page. Thank you.

This Pittwater Online News is a free service. Please consider the environment before printing this page. Thank you.

This 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

November 4 - 10, 2012: Issue 83

Banana

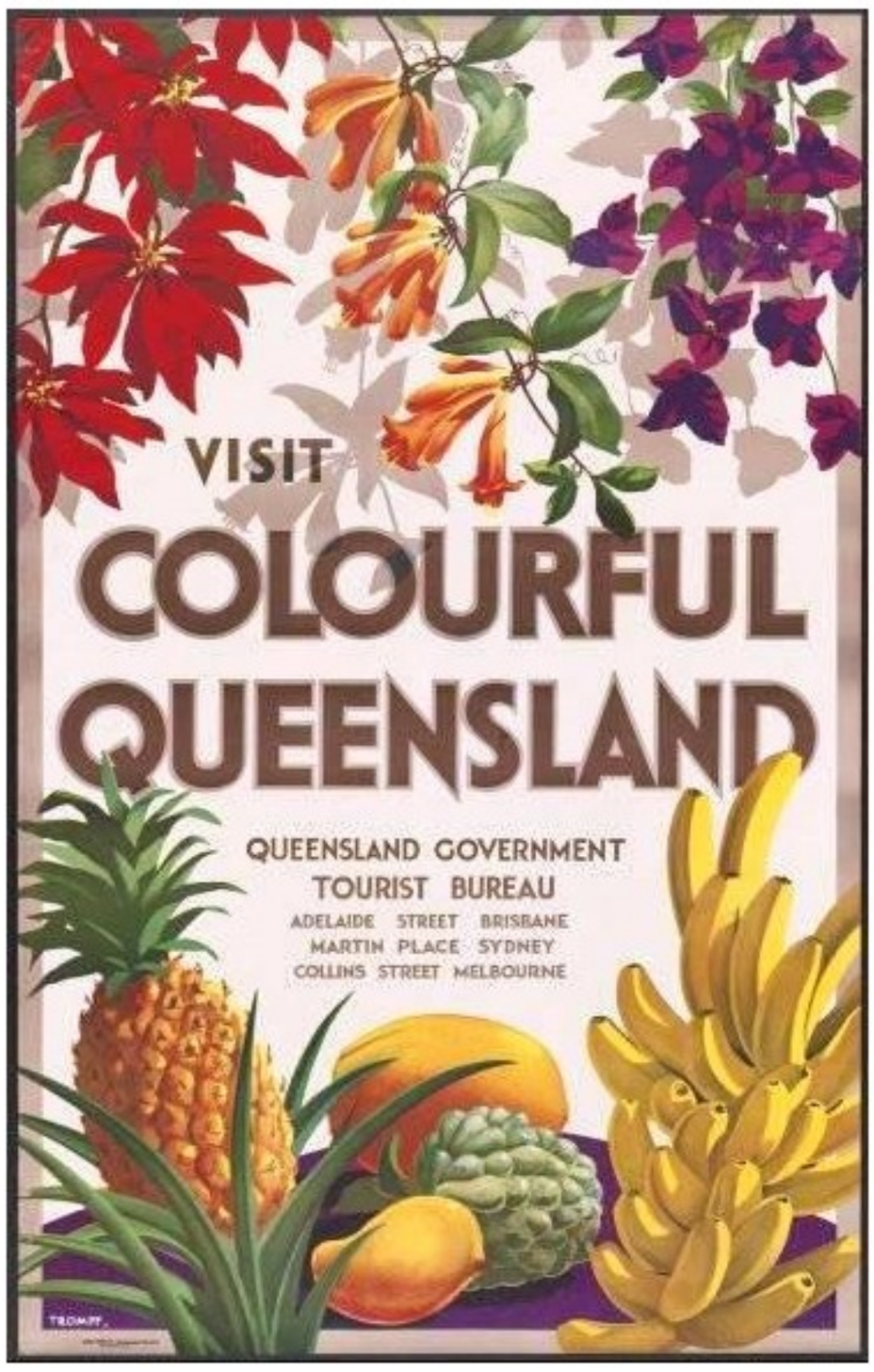
Bananas are averaging around two and a half dollars a kilo in markets this week, a good indication the crop is in, fresh and of good quality. The fruit of many a childhood memory, this ancient fruit, possibly cultivated by 8000 BC, is a big yellow vitamin filled with potassium, one of the main blood minerals called 'electrolytes' and crucial to cardiovascular and nerve functions. Best eaten as they are to maximise your potassium intake they are also enjoyed in this old recipe (some sources state stems from 1930's Depression era and invented by housewives attempting to make money) that's not only visually appealing but scrumptious served warm with whipped cream. You can also use other in season fruit such as pears;

Upside-down banana cake

1 cup (220g) caster sugar
125grams of butter
2 medium bananas (400g), sliced thinly
2 eggs, beaten lightly
125 grams of butter for batter/cake mix
¾ cup (165g) firmly packed brown sugar
½ cup if milk
1 teaspoon vanilla extract
1 ¼ cup (100g) self raising flour
2 teaspoons mixed spice
1 teaspoon lemon juice
1 cup mashed over-ripe banana

Preheat oven to moderate (180°C/160°C fan-forced). Grease deep 22cm-round cake pan; line base with baking paper. Combine brown sugar and butter and cream until well mixed. Line base of cake tin with this then arrange sliced (round) banana decoratively (this will be the top of your cake when turned out).

Combine egg, butter, caster sugar and extract in medium bowl. Stir in sifted dry ingredients, then mashed banana; pour mixture into pan. Bake, for about 40 minutes. Turn onto plate and serve cake warm or at room temperature with whipped cream.



Visit colourful Queensland by Percy Trompf (1902-1964) created for Queensland Government Tourist Bureau, [195?]. NLA Pic an13681097, Courtesy National LIbrary of Australia.

Banana is the common name for herbaceous plants of the genus Musa and for the fruit they produce. It is one of the oldest cultivated plants. They are native to tropical South and Southeast Asia, and are likely to have been first domesticated in Papua New Guinea. Almost all modern edible parthenocarpic bananas come from two wild species – *Musa acuminata* and *Musa balbisiana*. The scientific names of bananas are *Musa acuminata, Musa balbisiana or hybrids Musa acuminata × balbisiana*, depending on their genomic constitution. The old scientific names *Musa sapientum* and *Musa paradisiaca* are no longer used. The scientific name for the genus, Musa, is a Latinization the Arabic *mauz* (موز) name for the *fruit*. Mauz meaning Musa is discussed the 11th century Arabic encyclopedia *The Canon of Medicine*, which was translated to Latin in medieval times and well known in Europe. Mauz is also the Turkish and Persian name for the fruit. The word "banana" came to English from Spanish and Portuguese, which in turn apparently got it from a West African language (possibly Wolof). Some sources assert that Musa is named for Antonius Musa, physician to the Emperor Augustus.
In popular culture and commerce, "banana" usually refers to soft, sweet "dessert" bananas. By contrast, Musa cultivars with firmer, starchier fruit are called plantains or "cooking bananas". The distinction is purely arbitrary and the terms "plantain" and "banana" are sometimes interchangeable depending on their usage.

The banana plant is the largest herbaceous flowering plant. The plants are normally tall and fairly sturdy and are often mistaken for trees, but their main or upright stem is actually apseudostem that grows 6 to 7.6 metres (20 to 24.9 ft) tall, growing from a corm. Each pseudostem can produce a single bunch of bananas. After fruiting, the pseudostem dies, but offshoots may develop from the base of the plant. Many varieties of bananas are perennial. Each pseudostem normally produces a single inflorescence, also known as the banana heart. The banana fruits develop from the banana heart, in a large hanging cluster, made up of tiers (called hands), with up to 20 fruit to a tier. The hanging cluster is known as a bunch, comprising 3–20 tiers, or commercially as a "banana stem", and can weigh from 30–50 kilograms. The Cavendish banana is the most common banana type sold.

History: Southeast Asian farmers first domesticated bananas. Recent archaeological and palaeoenvironmental evidence at Kuk Swamp in the Western Highlands Province of Papua New Guinea suggests that banana cultivation there goes back to at least 5000 BCE, and possibly to 8000 BCE. It is likely that other species were later and independently domesticated elsewhere in southeast Asia. Southeast Asia is the region of primary diversityof the banana. Areas of secondary diversity are found in Africa, indicating a long history of banana cultivation in the region. Phytolith discoveries in Cameroon dating to the first millennium BCE triggered an as yet unresolved debate about the date of first cultivation in Africa. There is linguistic evidence that bananas were known in Madagascar around that time. The earliest prior evidence indicates that cultivation dates to no earlier than late 6th century CE. It is likely, however, that bananas were brought at least to Madagascar if not to the East African coast during the phase of Malagasy colonization of the island from South East Asia c. 400 CE. The banana may have been present in isolated locations of the Middle East on the eve of Islam. There is some textual evidence that Muhammad was familiar with bananas.

Nutrition: Bananas are an excellent source of vitamin B6, soluble fiber, and contain moderate amounts of vitamin C, manganese and potassium. Along with other fruits and vegetables, consumption of bananas may be associated with a reduced risk of colorectal cancer and in women, breast cancer and renal cell carcinoma. Banana ingestion may affect dopamine production in people deficient in the amino acid tyrosine, a dopamine precursor present in bananas. Individuals with a latex allergy may experience a reaction to bananas.
Nutritional value per 100 g: Energy 371 kJ (89 kcal), Carbohydrates 22.84 g, Sugars 12.23 g, Dietary fiber 2.6 g, Fat 0.33 g, Protein 1.09 g, Vitamin A equiv. 3 µg (0%), Thiamine (vit. B1) 0.031 mg (3%), Riboflavin (vit. B2) 0.073 mg (6%), Niacin (vit. B3) 0.665 mg (4%), Pantothenic cid (B5), 0.334 mg (7%), Vitamin B6 0.4 mg (31%), Folate (vit. B9) 20 µg (5%), Choline 9.8 mg (2%), Vitamin C 8.7 mg (10%), Calcium 5 mg (1%), Iron 0.26 mg (2%), Magnesium 27 mg (8%), Manganese 0.3 mg (14%), Phosphorus 22 mg (3%), Potassium 358 mg (8%), Zinc 0.15 mg (2%)

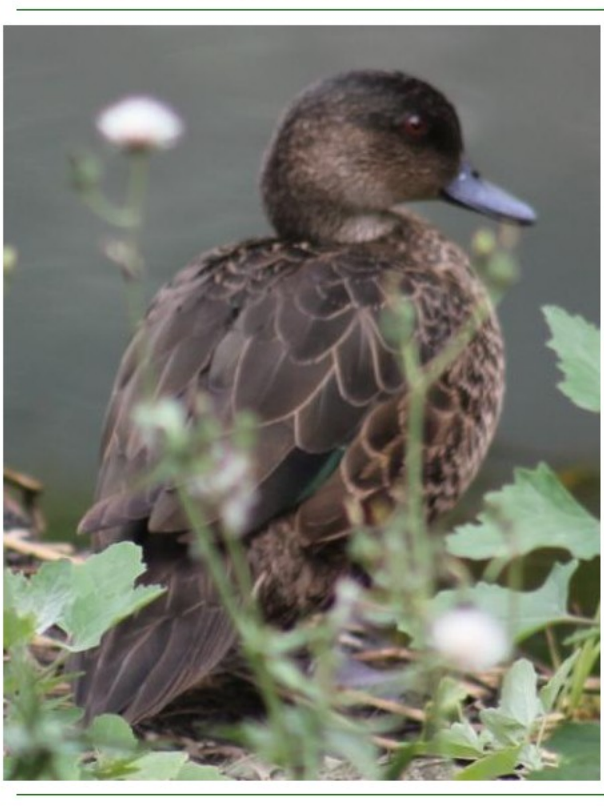
Interestingly; Bananas are naturally slightly radioactive, more so than most other fruits, because of their potassium content and the small amounts of the isotope potassium-40 found in naturally occurring potassium. Proponents of nuclear power sometimes refer to the banana equivalent dose of radiation to support their arguments.
Banana. (2012, October 15). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Banana&oldid=517905850

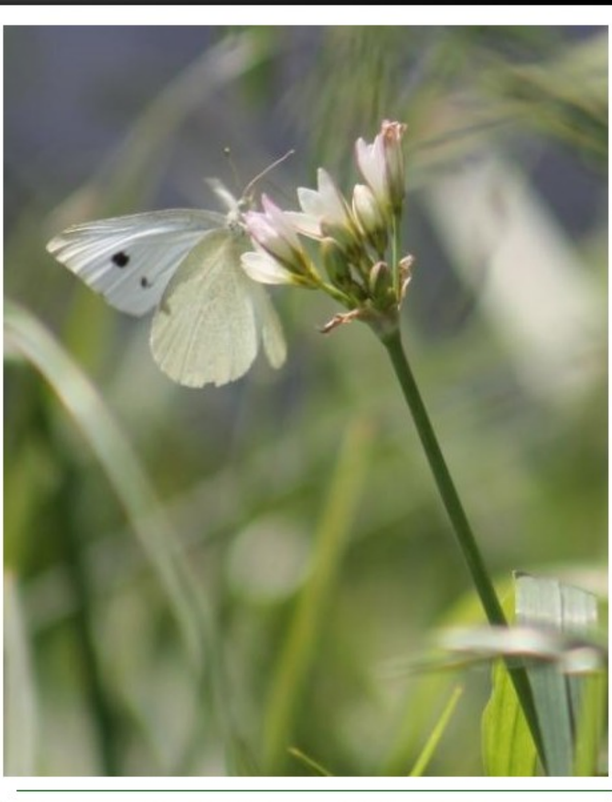
Copyright Pittwater Online News, 2012. All Rights Reserved.

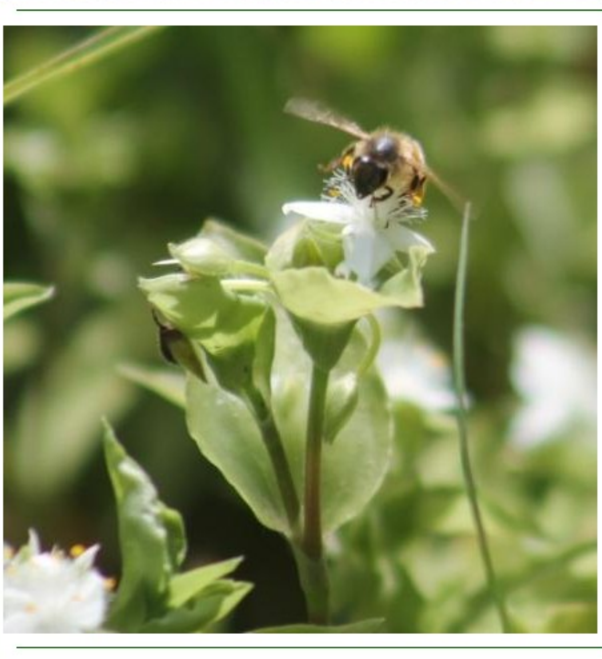
Tweet Like +1

November 4 - 10, 2012: Issue 83

Careel Creek - If You Rebuild It They Will Come







All Photographs by A. J. Guesdon, November 2012. All Rights Reserved.

Tweet | Like | +1

Australian White Ibis - wired.

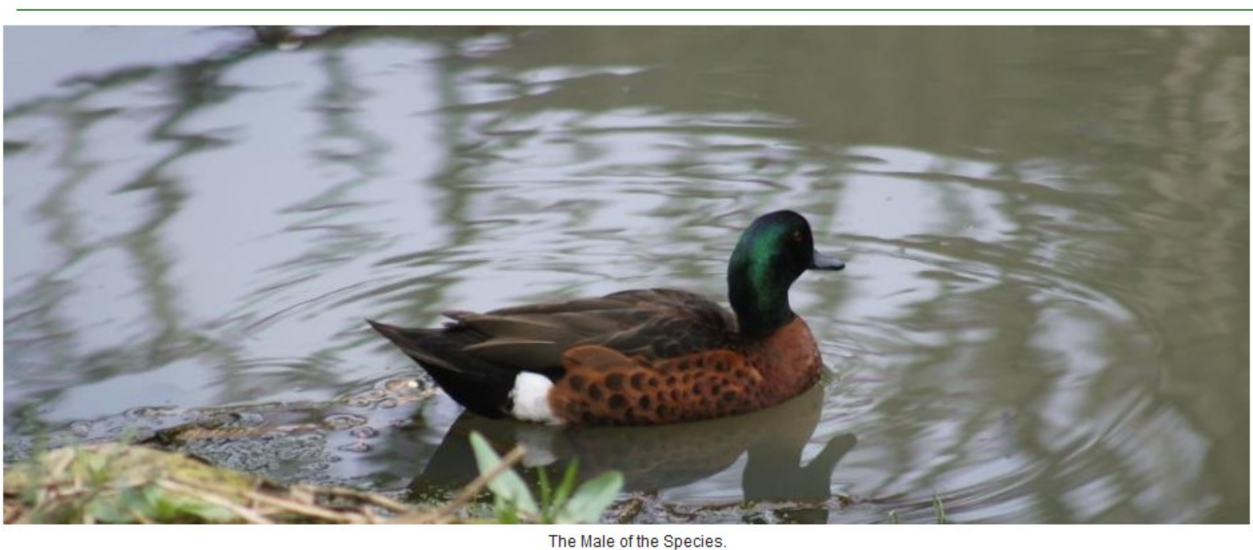
Bird Tree !

Magpies get bugs.

Dragon Speak - You looking at me?

Fish for Lunch !

Two Young Ducks



The Male of the Species.

Miner Balancing Act.

Corellas prefer seeds

Sun-baking Australian White Ibis.

Where are the fish?

Found them!

Flap you Later!

November 2012 - Robyn Park

Robyn Park is a self confessed addict…she is addicted to creativity!

Retired after 33 years helping thousands of babies on the peninsula to be born at Mona Vale Hospital, Robyn now spends her time birthing unique works of art. *"I love the freedom of expression that creativity brings, the colours, the patterns, such a different world to being on a hospital ward"*

Her creative journey started with mosaics when she created a mosaic memorial in her garden to her family. Following on from this, Robyn has explored and become addicted to Silk dying and Encaustic wax art as well as Dichroic glass and Polymer clay which she combines with beads to make eye catching pieces of jewellery.

Recently, Robyn met an Art Therapist, Sherree Maniks, who has inspired her to share her creativity with children by offering workshops during the Christmas school holidays at her home. They are currently developing a fun, interactive program and are happy to take names and contact details now for children who may be interested in participating.

Robyn is a member of the Pittwater Community Arts, Artists and Craftsmen of Pittwater, Avalon Craft Cottage and participates in the Artists Trail. She sells her creations at local markets and from her home in Clareville by appointment. Robyn is also happy to teach individuals or groups the basics of silk dying, encaustic wax art etc, so feel free to contact her if you are interested in getting creative.

With Christmas just around the corner, you are sure to find some special gifts for reasonable prices at Robyn's home, so contact her to arrange a viewing on Ph: 9918 2550 or robynlpark@yahoo.com

Robyn Park

Dichroic Necklace

Glass Painting

Tweet Like +1

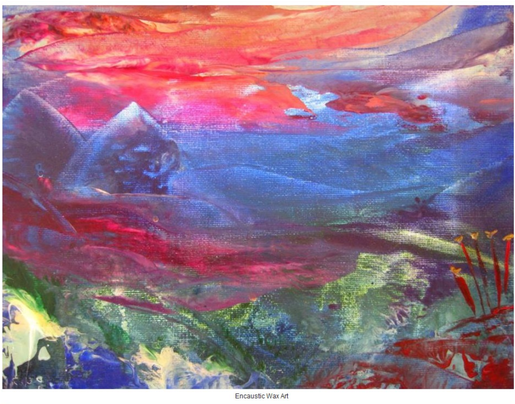
Silk Painting with salt

Dichroic Peacock

Marbled Silk Scarf and Necklaces

Polymer Clay Goddess

Mosaic Medicine Wheel


Encaustic Wax Art

Copper foiling Angels

Copyright Robyn Park, 2012. All Rights Reserved.

November 4 - 10, 2012: Issue 83

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

Child Forger Fails for Some Reason

Lazy Vampires among Us

Hunt for Superbugs in Australian Animals

University of Adelaide scientists will lead a national research effort to hunt for so-called 'superbugs' in Australian livestock and pets. The University's School of Animal and Veterinary Sciences, based at the Roseworthy Campus, has received $110,000 in funding from Pfizer Animal Health Australia to conduct a pilot study, which is the first of its kind for the nation.

Scientists in the new Veterinary Diagnostic Laboratory at Roseworthy will research the prevalence of resistance to all major classes of antibiotic for two key groups of pathogens, Escherichia coli and staphylococci, in livestock animals and pets.

"Australia currently has no coordinated national program monitoring antibiotic resistance in livestock or companion animal pathogens," says the Director of the Veterinary Diagnostic Laboratory, Dr Darren Trott.

"Resistance in these key pathogens is a major driver throughout the world of the use of antimicrobial drugs for livestock and companion animals."

Dr Trott says **Australia has some of the world's most conservative restrictions regarding the use of antimicrobial drugs in livestock.**

"Australian producers do not use broad-spectrum antibiotics such as fluoroquinolones or gentamicin in livestock production, and usage of the antibiotic ceftiofur is governed by strict label requirements. However, our country is increasingly importing fresh food from countries where these antimicrobial drugs are used indiscriminately in both animals and humans.

"Australia's primary producers are under great pressure, having to compete with cheap imported products that are often of inferior quality," he says.

Dr Trott says the new study hopes to provide a clearer picture of the state of Australian livestock in particular.

"We're currently establishing a network of university-based, private and government veterinary microbiology laboratories throughout Australia that can supply us with the bacteria isolated from animal infections. These will give us a good indication of how prevalent antibiotic resistance is in our animal populations.

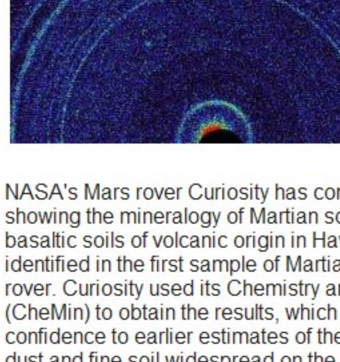
"We expect our study will confirm that Australia has low rates of resistance to important classes of drug in these key animal pathogens, relative to other countries, which will be good news for our exporters," he says.

"If we identify any hot pockets of emerging resistance, mitigation strategies can be implemented quickly.

"Over the next few years, we hope our data will positively influence the prescribing practices of veterinarians in the field, whether they are involved in livestock, companion animals, or both. Pfizer Australia has shown leadership in commencing the program and establishing the network. Further government research funding would be required to keep the surveillance ongoing," Dr Trott says.

The above story is reprinted from materials provided by University of Adelaide.

Mars Like Hawaii? NASA Rover's First Soil Studies Help Fingerprint Martian Minerals



First X-ray View of Martian Soil: This graphic shows results of the first analysis of Martian soil by the Chemistry and Mineralogy (CheMin) experiment on NASA's Curiosity rover. The image reveals the presence of crystalline feldspar, pyroxenes and olivine mixed with some amorphous (non-crystalline) material. The soil sample, taken from a wind-blown deposit within Gale Crater, where the rover landed, is similar to volcanic soils in Hawaii. The colors in the graphic represent the intensity of the X-rays, with red being the most intense. Image credit: (Credit: NASA/JPL-Caltech/Ames)

NASA's Mars rover Curiosity has completed initial experiments showing the mineralogy of Martian soil is similar to weathered basaltic soils of volcanic origin in Hawaii. The minerals were identified in the first sample of Martian soil ingested recently by the rover. Curiosity used its Chemistry and Mineralogy instrument (CheMin) to obtain the results, which are filling gaps and adding confidence to earlier estimates of the mineralogical makeup of the dust and fine soil widespread on the Red Planet.

"We had many previous inferences and discussions about the mineralogy of Martian soil," said David Blake of NASA Ames Research Center in Moffett Field, Calif., who is the principal investigator for CheMin. "Our quantitative results provide refined and in some cases new identifications of the minerals in this first X-ray diffraction analysis on Mars."

The identification of minerals in rocks and soil is crucial for the mission's goal to assess past environmental conditions. Each mineral records the conditions under which it formed. The chemical composition of a rock provides only ambiguous mineralogical information, as in the textbook example of the minerals diamond and graphite, which have the same chemical composition, but strikingly different structures and properties.

CheMin uses X-ray diffraction, the standard practice for geologists on Earth using much larger laboratory instruments. This method provides more accurate identifications of minerals than any method previously used on Mars. X-ray diffraction reads minerals' internal structure by recording how their crystals distinctively interact with X-rays. Innovations from Ames led to an X-ray diffraction instrument compact enough to fit inside the rover.

These NASA technological advances have resulted in other applications on Earth, including compact and portable X-ray diffraction equipment for oil and gas exploration, analysis of archaeological objects and screening of counterfeit pharmaceuticals, among other uses.

"Our team is elated with these first results from our instrument," said Blake. "They heighten our anticipation for future CheMin analyses in the months and miles ahead for Curiosity."

The specific sample for CheMin's first analysis was soil Curiosity scooped up at a patch of dust and sand that the team named Rocknest. The sample was processed through a sieve to exclude particles larger than 0.006 inch (150 micrometers), roughly the width of a human hair. The sample has at least two components: dust distributed globally in dust storms and fine sand originating more locally. Unlike conglomerate rocks Curiosity investigated a few weeks ago, which are several billion years old and indicative of flowing water, the soil material CheMin has analyzed is more representative of modern processes on Mars.

"Much of Mars is covered with dust, and we had an incomplete understanding of its mineralogy," said David Bish, CheMin co-investigator with Indiana University in Bloomington. "We now know it is mineralogically similar to basaltic material, with significant amounts of feldspar, pyroxene and olivine, which was not unexpected. Roughly half the soil is non-crystalline material, such as volcanic glass or products from weathering of the glass."

Bish said, "So far, the materials Curiosity has analyzed are consistent with our initial ideas of the deposits in Gale Crater recording a transition through time from a wet to dry environment. The ancient rocks, such as the conglomerates, suggest flowing water, while the minerals in the younger soil are consistent with limited interaction with water."

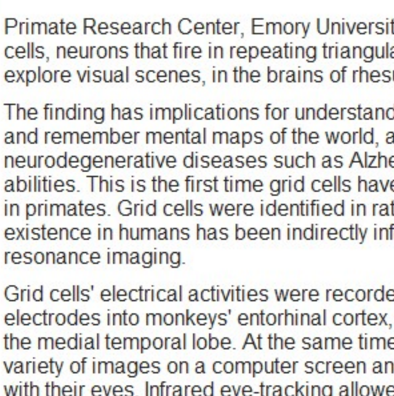
During the two-year prime mission of the Mars Science Laboratory Project, researchers are using Curiosity's 10 instruments to investigate whether areas in Gale Crater ever offered environmental conditions favorable for microbial life.

NASA's Jet Propulsion Laboratory, a division of Caltech in Pasadena, manages the project for NASA's Science Mission Directorate, Washington, and built Curiosity and CheMin.

For more information about Curiosity and its mission, visit: NASA and Jet Propulsion Laboratory .

You can follow the mission on Facebook and Twitter

Primates' Brains Make Visual Maps Using Triangular Grids



Macaque Monkey. Primates' brains see the world through triangular grids. Scientists have identified grid cells, neurons that fire in repeating triangular patterns as the eyes explore visual scenes, in the brains of rhesus monkeys. (Credit: © Petr Malyshev / Fotolia)

Primates' brains see the world through triangular grids, according to a new study **published online October 28 in the journal *Nature***. Scientists at Yerkes National Primate Research Center, Emory University, have identified grid cells, neurons that fire in repeating triangular patterns as the eyes explore visual scenes, in the brains of rhesus monkeys.

The finding has implications for understanding how humans form and remember mental maps of the world, as well as how neurodegenerative diseases such as Alzheimer's erode those abilities. This is the first time grid cells have been detected directly in primates. Grid cells were identified in rats in 2005, and their existence in humans has been indirectly inferred through magnetic resonance imaging.

Grid cells' electrical activities were recorded by introducing electrodes into monkeys' entorhinal cortex, a region of the brain in the medial temporal lobe. At the same time, the monkeys viewed a variety of images on a computer screen and explored those images with their eyes. Infrared eye-tracking allowed the scientists to follow which part of the image the monkey's eyes were focusing on. A single grid cell fires when the eyes focus on multiple discrete locations forming a grid pattern.

"**The entorhinal cortex is one of the first brain regions to degenerate in Alzheimer's disease, so our results may help to explain why disorientation is one of the first behavioral signs of Alzheimer's**," says senior author Elizabeth Buffalo, PhD, associate professor of neurology at Emory University School of Medicine and Yerkes National Primate Research Center. "We think these neurons help provide a context or structure for visual experiences to be stored in memory."

"Our discovery of grid cells in primates is a big step toward understanding how our brains form memories of visual information," says first author Nathan Killian, a graduate student in the Wallace H. Coulter Department of Biomedical Engineering at Georgia Tech and Emory University. "This is an exciting way of thinking about memory that may lead to novel treatments for neurodegenerative diseases."

In the experiments in which rats' grid cells were identified, the cells fired whenever the rats crossed lines on an invisible triangular grid.

"The surprising thing was that we could identify cells that behaved in the same way when the monkeys were simply moving their eyes," Buffalo says. "It suggests that primates don't have to actually visit a place to construct the same kind of mental map."

Another aspect of grid cells not previously seen with rodents is that the cells' responses change when monkeys are seeing an image for the second time. Specifically, the grid cells reduce their firing rate when a repeat image is seen. Moving from the posterior (rear) toward the anterior (front) of the entorhinal cortex, more neurons show memory responses.

"These results demonstrate that grid cells are involved in memory, not just mapping the visual field," Killian says.

Consistent with previous reports on grid cells in rats, Killian and Buffalo observed "theta-band" oscillations, where grid cells fire in a rhythmic way, from 3 to 12 times per second. Some scientists have proposed that theta oscillations are important for grid cell networks to be generated in development, and also for the brain to put together information from the grid cells. In the monkeys, populations of neurons exhibited theta oscillations that occurred in intermittent bouts, but these bouts did not appear to be critical for formation of the spatial representation.

Vision is thought to be a more prominent sense for primates (monkeys and humans) compared with rodents, for whom touch and smell are more important. While grid cells in rodents and primates were detected in different types of experiments, Buffalo says that it doesn't mean grid cells necessarily have a different nature in primates.

"We are now training a monkey to move through a virtual 3-D space. My guess is that we'll find grid cells that fire in similar patterns as the monkey navigates through that space," she says.

Buffalo says future experiments could examine how monkeys navigate in real space, including changes in head or body orientation, to determine how grid cells respond.

Nathaniel J. Killian, Michael J. Jutras, Elizabeth A. Buffalo. **A map of visual space in the primate entorhinal cortex.** Nature, 2012; DOI: 10.1038/nature11587

Sydney Opera House Big Moments

The Sydney Opera House turns 40 next year. A short History of this building is here. A Competition launched at the end of June calls for all to share their 'Big Moment' at this Sydney landmark; this can be a concert on the forecourt or simpler moments. You will win a dinner for you and your friends on the Concert Hall Stage if your entry is successful. **Competition closes December 14th, 2012**. Full details HERE

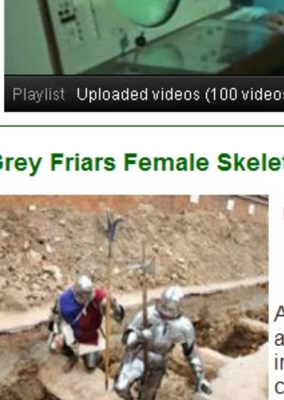
Tweet | Like | +1

Copyright Pittwater Online News 2012. All Rights Reserved.

Sculpture Australia 69 - Published on Oct 28, 2012 by FILMAUSTRALIA

As Sculpture By The Sea celebrates another successful year of seaside sculpture on Sydney shores we offer this look back in time to the Australian sculpture scene in 1969. Sculpture Australia 69 shows Australian sculptors discussing their attitudes towards modern sculpture. Artists shown at work include Norma Redpath (creating the fountain for the Commonwealth Treasury), George Baldessin, Steven Walker, Lyndon Dadswell, Matchim Skipper, David Tolley, Margel Hinder, Colin Lanceley, Ron Robertson-Swan, Michael Kitching, Ken Reinhard, Tim Berryman, Asher Bilu, Robert Klippel, Clement Meadmore and Vincent Jomantis. They show that Australian sculpture is appreciated internationally as well as in Australia. Made by The Commonwealth Film Unit 1969. Directed by Tim Burstall. It also features music by Australian Jazz composer and musician Don Burrows.

Grey Friars Female Skeleton Is Possibly of Founder



Medieval re-enactors stand guard at the spot that remains were recovered. (Credit: Image courtesy of University of Leicester)

Archaeologists leading the analysis of human remains found in the Search for Richard III have commented on the second skeleton found at the Church of Grey Friars in Leicester. The University of Leicester, in association with Leicester City Council and the Richard III Society, is leading the Search for **Richard III**. In September, archaeologists disclosed they discovered two skeletons, one of which is being subjected to rigorous laboratory tests.

The University team say they have not yet examined the second set of disarticulated remains of a female found under a car park in Leicester city centre. Mathew Morris, University of Leicester Archaeological Services' site director said: "It wasn't unexpected finding the remains of a woman buried in the friary. We know of at least one woman connected with the friary, Ellen Luenor, a possible benefactor and founder with her husband, Gilbert.

"However **the friary would have administered to the poor, sick and homeless as well**, and without knowing where Ellen Luenor had been originally buried we are unlikely to ever know who the remains are of, or why she was buried there."

Richard Buckley, lead archaeologist of the Grey Friars project and co-director of the University of Leicester Archaeological Services, said that at some point in the past, the bones had been disturbed and subsequently reburied. He said the skeleton may have been dug up by a gardener when the site was the garden of a mansion house in the 17th century. The remains were then reburied at a higher level than the church floor.

Mr Buckley said: "These bones comprise what is known as 'charnel' and there is evidence on many sites of respect being according to disturbed human remains which were carefully gathered up and reburied or stored in charnel houses."

Philippa Langley, who conceived the search, undertook extensive desk-based research during the three years it took to launch the Leicester dig project. During this time she and Dr John Ashdown-Hill established seven potential named burials in addition to King Richard's in the church of the Grey Friars. Of these further seven, only one was female, that of Ellen Luenor, wife of Gilbert Luenor, a possible founder and benefactor of the Grey Friars.

Philippa said: "It was a tenuous connection but an intriguing one only mentioned, as far as we could tell, by the 16th century historian John Stow."

At the moment of discovery at the dig, Philippa was excited to see another element of the history of the Grey Friars possibly coming to life, in that they may indeed be the remains of Ellen who would have been buried around 1250.

She added: "It's a slim chance that they could be Ellen, but at least we have a female name to attribute to them and at the moment there is no other."

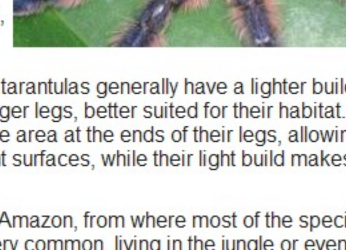
The university is currently analysing another skeleton - the only set of articulated remains exhumed on the site - which has apparent battle wounds and curvature of the spine, and could be the remains of Richard III. The University has made it clear that it is not saying it has found Richard III - rather that the skeleton has characteristics that warrant extensive further detailed examination and that the search has moved from an archaeological to a laboratory phase.

The University has added that the outcomes of its investigations are expected in January- and that possible outcomes are:

- The scientific research suggests it is Richard III
- The scientific research suggests it is not Richard III
- The scientific research is inconclusive and therefore conclusions may be drawn from the evidence available.

The above story is reprinted from materials provided by University of Leicester, via *AlphaGalileo*

Nine Colorful and Endangered Tree-Dwelling Tarantulas Discovered in Brazil



This shows the "Typhochlaena amma" -- from Brazilian Atlantic rainforest mountain range in the state of Espirito Santo, Brazil. (Credit: Dr. Rogerio Bertani

Arboreal tarantulas are known from a few tropical places in Asia, Africa, South and Central America and the Caribbean. These tarantulas generally have a lighter build, thinner bodies and longer legs, better suited for their habitat. They have increased surface area at the ends of their legs, allowing them to better climb different surfaces, while their light build makes them more agile.

Their core area is the Amazon, from where most of the species are known and normally very common, living in the jungle or even in house's surroundings. Now, nine new species were described from Central and Eastern Brazil, including four of the smallest arboreal species ever recorded.

The study was performed by Dr Rogério Bertani, who is a tarantula specialist and a researcher at the Instituto Butantan in Sao Paulo, Brazil. His results have been published in the open access journalZooKeys.

"Instead of the seven species formerly known in the region, we now have sixteen," said Dr Bertani. "In a resurrected genus with a mysterious single species known from 1841, we have now five species." "These are the smallest arboreal tarantulas in the world, and their analysis suggests the genus to be very old, so they can be considered relicts of a formerly more widely distributed taxon."

Other discoveries include new species of tarantulas living inside bromeliads. "Only a single species had been known to live exclusively inside these plants, and now we have another that specialized in bromeliads as well." A further species was found at the top of table mountains where trees are rare. "This species also inhabits bromeliads, one of the few places for an arboreal tarantula to live that offer water and a retreat against the intense sunlight" he says.

The discovery of all these new species outside the Amazon was unexpected and illustrates how little we know of the fauna surrounding us, even from hot spots of threatened biodiversity like the Brazilian Atlantic Rainforest and the Cerrado (a kind of savannah vegetation). These species are highly endemic and the regions where they live are suffering high pressure from human activities. Therefore, studies for their conservation are necessaries. Furthermore, all these new species are colorful, which could attract the interest for capturing them for the pet trade, constituting another threat.

Rogerio Bertani. **Revision, cladistic analysis and biogeography of Typhochlaena C. L. Koch, 1850, Pachistopelma Pocock, 1901 and Iridopelma Pocock, 1901 (Araneae, Theraphosidae, Aviculariinae)**.ZooKeys, 2012; 230 (0): 1 DOI: 10.3897/zookeys.230.3500

Health Research Papers:

New Way to Prevent Recurrent Ear Infections?

Eliminating bacteria's DNA and boosting antimicrobial proteins that already exist may help prevent middle ear infections from reoccurring. These are the findings from a Nationwide Children's Hospital study that examined how an immune defense protein common in the middle ear interacts with a structure meant to protect a colony of bacteria.

The bacterium *nontypeable Haemophilus influenzae* (NTHI) causes a wide range of diseases of both the lower and upper airways, including middle ear infection. NTHI, like most other bacteria, can form a biofilm, a robust community of bacteria that allows the bacteria to evade the host's immune system and protects the bacteria from antibiotics and other therapies designed to kill them.

Human beta-defensin-3 is an antimicrobial defense protein expressed in the middle ear of humans and other mammals that kills both Gram-positive and Gram-negative bacteria. Previous research has shown that if expression of beta-defensin is disrupted, the host's ability to control the bacteria in the upper airway is altered and infection worsens.

Investigators in The Research Institute at Nationwide Children's Hospital hypothesized that human beta-defensin-3 might lose its power to kill NTHI if it got caught up within the extracellular DNA that makes up a biofilm's outer layer, thus preventing its contact with bacteria within the biofilm.

"Antimicrobial host defense proteins, like human beta-defensin-3, have been shown to bind to non-host DNA," says Lauren O. Bakaletz, PhD director of the Center for Microbial Pathogenesis "This interaction has an impact on the defense protein's ability to function."

Upon examining their animal model of middle ear infection, Dr. Bakaletz' team found that bacterial DNA and the animal's defense peptides were detected together in biofilms that developed during infection. Also, the defense peptide was predominantly co-localized with the biofilm's extracellular DNA.

When the team exposed the bacteria that cause ear infections to a concentration of human-beta defensin-3 that is typically detected in the a middle ear of a child with active infection, the peptide was able to kill 100 percent of the NTHI, but the killing stopped when extracellular DNA was introduced to the reaction.

"These data support the conclusion that the killing activity of the antimicrobial defense protein was decreased in an NTHI-induced biofilm due to its interaction with eDNA," says Dr. Bakaletz, who is the lead study author and professor of Pediatrics and Otolaryngology at The Ohio State University College of Medicine.

When they removed extracellular DNA from the biofilm, the killing activity of the defense peptide was rescued.

"The ability to restore antimicrobial defense protein activity is encouraging, since biofilms are resistant to most treatments, including traditional antibiotics," says Dr. Bakaletz.

Dr. Bakaletz says this study provides evidence for a new treatment regimen to target biofilms formed by NTHI during middle ear infection. One approach would be to deliver a therapeutic agent that can disrupt bacterial DNA, in conjunction with human beta-defensin-3 to the middle ear of a child with chronic, recurrent infection. Physicians could follow the same pathway used to target the middle ear during ear tube surgery, a common treatment for chronic ear infections.

"This approach would likely bolster the ability of the innate immune system to manage NTHI-induced biofilms, avoiding the need for antibiotics or empowering the use of antibiotics we already have in our arsenal," says Dr. Bakaletz. "Doing so could help diminish the recurrent nature of middle ear infection."

Eric A. Jones, Glen McGillivary, Lauren O. Bakaletz. **Extracellular DNA within a Nontypeable Haemophilus influenzae-Induced Biofilm Binds Human Beta Defensin-3 and Reduces Its Antimicrobial Activity.** Journal of Innate Immunity, 2012; DOI: 10.1159/000339961

Drop in Testosterone Tied to Prostate Cancer Recurrence

Men whose testosterone drops following radiation therapy for prostate cancer are more likely to experience a change in PSA levels that signals their cancer has returned, according to new research from Fox Chase Cancer Center. The findings will be presented on October 29 at the American Society for Radiation Oncology's 54th Annual Meeting.

Specifically, men whose testosterone fell following various forms of radiation therapy were more likely to experience an increase in prostate-specific antigen (PSA) -- often the first indication the cancer has recurred.

"The men who had a decrease in testosterone also appear to be the men more likely to see an increase in PSA after treatment," says study author Jeffrey Martin, MD, resident physician in the Department of Radiation Oncology at Fox Chase.

In theory, doctors may one day be able to use testosterone levels to guide treatment decisions, says Martin. "For men with a decrease in testosterone, doctors might intervene earlier with other medications, or follow their PSA more closely than they would otherwise, to spot recurrences at an earlier time."

Martin and his colleagues decided to conduct the study because there is limited information regarding testosterone levels after radiation treatment and what it means for prognosis. To investigate whether a decrease in testosterone has any clinical effects, Martin and his colleagues reviewed medical records from nearly 260 men who received radiation therapy for prostate cancer between 2002 and 2008. The men were treated with either brachytherapy, in which doctors insert radioactive seeds in the prostate, or intensity modulated radiation therapy (IMRT), in which an external beam of radiation is directed at the prostate.

The researchers found that testosterone levels tended to decrease following both forms of radiation therapy. And men who experienced a post-radiation drop in testosterone -- particularly a significant drop -- were more likely to see their PSA levels rise during the follow-up period.

Still, an increase in PSA -- known as biochemical failure -- was relatively rare, the authors found. "Only 4% of patients with low-risk prostate cancer had biochemical failure at five years," says Martin.

Even though researchers have seen testosterone decrease following another form of radiation, these latest findings are still somewhat surprising, says Martin, because testosterone is believed to drive prostate cancer. In fact, some patients with advanced forms are prescribed hormone therapy that attempts to knock down testosterone.

"Seeing that a drop in testosterone is tied to recurrence is kind of a surprising result," says Martin. "We don't necessarily know what this means yet. I think the relationship between testosterone levels following radiation therapy and prognosis needs more study, and until then it's premature to say this is something patients should ask their doctors about."

This was a small study that needs to be validated in a larger group of men before doctors begin basing their predictions of recurrence on patients' testosterone levels, he cautions. "I think the link between testosterone and PSA needs more study, in a larger set of patients."

The above story is reprinted from materials provided by **Fox Chase Cancer Center**, via *EurekAlert!*, a service of AAAS.

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.

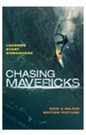
November 4 - 10, 2012: Issue 83

Old Books: November 2012

A Voyage to Terra Australis Volume 1 and Volume 2 (1814) by Matthew Flinders

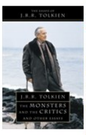
A Voyage to Terra Australis: Undertaken for the Purpose of Completing the Discovery of that Vast Country, and Prosecuted in the Years 1801, 1802, and 1803, in His Majesty's Ship the *Investigator*.

New Releases from Harper Collins Australia



Chasing Mavericks: The Movie Novelization By Christine Peymani $14.95

Based on the inspirational true story of surfing icon Jay Moriarity, Chasing Mavericks tells the story of a young man's quest to surf Northern California's most dangerous waves, and the local legend who takes him under his wing. What begins as a mentorship turns into a unique bond, as the two unlikely friends discover that there is nothing more powerful than pushing your limits and chasing a nearly impossible dream.



The Monsters and the Critics By J R R Tolkien $19.99

The seven 'essays' by J.R.R. Tolkien assembled in this new paperback edition were with one exception delivered as general lectures on particular occasions; and while they mostly arose out of Tolkien's work in medieval literature, they are accessible to all. Two of them are concerned with Beowulf, including the well-known lecture whose title is taken for this book, and one with Sir Gawain and the Green Knight, given in the University of Glasgow in 1953.

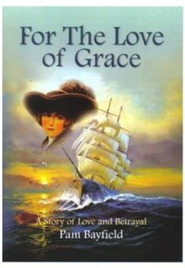
Also included in this volume is the lecture English and Welsh; the Valedictory Address to the University of Oxford in 1959; and a paper on Invented Languages delivered in 1931, with exemplification from poems in the Elvish tongues. Most famous of all is On Fairy-Stories, a discussion of the nature of fairy-tales and fantasy, which gives insight into Tolkien's approach to the whole genre.

The pieces in this collection cover a period of nearly thirty years, beginning six years before the publication of The Hobbit, with a unique 'academic' lecture on his invention (calling it A Secret Vice) and concluding with his farewell to professorship, five years after the publication of The Lord of the Rings.

New Books from Locals:

FOR THE LOVE OF GRACE – A Story of Love and Betrayal.

Elanora author, Pam Bayfield has outdone herself this time. This is Pam's 9th book and it is a historical novel called *For the Love of Grace*. She began her research by reading about the sinking of the *Dunbar* and then the *Catherine Adamson*, both not far from Sydney Heads. When she read that half the lives were lost on the latter vessel she began wondering if she could imagine characters coming to Sydney on that ship, amongst the survivors.

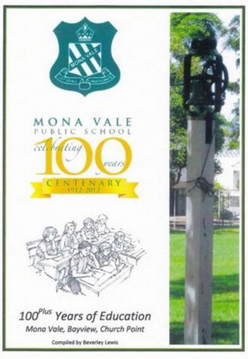


Grace Pemberton, her husband Charles and their two young children made the long, arduous journey from England to old Sydney Town for Charles to join a law firm in the year 1857. Grace suffers the whole way and wonders why she agreed to make this treacherous journey. With the ship about to crash onto rocks in a severe storm half the crew and passengers are saved and the others left to die. Spending time in the Quarantine Station confirms that she is pregnant which explains her seasickness to some extent. The family settles in a poorer part of The Rocks, renting a house from Charles's employer. She meets her neighbour, Nora Mitchell and her large family who become an intricate part of their lives.

Grace is then pursued by Ralph Cooper, Charles's boss who has fallen hopelessly in love with her. Grace does everything to quell his ardour as Ralph is in a loveless marriage and he never gives up trying to win her heart. Eventually Grace and Charles grow apart and this throws Grace into Ralph's clutches and she finally succumbs. Their actions have dire consequences for the next generation. The story follows the twists and turns of Grace's life in the colony and she ends up living in Manly, running a café.

For the Love of Grace covers the period from the 1850s to the 1890s in the Rocks, Manly with journeys to the fledgling suburb of Newport to visit the newly built Newport Hotel.

Purchase at Humphries in Manly, Dymocks at Warringah Mall, Bookoccino at Avalon and Berkelouw Books at Mona Vale orONLINE.



Packed with great tales, beautifully illustrated with images by Noela Cunningham, a local artist and illustrator of books and many wonderful photos from the decades, this is a must have for your library. This book will make a great keepsake for all students and teachers, past and present.

Inside the covers, pages are full of colour illustrations, class photographs, tables and lists as well as the school's history as published originally by Mr Thomas Le Sueur and carefully reproduced here.

Make sure you secure your copy of the History of Mona Vale Public School by downloading an order form today, or contact the author, Bev Lewis bevlewis2069@gmail.com

New Releases from CSIRO Publishing:

Coral Reefs and Climate Change - Educational Video Series. Publisher: CoralWatch, The University of Queensland. November 2012 $ 19.95

This educational video accompanies the book *Coral Reefs and Climate Change*.

Illustrated through animated diagrams and photos, interviews with scientists, clear language, and footage from around the globe, this series brings concepts from the book to life. Each of these 22 videos (3-8 min each) explores a key topic in oceanography, coral reef ecology, climate change science, and reef conservation. Suited to use in a variety of settings, this series may be used independently or in conjunction with other *CoralWatch* education materials.

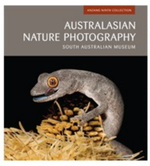
Living with Fire - People, Nature and History in Steels Creek by Christine Hansen: Gothenburg University and Tom Griffiths: Australian National University. November 2012 $ 49.95

Within the Yarra River catchment area nestles the valley of Steels Creek, a small shallow basin in the lee of Kinglake plateau and the Great Dividing Range. The escarpment walls of the range drop in a series of ridges to the valley and form the south-eastern boundary of the Kinglake National Park. The gentle undulations that flow out from the valley stretch into the productive and picturesque landscape of Victoria's famous wine growing district, the Yarra Valley.

Late on the afternoon of 7 February 2009, the day that came to be known as Black Saturday, the Kinglake plateau carried a massive conflagration down the fringing ranges into the Steels Creek community. Ten people perished and 67 dwellings were razed in the firestorm. In the wake of the fires, the devastated residents of the valley began the long task of grieving, repairing, rebuilding or moving on while redefining themselves and their community.

In Living with Fire, historians Tom Griffiths and Christine Hansen trace both the history of fire in the region and the human history of the Steels Creek valley in a series of essays which examine the relationship between people and place. These essays are interspersed with four interludes compiled from material produced by the community. In the immediate aftermath of the fire many people sought to express their grief, shock, sadness and relief in artwork. Some painted or wrote poetry, while others collected the burnt remains of past treasures from which they made new objects. These expressions, supplemented by historical archives and the essays they stand beside, offer a sensory and holistic window into the community's contemporary and historical experiences.

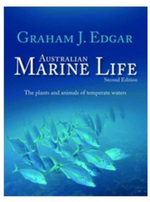
A deeply moving book, Living with Fire brings to life the stories of one community's experience with fire, offering a way to understand the past, and in doing so, prepare for the future.



Australasian Nature Photography - ANZANG Ninth Collection - Australasian Nature Photography Series- South Australian Museum, Colour photographs, 112 pages $ 39.95

The bioregion of Australia, New Zealand, Antarctica and New Guinea possesses a unique natural heritage stretching back over 50 million years since the break-up of the great southern continent of Gondwanaland. The South Australian Museum focuses on enhancing a general knowledge of this extraordinary legacy by encouraging photography of the region's nature and wilderness, and promoting an annual competition to find the Nature Photographer of the Year.

Australasian Nature Photography: ANZANG Ninth Collection presents the finest photographs submitted to the competition. Each photograph is accompanied by technical information as well as anecdotes about how the picture was taken, which will stimulate yet further interest in the flora and fauna and their conservation in the region.



Australian Marine Life - The Plants and Animals of Temperate Waters: Second Edition by Graham J Edgar- Colour photographs. 528 pages. Publisher: New Holland $ 60.00

Many people recognise the beauty and diversity of plant and animal communities in Australia's tropical seas, particularly those along the Great Barrier Reef. By contrast, relatively few know about the immense variety along the southern half of the continent.

This book descibes 1450 of the most commonly seen plants and animals of the region and includes notes on their habitat and distribution; 1500 colour photographs plus a wealth of information for academic marine biologists, divers, beachcombers and those who fish professionally or for recreation. This is the most definitive reference work of its kind on this subject.

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

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

Tweet Like +1

Copyright Pittwater Online News, 2012. All Rights Reserved.

Pittwater Online News does not charge to list New Works by residents. You will need to send your material ready to publish. To Contact us regarding your forthcoming Book or Literary Event click: here

Old Books: we will change these monthly.

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

A Voyage to Terra Australis Volume 2 (1814) by Matthew Flinders

A Voyage to Terra Australis Volume 2

A

VOYAGE

TO

TERRA AUSTRALIS;

UNDERTAKEN FOR THE PURPOSE OF COMPLETING THE DISCOVERY OF THAT VAST COUNTRY,

AND PROSECUTED IN THE YEARS

1801, 1802, AND 1803,

IN

HIS MAJESTY'S SHIP THE INVESTIGATOR,

AND SUBSEQUENTLY IN THE ARMED VESSEL PORPOISE AND CUMBERLAND SCHOONER.

WITH AN ACCOUNT OF THE

SHIPWRECK OF THE PORPOISE,

ARRIVAL OF THE CUMBERLAND AT MAURITIUS, AND IMPRISONMENT OF THE COMMANDER DURING SIX YEARS AND A HALF IN THAT ISLAND.

BY MATTHEW FLINDERS,

COMMANDER OF THE INVESTIGATOR.

IN TWO VOLUMES, WITH AN ATLAS.

VOL. I.

LONDON:

PRINTED BY W. BULMER AND CO. CLEVELAND-ROW,

AND PUBLISHED BY G. AND W. NICOL, BOOKSELLERS TO HIS MAJESTY, PALL-MALL.

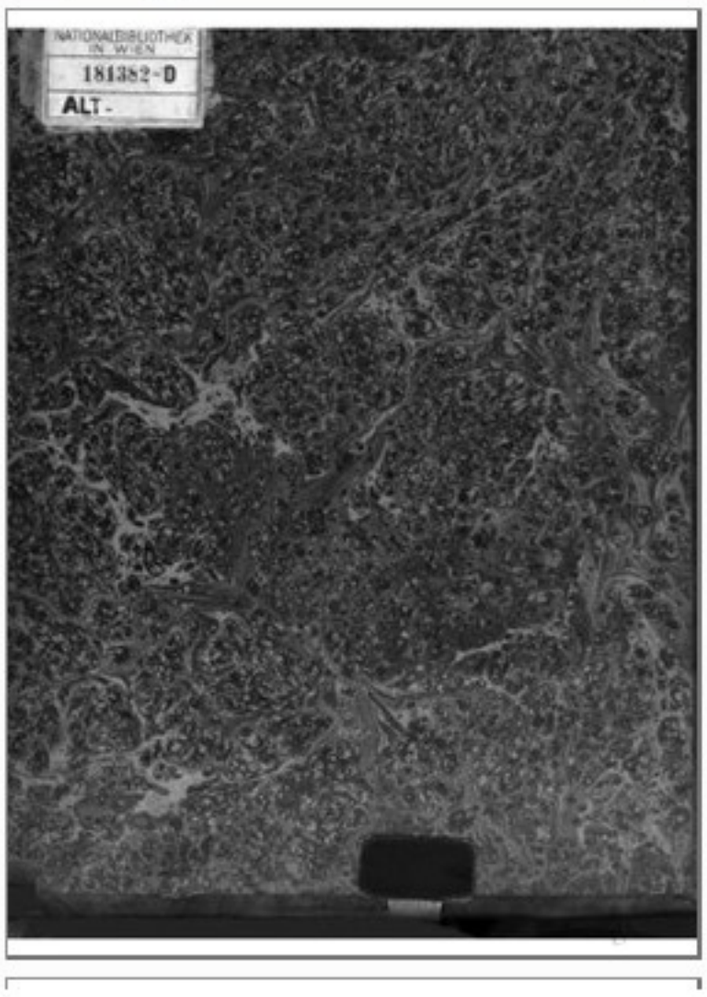
1814.

Digitized by Google

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

A Voyage to Terra Australis Volume 1 (1814) by Matthew Flinders

A Voyage to Terra Australis Volume 1



Tweet | Like | +1

Pittwater Online News
Pittwater Online News is a community website for the Pittwater area, including Mona Vale, Newport, Bilgola, Avalon, Palm Beach, Whale Beach, Bayview, Church Point, Lake Macquarie, Mount Penang, Warrah Park, Ingleside, Wheeler Heights, Narrabeen, North Narrabeen, Cromer, Terrey Hills, Duffys Forest, Belrose, Frenchs Forest, Oxford Falls, Forest Way, Jamieson Park, Morning Bay, Narrabeen Lake, Collaroy, Collaroy Plateau, Long Reef, Dee Why, Curl Curl, North Curl Curl, Freshwater, Manly, Manly Vale, Fairlight, Balgowlah, Clontarf, Seaforth, Balgowlah Heights, Frenchs Forest, Terrey Hills, Duffys Forest, Belrose, Oxford Falls, Forest Way, Jamieson Park, Morning Bay, Narrabeen Lake, Collaroy, Collaroy Plateau, Long Reef, Dee Why, Curl Curl, North Curl Curl, Freshwater, Manly, Manly Vale, Fairlight, Balgowlah, Clontarf, Seaforth, Balgowlah Heights, Manly

November 4 - 10, 2012: Issue 83

Lands Office c. 1884-1917. Image: 85/1284-790 from Powerhouse Museum Tyrrell Photographic Collection

The building today. Picture courtesy Sardaka.

The distinctive clock tower. Picture courtesy Sardaka.

Detail of the main entrance. Picture courtesy Sardaka.

Copyright George Repin, 2012. All Rights Reserved.

THE LANDS DEPARTMENT BUILDING AND YELLOWBLOCK SANDSTONE

By George Repin

When the Lands Department Building was completed in 1891 the present day tall buildings which now dominate Bridge Street and surrounding areas were not there so that it was highly visible and impressive when viewed from the harbour. At the time it was described by the *Illustrated Sydney News* as Sydney's largest building. Built in two stages (1876-1881 and 1888-1891) it replaced buildings occupied by the Surveyor-General since 1804. The site had been used for Government offices from 1789 – virtually from the start of the colony.

Designed by James Barnet, the Colonial Architect, designer of the nearby Customs House, General Post Office and the Old Medical School at the University of Sydney, it is well-proportioned, relates well in scale to nearby Government buildings and is an outstanding example of the use of Pyrmont yellowblock sandstone. The "honey" colour of the sandstone contributes to the beauty of buildings. While easy to work the stone is not durable and tends to flake away or "scale" when exposed to the elements.

Maintenance of the exterior of the building is near continuous and expensive. The shortage of yellowblock sandstone has compounded the problem of maintenance, not only of the Lands Department Building, but also of other buildings such as the Sydney Town Hall. It appears that developers in Pyrmont, with a few exceptions, have had little incentive to save it when carrying out excavations. According to a Sydney Morning Herald editorial yellowblock at development sites was usually being just broken up and dumped as landfill and the State Government's stocks of yellowblock were fast being depleted.

The building houses a number of State Government Departments.

It occupies the entire block bounded by Bridge, Gresham, Bent and Loftus Streets.

Twelve niches on each of the four sides were intended for statues of men who distinguished themselves in the exploration of the colony and parliamentarians responsible for promoting settlement. Fewer than half have been filled. On the Bridge Street façade can be seen Bass, Oxley, Sir Thomas Mitchell, Wills, Sir Joseph Banks, Bourke, Leichhardt, Arthur Phillip, Flinders and Sturt.

The building is the site of two important datum points. One is a bench mark on the Bridge Street wall from which height levels in New South Wales are measured and the other is the State's baseline standard - the responsibility of the Surveyor-General - which is the standard for all surveyors. The standard consists of stainless steel rods set in bedrock and visible in the marble flooring on the ground floor.

Across the road, in Macquarie Place, is the obelisk from which road distances from Sydney are measured - so the three reference points are near each other.

The history, location, lofty ceilings and detailed internal finishes of the building from time to time have generated proposals to convert it into a hotel of international standard, a casino or luxury apartments. In 1996 the State Cabinet rejected a proposal for a hotel and decided that it should continue as the head office of the Department of Land and Water Conservation.

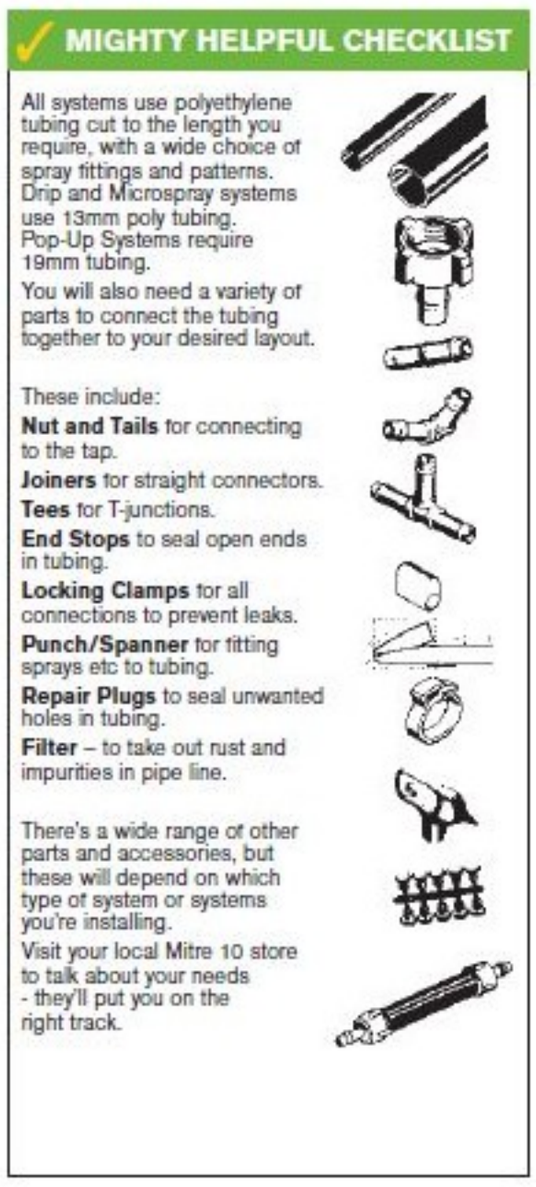
However, as recently as 18th March, 2012 The Sunday Telegraph reported that Andrew Stoner, Minister for Trade and Investment, in an interview had said that many international investors had expressed interest in leasing and refurbishing historic Sydney 19th Century buildings as hotels. He said this could meet the city's shortage of hotel accommodation, provide millions in revenue to the Government and cut the cost of maintaining the buildings. He said a Taskforce had been established to assess the State's property assets generally. Modelling suggests that Sydney will need another 9000 hotel beds by the year 2020 and, according to the Australian Bureau of Statistics Sydney hotel occupancy rates are now 85.6%.

A precedent for government buildings to be incorporated in or converted to luxury hotels is provided by the successful blending of the former Treasury Building into the Intercontinental Hotel in the 1980's.

Tweet Like +1

Two of the statues on the façade. Picture courtesy Sardaka.

November 4 - 10, 2012: Issue 83



Click on logo to visit their website

JOHNSON BROS
MITRE 10
ABN: 12 000 568 866

Tweet Like +1

INSTALLING A GARDEN WATERING SYSTEM

By Paul Johnson

As the spring season throws its customary mood swings one thing is becoming increasingly apparent; Summer is coming! With the bureau predicting a 70percent chance of exceeding the average min temperature this summer, don't expect any respite for yourselves or your garden, so now is the time to plan ahead. With this in mind we will focus this issue on how to install a garden saving watering system so that your garden and lawns can flourish in the summer heat.

Irrigation fittings come in various shapes and flow rates so the first thing to do before you start is to measure the flow in litres per second from the garden tap. This may sound like an unnecessary step but if your tap only provides 20 litres per minute and you direct five 10 litre per minute sprays your system will be a waste of time and effort.

To do this turn off all the taps in your home and then turn one garden tap on full straight into a 9 litre bucket. Time how long it takes to fill the bucket in seconds then divide the bucket size by the time to fill and multiply by 60. This will give you your total flow rate in litres per minute.

The next step is to consider what type of system is most appropriate for you from the choice of three; dripper, microspray, and pop-up.

DRIPPER systems direct exactly the right amount of water for your plants directly to the soil. These are chosen based on the soil type and density. The general rule of thumb is to provide 1 dripper for every 50cm of foliage in normal soils, or 1 for every 35cm in sandy and other fast draining soils.

Microspray systems are the most popular and deliver a mist or spray. They are available in quarter, half, and full circles to enable you to prevent wastage and overspray into areas that don't require water (for example that mossy path). They also prevent soil compaction and soil runoff as they provide a light spray directly to the foliage.

Pop up systems are primarily designed for even and efficient watering of lawns. They are available in quarter, half, three-quarter, and full circle sprays and save serious time and effort when compared to moving an individual hose mounted sprinkler around the lawn.

Once you have picked your appropriate system the fun can begin! Draw out a plan of your garden and measure out each section to calculate the length of tubing required. Aim to use one main line with smaller diameter tubing coming off it into the required garden beds. The staff at Johnson Brothers can help you to choose this tubing and the required connectors and clamps.

Using your plan, lay out all the parts where you intend to install them. Use bricks or stakes to hold the poly tubing in position and then adjust the layout from the tap outwards until the main tubing and distribution lines are suitably located. Connect all tubing with joiners, elbows or tees to form the desired layout then secure each connection with a locking clamp. For Drip and Spray systems, seal the open end with an end stop then cover the tubing with soil leaving the drippers exposed. For Micro spray systems, screw the spray head into the top of a riser tube then puncture the poly tubing and screw in the adaptor end of the riser. Stakes are available to give risers extra support.

With pop up systems it's vital that your planned sprayers cover all areas of the lawn, if they don't it will become patchy. Pop ups should be spaced approximately 3.6 meters apart, and the tubing should be buried 15-20cm bellow the surface of the soil. Cut the tubing and insert a threaded tee at the place where the pop-ups are required. Use a threaded elbow for the last pop-up and be sure to secure each connection with a locking clamp to prevent leaking. Screw on the pop-up sprinklers, making sure they are level with the ground, cover the tubing with soil and connect to the garden tap.

You can save yourself even more time and effort by running a simple tap timer!

All products are available at Johnson Brothers Mitre10 and the staff has an intimate knowledge of the systems for anyone who requires further information.