January 6 - 12, 2013: Issue 92

Adrian Curlewis Twilight Masters and Palm Beach SLSC Open Carnival - 4th and 5th of January, 2013 - A Weekend Celebration of Surf Life Saving

Adrian Curlewis Twilight Masters - a good fun event named for the 'father of surf life saving'.

Palm Beach SLSC's Open Carnival - Boat races, 5th of January, 2013.

Brilliant sunshine on Friday and all day Saturday made being on Palm Beach the stuff a Pittwater Summer is made of. Hosts Palm Beach SLSC ran their fourth Adrian Curlewis Twilight Masters on Friday afternoon, named in honour of one the club's founders and the gent considered 'the father of surf life saving' in Australia, Sir Adrian Curlewis. This fun event, where there is as much laughter as there is trying to overtake fellow competitors, attracted 144 competitors this year, an increase of over 20% on last year, from clubs on the north and south sides of Sydney. Maroubra and North Bondi were joint winners this year with the Palm Beach members doing well with their Oxies coming second in their division. Organiser and club stalwart Gordon Lang, who runs and swims and skis just as fast as the best of them, was also on the beach on Saturday, one of hundreds of Palm Beach SLSC members ensuring all ran smoothly for the Open Carnival.

The Palm Beach SLSC Open Carnival attracted 1200 competitors this year from Sydney and beaches further north. The classic boat races, beach sprints, ironwomen and men events, among many others, all have a focus on this being a friendly carnival, a celebration of surf life saving people young, middling and getting a bit older. The Pacific Club hosted all afterwards with great live music.

More HERE

Artspot 2013 - Opening Night A HUGE Success

Left to right: Stephanie Brown, Sandra Douglas and Rhonda Lane, Portaitist and Volunteers.

Opening night of Artspot 2013 attracted hundreds of avid art lovers. Great music, great food and great weather were the perfect backdrop for viewing fantastic art works by very talented creators. Organised by three outstanding contributors to Australian art, Cindy Goode Milman, Meredith Rasdall and Liezel Botes, this exhibition demonstrates the infinite capacity and range of mediums our local and guest artists have. Open until the 13th of January in the Avalon Community Centre, with all works for sale, investing an hour strolling these aisles will leave you feeling as though you have invested in your self. Definite "do yourself a favour" material!

Opening Night Pictorial and more details HERE

32nd Pittwater to Coff's Harbour Ocean Race

Known as the warm water classic, the Pittwater to Coff's Harbour Ocean Race, run in the first week of January, is an exhilarating 226 nautical mile dash up the coast. Bumpy seas and good winds ensured all participants had a good run. The Ocean Race opens the Pittwater to Coff's Harbour Regatta with four Solitary Island races being run yesterday and today (6.1.2012).

Full report courtesy of Damian Devine HERE

Pictures by A J Guesdon, January 2013.

Subscribe to Pittwater Online News

Enter email address

Submit

Past Features Archives

Tweet Like +1

January 4 - 13, 2013: Issue 92

Palm Beach SLSC's A Weekend Celebration of Surf Life Saving - Palm Beach Year Opens & Boat Carnival and Adrian Curlewis Twilight Masters - 5th and 5th of January 2013

Glenda Korginenko, Palm Beach SLSC's Media Officer, reports that the club's new year has kicked off with a bang! Last and the weekend 2012 and celebrated classic Surf Life Saving and Boat Carnival events that have been a tradition at the club for many years. In celebrate the 5th annual Adrian Curlewis Twilight Masters, named for a great, and a whole family, in our experience, who have done much for the club and the sport of Surf Life Saving. Adrian was a Palm Beach SLSC member for 50 years and was a Life Member of the club. He was also a member of Pittwater Council for 30 years and was Mayor of Pittwater in 1988-89. Adrian's wife Jocelyn, his daughters and grandchildren were all present for the event and Adrian's son Peter Curlewis was the Master of Ceremonies for the night. Adrian was also an accomplished Australian sport of Masters who raced medals at a club championships.

Adrian was a keen surfer and was a member of the Palm Beach Surfing Club. He was also an avid board-rowder that ran from Tom Ugomba. Palm Beach Surf Life Saving Club members and ex-members. Teams ran a 4PTB ski or surf, ski and run, or SUL sentence relay.

At each surfski, as they have been housed in the former army pit beaches in Sydney, kept competitors out of the water and brought a new dimension to the sport of surf lifesaving. Adrian was a keen surfski paddler and was a member of the Palm Beach SLSC surfski racing squad and was a regular and competing near the end of his life. Other competitors in the surfski events were Adrian's daughters Jane and Sarah and his son Peter Curlewis, sailing from time to racing and event, as the surfski, each the surfski's fierce time to get used to a previous season.

Adrian was also a keen boat rower and was a member of the Palm Beach rowing squad. All three were squadron from and all the officials who worked on the day were members of the Palm Beach SLSC Boat Club.

From the SLSC site at www.slsc.

Photos from the event are available on the website on the link reaching day after the carnival (also plans and listed on this page. For results of carnivals outside the Sydney Northern Beaches Area's, please check with the appropriate branch or event body.

Page at: HERE.

Adrian Curlewis Twilight Masters 2013

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Adrian Curlewis Twilight Masters 2013 - Photo: Glenda Korginenko, Palm Beach SLSC

Open & Boat Carnival

Open & Boat Carnival - Photo: Glenda Korginenko, Palm Beach SLSC

Open & Boat Carnival - Photo: Glenda Korginenko, Palm Beach SLSC

Open & Boat Carnival - Photo: Glenda Korginenko, Palm Beach SLSC

Page 1 of 2 | Next

January 6 - 12, 2013: Issue 92

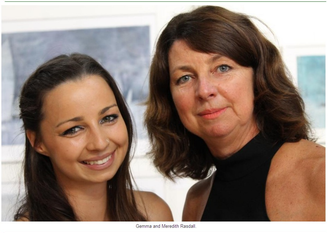
Artspot 2013 Opening Night

Artspot 2013 features 17 artists ranging from emerging and professionals to two international guests from South Africa. An array of artworks is on show including paintings, print works, ceramics, photographs and sculpture. Artists include Meredith & Gemma Rasdall, Diezel, Cindy Goode Millman, Lorraine Beal, Stephanie Brown, Jackson Davies, Jessica Watts, Blue Stuart, Christine MacKinnon, Julia Sample, Michele Petrie, Caroline Munro, Angus Benham, May Wentworth, Emily Sandrussi and Conrad Bo. The show will be open daily from **10am – 5pm until January 13th**.

Artspot came about as a result of the news that the very popular Council led emerging artist exhibition Artspace would not be staged in 2013 and is under review as a bi-annual event **at Avalon Recreation Centre**. Knowing that so many Pittwater residents and tourists have come to love the 'summer' art exhibition each January, three local artists – Meredith Rasdall, Cindy Goode Millman and Liezel Botes – booked the full gym and small room space and put together an exhibition called **Artspot**, thus ensuring the continuation of a show between the gap year of Artspace.

Artists Blue Stuart and Cindy Goode Millman.

Artspot 2013 Information: ARTSPOT 2013 WEBSITE
Artspot 2013 - Opening Night Pictures by Michael Mannington of Volunteer Photography
Artspot 2013 - an exhibition of 17 artists on the Northern Beaches!
Artspot 2013 - The Ceramicists Artspot 2013 - Established Artists
Artspot IV - Emerging Artists Artspot 2013 - Book Launch and Superstroke Art Movement
Artspot VI - Charity Spots for Cobra and Mongoose



Gemma and Meredith Rasdall

Diezel

Emily Sandrussi

Lizette Morgan, PCA President (right) with Irene Ivin.

Caroline Munro

Jackson Davies

Stephanie Brown with some of the amazing people who feature in her portraits and the book 'FACE OF EXTRAORDINARY VOLUNTEERS'. There is a Author Talk on this work **11am today, 6th of January, 2013 at Avalon Community Centre**.

The Band - minus one.

All Pictures on this page by A J Guesdon, 2013.

Tweet Like +1

January 6 - 12, 2013: Issue 92

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

From Reports by Damian Devine, Club Marine Pittwater to Coff's Harbour Regatta media

The Pittwater to Coffs Harbour Yacht Race has developed into one of the most popular of all ocean-racing events in Australia. The race offers competitors a strategic challenge as they race between the surfline and the current, past unsurpassed scenic coastlines, prior to arriving in one of Australia's most popular coastal cities. The 2013 regatta follows the same shape introduced a couple of years back with the Pittwater to Coffs race being the first race starting on 2 January 2013 followed by four races in Coffs Harbour over two consecutive days on 5-6 January. These Coffs Harbour regatta races consist of a 8nm sprint windward-leeward race followed immediately by a 20nm offshore race around the majestic South Solitary Islands making it a five race regatta.

Bill Wild's Queensland RP55 *Wedgetail* crossed the finish line at 8.53am on Thursday morning to take line honours in the 2013 Club Marine Pittwater to Coffs Harbour yacht race in a time of 19 hrs 53 min 3 secs, three and a half minutes in front of the TP52 *Ragamuffin*, in one of the closest finishes in the Coffs race. This was the second fastest time in the history of the race, an hour and a half outside the race record.

Both boats had an interesting battle throughout the race in what Syd Fischer, skipper of the TP52 Ragamuffin, described as 'neck and neck all the way'. At 6am Thursday morning as the boats passed Nambucca Heads for their final radio check, Ragamuffin held a 1.5 nautical mile lead with only 20 miles left to sail.

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

Syd Fischer, the 1996 line honours and handicap winner of this race, praised his crew aboard *Ragamuffin*, "who worked hard all the way and worked well together. There a great bunch of guys and unfortunately it wasn't to be in this race, but that's yacht racing. The race overall was enjoyable and not too difficult. The boat performed well."

The crews of both boats were met by a welcome party assembled on Mutton Bird Island and the breakwall on the opposite of the harbour as they crossed the finish line and then presented with the Line Honours Bell Trophy by CHYC Commodore Garry Ennis at the Coffs Harbour marina.

Syd Fischer's TP52 *Ragamuffin*, whilst taking another second in two weeks on line honours, has taken out an incredible feat by winning the triple handicap crown in all divisions on offer; IRC, ORCi and PHS in the 2013 Club Marine Pittwater to Coffs race hosted by the Royal Prince Alfred Yacht Club. In doing so, ***Ragamuffin* has become the first boat to accomplish the achievement in the 32 year history of the race.**

David Forbes Kaiko 52 *'Merlin'* replicated her 2012 result and reversed the line honours result against Steven Proud's Kernan 44 *Swish* to take the final podium handicap position in the end by some 14 minutes.

Merlin

Swish and Great Xpectations

The PHS division replicated the IRC result with *Ragamuffin* recording a corrected time of 28hrs 30mins 44secs pipping *Wedgetail* by 40 minutes with *Merlin* third. In ORCi, Ragamuffin took the spoils in a corrected time of 26hrs 13mins 58secs with *Swish* six hours back in second whilst the Hudson/Murphy/Lockley Farr 45 Pretty Woman picked up a podium position in third.

Fischer, the 85 year old doyen of Australian ocean racing won the line honours/handicap double in this race in 1996 was proud of the effort saying, "it's not easy winning on handicap, so it's a good result. Wedgetail gave us a run for our money and we were unlucky not to get line honours but all credit to Wedgetail to get us in the end."

Wedgetail's navigator Peter Ellington was also pleased with the result particularly winning line honours commenting, "it was a very pleasant sail and a great battle with Syd's boat. They were too quick on those angles so we really enjoyed getting them in the end to take line honours and get our name etched on the line honours trophy. To get second on handicap in both divisions, it's not a bad thing so we're happy. The boat hasn't raced in 18 months so to get it out of mothballs and prepared for the race was hard work but rewarding. She's still going beautifully."

In IRC Division two, it was a trifecta for the Beneteau brand with Philip Dash's First 40 *Justadash* in its first season of racing taking the honours from the current Class 2 Audi IRC Australian Champion Darryl Hodgkinson's 45 footer *Victoire* whilst *Le Billet*, a Beneteau 44.7, now owned by Mark Tinworth and Mark Waterhouse was third.

In PHS Division two, Justadash picked up a double from the Sydney 41 *Storage King Wallop* skippered by Peter Hewson with the Inglis-Jones/Hart 39 She's the Culprit skippered by Michael McDonald placing third.

Perpetual Mocean was the first boat home for the host club the Royal Prince Alfred Yacht Club finishing. Crossing the line was made even more special as they had on board seven RPAYC youth development squad aged between 16 and 19 savouring their first blue water ocean race and posting another dimension to their sailing CV's.

Twelve months in the making it was the generosity of the owners Hogan and Clifton, who tasted success in this race with line honours victory in 2009, which allowed it to happen. The youth development boys and girls had plenty of experience to guide them being mentored by the likes of Peter Gregg, Mitch Watkins, Cameron Baillie and past youth development graduates Murray Gordon and 24 year old tactician Tom Spithill, brother of defending AC skipper James.

A tired and emotional Spithill said, "we had a good race and the YD kids performed exceptionally well in their first serious blue water race. Everyone is really happy, we had a pleasant trip and a good race within a race with Swish and Merlin pushing each other all the way and keeping our distance on the DK46 Nine Dragons and the Farr 45 Pretty Woman."

For the baby of the crew, 16 year old Seldon Coventry speaking on her first ocean race commented," it was so much fun, a good experience and I learnt a lot. Bruce and Tina are just legends and the other guys were fantastic. I would definitely do it again if I get the opportunity."

Line Honours Results:

1 Wedgetail RQYS Bill Wild
2 Ragamuffin RSYS Syd Fischer
3 Swish RSYS Steven Proud
4 Merlin RSYS David Forbes
5 Perpetual Mocean RPAYC Bruce Hogan
6 Nine Dragons MHYC Bob Cox
7 Pretty Woman RPAYC Richard Hudson
8 Anger Management NCYC Phil Arnall
9 Exile MHYC Rob Reynolds
10 Cruz Control BSC David Cutcliffe
11 Secretmensbusiness 1 RPAYC Robert Curtis
12 Witchcraft RPAYC Bruce Staples
13 Minerva RSYS William Cox
14 Victoire CYCA Darryl Hodgkinson
15 Wine-dark Sea RSYS Bill Wild
16 Storage King Wallop LMYC Peter Hewson
17 Justadash MHYC Philip Dash
18 Le Billet RPAYC M Tinworth/ M.Waterhouse
19 Occ. Coarse Lang One RPAYC Robert Alder
20 The Goat CYCA Mitchell Gordon
21 The Real Thing RPAYC Garry Holder
22 She's The Culprit NCYC/LMYC Michael McDonald
23 Tailwind RPAYC Shaw Russell
24 Kaliber MHYC/RPAYC Rob Hoile
25 Great Xpectations CYCA Rod Wills
26 Cloud Nine RPAYC Ron Hayden
27 Mortgagechoice Rumba MHYC Rob Carr & Kerry Burke
28 King Billy RSYS Philip Bennett
29 Ticket Of Leave RSYS Max Prentice
30 Reverie RPAYC John Turnbull
31 Tension MYC Ian Green
32 Spindrift SASC Brendan Lyon
33 Katinka CYCA Paul Oconnell
Kerisma- RETIRED - Gear failure - now in Newcastle Harbour CYCA/MHYC Grant Dawson/ Brent Lawson

Full results at: http://www.pittwatertocoffs.com.au/

January 5th, 2013 - Results by Damian Devine

Photographs by A J Guesdon, 2013. All Rights reserved.

Tweet | Like | +1

January 6 - 12, 2013: Issue 92

Victoire, IRC boat of the day in the 2013 Club Marine Pittwater & Coffs Harbour Regatta - Saturday 5 January 2013

By Damian Devine, Club Marine Pittwater Coffs Harbour Regatta media

Daryl Hodgkinson's Beneteau 45 Victoire took the IRC boat of the day honours to storm into IRC contention on day one of the two days of racing in Coffs Harbour as part of the 2013 Club Marine Pittwater & Coffs Harbour Regatta.

Left: Daryl Hodgkinson's Beneteau 45 Victoire IRC boat of the day - photo by Damian Devine

Hodgkinson showed just why he is the current Class 2 Audi IRC Australian Champion with a fourth and a first today to sit just five points shy of the leader, Philip Dash's Beneteau First 40 Justadash on 12 points and three points clear of the equal third placed, the Tinworth/Waterhouse Beneteau 44.7 Le Billet and Bruce Hogan's Marten 49 Perpetual Mocean, on the overall IRC leader board.

In the PHS division and parallel Australian PHS Championships it's Lake Macquarie's Peter Hewson and his Sydney 41 Storage king Wallop leading by a single point from Justadash with Perpetual Mocean four points back in third heading into the final day of the regatta. Boat of the day in PHS was shared by Shaw Russett's Beneteau First 40 cruiser racer Tailwind and Ron Hayden's Jeanneau Sunfast 43 Cloud Nine from the Royal Prince Alfred Yacht Club

Justadash also leads in ORCi with a five point lead on Le Billet and Richard Hudson's Farr 45 Pretty Woman on equal points.

Right: Philip Bennett's Justadash holds a five point lead in IRC and ORCi heading into the final day of the regatta - photo by Damian Devine

Competitors woke to a warm and sultry day in Coffs Harbour, with a 10 knot NE forecast by Predict wind and clouds hovering over the mountains in the hinterland and blue skies over the sea.

The race committee got racing started on time at 1100hrs to begin the first of four races over two days in the 2013 Club Marine Pittwater & Coffs Harbour regatta. Race Officer Ted Anderson, wasted no time to get the fleet underway setting a five nautical mile windward/leeward course with the windward mark set 250m to the west of Split Solitary Island.

The fleet got away to a clean start in a 6-8 knot NW with Perpetual Mocean first off the line at the pin end and Victoire the best at the boat end. After a number of tacks, the first boat to reach the top mark was Le Billet after laying the mark with tactical precision. She was followed closely by Perpetual Mocean with Storage King Wallop next best.
With their kites set, the fleet made their way back to the finish line with the 49 footer Perpetual Mocean making the most of its waterline length to take line honours in a time of 49mins 16secs followed by Steven Proud's Kernan 44 Swish with Richard Hudson's Farr 45 Pretty Woman in third.

Le Billet took IRC handicap honours in a corrected time of 57mins 46secs from Storage King Wallop with Justadash placing third.
In PHS, it was a similar result with Le Billet followed by Storage King Wallop and Cloud Nine, picking up their first podium of the regatta in third. The ORCi division showed Le Billet from Cloud Nine and Justadash in third.

Race two started soon after the final boat crossed the finish line for race one. It was an 18 nautical mile reach to South Solitary Island with a spinnaker finish back in the Harbour. With the breeze clocking around to the North East, the race started in 11 knots with one boat receiving an individual recall, Coffs Harbour's Bush Telegraph for being OCS. The rest of the fleet got away to a clean start.

The breeze built to 12-15 knots as the boats rounded South Solitary with Perpetual Mocean leading the colourful parade to the delight of the locals for the spinnaker run home.

Left: Perpetual Mocean took line honours in both races on Day One - photo by Damian Devine

Perpetual Mocean held on to take line honour once again in a time of 2hrs 25mins 01secs with Rob Reynolds DK46 Exile in second and Swish third over the line. In IRC, Daryl Hodgkin's Beneteau 45 Victoire, won on handicap in a corrected time of 2hrs 51mins 37secs with a one second win over the Sydney 38 The Goat skippered by Mitchell Gordon whilst Justadash finished third.

The PHS fleet had The Goat on top with a 90 second corrected time win over Tailwind with She's the Culprit skippered by Newcastle's Michael McDonald, in third.

Victory in the ORCi division went to Justadash in front of Le Billet with Rob Alder's Cookson 12 Occasional Coarse Language in third.
So with two more races scheduled tomorrow to finalise the 2013 Club Marine Pittwater & Coffs Harbour regatta, Justadash leads IRC on 12 points from Victoire on 17 points with Le Billet and Perpetual Mocean on 20 points. But in such an open fleet it's still very much anybody's regatta amongst the top eight competitors.
In the Australian PHS Championships being run in parallel to the regatta, Storage King Wallop leads by one point on 25 from Justadash with Perpetual Mocean a further five points back on 30. There are a further nine points boats within striking distance of a podium finish also.

If the crew of Storage King Wallop can hold their nerve and sail well tomorrow, they are a big chance to be crowned the 2013 Australian PHS champion. So it all comes down to the wire for competitor's in tomorrow's final day of the 2013 Club Marine Pittwater & Coffs Harbour regatta.

Predictwind.com forecast light 8-10 knot winds from the East South East for the final day of the regatta. Racing is scheduled to start at 1100hrs.

Finally, the last boat in the 2013 Club Marine Pittwater to Coffs race, Paul O'Connell's Cole 35 Katinka has retired just past Smokey Cape and is sailing back to Sydney after their massive three day 200nm journey. We wish them safe passage.

For the regatta results visit http://www.rpayc.com.au/results/2013/coffs/coffsseries/series.html

Club Marine, Australia's largest provider of pleasure craft insurance, is proud to be the naming rights sponsor of the 2013 Pittwater & Coffs Harbour Regatta.

Words and Photos by Damian Devine, Club Marine Pittwater Coffs Harbour Regatta media.

Tweet Like +1

Pittwater Online News

January 6 - 12, 2013: Issue 92

Articles This Week:

Adrian Curlewis Twilight Masters and Palm Beach SLSC Open Carnival 2013

Artspot 2013 - Opening Night

32nd Pittwater to Coff's Harbour Ocean Race

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

Summer is Channel-billed Cuckoos Season - Fledglings 2013 by Jeffrey Sabri and Andrew Tiede

New Years Eve Fireworks in Pittwater by Michael Mannington

Kookaburra Fledglings 2013

All Previous Articles

Profile: January Gents 2013.; Edwin Barnard, Historian and Author has a passion for tracking down and reinstating within clear view our Australian heritage, history and culture.

Previous Profiles:

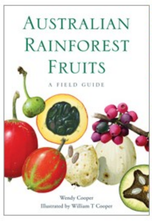
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie 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 Goodge Milman Stephen Marr Bob Hamilton Simon Abbott Peter Rumble Graham Spong Sailability Pittwater Mona Vale Hospital Auxiliary Avalon Active Seniors Group Northern Beaches Orchestra Sonja Elwood June Lahm Valerie Vickers Karen Draddy Betty King David Hanley Les Ball Paul Webb Malo Legardinier E G Constructions Integrity Candles Monatones The Narrabeen Lakes Ladies Probus Club Inc. Nina Curtis Robyn McWilliam Gretel Pinniger Ted Blackall

History: Summer Saltwater Mix 2013: *Canoe and I go with the Mosquito Fleet.* by 'Golden Butterfly': an excursion from the Hawkesbury to Sydney, via the coast, in 1896.

Previous History Pages:

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

Park Bench Philosopher: Perfect Pitch - extract from *Sunday's Child*, ACE.



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

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

News From our Inbox Space Travel May Be Harmful to the Brain!; What's Up January 2013: Encounters of the Planetary Kind, Our Galaxy's "geysers" are towers of power, 10 New Years Resolutions C/- Cats, Did Lucy Walk On the Ground or Stay in the Trees?, Health Papers Released this week: The Science of Neurosurgical Practice: Experts Discuss Importance of Quality Improvement, Clinical Research, Patient Care; Best to Be Overweight, but Not Obese?; Paired CT Scans Catch Chemo-Killing of Liver Tumors in Real Time. 2013: Year of the Water Snake – Overview

Tweet Like +1

Community News: Pittwater Sailors Win In Melbourne, Summerama - Dr Rip's 'Science of the Surf', FUN HOLIDAY ACTIVITIES FOR KIDS STILL AVAILABLE, Postcard from London, Cruise for a Cure, PBL Comp., 2nd annual Club Marine Pittwater Sail Expo for 2013, WHAT'S YOUR PLAN B?, FREE DOG TRAINING CLASSES, Our Council's Notices, Fed. Govt. Media and more

Environment; Underwater landslides discovered off the Great Barrier Reef, Baby Kookaburra Breakfast, Free E-Waste Recycling at Kimbriki, Subregional report of the second Asia-Pacific forestry sector outlook study to 2020, Coal Seam Gas in NSW, Important Areas for Seabirds - Report from Birdlife for Pacific region, Scientists Discover That for Australia the Long-Beaked Echidna May Not Be a Thing of the Past, Natural Relationship Between Carbon Dioxide Concentrations and Sea Level Documented, Plant tropisms: From Darwin to the International Space Station, Fish Story of the Week: A New Fish Species from Lake Victoria Named in Honor of the Author of Darwin's Dreampond, Jellyfish Experts Show Increased Blooms Are a Consequence of Periodic Global Fluctuations, local Environment groups, Events and orgs.

Lynda Hill: Update 23.12.12: Letting Go Of Fear And Letting Love In: December's Cancerian Full Moon

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

Pictures: First Week of 2013 in Pittwater: a saltwater and salt-air mix

Youth: Jeffrey Sabri SENT IN HIS STUFF, Coral, cubism and the Colosseum: kids in the museums!, Summer Movie: Ninja Kids 2011, Kids on the Coast - Summer School Holiday Program, White Rhino Water Fun at Monarto Zoo!, Kids in the Museums!, The Siren Songs, WIN TRIPLE J'S GOLDEN TICKET, Wallace and Gromit's World of Invention at the Powerhouse Museum, Teenagers Without Internet Access at Home Are Educationally Disadvantaged, UK Study Suggests, **The Royal Prince Alfred Yacht Club Teaches over 600 Children a Year to sail**, **School Holidays Art Workshop**, Cool Tools - Tree of Life Branches out Online, Library Story-times for Littlies.

Seniors: Golden Days in the Sun 1950–1970 - National Archives of Australia ONLINE Exhibition, Twilight at Taronga - 2013 Summer Concert Series, Summer Concert: An Audience With Neil Diamond, Health Papers Published this week which May be of Interest: Promising Compound Restores Memory Loss and Reverses Symptoms of Alzheimer's in Mice; Late-Life Depression Associated With Prevalent Mild Cognitive Impairment, Increased Risk of Dementia. Summer Movie: Mr. & Mrs. Smith, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

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

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

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

Food: Summer Fruit: Australian Summer Peaches and Wild Peaches(Quandongs) plus Marian Ellis Rowan; health benefits, Australian history and some great recipes for either

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

January 6 - 12, 2013: Issue 92

Summer is Channel-billed Cuckoos Season

Above: Fledgling Summer of 2013, picture by Jeffrey Sabri.

Summer is Channel-billed Cuckoos Season
by Jeffrey Sabri and Andrew Tiede

These great photographs were taken in the past few days by Bayview residents Andrew Tiede and Jeffrey Sabri (aged 16). Most of us would be accustomed to hearing the raucous sounds of protest of cuckoos or koels calling as Spring and Summer arrive and this time of year ensures all will hear and see these beautiful birds.

The pictures of a currawong feeding the cuckoo, a juvenile, illustrate part of the bird world which is reflected in our human world; the ability of those of another family housing, raising and feeding young that are not their own.

'Thanks mum' picture by Jeffrey Sabri.

Some Channel-billed Cuckoo facts:

The Channel-billed Cuckoo (*Scythrops novaehollandiae*) is a species of cuckoo in the Cuculidae family. It is monotypic within the genus Scythrops. The species is the largest brood parasite in the world, and the largest cuckoo. Migrating Channel-billed Cuckoos begin to return to Australia in October and leave in February through March, returning to New Guinea and even as far as Timor. The Channel-billed Cuckoo is the world's largest cuckoo, measuring between 58–66 cm (23–26 in) long and weighing between 550–930 g (19–33 oz). The bill is bi-coloured, with a grey base becoming straw-coloured at the tip. The bill is large slightly curved and reminiscent of the bills of hornbills. The juvenile is similar to the adult but has pale tips to the feathers of the wings, and the rest of the plumage is buff instead of pale grey. The bill is less massive and dirty pink in colour, and the skin around the eye is not red.

The Channel-billed Cuckoo lays its eggs in the nests of the Australian Magpie, *Gymnorhina tibicen*, the Pied Currawong, *Strepera graculina* and members of the crow family (Corvidae). Unlike many other cuckoos, the young birds do not evict the host's young or eggs from the nest, but simply grow faster and demand all the food, thus starving the others. Often the adult female will damage the existing eggs in the nest when she lays her own and she may even lay more than one egg in a single nest.

Cuckoo being fed by Pied Currawong, picture by Jeffrey Sabri.

Like the closely related koels, fruit forms a major part of the diet of Channel-billed Cuckoos, as well as insects. The only member of the genus Scythrops, the Channel-billed Cuckoo was first described by ornithologist John Latham in 1790. Its generic name is derived from the Ancient Greek skuthro-/σκυθρο- 'angry' or 'sullen', and ops/ωψ 'face', 'eye' or 'countenance'. The specific epithet novaehollandiae means of New Holland, hence Australian.
From: Channel-billed Cuckoo. (2012, December 1). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Channel-billed_Cuckoo&oldid=525784278

Brood parasites are organisms that use the strategy of brood parasitism. This involves the manipulation and use of host individuals either of the same (intraspecific brood-parasitism) or different species (interspecific brood-parasitism) to raise the young of the brood-parasite. This relieves the parasitic parent from rearing young or building nests, enabling them to spend more time foraging, producing offspring etc.

Cuckold derives from the cuckoo bird, alluding to the alleged habit of the female bird in changing its mate frequently and authentic practice of laying its eggs in other nests within its community. The association is common in medieval folklore, literature, and iconography. The original old English was "kukewold". It was borrowed from Old French "cucuault", which was made up of "cucu" (old French for the cuckoo bird itself) plus the pejorative suffix – "ault", indicating the named person was being taken advantage of as by a cuckoo bird. Similarly the term 'a cuckoo in the nest' indicates or implies a parent who may be raising a child who is not their own.

Cost of the hosts
Given the detrimental effects avian brood parasites can have on their hosts' reproductive success, host species have come up with various defenses against this unique threat. Given that the cost of egg removal concurrent with parasitism is unrecoverable, the best defense for hosts is avoiding parasitism in the first place. This can take several forms, including selecting nest sites which are difficult to parasitize, starting incubation early so they are sitting on the nests when parasites visit them early in the morning, and aggressive territorial defense, which is why you may see a cuckoo pursued by a flock of other birds, seeking to drive it away. Birds nesting in aggregations can also benefit from group defense.

Not all cuckoos have an inability to raise their own young though (1);

Among the cuckoos (family Cuculidae), 53 of the 136 species are obligate brood parasites and always lay their eggs in the nests of other species, which act as hosts, incubating the parasite's eggs and then raising the parasitic chicks to independence. The other 83 cuckoo species raise their own young, just like normal nesting birds (Payne, 1997). Cuckoo-host interactions have proved to be a good model system for studying coevolution (Davies, 2000; Rothstein, 1990). Hosts have evolved defenses in response to parasitism (aggression against the parasite, egg rejection), whereas cuckoos, in turn, have evolved tricks to beat host defenses (secretive laying, egg mimicry).

References

1. Oliver Krüger and Nicholas B. Davies. The evolution of egg size in the brood parasitic cuckoos. Behavioral Ecology (2004) 15(2): 210-218 doi:10.1093/beheco/arg104. retrieved from: http://beheco.oxfordjournals.org/content/15/2/210.full

Above and Below: Channel-billed Cuckoo feeding, pictures by Andrew Tiede

Copyright Jeffrey Sabri and Andrew Tiede, 2013. All Rights Reserved.

Tweet | Like | +1

January 6 - 12, 2013: Issue 92

Tweet Like +1

The fireworks in the background onm horizon are on Sydney Harbour.

Photos by Michael Mannington, 2013. All Rights Reserved.

January 6 - 12, 2013: Issue 92

Kookabuuras - Summer's Fledglings 2013

The family of Kookaburras that live in our yard have two new young this Summer who are flying around our spotted gums quite well now. The Laughing Kookaburra (*Dacelo novaeguineae*), also known as the " Laughing Jackass ", is a carnivorous bird in the kingfisher family Halcyonidae. Native to eastern Australia. The name is a loanword from Wiradjuri guuguubarra, and is onomatopoeic of its call.

Pictures by A J Guesdon 4.1.2013.

Tweet Like +1

Pittwater Online News

January 6 - 12, 2013: Issue 92

Perfect Pitch

In the presence of the land, in all those slopes, high and low, there are bays, mountains and clefts of valleys where the movements of tides, winds, the tremblings continually shifting through the land masses from deep down to just above the surface, create a perfect pitch. They are meeting places of all these elements sounding out the music of their meeting. They are communion places of perfect pitch. Harmonising these varying or individual hills, mountains, bays and oceans is the earth's heartbeat, better known as the Universal Chord. It surrounds them at the same time it fills them. This occurs constantly in all places not built over, not dulled sharp. It is happening even when a spark of a being isn't there to notice it...this meeting.

This kind of perfect pitch surrounds all the looking islands in that windows open room. I see some of them hearing it, in themselves, in the quiet. I see them trying to tickle or drag it into all their limbs as if we too are bays, valleys and seas resounding. As if we all are realising, at this hour, that the earth is really alive... every leaf and every rock. I could see moments of perfect pitch in my friends that is more then an accumulation of good thoughts. They all had places of green and blue they consider beautiful, places with perfect pitch where they just go, and stand still, and listen, and fall into those places, listening to themselves. They all had moments of being in perfect pitch, out there, in the green and blue, and in here, in rooms on nights and days like these.

The sounds are real, these perfect bays meeting oceans, these mountains guiding all winds through them. They combine, perfectly, meeting harmoniously again, to be part of the earth's perfect pitch, its note. Each planet spinning with us sounds one out...and we can hear them, through our senses first, like we hear those other blue and green meetings, through our senses first. It is like some forgotten language that has not been forgotten or ceased being spoken by our spirits. It is mortal and immortal, here before us, here with us. It is Ever. A scale of notes of our galaxy; a way to find your way home if ten trillion light years from here, and at their core, in each of these, is a heartbeat constructed from many to be just One Note.

Extract from *Sunday's Child*. Ace. Copyright A J Guesdon 1985-2012. All Rights Reserved.

Copyright Pittwater Online News, 2013. All Rights Reserved.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

Pittwater Online News

January 6 - 12, 2013: Issue 92

Articles This Week

Adrian Curlewis Twilight Mentors and Palm Beach SLSC Open Carnival 2013

Ampol 2013 - Opening Night

32nd Pittwater to Coal's Harbour Ocean Race

Victoria Beat at the Dip in Pittwater to Coal's Harbour Results - 32nd Pittwater Ocean Race

A Journey in Chemist Island Cockroy Season - Pedalpinas 2012 by Jaime Sabal and Andrew Tedman

New Years Eve Fireworks in Pictures by Michael Mannington

Koolakamba Pandanus 2013

Profile of the Week: **January 2013 Gents: Edwin Barnard**

Pittwater Rugby Club Under 16 Division 1 Premiers after remaining within clear view of Australian Rules history and culture

History: **Summer Saltwater Hits 2012:** *Canoe and I* go with the *Mirabello Fleet*, by 'Golden Butterfly', an excursion from the Hawkesbury to Sydney, via the coast, in 1896.

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

Pictures: A mix of the world of 2013 in Pittwater.

Collector's Corner: *HMS Penguin* anchor at Royal Prince Alfred Yacht Club, Newport.

Hobie Nationals Series 2 Hosted By Port Melbourne Yacht Club - Pittwater Expressions

Victory for Jason Waterhouse and Lisa Germann of Palm Beach Sailing Club. National Championships 2013 Congratulations from all here on a great win. Picture by and courtesy of Photo Copyright: PBSC Website PBSC Profile

Cruise for a Cure 24th February 2013

Join us as we cruise to raise some much needed funds for children's lives.

Last year's GBM Maritimo Cruise for a Cure was a resounding success. The

fundraised exceeded all expectations as it not only raised children's spirits, but also badly needed funds to help support children battling cancer and their families. You can see a video of last year's cruise via the web link below.

In 2013, GBM is out to create an even bigger and better event. This year, we plan to have at least 30 of our boats, please join us. The children can decide what they'd like to do, and where they'd like to go. Destinations could be Coasters Retreat (where the 1770 ABC of GBM Maritimo Sydney

Donations are invited from just $500 with proceeds going to the Cure our Kids Foundation a division of Variety Australia. If you can't be a skipper, why not be a sponsor! Organisations wishing to be involved in the Cruise for a Cure can register as a corporate banner on a boat or through a raffle prize. Register your boat and make a splash. Let's help kick kids and cancer out of the water. Limited to 30 boats.

FEBRUARY 24, 2013

SYDNEY HARBOUR & PITTWATER.

Download Boat Registration Form

Our contact us for further details: Ph: 9966 1222

Email: bfalton@marinnosyneys.com.au

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

The second annual Club Marine Pittwater Ball Expo will be held on the weekend of **17 & 17 March,** 2013 at the Royal Prince Alfred Yacht Club. A community event, the expo will showcase the latest in

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

equipping goods and services in the pittwater area for sale as well as providing information on sail training, club membership, cruising, charity and yacht racing.

Situated on beautiful Pittwater on Sydney's Northern Beaches, The Royal Prince Alfred Yacht Club is the state's largest sailing club and combined with its extensive racing, cruising and dinghy fleet, has a membership of over 1,500 people. The club has over 1800 members and 1,000 yachts, 70 handicap fleets and 100 dinghies. It is anticipated that the show will attract up to 3000 people over the weekend.

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

For visitors, it will be an outstanding opportunity to witness the RPAYC fleet in action, as the club will be hosting a competitive race on Saturday morning, during both days.

The Volunteer Marine Rescue (VMR) who provide an invaluable service to the boating community of Pittwater will be present at the event and will be running fun boating activities for children manning the car parks. NSW Maritime and the Water Police as well as other emergency services will also have a presence at the expo.

The event is being supported by the naming rights sponsor Club Marine, with additional support from Pittwater Online website and media partner The Manly Daily.

Corey Healy, Club Marine Sales Manager said, "The Hawkesbury River is one the most picturesque waterways in NSW. We look forward to the Club Marine Pittwater Ball Expo and experience the beauty of Pittwater. The Club Marine Pittwater Ball expo provides a great opportunity for everyone to learn about sailing, meet new industry experts and have a great time, easy it is to get out on the water."

Mariner Boating will run a promotion during Ball Expo 2013 for the chance to win a trip for two on the week's sail with the Whitsundays Sailing Week in August of 2014. The prize will include international airfares and accommodation on a participating yacht for two weeks and has a value of approximately $15,000.

Mariner rakes are now famous for their alternate lay dacksailing system, which is ideal for short handed sailing by couples, complete crews and the RPAYC cruising fleet have been regulars on Mariner events since 2001.

All you have to do is come to Club Marine and register your interest in participating in this draw with Mariner Boating who will be on hand at the Club Marine Pittwater Ball Expo on the 16th & 17th March 2014 prepared at the show and will also have details of some special on the Mariner 40 range that will be available at the Ball Expo 2013.

In 2013 Mariner will operate yacht rallies to Greece, Turkey, Croatia and Italy. Club Marine Pittwater Sail Expo salesperson Rose Commodore Activities Mariner Gold said, "We look forward to welcoming the Club Marine Pittwater Ball people to see the club first hand and to experience the unique waterway of Pittwater and learn more about all aspects of sailing."

There's always been a very strong level of interest towards this event from all aspects of the boating industry and people will be keen to attend to see what's on offer and meet with the key industry experts. Anyone who is interested in sailing boats and to get into sailing is invited to come along."

The Club Marine Pittwater Ball Expo will be held on **16 & 17 March 2013 between 10am-4pm** on the grounds of **The Royal Prince Alfred Yacht Club located at 16 Wiseman Ferry Road.**

For Club Marine Pittwater Sail Expo enquiries or to register as an exhibitor please contact the event administrator Chris Lindner at the RPAYC on (02) 9998 3700 or email

For more information about the event and download the application form visit www.clubmarineball.com.au

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

Have Your Say – NSW Government.

Draft Construction Procurement Guidelines

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

The proposed new Guidelines stipulate how contractors will need to participate in publicly funded construction projects to ensure they are complying with the law and reflect current best practice. The Guidelines will help to ensure that there is more productive and efficient construction sites, and more reliable infrastructure delivers value for money for taxpayers and leads to more jobs and economic growth. The Guidelines will initially would also better align NSW procurement practices with those operating in other jurisdictions such as Victoria.

If action is not taken to prevent unlawful activity on construction sites, it is estimated the $61.8 billion already allocated to NSW infrastructure projects could add as much as $10 billion to the $7 billion over the Budget period. A 2 per cent increase in productivity would add $1.4 billion to the economy each year. The State economy is the fastest and has to $ 20 billion by 2016.

The old NSW Guidelines need to be updated as they do not take account of the development of the industrial relations system nor do they reflect important changes in the industry since 2005. The Guidelines were last updated by the Carr Government Australian Building and Construction Commission has been awarded with great success since 2006 have been watered down and the Australian Building and Construction Commission has been abolished, measures that be put in place to protect taxpayer money and ensure value for money.

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

Review of 2004 water sharing plans

Have your say on our review of 2004 water sharing plans Water sharing plans establish rules for allocating water to the environment and to towns, industry and irrigators and how it is shared between them and between years. The first water sharing plans commenced in 2004, and are due to be replaced or extended in 2014.

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

We are now undertaking the first of the planned reviews – undertaken by the Natural Resources Commission (NRC) and the NSW Office of Water. Although these are independent processes, each will have an open and distinct scope and objectives, the NRC and the Office of Water will be collaborating throughout the process to maximise efficiency and avoid duplication.

The focus of each review is slightly different reflecting the circumstances in each area. The Office of Water's review focuses on each water year but having regard to the key links and more information sections on the right hand side of this page www.water.nsw.gov.au/water-management/law. Local communities are encouraged to participate in the review processes by identifying issues relating to water sharing plans that require consideration, by providing input in the preliminary stages of the process, and participating in opportunities for feedback on the draft plans. Through participating in the process, you can help improve water sharing arrangements for the life of the next generation of plans.

The NRC review is also concerned with: how water sharing plans are contributing to social, economic, cultural and environmental outcomes for communities, and how this can be improved.

The NSW Office of Water wants your comments on water sharing plan rules, implementation of the plans and ways to improve water sharing plan outcomes.

If you have further questions about these reviews, please contact the NRC on (02) 8227 4300 or the Office of Water on 1800 353 104.

Submissions close on 31 January 2013

Documents at: http://www.water.nsw.gov.au/water-management/plans

NSW Smart Meter Taskforce Discussion Paper

The NSW Government has established the taskforce to investigate increasing power bills are placing on households and is working hard to reduce the impact that prices rises.

As part of our plans to slow upward pressure on electricity prices, the NSW Government has set up a taskforce to look at how to control over fleet energy use. The Minister for Resources and Energy, Chris Hartcher, established a Smart Meter Task Force to provide advice to the Government on a range of consumer focused options for the potential introduction of smart meters in NSW.

Introducing smart meters

Electricity customers in NSW can already choose to have a smart meter, but there is a considerable cost. Introducing smart meters more widely available would reduce the cost of the meter, but would require all electricity customers to change their meters and reduce their electricity bills.

There are a number of ways to introduce smart meters on a wide scale. The Task Force's paper outlines the options it will be asked to rate. This results when energy companies have an incentive to offer innovative pricing products that suit the financial circumstances and lifestyle choices of their customers.

The Task Force is considering:

It is important to note that not all households will benefit equally from smart meters. Some households will face greater vulnerable customers. There should be appropriate protections in place, so that these customers are not impacted adversely by any potential introduced meters.

Reducing electricity costs and enabling new services

Smart meters can help reduce the cost of electricity. They do have the potential to assist households better manage energy needs. By providing customers with much better information about their energy consumption and costs. Smart meters also make it possible to remotely connect and disconnect customers. This would reduce the cost of the meter, and reduce their electricity bills.

There are a number of ways to introduce smart meters on a wide scale. The Task Force's paper outlines the options it will be asked to rate. This results when energy companies have an incentive to offer innovative pricing products that suit the financial circumstances and lifestyle choices of their customers.

The NRC review is also concerned with: how water sharing plans are contributing to social, economic, cultural and environmental outcomes for communities, and how this can be improved.

The NSW Office of Water wants your comments on water sharing plan rules, implementation of the plans and ways to improve water sharing plan outcomes.

If you have further questions about these reviews, please contact the NRC on (02) 8227 4300 or the Office of Water on 1800 353 104.

Submissions close on 31 January 2013

Documents at: http://www.water.nsw.gov.au/water-management/plans

NSW Smart Meter Taskforce Discussion Paper

The NSW Government has established the taskforce to investigate increasing power bills are placing on households and is working hard to reduce the impact that prices rises.

As part of our plans to slow upward pressure on electricity prices, the NSW Government has set up a taskforce to look at how to control over fleet energy use. The Minister for Resources and Energy, Chris Hartcher, established a Smart Meter Task Force to provide advice to the Government on a range of consumer focused options for the potential introduction of smart meters in NSW.

Introducing smart meters

Electricity customers in NSW can already choose to have a smart meter, but there is a considerable cost. Introducing smart meters more widely available would reduce the cost of the meter, but would require all electricity customers to change their meters and reduce their electricity bills.

There are a number of ways to introduce smart meters on a wide scale. The Task Force's paper outlines the options it will be asked to rate. This results when energy companies have an incentive to offer innovative pricing products that suit the financial circumstances and lifestyle choices of their customers.

It is important to note that not all households will benefit equally from smart meters. Some households will face greater vulnerable customers. There should be appropriate protections in place, so that these customers are not impacted adversely by any potential introduced meters.

Reducing electricity costs and enabling new services

Smart meters can help reduce the cost of electricity. They do have the potential to assist households better manage energy needs. By providing customers with much better information about their energy consumption and costs. Smart meters also make new services to be offered, which help customers respond to changes in the wider power network, and make it better and reduce their electricity bills.

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

Engaging electricity customers

For smart meters to succeed in reducing electricity costs, customers must understand the benefits that smart meters can offer to them, and must have some influence in how they are introduced. The community must be engaged up front to build trust. The Task Force's Discussion Paper sets out the part of that community engagement.

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

Entering your responses to the consultation questions online at the Survey Mk.

Attaching a document with your responses at the Submission Box.

Posting them to the address below:

NSW Smart Meter Task Force

Resources and Energy

NSW Trade & Investment

GPO Box 5341

Sydney NSW 2001

Submissions will be open until 28 February 2013.

Smart Meter Discussion paper at:

http://haveyoursay.nsw.gov.au/smartmeterstaskforce

WHAT'S YOUR PLAN B?

Pittwater, Warringah and Manly Councils are joining forces over the Christmas and New Year holidays with a drink drive campaign known as What's your Plan B? The campaign focusses on the consequences and the many alternative ways of getting home after drinking, rather than driving.

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

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

To help promote the What's your Plan B? message, pubs and clubs in the area have been provided with posters, beermats, posters, coasters brochures and T shirts.

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

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

Warringah Road Safety Officer Peter Wright said: "Councils are committed to reducing the number of people killed or injured on our roads and police to get involved in contact us for their campaign resources – you could save someone's life."

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

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

COUNCIL HOURS DURING NEW YEAR

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

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

The Council's call centre will continue to operate 24 hours a day throughout the holiday season on 9970 1111.

Reminder – Send In Your Ticks !

Dr Ann Monroe, of the University of Sydney is still asking for assistance from our bushcare volunteers to collect ticks for a research project she is undertaking on tick-borne diseases in Australia.

The University of Sydney researchers are currently investigating the ecology of tick-borne diseases in Australia and the ticks that already recovered species have been identified and some new wildlife carriers and would really appreciate your continued assistance. Dr Monroe has sent out tick collection kits to several volunteer activities. Do not yourself at deliberate risk of tick bite. Continue to take preventative measures to avoid tick bite such as using DEET containing insect repellent, wearing appropriate clothing and conducting thorough inspections for ticks after bushland activities. Please contact Dr Monroe about the project please contact Lenka Svoboda on 9970 1365

Art Sport 2013

Art Sport 2013 will be held on the northern beaches

Tuesday 1 - Thursday 10 January 2013
10am - 4pm
Admission: $5 per person

Elanora Players presents
by arrangement with ORIGIN Theatrical on behalf of Music Theatre International

The Nightingales

At Elanora Community Centre
25a Kalang Road, Elanora Heights
Tickets: $25 (Adults) $20 (Concession Cards & Seniors aged 65+)
Don't miss out on this fun-filled production!
Ph: 9982 7364, Email: elanora.bookings@bigpond.com Website: www.elanoraplayers.com.au

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

Pittwater Offshore Newsletter

To contact Julian: editor@scotandisland.org.au

PITTWATER COUNCIL 20

Submarine - Dr Rip's 'Science of the Surf'
'Science days' are a fantastic opportunity for young and multiple award winning visual journalist Andrew Stevens to tour beaches work and behave.
Date: 16th and 23rd, 2pm - 3pm

From the journey of tiny little sand grains onto your favourite beach, to the massive swell that rolls in during big storms, to how to spot a deadly rip current - this talk is for anyone who loves and is interested in the ocean. Dr Rip's 'Science of the Surf' is a fun presentation.

This visually colourful talk is presented by Dr Rob Brander, Australia's best known surf scientist from the University of New South Wales who has researched rips for 20 years. Dr Rip's passion for his topic of surf science is infectious.

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

Bookings Essential Online. In person: Coastal Environment Centre, Lake Park Road, Narrabeen. Phone: 9970 1111 or 9970 1102 (Education Officer)

FUN HOLIDAY ACTIVITIES FOR KIDS STILL AVAILABLE

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

Activities include Art by the Sea, King Neptune and his Mermaids and Bushcare Buddies.

Also back by popular demand is the NSW Department of Primary Industries (DPI) Fishing Clinic. Participants will learn about fish species, fishing equipment and regulations and practice casting and fishing! Children enrolled in the Fishing Clinic will take home their very own rod, reel, tackle box and lures to keep and use for their future fishing.

Council's Natural Environment & Education Manager Mark Berwanel said the program encouraged children to explore beaches, rock platforms, estuaries and bushland areas and learn about the local environment.

"Kids on the Coast is the ideal school holiday experience. The program gives children the chance to have fun in the great environment in a fun and interactive way," said Mr Berwanel.

The four hour sessions run from 9am to 12pm and 1pm to 3pm. The cost is $22 per child per session, with full-day sessions available from $40 per child. The CEC also offers a Vacation Care which includes supervision between school terms.

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

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

Postcard from London more at **www.newagemultimedia.com/firstclass/**

Become a Pittwater Business Limited member in 2013 for a chance to WIN A HOLIDAY OF A LIFETIME EXPERIENCE! Staring Whatapeaka & Tuna Ski fields for 2 people

Valued at more than $12,500

PRIZE INCLUDES:

Return Flights for 2 from Sydney to Auckland. New Zealand

Luxurious Accommodation for 2 nights at Whatapeaka Lodge in Ohakune

Whatapeaka 3-Day Ski Lift Passes for either/both Ski fields of Whatapeaka (NW Slopes) or Turoa (SW Slopes)

Ski Hire for 2 people for 3 days

Car Hire Mustian Blue Hire for 2 people

HOW TO ENTER: Need to www.pittwaterbusiness.com.au to become a member before 28 February 2013

Win A Timber Setting!

Until January 31, 2013, Johnson Bros are offering you the chance to win a timber setting for your kitchen valued at $1,000. All you will also have to do is purchase any 6L or 10L Exact Walnut decking oil from Bunnings Warehouse. Simply keep your in-store receipt and you may be entered into the draw which will be held on the 1st February 2013. Johnson Bros will then contact the winner to leave it in place until next year's day.

The retailer will also be running a second oil sample the registration process for customers, significantly reduce costs for fleet operators and can rental companies and Australian Taxation Office, Government and the community of about $575,000 per year. There is also a new online registration system which will make it easier for customers to renew.

"There will be no change to the registration process other than the settlement of stickers and customers will be notified when their renewals will still need to be paid by the due date to avoid enforcement action," Mr Constance said. Motorists will also be able to pay their registration online, by phone or at participating motor registries and eligible NSW Police and RMS to identify unregistered vehicles.

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

ANZAC Centenary 2016

Planning is already underway this historic event. The ANZAC Centenary will be commemorated in Pittwater on Sunday 19 April 2015 with a Dawn Service at Mona Vale Memorial and 11am Reading at Pittwater Rugby Park at 12.30pm for a Commemorative Service. Pittwater Council's Community Services Group are

already underway to coordinate and assist with the registration process for customers, significantly reduce costs for fleet operators and can rental companies and Australian Taxation Office, Government and the community of about $575,000 per year. There is also a new online registration system which will make it easier for customers to renew.

"There will be no change to the registration process other than the settlement of stickers and customers will be notified when their renewals will still need to be paid by the due date to avoid enforcement action," Mr Constance said. Motorists will also be able to pay their registration online, by phone or at participating motor registries and eligible NSW Police and RMS to identify unregistered vehicles.

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

PITTWATER COUNCIL 20

Responsible Pet Ownership

During summer Council is encouraging companion animals to raise community awareness of responsible dog ownership and the importance of keeping dogs under effective control.

Roaming dogs, dogs that defecate on public areas and dogs that are not kept under effective control or dangerous dogs. Under new legislation dogs must be microchipped and registered.

Information will be given to pet owners on how they can help prevent dog attacks, with tips on how to behave when chosen dog. Owners may bring their dogs with them to all classes except the first session.

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

For a schedule of the course including class policies visit www.pittwater.nsw.gov.au/domestic/animalmanagement

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most popular toys in the world when Lego Club starts at the Mona Vale Library. Lego Club on the first Sunday of each month from 2.00pm to 4pm. **Next is February 3rd, 2013.**

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

Aboriginal Support Group Manly Pittwater Pittwater
asgmp.com.au

Click on logo above to visit their website.

New Season for Solidarity Pittwater

Operating in Pittwater is a volunteer organisation which provides sailing for people with disabilities, as well as recreational sailing activities aimed at Rowland Reserve, Bayview, and we run competitive sailing for people with a disability out of RPAYC Newport.

We are currently looking for new volunteers for our Saturday morning program at Rowland Reserve Please contact Kay on 0412 xxx xxx and John on 99825656 / 0409391005

Farm Beach weather

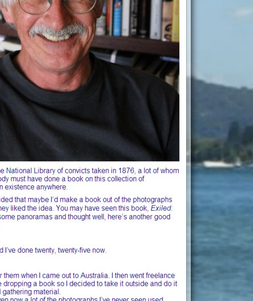
Copyright Pittwater Online News 2013. All Rights Reserved.

Pittwater Online News

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

January 6 - 12, 2013: Issue 92

Edwin Barnard



Editor, author, and historian Edwin Barnard has a passion for tracking down and reinstating within clear view our Australian heritage, history and culture.

We're in your office today Edwin and there's quite a few books here. Where did this attraction for books originate from?

My parents had a lot of books. I think you grow up with a love of books if around them all the time. I always knew I'd be involved in books from my childhood.

There's some lovely old Australian books here, particularly on Antarctica and straight underneath these are works on Mount Everest, what has caused you to collect those?

Antarctica because I did a book on Antarctica years ago, so I collected a lot of material then. Mount Everest because I was interested in mountaineering for while and did a bit of climbing. I never got to the Himalayas.

Where did you climb?

In New Zealand. I read a book by a famous English mountaineer and thought 'gosh that sounds like good fun'. I did it until I fell off a mountain. I did it partly because my son was sixteen and we could do this together. We did a mountaineering course in New Zealand and, then we went back and climbed Aspiring… it was good fun climbing with him when he was in his teens plus there was. 'This looks hard and dangerous Peter, I think you should join me.'

You have written a fair amount of books and this latest one, *Capturing Time – Panoramas of old Australia*, a beautiful book, presents images and information on Australia that would normally be hidden away in archived boxes. How did this new work begin?

I'd originally planned to do a book on convicts as that seems to be a book that nobody has done a proper book on. I put some specimen pages together and among that material was some photographs that I found at the National Library of convicts taken in 1876, a lot of whom were transportees who were pretty old men by then, and it struck me that somebody must have done a book on this collection of photographs but there didn't seem to be a book of photographs of transportees in existence anywhere.

I tried to interest various people in a book on convicts and couldn't. So I then decided that maybe I'd make a book out of the photographs and did some specimen pages for that and took it to the National Library and they liked the idea. You may have seen this book, *Exiled: the Port Arthur convict photographs*. In the process of doing that I came across some panoramas and thought well, here's another good subject for a book. The National Library liked that and they then bought that idea.

How many books have you published altogether?

An awful lot. They're all major projects so they all take two or three years to do and I've done twenty, twenty-five now.

Are they all filled with Australian content?

No. I worked in London for Reader's Digest books for a few years and worked for them when I came out to Australia. I then went freelance and did some work on a book on Antarctica in-house and they decided they were dropping a book so I decided to take it outside and do it myself having already spent the same amount of money putting it together and gathering material.

I'd spent years on that book already, gathering pictures from all over the world, even now a lot of the photographs I've never seen used before. I also went across the most extraordinary archives of notes and photographs that have even been published, some of which have still never been published. It was stunning; there's so much material out there that nobody uses. Nobody has got the get up and go to actually find this material, they just use the same stuff.

As soon as the book came out I had people ringing me up saying 'that photograph on page 67, where did you get that from?; because I want to use it'. I'm inclined to say 'bugger you, go out and find your own pieces, there's so much new material out there for you to find that nobody has used before.'

When you get involved in a subject is there a passion that comes that leads you to explore all involved that then leads you to more material, to finding content not known prior to then?

Yes, that happens as part of the process. By the time I finished Panoramas I could have produced ten more books. That's what happened with Antarctica, it took on a life of its own. It was years ago that I did that book and I still collect Antarctica material when it turns up but of course it never turns up these days because the Japanese have bought it all up.

Of all the works you've done which would be your favourite?

The one I'm working on at the moment.

So you're working on something new?

Yes, also for the National Library and that emerged again out of that book (Capturing Time – Panoramas of old Australia). An idea occurred to me as I was doing that 'this would make a good book that nobody has done before'.

It must be very satisfying to bring together all this material and make an accessible record of it?

Its great fun. I've not enjoyed myself in all my life as much as I do now; because I've got so much freedom now. I don't work well with an organisation so I haven't worked in an organisation since 1980. I hate organisations, they're so self-defeating. You spend your whole life fighting office politics and people's egos and I'm much more productive sitting here. I can do what I like and have total control over the projects; I do all the design, all the research and all the writing so the book is what I want to be exactly. It's good fun and I've got the time to do it properly.

Let's go back to the beginning; where were you born?

Born in England in 1944, in Old Basing, Hampshire.

Did you grow up there?

Until 1949, my parents emigrated after the war (WWII), there didn't seem to be much point in Britain at the time; it was a pretty grim place from all accounts so they … the toss up was South Africa or here and I'm glad they chose here.

Whereabouts in Australia did they land?

They landed in Melbourne and then we went to live with somebody my mother knew on a soldier's settlement at the back of the Snowy Mountains, this was 1949. It was quite an amazing place. A bit different from England.

Where were you educated?

Half and half… here and back in Britain. My parents went back twice and so my education chopped and changed between here and Britain. I finished High School here in Sydney.

Did you go on to University then?

Not then. I went to University about ten years ago for the first time.

Bit of an eye-opener?

It was marvellous, it was just a wonderful experience.

Do you think you learnt more as an adult student then you would have going straight out of High school?

Oh yes. I'm so glad I didn't go straight out of High School. It was the value of the one to one contact with somebody, to have the conversations that you can't have elsewhere; you start a conversation about Philosophy around a BBQ when everyone gasps (draws back) whereas in University it's different…where else can you have these conversations other then with someone whose whole life revolves around this subject. And that was the fun…meeting and talking to people about those sorts of issues, a conversation you'd never have anywhere else.

What did you do when you left High school?

Got a job. I think I worked as a plumber's labourer originally.

How did the shift to the publishing world come about?

It was curious…that came about mainly because my father, he was a sort of polymath and did dozens of jobs during his life. One of them was books; he took it into his head that he wanted to publish some books, so we did some books at home which he sold to A. H. and A. W. Reed, and they sold well.

What were the subjects?

One was Making an Astronomical Telescope because he was interested in making telescopes and one was on making a simple transistor radio (1965) and so we did all this at home. It was that pedigree I used when I went to London and applied for a job in publishing there. It just happened to click with what they wanted at the time, someone who had done that kind of book. It was a lucky break for me because it got me into publishing to begin with. That was with Reader's Digest books.

How long were you with Reader's Digest?

I was there for about four years and when I came here I was with them for about ten years as a Project Leader. Those were the great days of book publishing. Originally in London, it was an extraordinary time because we just couldn't do anything wrong. They were willing to spend big money on books; we'd spend a million pounds on a book. It paid off hugely. The first book they put out was A Motoring Guide to Britain. They did their Market Research, which was the whole strength of that outfit, and the Market Research said well, you ought to print 1.25 million copies at £35 each. They said, that can't possibly be right, that's far too many. So they printed 750 000 and then had to write to half a million people saying why they couldn't have their books. The Market research was right, they had to put out more books, we just sold so many of them.

There wouldn't be too many households here or in Britain that wouldn't have at least one Reader's Digest volume.

That's right, most do.

So you left Reader's Digest ?

And went out on my own and began packaging projects.

A good position to be in?

It was and it lasted for a number of years until they went broke and so work dried up. I then found other publishers, other projects to do.

You have been back and forth to Britain and Australia, which place feels like home?

I think a critical phase in your life, from around five to ten, is when you're forming friendships and you're getting out in the world and seeing the world incidentally, and for me that happened in Australia and it happened at the time we were living down in Albury. So I grew up as a kid in a country town at a time when you could wander off to the hills with your mates and a billy cart. I've still got very fond memories of that Australia, because it was a very different Australia to this one.

Did you notice any post-war characteristics in Albury?

Yes! There was an Army Camp there of course and they had a depot of or storage of equipment that just went on for miles and miles. It was junked equipment. Tanks; talk about a wonderful play area. Just mile after mile of it, I suppose it's all disappeared now, sold for scrap presumably but it's extraordinary how much stuff was stored out there.

In your experience what are the main shifts that have occurred since the 1950's?

I think it has lost its unique character, what made it Australia. I think it's become an international place…it's been changed to become more international and now the trouble is Sydney…Paris, Rome Berlin…they're all the same. You go to all the same shops selling all the same things and Australia wasn't like that.

I admit it had its drawbacks in those days, it was a very insular place, but it had its own unique character. In researching another book I did, a guide to Australian places, I chose as an area to do the area around Taree, just visiting all the little towns and looking at their history, and it was extraordinary, the end of the 19th century how innovative these places, country centres like Taree were. They had their own shipping industry, ship-building; they had all their own local industries, were tidy, self-reliant. They produced all their own goods and products and food. And all that's gone. I think that really has changed and, to a certain extent in the '50's I could still just see that in places like Albury but that's all been swept away.

It's hard to define exactly what it was about Australia in the 1950's that was so different. You still meet that when you got out into the country. One example I like to quote to try and define what I mean;

When I left school a friend and I decided to hitchhike around NSW in the summer holidays. We were in central NSW, and it was bloody hot, in a place just out of Condobolin, it was marked on the map as a settlement and we got there and it was just a country store, nothing else there. It was a boiling hot day, the gum trees were wilting, their shade was hot, and we went into the country store to buy something to drink, and the guy said 'where are you fellas from' and we told him and we were planning to continue walking down the road. If we could pick up a lift, to get to the next town. And he said, 'oh right, well see ya.' And an hour down the road a car drives up from the other direction and does a u-turn and a bloke says 'Hop in' and says 'the guy in the store rang us', and they're ten miles down the road, 'we're going into town tonight and we thought we'd give you a lift into town.'

It was amazing. They took us back to their house, they were going on to a dance that night and they took us to that. And I thought 'gee, what generosity', it was extraordinary.

And then, it was about five years ago, I was driving through Glebe, down Glebe Point road, and a guy runs out of a house and looks round frantically and waves me down. He said 'I missed the bus. Can you possibly give me a lift to central Station?'.
I don't know what it was, there was something about the way he did it. I drove him down to Central Station and asked him 'where are you from?' He answered 'I'm from a property out at…' and it was exactly what somebody from the country would do. just, you know, here's a bloke, he'll give me a lift.

Is that part of the attraction of finding and publishing unique Australian characteristics or histories?

Yes, I like 19th century Australia. It was an interesting place.

When did you move to this area?

A long time ago, fourty years ago.

You're living in one of the original streets, there's original cottages here…

Yes; the people over there, when they bought here, the deal was 'buy one block of land get one free'.

What has kept you here?

It's a nice place to live. It's just right for me, the right distance from the city, you can get to the city in fourty minutes. I must say that though I like the country, I like the city. I like what is here; I like bookshops, coffee shops, libraries. There's something about the city I quite like as well but I don't want to live in the city, I like living here. It's close to the beach and it's quiet.

You like the environment?

Yes, I go bushwalking. I've done a lot of walking, all over Australia, in South America, the middle East…all over the place.

What's your favourite walk that you've been on in Australia?

Probably The Flinder's, or the Gammon Ranges, wonderful place.

Capturing Time – Panoramas of old Australia promo material states these works were the IMAX of their age, that they were big; have you seen any of these originals?

The original idea behind panoramas was to send somebody off to some exotic place and he came back with a series of sketches, maybe ten sketches, and these were then transferred to the wall of the panorama room. The originals often aren't that big. Some are; the one that was done of Melbourne in 1841, which is huge. That's about, from memory, about nine metres long. Unfortunately that's not available. There's some very poor images of that available on the web. I rang the State Library of Victoria and asked if I could come down and look at it and take some photographs and found it was nailed up in a crate in storage in Bendigo and was told they can't get it out.

The word "panorama", from Greek pan ("all") horama ("view") was coined by the Irish painter Robert Barker in 1792 to describe his paintings of Edinburgh, Scotland shown on a cylindrical surface, which he soon was exhibiting in London, as "The Panorama". In 1793 Barker moved his panoramas to the first purpose-built panorama building in the world, in Leicester Square, and made a fortune. Viewers flocked to pay a sitff 3 shillings to stand on a central platform under a skylight, which offered an even lighting, and get an experience that was "panoramic" (an adjective that didn't appear in print until 1813). The extended meaning of a "comprehensive survey" of a subject followed sooner, in 1901. Visitors to Barker's Panorama of London, painted as if viewed from the roof of Albion Mills on the South Bank, could purchase a series of six prints that modestly recalled the experience; end-to-end the prints stretched 3.25 metres. In contrast, the actual panorama spanned 250 square metres. In the mid-19th century, panoramic paintings and models became a very popular way to represent landscapes and historical events.
Panoramic painting. (2013, January 2). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Panoramic_painting&oldid=531001577

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

I'd kind of like to be a wombat. I like wombats, they have an interesting character.

What is your favourite place in Pittwater and why?

Bangalley headland and Barrenjoey, places that have a view and a story as well. The coastline from Bangalley around to Whale Beach is spectacular.

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

At my mother's funeral I chose Donne's piece '***No man is an Island***'. I think that's a wonderful piece of writing. I think that sums up our predicament pretty well and would choose that.

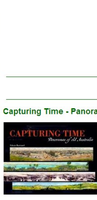
'No Man is an Island'
No man is an island entire of itself; every man
is a piece of the continent, a part of the main;
if a clod be washed away by the sea, Europe
is the less, as well as if a promontory were, as
well as any manner of thy friends or of thine
own were; any man's death diminishes me,
because I am involved in mankind.
And therefore never send to know for whom
the bell tolls; it tolls for thee.

Olde English Version
No man is an Iland, intire of itselfe; every man
is a peece of the Continent, a part of the maine;
if a Clod bee washed away by the Sea, Europe
is the lesse, as well as if a Promontorie were, as
well as if a Manor of thy friends or of thine
owne were; any mans death diminishes me,
because I am involved in Mankinde;
And therefore never send to know for whom
the bell tolls; It tolls for thee.

MEDITATION XVII
Devotions upon Emergent Occasions
John Donne

Copyright Edwin Barnard, 2013. All Rights Reserved.

Capturing Time - Panoramas of old Australia



Pittwater resident Edwin Barnard has recently released the most beautiful book for art lovers as much as those who love Australian History. Panoramas, whether painted or photographed, were the nineteenth-century equivalent of IMAX or Google maps. These wide-angled views of landscapes and cities fascinated viewers, who had never before seen such far-reaching perspectives on the world around them.

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

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

Tweet | Like | +1

January 6 - 12, 2013: Issue 92

Canoe and I go with the Mosquito Fleet.

Being desirous of winding up a pleasant cruise on the upper reaches of the Hawkesbury and McDonald Rivers with a sail round the coast to Sydney, we-that is to say, the 14ft canoe *Golden Butterfly* and her skipper-parted company with our companions, the *Cissie* and *Gaiety Girl*, at Peat's Ferry, where the magnificently ugly railway bridge spans the wide river. Setting sail at about 4 p.m. on the 18th instant, we shape a course for Barrenjoey, the bold- light-crowned bluff that stands, sentinel-like, at the southern side of the entrance to Broken Bay, a harbor little behind Port Jackson in capacity, depth of water, and other advantages.

Clearing the kerosene-tin lined and old-bucket beaconed channel that leads through the mudflats to Brooklyn, another of the designations which the bad taste of the official sponsors, sufficiently advertised already over the whole of the colony, has added to a village with as many names as houses, we and that a strong, adverse tide and lumpy water make progress unpleasantly wet and tardy. The freshening north-easter, almost dead in our teeth, coupled with the carrying away of a yoke-line, in a place awkward to repair efficiently while afloat, breaks us considerably off our proper course, and we only fetch Little Pittwater, an inlet near the mouth of Cowan Creek, one of the principal arms on the southern side of Broken Bay.

Having no time to lose in order to reach Barrenjoey before nightfall, we here stowed the main-sail and took to the paddle. Although sadly tempted to tarry a while and flesh our maiden oyster knife on the immense deposits of fine bivalves with which the tide-exposed rocks were thickly covered, we resisted the temptation, and, pushing along vigorously under the lea of the land, made good progress, passing one or two sheltered coves, in one of which a party of aquatic holiday makers were snugly camped. Out in the open water several "school sharks" and sea-salmon were leaping and playing around, throwing themselves occasionally several feet out of the water, their quivering lengths glistening in the sunlight, the splash of their heavy fall dashing up a shower of spray being audible at a considerable distance.

Away to the northward, paddling feebly, and with much groaning, to comparatively little progress, on her return trip up river, we recognized poor old *Utility*, the ancient little ferry-boat that used to ply across Darling Harbor to Pyrmont. She is now a travelling store or hawking boat, and has been rechristened the *Emporium*.

Rounding the false headland which, until now, had screened the outer harbor and light station from our view, we encounter the full strength of tide, wind, and sea, the long swell swinging in from the Pacific unchecked or broken.

It had been already a fairly long day, our last camping-place being a little below Wiseman's Ferry, some five-and-thirty miles up the river; but her three formidable opponents tackled the Butterfly in vain, for, wielding the double-bladed paddle for all we were worth, she had gained at sunset the shelter of Pittwater, wherein three or four wind-bound coasters were snugly moored.

Barrenjuey [i.e. Barrenjoey], Broken Bay [picture]. 1869 Jan. 16. by George Penkivil Slade. 1832-1896. nla.pic-an6454687 courtesy National Library of Australia

Right ahead, a mile or so distant, the rugged headland of Barrenjoey reared itself at the end of a long, high sandpit, connecting it with the elevated timber coastland to the southward; the lofty lighthouse and its substantial outbuildings arising prominently from its scrub-covered summit, while at the foot, behind a pretty little arc of sand beach, enclosed by the rocky promontory and a fine jetty, the cottages of the Customs officer and his boatmen snugly nestle in a bower of varied foliage.

On beaching the *Butterfly* we are made welcome by Captain Champion and his crew, who assist us in carrying the little craft up on to a grassy flat above high-water mark, and the last few minutes of the waning daylight are occupied in making final preparations for the voyage, such as utting reef earrings to the sails, splicing the broken yoke-line, and sharpening a lance kindly contributed by a Brooklyn boatbuilder. This deadly weapon was ingeniously contrived from a shear blade securely seized to a short bamboo shaft, and, effectively administered, it would not doubt have considerably impaired the digestion of any shark who seriously contemplated a change of diet.

Not that its use, save as a last resource, would have been judicious, as the "tiger of the deep" is easily provoked, and it would take more than a buttonhole in his waistcoat to incapacitate or deter him from his purpose once he was fairly "on the job."

As an unpleasant matter of fact, a really hungry shark is a source of far more danger to the experienced canoeist than a gale of wind, as he is almost entirely at the mercy of the voracious creature, who can unship him by merely rubbing against the keel of his comparatively narrow and unstable craft, or chew an end off her at a mouthful.

It was hardly encouraging to learn that not long previously, at this very place, a large, heavily-built fishing boat had had her side stove in, and was with difficulty saved from foundering, by the foiled rush of a big "blue pointer," who was endeavoring to seize a hooked schnapper that was being hauled in , and that shortly before this one of the boatmen who had been spearing salmon from a 20ft boat found it desirable to throw overboard his fish, in order to divert the too pressing attention of one **"Billy," a Colossus among the carcharidae, who was a well-known and much-respected inhabitant of the local waters.**

After stowing away an ample and well-earned meal, enlivened by the discourse of some of the youngest inhabitants, we decided to refrain from our usual custom of sleeping afloat, in order to give our friend Billy no more opportunities than were absolutely unavoidable. So we made a bed for the canoe of dried seaweed, and rigging the hard-weather tent, which also does as an apron, over the open well, made all snug for the night.

Before turning in we-that is to say, the skipper-tempted by the fineness of the night, and the companionship of one of the local "waits," who regaled us with more exhilarating yarns about "Billy," indulged in a ramble on the jetty.

The scene was beautiful and impressive. Away overhead, through the starry night, streamed the ruby glare of the landward face of the light; while at several points the distant wooded eminences inland were girdled with bush fires, fanned by the fresh north-easter, which every now and then, as some inflammable bush or tree was caught within the embrace of the glowing circles, flared up like beacons, almost quenching the faint light of the young moon, already veiled by the smoke clouds which swept the western sky.

The dull booming of the long ocean rollers dashing themselves in endless succession against the foot of the lofty cliff and the steep beach without, was mingled with and made more nieloaious by the rhythmic Bong of the tiny surges that rippled along the margin, of the sand and shingle, and the rustling murmur of the trees.

The dark water at our feet was frequently illuminated with streaks and crescents of phosphorescent light, as its numerous finny denizens darted hither and thither, in their various quests and pursuits.

Acting upon good advice, "all hands" were called at the earliest flush of dawn, and in a very short time the little craft was again afloat, with stores and ballast aboard, and in good sea-going trim.

The light north-wester then blowing being too much ahead just at first for us to lie our course under sail, and it being cool enough to make brisk exercise desirable, we paddled out of the littlehaven and round the rocky base of the headland.

The Venus, a little ketch in the firewood trade, was also getting under weigh, bound south, so we hoped for company, but, alas! the goddess' sunflattering namesake, which, judging from appearances, was christened "sarcastic," did not walk the water like Amphitrite of old, and all we subsequently saw of her was her dingy old patched mainsail diminishing to a mere speck astern.

Running out with the full strength of the ebb-tide, we soon cleared the rock-girt headland and gained open water, setting sail on our course to a light, fair wind, over the starboard quarter.

The sea having still a considerable "swing" on, and there being a lively "hobble," due to the rocky bottom underneath, the light canoe was tossed about like a cork in a decidedly un-pleasant manner, making at first little headway; as the breeze barely sufficed to keep the sails from flapping, we again took to the paddle, making fair headway along the broken coastline.

Occasionally we were visited by a "sooty gull" which came sweeping in graceful curves, skimming over the heaving billows like an animated boomerang. To seaward nothing else was in sight save, far away in the oiling, sharply outlined against the brightening morning sky, a little barque in tow of a three-masted screw steamer, which, as well as we could make out without a glass, were two of Sydney oldest marine identities, that have survived alike the perils of the sea, the decaying touch of time, and the ruthless march of improvement-the *Fanny Fisher*, (left) built here half a century ago to fetch grain from South America to the almost starving settlers, and the *Saxonia*, in her day a crack intercolonial mailboat. Now both were bound for Newcastle to load black diamonds. How have the mighty fallen!

While passing the second promontory the golden arc of old Sol flamed with a sudden brightness above the rugged, undulating horizon, his beams gilding their wide pathway over the cold, steel grey waves, and transforming the face of nature almost with the celerity of a harlequin's wand, painting the sombre foliage with verdant hues; warming the hitherto monotoned sandstone cliffs with many a weather stained tint; while the foam fringed beaches were lit up with a brightness feebly rivalled by ivory set in diamonds, and every wave was decked with flashing gems. As the uneasy motion of our little vessel suggested the possibility of our having, perhaps, to make an unwilling sacrifice to Neptune, and knowing, from experience, that any neglect to lay in the necessary provision adds to the unpleasantness of the objectionable rite, we got out the tuckerbox, and, all things considering, succeeded in surrounding a very satisfactory meal. On the accomplishment of this feat we were rewarded by a more northerly shift of the wind, which, with added weight in it, rendered the galley slave business unnecessary, and not only made the Butterfly flit along at a considerably increased speed, but checked in great measure her uneasy jerking motion.

By-and-bye the wind settled into its regular quarter, the north-east, and slipping merrily along, the coastal panorama unrolled itself, revealing many familiar objects and localities.

Here and there the old Pittwater-road was to be seen winding its way, like a white thread, among the scrubby sandhills, past grassy knolls and over steep, wooded ridges. Now, just abeam, the prettily-situated buildings of a **long defunct powder manufacturing company**, the ornate residence of the manager being very conspicuous, show plainly, away back among the dark hills. A little further and we pass a cottage perched high on the hillside, wherein we had spent many a pleasant hour in the days that were. Soon we are abreast of the low sand-choked entrance of Lake Narrabeen, where-how many years ago?-we had spent a pleasant canoeing holiday, in company with a younger brother, now some-where in the interior of the "dark continent." The old **Rock Lily Hotel** and a more pretentious modern structure are also visible, and one who knows where to look can make out, on a verdant slope overlooking the beautiful little lake, the site of one of the earliest settler's homestead, the scene of an awful bushranging tragedy in the early days. Away ahead the Dee-Why Lagoon, with its reedy marshes, at one time the haunt of many wild fowl, lies just behind the low sandhills.

While off Narrabeen we are passed quite closely to starboard by a small green screw steamer, which did not appear to have her name painted in the usual place, probably because she was bound for Gosford and Brisbane Water. The crew, who were evidently surprised to see so small a canoe at sea, applauded us vigorously, and shouted, "Go it, old man!" "Good luck to you!" and other cheering injunctions; while a solitary lady passenger waved her lily-white hand encouragingly. She-I mean the steamer-looked very pretty, dipping her head deep into the rollers, and flinging the creamy surges off either bow.

Passing Long Reef, on which the sea was breaking heavily, the breeze began to freshen, and by the time the Curl Curl Head was abeam the waves were beginning to show an occasional breäale, which suggested the desirability of gaining some more offing, in order, should the weather freshen, to be able to tip the combers "the stern" without getting too close to the coast, and sacrificing the sea room necessary for safety.

The northern sky was streaked with "mares' tails," and there was every indication of the "blow" which, at the time of writing this little narrative, is still making things very lively for anything afloat. However, with such a short distance still to run, there was no need of apprehension, as only a stiff southerly could have now made our making Port Jackson at all doubtful.

Continuing to make good progress, we slip past "The Village" and Fairy Bower, the scene of the last boating fatality, and are about abreast of the Catholic College on Manly Heights, a prominent landmark for a considerable distance along the northern coast, when we are passed to seaward by one of the most peculiar craft that hails from Sydney. She was a large, flat-bottomed, twin-screw scow, with a lofty mast stepped well forward. Considering the comparatively light wind and sea, she did not appear to be making very good weather of it, and rolled heavily, at times showing a good third "of her length out, of the water as she wallowed over the waves; kicking up more "bobbery" than an ocean liner. Experiences of long ago, however, as "mate" of a very similar craft on the coast of North Queensland and New Guinea convinces us that they are much better sea boats than they look, and very suitable for bar harbors and shallow estuaries.

There is no lack of company for us now. Several fishing boats are beating up to their fishing grounds, and as they are lifted on the crest of the following sea we note their crews taking stock of us. A coastal schooner also, looking pretty enough at a distance, is standing out close -hauled under full sail, and away in the offing are the smoke "trails" of a steamer or two making up and dawn the coast.

And so we run past the precipitous North Point and the Tumbledown, close under the cliff; indeed, rather too close, as the breeze is here very fluky, and the sea breaks occasionally. Luffing round North Head, we are met with some very hot, baffling puffs, that render it necessary to "get out" on the gunnel smartly, and "sit her" while they last, the more so as we have somewhat prematurely "jettisoned" our extra sand ballast, in order to lighten the canoe for running.

Entering the Harbor, we pass more sailing boats, "outward bound," and exchange greetings with an acquaintance piscatorially bent.

Weathering the South Head, and rejoicing in smooth water and all the wind required, we run up the Harbor like a steamer before the now stiff north-easter, and finally, at about 10.30 a.m., bringing up at the club shed in Lavender Bay, where we duly report ourselves, terminate a highly enjoyable and successful cruise.

"Golden Butterfly."

Canoe and I. (**1896, January 18**) *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 42. Retrieved from http://nla.gov.au/nla.news-article71240609

Tweet Like +1

Pittwater Online News

January 6 - 12, 2013: Issue 92

PITTWATER COUNCIL 20 YEARS

Kids on the Coast - Summer School Holiday Program

Share in the sizzling hot 'Kids on the Coast' activities this summer at the Coastal Environment Centre! From **Monday 21 January until Friday 18 January** with activities including Rock Platform Discovery, Creek Critters, Dragons & Dobbers and back by popular demand, the Junior Fishing Clinic. A new activity this summer is 'Marine Biology Fun' for the 5 - 8 year olds and back by avid missing out!

Session times are 10am-12pm and 1pm-3pm. The CEC also offers half-day activities and excursions from 10am-3pm daily. Cost is for two environmental education activities and supervision during lunch.

Cost: Single Sessions $22 per child, Single 5-12yrs Full Day $40 per child (age 5-12yrs) Sibling Discount 10% for second child (age 5-12yrs) Fee for Children (Family Only) $40 per child (ages 5-12yrs)

Book online at www.pittwater.nsw.gov.au/cec or call 9396 0966. Bookings are essential as numbers are limited. To complete your booking & payment or cash or cheque can be made at the Centre. Bookings close 4pm.

Kids in the Museums!

The University of Sydney's museums have something for all kids during the summer holidays, with **each holding an activity day Friday 18 January**. Suitable for children **aged six to 12**. Each day features a rolling series of activities including arts and crafts, short tours and a chance to explore the museum's collections and exhibitions.

The Nicholson Museum, Macleay Museum and University Art Gallery are all within walking distance - so pack a picnic and spend a day museum hopping at the University of Sydney.

Nicholson Museum

Children's activity day: Rascals **Romans and the Lagos Experience**, **10am-4pm, Friday 18 January**. Hands-on artifacts in hands-on workshops, take part in a Roman banquet, make a toga and learn some Latin in this series of activities that will transport you back to the Roman Empire's heyday.

The Colosseum exhibition continues at the Nicholson, where a **3D model of one of the world's most recognised monuments takes centre stage**. Ancient Roman sculptures, coins and other artefacts offering a taste of life in AD 80, when the Colosseum opened. A free talk at 1pm on Thursday 17 January by ancient history lecturer Dr Anne Rogerson, 'Gladiators: Heroes and Losers?', offers insight into the Roman Empire's ruthless sport.

50 Objects 50 Stories also continues through summer telling some of the most riveting stories from the Nicholson's vast antiquities collection, the longest in the southern hemisphere. A fragment of The last purchased by Elizabeth Fawcett and on loan from the Louvre helped restored by Agathe Christie are among the fascinating objects featured.

Agnostic Inquiry: Australian Archaeologists in Cyprus celebrates Australia's longstanding archaeological connections with Cyprus. It features items from the museum's Classical Greek, Roman and Cypriot artefacts, the largest in Australia and one of the most significant outside of Cyprus.

Macleay Museum

Children's activity day: **Biology: Past and Future - 10am-4pm, Friday 11 January.** Budding biologists will have a chance to peer through microscopes, listen to talks on biology and participate in activities.

The Meaning of Life chronicles some of Australia's most significant scientific advances in the last 50 years. Marking the 50th anniversary of the University's School of Biological Sciences, the exhibition puts the evolution of some tracks, marine life and the Great Barrier Reef and surviving in the Simpson Desert under the microscope.

A free address at the museum on 23 January at 6pm by Professor Steve Simpson - star of the ABC's Great Southern Land TV series - will discuss how coral reefs around the globe face into the causes of human obesity, how we age and crowd behaviour.

University Art Gallery

Children's activity day: **Art Abstraction - 10am-4pm, Friday 25 January.** Create abstract artworks based on those featured in the exhibition Abstraction. Use lines, colours and tones to take a look at the world around you.

J.W. Power was better known for a bequest that evolved into the Museum of Contemporary Art but his own artistic work - J.W. Power and Abstraction Creation brings to life Power's own artistic journey, from his early years in Sydney to Power's Australian homeland. The show recreates Power's 1934 solo exhibition in Paris, with a selection of Power abstract and constructivist works in the gallery's senior context.

Where: University Art Gallery, Main Memorial Arch, northern end of The Quadrangle Macleay Museum, Gosper Lane, off Science Road, Nicholson Museum: southern entrance of The Quadrangle See map and directions

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

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

WIN TRIPLE J'S GOLDEN TICKET

Vote for your favourite song of 2012 in triple j's hottest 100 and you could win a golden ticket to the triple j's Big Day Out, Laneway, Soundwave, Groovin' The Moo, Splendour, Parklife, Falls Festival and HEAPS more!

Last year's winner, Stef Saleeba from Adelaide, did some major bucket list ticking. She saw Karnivool, Hilltop Hoods, Gotye, Crowded and Sons, Radiohead, Sigur Ros all in the one year - courtesy of the triple j Golden Ticket.

Reckon you can top this? Just vote and tell us how the Golden Ticket would change your life. Your prize could be sharing your gig experiences with triple j's listeners.

ELIGIBILITY

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

COMPETITION PERIOD

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

Check out full terms and conditions and more here

Teenagers Without Internet Access at Home Are Educationally Disadvantaged, Uh Study Suggests

In-depth study examining how teenagers in the UK are using the internet has revealed that while access lays the benefits of using such technologies for outweigh any perceived risks.

The findings are based on a large-scale survey of 25,142 11-16 year olds randomly selected households in the UK, coupled with regular face-to-face interviews with more than 200 teenagers and their families between 2006 and 2012.

While the study reflects a high level of parental anxiety about the potential of social networking sites to put children at risk of bullying, and shows that some parents despair at their children's online habits, it also highlights the benefits. Professor Sonia Livingstone of the London School of Economics' Department of Media and Communications has found that there are substantial educational advantages in teenagers being able to access the internet at home.

Teenagers who do not have access to the internet in their home have a strong tendency to be socially disadvantaged, according to the study. At the time of writing, the researchers estimated that around 15% of 9-16 year olds in the UK do not have access to the internet at home, with most of the group being in poorer households. The most recent figures from the Office of National Statistics suggest this number is around 16%. By the end of 2012 it is expected that this leaves around 300,000 children without internet access in their homes.

The researchers' interviews with teenagers reveal that they felt shut out of their peer group socially and also disadvantaged in their studies as so much of the coursework or school work set for them by teachers is now internet-based or preparation. One teenager, interviewed for the study, said that when he was excluded from school he often had internet access and any requested homework was then mailed to him through the post.

Researcher Dr Rebecca Eynon commented: "While it's difficult to ascribe a precise figure for teenagers without access to the internet at home, it is clear that there are around 300,000 young people in the 300,000 young people in the UK - and that's a significant number. Behind the statistics, our qualitative research shows that these disconnected young people are also missing out socially, educationally and socially.

In an interview with a researcher, one 14 year old boy said: "We get coursework now in Year 9 and the other groups were going to go to the library and I was thinking, 'I can't go to the library because I don't have access to the internet - my friends can, probably not (I BEEN) all the like every day. And like they talk about in school, what happened at HOME."

Another teenager, aged 15, commented: 'It was bad given I couldn't, like, do my homework. I had to go round to my friend's house or get a computer because I hadn't got home when I got the time to do it. But because when I'm at school I need to do it very fast.

Strikingly, this study contradicts claims that others have made about the potential risks of such technologies when it says that the ability of teenagers to concentrate on activities online "may be detrimental to their ability to read". Professor Eynon, found no evidence to support such claims. Furthermore, the study concluded that the internet has opened up far more opportunities for young people to do their learning at home.

Dr Davies said: 'Parental anxiety about how teenagers might use the internet is widespread. This study has demonstrated that there is considerable expertise among young people to encourage their children from becoming confident users. The evidence, based on the survey and in-depth interviews, suggests that parents should not focus their focus on the negative side - especially the distracting effects of technology - but should instead be encouraging and supporting the use of their children often when learning online.

Teenagers' experiences of the social networking site Facebook appear to be mixed, says the study. Although some reported **Facebook** as an elegant part of their social life, **others were deeply troubled by the way in which they felt they had been excluded due to online spatting or as a result of comments and photographs being posted.**

The age of teenagers using Facebook for the first time has begun to go down over the three-year period from around 10 years old in 2008 to 12 or 13 years in 2011. Interviews revealed that some very youngest teenagers who were not particularly interested had set up accounts because they felt they had to **"keep up with friends". But the popularity of Facebook is waning, with teenagers now exploring other forms of social networking.**

Dr Davies commented: "There is no steady state of teenage technology use - fashions and trends are constantly shifting, and things change very rapidly online. Facebook

The study findings are contained in a new book entitled, *Teenagers and Technology*, due to be published by Routledge in January 2013.

Teenagers and Technology: www.routledge.com/books/details/9780415684583

University of Tasmania selected as preferred supplier for Youth Unemployment services

SMIRFET, The University of Tasmania has been chosen as the preferred supplier for the Australian Government's Youth Connections Activities (ACTA) with a renewed supply commitment for 2013. Contractual negotiations with the University of Tasmania to deliver ACTA services in Launceston and Hobart will now begin. Over the last 5 years, the Launceston campus of the University of Tasmania has been selected as the preferred partner and has worked to a successful partnership with ACTS in the New Year.

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

The Beach Kid's Community Choir
www.songfishchoir.com
sing . dance . drum . create . play

Believe it or not it's time to start thinking about school holidays but for your convenience we have already booked in our Art Workshops for the Summer Vacation!! Artists of the month, Van Gogh and Art Thompson! Rosanna Rambo is creating a series of holiday art workshops for children. Rosanna has been teaching art to children for many years and has a wealth of knowledge and experience to share.

Each workshop will be a 2 hr session and studies varied from Artists to Landscape, Imagination, Animals to Still Life and Expressions to name a few.

Every day explores different themes with a huge variety of arts & crafts on offer to keep them creative juices flowing. Art kits for painting, drawing & more, are provided.

Art and art understanding comes fortunately to few and for greater skills you must aspire to them! Above all, be creative, have fun, and don't forget to smile!

WHEN Christmas - Mon 17th December 2012
Mon 17th – Fri 21st December 2012
Summer Mon 14th – Fri 18th January 2013
Mon 28th – Fri 1st February 2013
TIME 10.00am - 2pm (drop-over lunch & activities)
COST $45 per child per day (includes lunch & activities)
$40 per child per day - if booked & payment received for the month
BOOK Rosanna Rambo 0423 600 623
rosannarambo@hotmail.com

Safe Schools are Smart Schools

Schools across the country are taking action against bullying and violence. They are implementing programs to recognise those that work by finding the safest, smartest schools in the country. School Education Ministers have established a new competition for schools to highlight what they are doing to create safe learning environments and

supportive place in which bullying, violence, harassment and discrimination are prevented.

The **Safe Schools are Smart Schools Competition** is a chance for primary and secondary schools across Australia to share how they are creating a safe environment for learning and be part of the Safe Schools Framework.

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

To enter, schools will be encouraged to form a working group of students, parents and staff to develop a plan that demonstrates how their school is implementing and with the National Safe Schools Framework. They can choose to focus their entry on activities that address one or more of the following areas: **bullying, violence, student wellbeing, student engagement, harassment and discrimination, school and one secondary school in each state and territory, still win a $5000 voucher for school resources.**

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

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

National Geographic online fun For little kids

Online Fun, games and a free magazine to subscribe to, all centred to industry experts on this award winning website

HERE

Australian Clearing House for Youth Studies

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

ACYS's mission is to contribute to the wellbeing of young people by providing comprehensive and up-to-date information about key issues affecting young people in Australia. To achieve this objective, ACYS achieves its mission by providing information on the complex and wide ranging issues that affect young people today, and by encouraging research and the dissemination of research findings into the youth field, encouraging networking between agencies and collaboration.

Great Website with daily Updates HERE

Bus Pass Replacement

HERE

Love Food, Hate Waste Cookbook

Get our Pittwater Council has joined with other councils in our area to produce an online cookbook especially for kids. Nobody! Program allows you to enter a few ingredients you have in the house & the leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book HERE

Sent In Via Stuff:

Summer Cuckoos by Jeffrey Sebel.

Summer Movie: Ninja Kids 2011

Jeanie-dcotm.com/Ninja-kids-2011.gif Share ... Share this

- Jan 2013

Monarto Zoo's Southern White Rhinoceros enjoying some cool refreshments on a hot summer's day. Photo: Kerry Trengove

http://www.zoosnsw.com.au/monarto.htm

White Rhino Water Fun at Monarto Zoo Share ... Share this

The Siren Songs is a 4 piece melodic rock band hailing from Wollongong, Australia, made up of former Lost in Line, Brasen Hearts, Bare Footed Bass and Reason Strikes members. On Spikeybook at HERE.

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

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

Get your hands-on cracking contraptions at Wallace & Gromit's World of Invention exhibition now on at the Powerhouse Museum. Step into the home of Wallace & Gromit and play with their inventions in the Make & Do Corner or the Inventor's Lounge. See smashing ideas from Aussie inventors, an implant that helps people to hear and measure the flaming machines.

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

Powerhouse Museum's Website by Online Fact for Littles

Littles & Seniors Child Friendly Share ... Share this

The Royal Prince Alfred Yacht Club Teaches over 600 Children to Sail Each Year. Have great memories. Affordable Programs. Have a look here

PITTWATER COUNCIL 20 YEARS

FUN FOR KIDS AT MONA VALE LIBRARY

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

The activities kick off with a camera workshop for **10-14 year olds on Wednesday 9 January with Sound of Music, Swiss Family Robinson** professional photographer. Will include tips on shooting techniques and costs $7.

A series of free summer movies will be on Wednesday 9 January with Sound of Music, Swiss Family Robinson on Wednesday 16 January and Mary Poppins on Wednesday 23 January. All sessions commence at 6.30pm.

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

There will also be a make-it-with-scrap recycled material, with a workshop for 8 to 11 year olds on Tuesday 15 January from 10.30am to 12.30pm. Participants will be taught how to make a puppet. The morning workshop costs $10 and the afternoon session is $15.

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

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

The Wiggles at Powerhouse Museum: Details.

Discover your future at Info Day 2013

At Info Day, not only will you be able to find out all about our courses and facilities, but you will also be able to envision yourself for life as a student. Take the opportunity to explore your HSC and looking **to University of Sydney at Info Day on 3 January 2013.**

Info Day is also a great opportunity to explore your options for life after school. Students about your HSC results and finalise your main preferences.

Day, not only will you be able to find out all about our courses to help you envision yourself for life as a student and to help prepare yourself for life after school.

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

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

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

The Government had a chance to see the campus unit, we will take a look at the Education Minister and Ambassadors for an excellent view, or download our Campus Tour App for your phone and have a look around the campus.

In between all the questions and decision making, why not check out interactive screens where all the Faculties' information is displayed, created, which allow you to picture yourself in the scene of a range of careers.

Considering a career as a primary school teacher? See yourself in a science lab? Or maybe you're thinking about studying law? Why not attend a class? Why not take a look at the Faculty of Education on the day!

Don't forget to check out the live entertainment and grab a bite to eat. There's a lot to get involved in at once you're here, and the Sydney Uni Info Day is the best way to get a taste of what it's like and them in the Quadrangle.

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

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

Dinosaurs Alive at Taronga Zoo Share ... Share this

Buy Tickets HERE

Keep children safe online

The Easiguide to Socialising Online is available here

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

More information about the ACMA's Cybersmart program is here

Australian Stories Online

Project Gutenberg Australia, has a great list of old legends and books, filled with stories, that you may not be able to access anymore as some of them are a few hundred years old and either out of print or unavailable. Project Gutenberg Australia is a free collection of books. You can access them online though. Project Gutenberg Australia is at: http://gutenberg.net.au/

Tweet 0 Like 0

Headspace 'We've got your back' campaign

A groundbreaking national awareness campaign developed by National Youth Mental Health Foundation headspace aims to encourage young people to seek support for issues impacting their mental health issues affecting their wellbeing. The campaign will run for the next 3 years.

Headspace is a confidential, free, anonymous, secure space where you can email or speak with qualified youth mental health professionals if you're 12 to 25 years.

Cool Tools - Tree of Life Branches out Online

You'll love this one. Exploring the evolutionary tree of life is now as easy as navigating an online map. Using the interactive website called OneZoom, which went live on Wednesday Oct. 10th, Australian scientist Dr. Jonathan Rosenberg and

Dr. Yan Wong have created an app that is accompanied by an explanatory article in the 'Cool Tools' series of the open access journal PLOS Computational Biology. The OneZoom project stems from a passion for science and evolution that lived in the distant past. Since Darwin, scientists have struggled to draw a 'tree' showing important details about how living organisms and how they are related to one another. However, even relatively small trees have been impossible to display without huge images that are a pain to zoom in and out of.

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

OneZoom is committed to heightening awareness about the diversity of life on earth, its evolutionary history and the beauty of the natural world. Our goal is to allow you to explore the tree of life in a completely new way: it's like a map, everything is on one page, and you can zoom in to wherever you like. **OneZoom also provides free, open source, data visualization tools for science and education, currently focusing on the tree of life.**

Tree of life is here, here, and there Share ... Share this

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

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

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

Powerhouse Museum Online Fun

The Powerhouse Museum has a besides offering great exhibits and displays, has fun activities and games with a lot of educational insight.

As example, The online spitfire game is based on a Victorian table game of skittles. It is made of wood and coloured glass. The Powerhouse Museum's collection (object number A7571). Games which require hand-eye coordination while developing literacy and coordination were very popular as family entertainment during the latter part of the 19th and early 20th century. More HERE

Tweet 0 Like 0

Bullying: NO WAY !!!

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

Send In Your Stuff

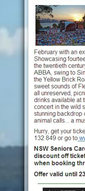
Pittwater Online News is not only For and About you, it is also **by** you. If you have a story you would like to share, photographs of others or a website/blog you would like to write about, please send it in.

All are Welcome, All Belong !

Pittwater Online News

January 6 - 12, 2013: Issue 92

Twilight at Taronga - 2013 Summer Concert Series



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

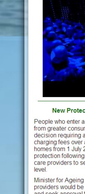
The hugely popular Twilight at Taronga summer concert series is set to return next February with an exciting new 'Number One Albums' theme. Showcasing fantastic classic albums by the greatest entertainers of the twenties century, you'll be spoiled for choice... sing along to ABBA, learn to swing, boogie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

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

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

Offer valid until 23 March 2013

An Audience With Neil Diamond - UK April, 2012 - Summer Concert for you



New Protection on Costs for People in Aged Care

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

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

"Under the new approval system, providers who want to charge above $50 a day will have to justify that cost and above $85 a day they will need to seek approval from the Government under a new set of guidelines. Importantly, all prices will be published on the Government's MyAgedCare website making the system more transparent and open to scrutiny.This will set clearer boundaries and protect older people and their families from being overcharged or being asked to pay exorbitant fees without genuine justification.

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

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

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

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

In another major step forward in implementing the package, Mr Butler announced that aged care homes that significantly upgrade their facilities will be eligible to share more than $460 million in extra funding from 2014.

"This funding is designed to increase growth and expansion in the aged care industry in line with recommendations made by the Aged Care Financing Authority on how 'significant refurbishment' should be defined. The refurbishments can be made from 2014 this year and most substantially benefit Australia's 167,000 Government-supported aged care residents."

As a result of the new funding, aged care homes will be rewarded by an increase maximum accommodation supplement from the Government, which rises by 62 per cent – from a maximum $32.58 per resident, per day, to $52.94 from 1 July 2014.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Acting Minister for Families, Community Services and Indigenous Affairs, Brendan O'Connor, said the revamped web resource will provide users with more online learning tools to help them use the internet, as well as providing kiosk hosts and volunteers with a range of educational resources.

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

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

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

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

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

"Broadband for Seniors is helping older Australians to stay connected to family and friends, learn new skills and be more involved in their community. The new website will build on this and ensure our seniors are not left behind in the digital age."

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

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE NORTHERN BEACHES LIMITED

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

HERE

Golden Days in the Sun 1950–1970 - National Archives of Australia ONLINE Exhibition

In 2005 the National Archives created the touring photographic exhibition Summers Past: Golden Days in the Sun 1950–1970. Many of the photographs were taken by the Australian News and Information Bureau. A sample of favourites from the exhibition are showcased here.

Australians have an enduring love affair with the sun and the sea. These photographs are sure to stir memories of idyllic summers past. Click on an image to view the enlargement.

Health Papers Published this week which May be of Interest:

Promising Compound Restores Memory Loss and Reverses Symptoms of Alzheimer's in Mice

A new way of hope has broken through the clouded outcomes associated with Alzheimer's disease. A new research report published in January 2013 print issue of the FASEB Journal by scientists from the National Institutes of Health shows that when a molecule called TTPS is injected into mice with disease mice that is the equivalent of human Alzheimer's, symptoms are reversed and memory is restored – without obvious toxic side effects.

"We hope that clinical trial studies in AD patients should yield an extended and a better quality of life as observed in mice upon TTPS treatment," said Harish C. Pant, Ph.D., a senior researcher involved in the work from the Laboratory of Neurochemistry at the National Institute of Neurological Disorders at Stroke at the National Institutes of Health in Bethesda, MD. "Therefore, we suggest that TTPS should be an effective therapeutic compound."

To make this discovery, Pant and colleagues used mice with a disease considered the equivalent of Alzheimer's. One set of these mice were injected with the small molecule TTPS, while the other was injected with saline as placebo. The mice, after a series of intraperitoneal injections of TTPS, displayed a substantial reduction in the various disease symptoms along with restoration of memory loss. In addition, the mice receiving TTPS injections experienced no weight loss, neurological stress disorders or signs of toxicity. The disease in the placebo mice, however, progressed normally as expected. TTPS was discovered from the regulator of a key brain enzyme, called Cdk5. The over activation of Cdk5 is implicated in the formation of plaques and tangles, the major hallmarks of Alzheimer's disease.

"The next step is to find out if this molecule can have the same effects in people, and if not, to find out which molecule will." said Gerald Weissmann, M.D., Editor-in-Chief of the FASEB Journal. "Now that we know that we can target the basic molecular defects in Alzheimer's disease, we can look for treatments far better – and more specific – than anything we have today."

V. Shukla, Y.-L. Zheng, S. K. Mishra, N. D. Amin, J. Steiner, P. Grant, S. Kesavapany, H. C. Pant. **A truncated peptide from p35, a Cdk5 activator, prevents Alzheimer's disease phenotypes in model mice.** The FASEB Journal, 27 (1): 174-186 10.1096/fj.12-217497

Late-Life Depression Associated With Prevalent Mild Cognitive Impairment, Increased Risk of Dementia

Depression in a group of Medicare recipients ages 65 years and older appears to be associated with prevalent mild cognitive impairment and an increased risk of dementia, according to a study published **Online First** by *Archives of Neurology*, a JAMA Network publication.

Depressive symptoms occur in 3 percent to 63 percent of patients with mild cognitive impairment (MCI) and some studies have shown an increased dementia risk in individuals with a history of depression. The mechanisms linking the two associations between depression and cognitive decline have not been made clear and different mechanisms have been proposed to explain the study background.

Rosie M.D., Ph.D., of the University of Amsterdam, the Netherlands, and colleagues evaluated the association of late-life depression with MCI and dementia in a group of 2,160 community-dwelling Medicare recipients.

He found that depression was related to a higher risk of prevalent MCI and dementia, incident dementia, and progression from prevalent MCI to dementia, but not to incident MCI," the authors note.

Baseline depression was associated with prevalent MCI (odds ratio [OR], 1.6) and dementia (OR, 2.2), while baseline depression was associated with an increased risk of incident dementia (hazard ratio [HR], 1.7) but not with incident MCI (HR, 0.9). Patients with MCI and coexisting depression at baseline also had a higher risk of progression to dementia (HR, 2.0), especially vascular dementia (HR, 4.3), but not Alzheimer disease (HR, 1.9), according to the study results.

"Our finding that depression was associated cross sectionally with both MCI and dementia and longitudinally with dementia suggests that depression develops with the transition from normal cognition to dementia," the authors conclude.

Richard E. Reitz, C. Hong LH, et al. **Late-Life Depression, Mild Cognitive Impairment, and Dementia.** Archives of Neurology, 2012. DOI: 10.1001/archneurol.2011.1603

Summer Movie: Mr. & Mrs. Smith is a 1941 screwball comedy film directed by Alfred Hitchcock, written by Norman Krasna, and starring Carole Lombard and Robert Montgomery. It also features Gene Raymond, Jack Carson, Philip Merivale and Lucile Watson.

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 normally held on Tuesday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or on phone 02 8064 3574

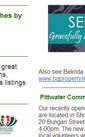
Next Student Registration Day - Monday 21st January

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

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.



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 are produced at Council's Customer Service; Libraries, Community Centres or online at the council websites.

If older people with mobility problems have difficulty accessing 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.sydney3a.org

Keep your Wits About You

A regular contributor suggests we all look for opportunity to see if will suit keeping our brains mentally. Their website states: "Improve Brain Health and Performance Designed by neuroscientists, Lumosity exercises

improve core cognitive functions. Researchers have measured significant improvements in working memory and attention after Lumosity training. Dozens of research collaborations help improve the Lumosity training program and its effectiveness." You can visit their website to decide for yourself

at www.lumosity.com/app/v4/personalization

Senior Movers

Senior Movers is a wonderful resource for the Pittwater senior community who are thinking about downsizing for 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 plans to have up or too small. We are glad to help whether it is a move to a loved one's home, assisted living or to a seniors apartment.

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

www.seniormovers.com.au

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

Pittwater Community Hub

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

Click on logo to visit their website for more

2013 SENIORS ROAD SAFETY CALENDAR

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

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

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

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

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

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

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

Heartmoves 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, A 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

The Senior Newspaper Online
Click on logo:

Australian Senior PUBLICATIONS

Copyright Pittwater Online News, 2013.

Pittwater Online News

January 9 - 12, 2019: Issue 92

Underwater boulders discovered off the Great Barrier Reef
Posted on January 9, 2019 by Pittwater Online

Underwater surveys using remote sensing equipment off the Australian coast has revealed some surprises about the deep Great Barrier Reef. Researchers have discovered that the reef is not as flat as they thought. Numerous underwater boulders ranging in size from large parts of the continental slope have been seen, and some areas which may be evidence of underwater landslides.

The research published in the latest edition of the journal Geology in Australia was undertaken by Dr Anu Kielbasa from the University of Wollongong, Dr Jody Webster from the University of Sydney, Dr Robin Beaman and Dr Peter Harris from James Cook University.

One place in particular caught the attention of the team of marine scientists and geologists, a region known as the Swain Reefs, which is located in the southern Great Barrier Reef. Here they found a huge sediment block found on the upper continental slope, apparent evidence of a massive underwater landslide. Other areas of the reef also revealed evidence of underwater landslides, with the largest landslides underlying the steep lower face of the block.

The block is around 6 km wide and 200 metres thick and is thought to be the largest underwater landslide ever discovered. Dr Webster said the extensive network of canyons and landslides surpass, but this block really stands out as the largest we've found. Dr Webster is from the School of Geosciences at the University of Sydney.

"We used multibeam 3D mapping and sub-bottom profiling data to look at the underwater landslides, one of which, the Swain Reefs Slide, is the largest ever found on the Great Barrier Reef," he said.

"The block appears to be stable under normal present-day conditions and we consider it unlikely to fail in the future, but it provides a large earthquake in the close vicinity, which is quite unlikely to trigger a massive landslide."

Dr Robin Beaman is from James Cook University. He said: "Hypothetically, if there was a catastrophic collapse of this block it could trigger a tsunami that would affect the coast of the Queensland coast, taking just over an hour to reach the coast. Kilometres-thick(s) across the width of the Great Barrier Reef."

The research team said that the discovery of underwater landslides on the reef is important for understanding the geological history of the reef and its evidence we have, including age dates from deep water coral. Dr Webster said that the Swain Reefs Slide is the oldest slide on the reef that frame submarine landslides on the Great Barrier Reef, dating back to the last Ice Age.

"The age of the slide and the landslide area as the biggest block size are similar to the Nuggar Passage and Hillsborough landslides in Australia, and found that it extends from 340 metres to 470 metres below the present sea level," Dr Webster said. "Much deeper than expected."

"The block is stable currently, but the block could fail under sediment loading, earthquakes or sea level change. Landslides can change the ocean currents and direction and are important in shaping underwater environments and the exchange of sediment between the shelf and deep ocean," Dr Webster said.

"The Australian coast is prone to earthquakes, for example, the 2007 earthquake generated Solomon tsunami, which reached the Australian coast in 2 hours. The Solomon Islands are 1,800 km from Australia," said Dr Webster.

"Studying underwater landslides has important implications for geohazard assessment, petroleum exploration and deep-water habitat areas, as we've suggested in our study. Landslides are a major source of onshore hazard caused by landslides generated tsunamis to the Australian coast."

The research was done to investigate how the Great Barrier Reef changed its stability either areas that might be prone to collapse and underwater landslides. The study was funded by the Australian Commonwealth Government.

Egg-Laying Mammal: Scientists Discover That for Australia the Long-Beaked Echidna May Not Be a Thing of the Past

Scientists have discovered that the long-beaked echidna, a unique species of mammal found in Australia, may not be extinct after all. In 2016[1] Smithsonian scientists and colleagues have found the long-beaked echidna in Australia and New Guinea, and the big news is that the species may not be extinct after all.

Picture: The short-beaked echidna has lived better than its long-beaked relative. Photo by Kristopher Gaston, CC BY-SA 3.0 via Wikimedia Commons

The team's findings are published in the Dec. 28 2012 issue of the journal ZooKeys.

With a small and declining population confined to the Welomen Conservation Park in Western Australia, the long-beaked echidna is one of the most endangered species in the world, according to the International Union for Conservation of Nature's Red List of Threatened Species. Its habitat is threatened by land clearing and by feral animals from the Australian outback that have moved into the area and occur there tens of thousands of years ago. Ancient Aboriginal rock art in the area also suggests that the species was once widespread.

Australia's long-beaked echidna is known from museum specimens and fossil remains in the collections of the Natural History Museum in London, the Australian Museum in Sydney and museums in Melbourne and Perth. Museum specimens of the species were collected between 1797 and 1901—thousands of years after they were thought to have gone extinct.

Despite the museum specimens, working in museums themselves does not lead to previously undiscovered species," said Kristofer Helgen, the museum's chief mammalogist and lead author of the study. "It's not about the significance of the specimens, it's about the significance of the area's finding a specimen like this, of such an iconic animal, with such a long history in museums, that's been overlooked by science for so long."

Long-beaked echidnas are known as monotremes—a small and unique group of mammals that lay eggs rather than give birth to live young. **The platypus, the only other living monotreme, has three species of long-beaked echidna (Zaglossus bruijni, Zaglossus attenboroughi and Zaglossus bartoni) that live in Papua New Guinea.** The discovery of a new population of the long-beaked echidna is found in Australia and New Guinea, and the long-beaked echidna is found in Australia and New Guinea, and the long-beaked echidna is found in Australia and New Guinea. The team's goal is to trace the size of the populace or the short-beaked echidnas, and to determine whether the species is truly endangered. Helgen says the appreciation of these finds in the Eromi Forest Park among a number of species of mammals, birds and reptiles, including many peculiar attributes, reproduction is one of the most interesting. Helgen says that the species is "a very special place where it has been a dream to work."

The re-examined specimen in London reveals that the species was once widespread in Australia and New Guinea, and that it was the only species of echidna found in Australia during the Pleistocene, a period that lasted 2.6 million to 11,700 years ago. Helgen says that the species is "a very special place where it has been a dream to work."

Why are the long-beaked echidnas so endangered? Is it because of poachers or understanding why and when they vanished is important for conservation? Helgen says that the species is "a very special place where it has been a dream to work."

Why is the species in danger of extinction, and what can conservationists do to help? Helgen says that the species is "a very special place where it has been a dream to work."

**Why is it important to study the species

Pittwater Online News

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

January 6 - 12, 2013: Issue 92

Summer Peaches

Summer peaches are now in season and cheap, plentiful, very sweet with a wide variety to choose from. This ancient fruit from China, where it is regarded as a Tree of Life, is sumptuous eaten as is but can also be tweaked to make great salads or served as a special desert. Australian peaches are available between October and April and around 100, 000 tonnes are produced during the growing season.
The bush food 'peach' the Quandong, is fruiting at present too and, if you can get some fresh ones or even the freshly dried variety, you can make a high in vitamin C biscuit to keep you glowing with health.

Rocket, Peach, Proscuitto And Parmesan Salad

Serves 4
120g baby rocket
70g parmesan, shaved
100g finely sliced prosciutto
4 white peaches, halved with stones removed
cracked black pepper
extra virgin olive oil

1. Arrange rocket, parmesan shavings, prosciutto curls and peach halves onto plates. 2. Top with cracked black pepper and drizzle with extra virgin olive oil.

Grilled Peaches with Vanilla Ricotta

Prep time: 10 minutes
Cooking time: Five minutes
Serves: Four
Eight yellow peaches, halved and stones removed
Two tablespoons caster sugar
Two tablespoons maple syrup
Two teaspoons butter
100g fresh ricotta cheese
One teaspoon vanilla paste or vanilla extract
1. Place peach on a grill tray cut side up, pour a little syrup over each peach and dot with a little butter
2. Cook under a hot grill until bubbling and heated through
3. Mix together ricotta, sugar and vanilla
4. Serve immediately with the grilled peaches
Recipes courtesy of Summerfruit Australia:
http://www.summerfruit.com.au/Home.aspx

Wattleseed & Quandong Cockies

* 325gm Unsalted Butter, softened
* 120 gm Icing Sugar
* 2 Tbsp Australian Honey
* 1/4 tsp Cinnamon
* 2 cups of SR Flour
* 1 cup of Custard Powder
* 1 tsp wattleseed

These gorgeous biscuits literally melt in your mouth.
1. Cream butter and sugar for 5 mins. Add Honey and Cinnamon and beat for another minute. 2. Sift flour, wattleseed and custard powder, add to butter mixture.
3. Roll into small balls and place on lined trays. Press down with a fork. 4. Bake at 180°C for 15 to 20 mins, until just golden. Don't over cook. 5. Transfer to wire cooling racks. 6. When biscuits are cool, join with Outback Pride Quandong Jam.

Quandong Jam

100gm Dried Quandong, 2 granny smith apples, 600gm castor sugar, 1 lemon or lime, juiced
Put the quandong in a bowl, cover with water and leave to soak for about 8 hours or overnight. (Yields just about 500gm of fruit)
Peel, core and roughly chop the granny smith apples and then place the apple and the quandong in a pan with the quandong soaking water and lemon juice. Simmer for about 30 minutes until soft, stirring from time to time. Remove the pan from the heat and add the sugar; Stir until sugar has dissolved. Bring to the boil, boil rapidly for 20 to 25 minutes stirring frequently to prevent sticking. Remove from the heat, blend if required, but be sure to leave chunky pieces of apples and quandong in the jam. Pot and cover as usual.
Recipes courtesy of Taste Australia Bush Tucker:
http://tasteaustralia.biz/bushfood/

Tweet | Like | +1

Copyright Pittwater Online News, 2013. All Rights Reserved.

The peach, *Prunus persica*, is a deciduous tree, native to China and South Asia, where it was first cultivated. It bears an edible juicy fruit also called a peach. The species namepersica refers to its widespread cultivation in Persia, whence it was transplanted to Europe. It belongs to the genus Prunus which includes the cherry and plum, in the family Rosaceae. The peach is classified with the almond in the subgenus Amygdalus, distinguished from the other subgenera by the corrugated seed shell.
Peaches and nectarines are the same species, even though they are regarded commercially as different fruits. Nectarines have smooth skin, while peaches have fuzzy skin; genetic studies suggest nectarines are produced due to a recessive allele, whereas peaches are produced from dominant allele for fuzzy skin.
The scientific name persica, along with the word "peach" itself and its cognates in many European languages, derives from an early European belief that peaches were native to Persia. The Ancient Romans referred to the peach as malum persicum "Persian apple"; later becoming French pêche, hence the English "peach". Although its botanical name Prunus persica refers to Persia (present Iran) from where it came to Europe, genetic studies suggest peaches originated in China, where they have been cultivated since the early days of Chinese culture, circa 2000 BCE. Peaches were mentioned in Chinese writings as far back as the 10th century BCE and were a favoured fruit of kings and emperors. As of late, the history of cultivation of peaches in China has been extensively reviewed citing numerous original manuscripts dating back to 1100 BCE.
Peaches are not only a popular fruit, but are symbolic in many cultural traditions, such as in art, paintings and folk tales such as Peaches of Immortality. Peach blossoms are highly prized in Chinese culture. The ancient Chinese believed the peach to possess more vitality than any other tree because their blossoms appear before leaves sprout. When early rulers of China visited their territories, they were preceded by sorcerers armed with peach rods to protect them from spectral evils. On New Year's Eve, local magistrates would cut peach wood branches and place them over their doors to protect against evil influences. Peach kernels (táo rén) are a common ingredient used in traditional Chinese medicine to dispel blood stasis, counter inflammation and reduce allergies.
A medium peach weighs 75 g (2.6 oz) and typically contains 30 Cal, 7 g of carbohydrate (6 g sugars and 1 g fibre), 1 g of protein, 140 mg of potassium, and 8% of the daily value (DV) for vitamin C. Nectarines provide twice the vitamin A, slightly more vitamin C, and are a richer source of potassium than peaches. As with many other members of the rose family, peach seeds contain cyanogenic glycosides, including amygdalin (note the subgenus designation: Amygdalus). These substances are capable of decomposing into a sugar molecule and hydrogen cyanide gas. While peach seeds are not the most toxic within the rose family—that dubious honour going to the bitter almond–large doses of these chemicals from any source are hazardous to human health. They are rich in many vital minerals such as potassium, fluoride and iron. Iron is required for red blood cell formation. Fluoride is a component of bones and teeth and is essential for prevention of dental caries. Potassium is an important component of cell and body fluids that help regulate heart rate and blood pressure. Peaches contain health promoting flavonoid poly phenolic antioxidants such as lutein, zea-xanthin andß-cryptoxanthin. These compounds help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes.
Peach. (2012, December 31). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Peach&oldid=530574889

Illustration: Peach flower, fruit, seed and leaves as illustrated by Otto Wilhelm Thomé (1885). Original book source: Prof. Dr. Otto Wilhelm Thomé *Flora von Deutschland, Österreich und der Schweiz* 1885, Gera, Germany. Permission granted to use under GFDL by Kurt Stueber

Quandong (Wild Peach)

Santalum acuminatum (R.Br.) A.DC, the Quandong or Native Peach and Santalum murrayanum (T.Mitch.) C.A. Gardner, Bitter Quandong, family Santalaceae, 1886 [picture] by Ellis Rowan, 1848-1922.. Courtesy National Library of Australia: nla.pic-an6730573 Part of Flower and bird paintings [picture] [ca. 1870-ca. 1921].

Quandong, quandang or quondong is a common name for the species, a small desert tree up to 4 metres high, with rough dark bark and pale green elongated hanging leaves. The Wiradjuri people of New South Wales used the name guwandhang, from which the name quandong was adapted. Other indigenous names include; gutchu (Wotjobaluk, Western Victoria); wanjanu or mangata (Pitjantjatjara, Uluru), and goorti (Narungga). Quandong trees have been classified as belonging to the santalum genus of plants, the Santalum Acuminatum,and are a hemiparasitic plant in the Sandalwood family Santalaceae. They are widely dispersed throughout the central deserts and southern areas of Australia. The fruit is referred to as a drupe and ripens from green to a shiny red in late spring or summer. Quandong trees use the root system of other trees, shrubs and grasses to supplement their own supply of nutrients and water, and will therefore usually be found growing from the base of another tree. The cream flowers are small and cup shaped, in clusters at the ends of the outer branchlets. The shiny, bright scarlet fruit is about 2cm in diameter and contains one large nut or kernel, which is sometimes only marginally smaller than the fruit.

Quandongs have been an important traditional aboriginal fruit, which is, although somewhat tart, highly nutritious and contains twice the vitamin C of an orange. The kernel is also very nutritious but indigenous Australians tended to use this mainly for medicinal purposes. The fruit, containing vitamin C, and the kernel of the nut, containing complex oils, were used by the peoples in whose countries the species occurred. Antibacterial qualities are present in the wood of this, and all the Santalum spp., especially in the roots. A known application of the extract was to heal ailments of the skin. The wood is also prized for the making of traditional bowls – pitti or coolamons. The seed is very high in flammable oils, like a candlenut, so it is able to be burnt as an illuminant. The wood is also oily, useful for starting a fire as a friction stick. The Quandong fruit feature heavily in aboriginal mythology across all the desert regions of Australia.

Marian Ellis Rowan (c. 1847 – 4 October 1922), known as Ellis Rowan, was a well-known Australian botanical illustrator. She also did series of illustrations on birds, butterflies and insects. Marian, the daughter of Marian and Charles Ryan, principal of stock agents Ryan and Hammond, was born at "Killeen" near Longwood, Victoria, one of her father's pastoral stations in Victoria. Her family was well-connected: sister Ada Mary married Admiral Lord Charles Scott, son of the Duke of Buccleuch; brother Sir Charles Ryan was a noted Melbourne surgeon and for a time Turkish consul in London (and whose daughter becameBaroness Casey). She was educated at Miss Murphy's private school in Melbourne, and in 1873 married Captain Charles Rowan, who had fought in the New Zealand wars. Her husband was interested in botany and he encouraged her to paint wild flowers. She had had no training but working conscientiously and carefully in water-colour; her work is noted for being botanically informative as well as artistic. Rowan returned to Melbourne in 1877, and for many years travelled in Australia painting the flora of the country, at times in the company of her painting companion, Margaret Forrest. She published in 1898 A Flower-Hunter in Queensland and New Zealand, largely based on letters to her husband and friends.
About this time she went to North America and provided the illustrations, many in colour, to A Guide to the Wild Flowers, by Alice Lounsberry, published in New York in 1899 as well asGuide to the Trees (1900), and Southern Wild Flowers and Trees (1901) also by Lounsberry. It was while in America, traveling with Lounsberry, that Rowan received news that her son Russell (called "Puck") had been killed in the Second Boer War. In 1905 she held a successful exhibition in London. She returned to Australia and held exhibitions of her work which sold at comparatively high prices. In 1916 she made a trip to New Guinea, the first of several during which she produced a huge volume of illustrations. She contracted malariaduring these journeys. In 1920 she held the largest solo exhibition seen in Australia at the time, when she exhibited 1000 of her works in Sydney. She died at Macedon, Victoria, her husband and her only son having died many years earlier

DEATH OF MR. CHARLES RYAN
With the death of Mr Charles Ryan, at Mt Macedon, on Saturday, passes away out of the oldest colonists and one of the few who, without taking part in public affairs, have become widely known are respected Mr Ryan leaves behind him a widow and several children, including Mr Charles Ryan, the well-known surgeon, Mr Henry Ryan, of the firm of Ryan, Hammond, and Mates, of Queen-street; Lady Charles Scott, and Mrs Ellis Rowan whose paintings of Australian Flowers have earned a worldwide reputation. He was a native of Kilfera in the county of Kilkenny but left Ireland when still in his first youth to make Australia his home. He arrived here as early as 1839 and when the country surrounding Melbourne was but primaeval forest ventured out into what was then the heart of the bush and took, up a tract of country on the Broken River, where he commenced squatting. His station he named Kilfera, after his native town, but it was far less civilised than his Irish namesake for only two days before Mr Ryan's arrival two shepherds who had preceded him were murdered by the blacks. Not withstanding the unfavourable outlook, Mr Ryan stuck to his ground, and turned the station into one of the most successful of the district, relinquishing it only after some years to take up his better known place at Longwood. This spot he called Killeen and it was there that most of his children were born. This property is now in the hands of Mr Chomley, a brother of the chief commissioner of police, to whom Mr Ryan sold it on moving to Brighton in the early seventies. But for continuous life in the city Mr Ryan had no love and soon he left Brighton for Macedon, where be has resided for the last 24 years. The residence at Macedon which he occupied until his failing health forced him to seek another less extensive, six months ago, was surrounded with gardens which for variety of plants and beauty of arrangement, is said to be unsurpassed in any private grounds in Australia. As the founder of Ryan and Hammond, Mr Ryan has a reputation among those those associated with pastoral pursuits extending over the length and breadth of the country and there were few better known men in Victoria. During the early days of the colony Mr Ryan was a participant in many a stirring adventure and was present at the capture of the notorious Captain Gepp and his gang of bushrangers at the Plenty Ranges. The bushrangers had stuck up a homestead in the locality, and, surprising the men on the station at breakfast, had carried off all the arms in the place, in addition to the rest of their loot. The owner of the property, indignant at the insult more than the loss, visited Melbourne in haste, and after stating his case, a party headed by the late Mr Peter Snodgrass, a brother in law of Mr Ryan, and including that gentleman himself set out to capture or fight the gang DEATH OF MR. CHARLES RYAN. (**1898, September 12**). *The Argus* (Melbourne, Vic. : 1848 - 1956), p. 6. Retrieved from http://nla.gov.au/nla.news-article9851177

Photo of Ellis Rowan on her Wedding Day: Date 1873, Source http://www.nla.gov.au/exhibitions/ellisrowan/officers_wife.html Author John Botterill, Portrait Painter and Photographer (1817-1881). Ellis Rowan. (2012, December 5). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Ellis_Rowan&oldid=526518497

Pittwater Online News

January 4 - 12, 2013: Issue 92

First Week of January 2013 - A Pittwater Mix

Photo: Alison Guesdon, 2013 - great dive and rolling Endeavour

Blue Bottle Jellyfish (Physalia utriculus) brought to North eastern the scourge (Pleuritus) in Summer

The Wave Palm Beach Ferry

Above: Hamm 40/15 of CPH Pittwater to Coffs Harbour Ocean Race, 2013

Collette Sunshine Coast at Palm Beach, 5.1.2013 - Photo

Palm Beach to SC Open Carnival 2013.

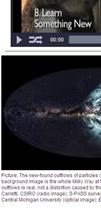
Photos by Alison Guesdon, 2013. All Rights Reserved.

Pittwater Online News

Your Pittwater Community Newspaper

January 6 - 12, 2013: Issue 92

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



Our Galaxy's "geysers" are towers of power - January 3rd, 2013 – from CSIRO

"Monster" outflows of charged particles from the centre of our Galaxy, stretching more than halfway across the sky, have been detected and mapped with CSIRO's Parkes radio telescope. The outflows were detected by astronomers from Australia, the USA, Italy and the Netherlands. The report their finding in today's issue of Nature.

"These clouds contain an extraordinary amount of energy — about a million times the energy of an exploding star," said the research team's leader CSIRO's Dr Elaine Sadler.

But the outflows pose no danger to Earth or the Solar System.

The speed of the outflow is supersonic, about 1000 kilometres a second. "That's fast, even for astronomers," Dr Carretti said. "They are not coming in our direction, but go up and down from the Galactic Plane. We are 30,000 light-years away from the Galactic Centre. In the Plane. They are no danger to us."

From top to bottom the outflows extend 50,000 light-years (five hundred thousand million million kilometres) out of the Galactic Plane. That's equal to half the diameter of our Galaxy (which is 100,000 light-years — a million million million kilometres — across). Seen from Earth, the outflows stretch over two-thirds across the sky from horizon to horizon.

The outflows correspond to a "haze" of microwave emission previously spotted by the WMAP and Planck space telescopes and regions of gamma-ray emission detected with NASA's Fermi space telescope in 2010, which were dubbed the "Fermi Bubbles".

The WMAP, Planck and Fermi observations did not provide enough evidence to decisively determine the source of the radiation they detected, but the new Parkes observations do.

"The options were a quasar-like outburst from the black hole at the Galactic Centre a few million years ago, or that winds from young stars, and exploding stars," said team member Dr Gianni Bernardi of the Harvard-Smithsonian Centre for Astrophysics, in Cambridge, Massachusetts. "Our observations tell us it's star-power."

In fact, the outflows appear to have been driven by many generations of stars forming and exploding in the Galactic Centre over the last hundred million years. The key to determining this was to measure their magnetic fields.

"We did this by measuring a key property of the radio waves from the outflows – their polarisation," said team member Dr Roland Crocker of the Max-Planck-Institut fuer Kernphysik in Heidelberg, Germany, and the Australian National University.

The new observations also help to answer one of astronomers' big questions about our Galaxy: how it generates and maintains its magnetic field.

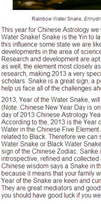
"The outflow from the Galactic Centre is carrying off not just gas and high-energy electrons, but also strong magnetic fields," said team member Dr Frank Haverkorn of Radboud University Nijmegen in the Netherlands. "We suspect this must play a big part in generating the Galaxy's overall magnetic field."

Publication:

Ettore Carretti, Roland M. Crocker, Lister Staveley-Smith, Marijke Haverkorn, Cormac Purcell, B. M. Gaensler, Gianni Bernardi, Michael J. Kesteven & Sergio Poppi, **"Giant magnetized outflows from the centre of the Milky Way,"** Nature, volume 493, Issue 7430, pp 66-69, DOI 10.1038/nature11734

What's Up January 2013: Encounters of the Planetary Kind Cr - JPL (Jet Propulsion Laboratory).

2013: Year of the Water Snake – Overview



Rainbow Water Snake. (Enhydris enhydris, native to China.

This year for Chinese astrology we are living in the year of the Water Snake! Snake is the Yin to last year's Dragon Yang. Under this influence some state we are likely to see significant developments in the area of science and technology this year. Research and development are apt to flourish. This is a Water year as well, the element most closely associated with education and research, making 2013 a very special year for scientists and scholars. Snake is a great sign, a positive one, with energy that can help us face all of the challenges ahead of us.

2013, Year of the Water Snake, will arrive on **February 4, 2013**. (Note: Chinese New Year Day is on February 10, 2013. The first day of 2013 Astrology Year is February 4, 2013.) According to the, 2013 is the Year of Water Snake. The color of Water in the Chinese Five Element Astrology Calendar system is related to Black. Therefore we can say 2013 is a Black Snake, Water Snake or Black Water Snake year. The Snake is the sixth sign of the Chinese Zodiac. Sanke is the enigmatic, intuitive, introspective, refined and collected of the Animals Signs. Ancient Chinese wisdom says a Snake in the house is a good omen because it means that your family will not starve. People born in the Year of the Snake are keen and cunning, quite intelligent and wise. They are great meditators and good at doing business. Therefore , you should expect good luck if you are born in the Year of the Snake.

Space Travel May Be Harmful to the Brain, Study Suggests; Prolonged Cosmic Radiation Exposure Could Hasten Alzheimer's

As if space travel was not already filled with enough dangers, a new study out today in the journal *PLOS ONE* shows that cosmic radiation - which would bombard astronauts on deep space missions to places like Mars - could accelerate the onset of Alzheimer's disease.

"Galactic cosmic radiation poses a significant threat to future astronauts," said M. Kerry O'Banion, M.D., Ph.D., a professor in the University of Rochester Medical Center (URMC) Department of Neurobiology and Anatomy and the senior author of the study. "The possibility that radiation exposure in space may give rise to health problems such as cancer has long been recognized. However, this study shows for the first time that exposure to radiation levels equivalent to a mission to Mars could produce cognitive problems and speed up changes in the brain that are associated with Alzheimer's disease."

While space is full of radiation, the earth's magnetic field generally protects the planet and people who live earth-orbit from these particles. However, once astronauts leave orbit, they are exposed to constant shower of various radioactive particles. With appropriate warning, astronauts can protect themselves from dangerous radiation associated with solar flares. But there are also other forms of cosmic radiation that, for all intents and purposes, cannot be effectively blocked.

Because this radiation exists in low levels, the longer an astronaut is in deep space, the greater the exposure. This is a concern for NASA as the planned mission recommend missions to a distant asteroid in 2021 and to Mars in 2035. The round trip to the red planet, in particular, could take as long as three years.

For over 25 years, NASA has been funding research to determine the potential health risks of space travel in an effort to both develop countermeasures and to set safe limits or not the risks warranted sending men and women on extended missions in deep space.

Since that time, several studies have demonstrated the potential cancer, cardiovascular and musculoskeletal impact of galactic cosmic radiation. The study out today for the first time examines the potential impact of space radiation on neurodegeneration, in particular, the biological processes in the brain that contribute to the development of Alzheimer's disease. O'Banion – whose research focuses on how radiation affects the central nervous system – and his team have been working with NASA for over eight years.

The researchers studied the impact of a particular form of radiation called high-mass, high-charged (HZE) particles. These particles - which are produced through space are very high speeds by the force of exploding stars - come in many different forms. For this study the researcher chose iron particles. Unlike hydrogen protons, which are produced by solar flares, the mass of HZE particles like iron, combined with their speed, enable them to penetrate solid objects such as the wall and protective shielding of a spacecraft.

"Because iron particles pack a bigger wallop it is extremely difficult from an engineering perspective to effectively shield against them," said O'Banion. "One would have to essentially wrap a spacecraft in a six-foot block of lead or concrete."

A portion of the research was conducted at the NASA Space Radiation Laboratory at Brookhaven National Laboratory on Long Island. NASA located its research operation at Brookhaven to take advantage of the Lab's particle accelerators which – by colliding matter together at very high speeds – can reproduce the radioactive particles found in space.

The researchers specifically wanted to examine whether or not radiation exposure had the potential to accelerate the biological and cognitive indicators of Alzheimer's disease, particularly in individuals who may be predisposed to developing the disease. To accomplish this they chose study the impact on animal models of Alzheimer's disease. These particular models have been extensively studied and scientists understand the specific treatments in which the mice progresses over time.

At Brookhaven, the animals were exposed to various doses of radiation. Six months later, comparable to what astronauts would be experience during a mission to Mars. Back in Rochester, a team of researchers - including URMC graduate student Jonathan Cherry, who was first author on the paper - evaluated the cognitive and biological impact of the exposure. The mice underwent a series of experiments during which they faced to recall objects or specific locations. The researchers observed that mice exposed to radiation were far more likely to fail these tasks – suggesting neurological impairment - earlier than these symptoms would typically appear.

The brains of the mice also showed signs of vascular alterations and a greater than normal accumulation of beta amyloid, the protein "plaque" that accumulates in the brain and is one of the hallmarks of Alzheimer's disease.

"These **findings clearly suggest that exposure to radiation in space has the potential to accelerate the development of Alzheimer's disease**," said O'Banion. "This is yet another factor that NASA, which is clearly concerned about the health risks to its astronauts, will need to take into account as it plans future missions."

Jonathan D. Cherry, Bin Liu, Jeffrey L. Frost, Cynthia A. Lemere, Jacqueline P. Williams, John A. Olschowka, M. Kerry O'Banion. **Galactic Cosmic Radiation Leads to Cognitive Impairment and Increased Aβ Plaque Accumulation in a Mouse Model of Alzheimer's Disease**. PLoS ONE, 2012; 7 (12): e53275 DOI: 10.1371/journal.pone.0053275

Pic: Artist's concept of human mission to Mars. (Credit: NASA/JPL Rawlings, SWC).

Copyright Pittwater Online News 2013. All Rights Reserved.

Picture: The new-found outflows of particles (pale blue) from the Galactic Centre. The background image is the whole Milky Way at the same scale. The curvature of the outflows is not a distortion caused by the imaging process. Credits: Elaine Carretti, CSIRO (radio image); S-PASS survey team (radio data); Axel Mellinger, Central Michigan University (optical image); Bi Breesart, CSIRO (composition).

Did Lucy Walk On the Ground or Stay in the Trees?

Much has been made of our ancestors "coming down out of the trees," and many researchers view terrestrial bipedalism as the hallmark of humankind's ascent. After all, most of our primate relatives - the great apes, especially - still spend their time in the trees. Humans are the only member of the hominid family to the ground, living terrestrial rather than arboreal lives, but that wasn't always the case.

The fossil record shows that our predecessors were arboreal habitats, that is, until Lucy arrived on the scene. About 3.5 million years ago in Africa, this tree-dwelling *Australopithecus afarensis*, appeared. Lucy was the first specimen discovered. Anthropologists agree that *A. afarensis* was bipedal, but had Lucy and her legacy totally forsaken the trees? The question is at the root of a controversy that still rages.

"*Australopithecus afarensis*possessed a rigid ankle and an arched, elongated foot," write Nathaniel Dominy and his co-authors in Proceedings of the National Academy of Sciences (PNAS). "These traits are widely interpreted as being functionally incompatible with climbing and thus definitive signatures of terrestrial life," says Dominy, an associate professor of anthropology at Dartmouth.

But not so fast; this interpretation may be a case of judgment in light of new evidence brought to light by Dominy and his colleagues. They did what all intelligent people do. They went and looked at modern humans who, like Lucy, have feet adapted to terrestrial bipedalism, and found these people can still function as effective tree climbers.

Co-authors Vivek Venkataraman and Thomas Kraft collaborated with Dominy on field studies in the Philippines and Africa that inform their PNAS paper. Venkataraman and Kraft are Dartmouth graduate students in the Ecology and Evolutionary Biology PhD program in the Department of Biological Sciences, and are supported by National Science Foundation graduate research fellowships.

The studies in Uganda compared Twa hunter-gatherers to their agriculturalist neighbors, the Baluja. In the Philippines, the researchers studied Agta hunter-gatherers and Manobo agriculturalists. The Twa and the Agta habitually climb trees in pursuit of honey, a highly nutritious component of their diets. They climb in a fashion that has been described as "walking" up small-diameter trees. This climbing style employs the soles of their feet directly to the trunk and "walk" upward, with their arms and legs advancing alternately.

Among the climbers, Dominy and his team documented extreme dorsiflexion – bending the foot upward toward the shin to an extraordinary degree – beyond the range of common "industrialized" humans. Assuming their leg bones and ankle joints were normal, "we hypothesized that such a soft-tissue mechanism might enable such extreme dorsiflexion," the authors write.

They tested their hypothesis using ultrasound imaging to measure and compare the lengths of gastrocnemius muscle fibers - the large calf muscles - in all four groups - the Agta, Manobo, Twa and Baluga. The climbing Agta and Twa were found to have significantly longer muscle fibers.

"These results suggest that habitual climbing by Twa and Agta men changes the muscle architecture associated with ankle dorsiflexion," write the scientists, demonstrating that a terrestrially adapted foot and ankle do not exclude climbing from the behavioral repertoire of these hunter- gatherers, or Lucy.

In their conclusions, the Dartmouth team highlights the value of modern humans as models for studying the anatomical correlates of behavior, both in the present and in the dim past of our fossil ancestors.

Vivek V. Venkataraman, Thomas S. Kraft, and Nathaniel J. Dominy. **Tree Climbing and Human Evolution**. Proceedings of the National Academy of Sciences, 2012; DOI: 10.1073/pnas.1208717110

Picture: Men in Twa society from Uganda regularly climb trees to gather honey. (Credit: Nathaniel Dominy)

Health Papers Released this week:

The Science of Neurosurgical Practice: Experts Discuss Importance of Quality Improvement, Clinical Research, Patient Care

The Journal of Neurosurgery:Lincoln Publishing Group, the scholarly journal division of the American Association of Neurological Surgeons (AANS), **has dedicated the January 2013 issue ofNeurosurgical Focus to the science of neurosurgical practice**.In this issue, eight patient experts battle a new and re-invigorated debate, in which there is a shift in health-care priorities (and what drives patterns of medical practice) from medical discoveries and technological innovations to relationships between patient safety and outcomes, quality of care, and the economic implications of keeping people healthy.

In their introduction, the editors - Anthony L. Asher, MD, FAANS, FACS (Carolina Neurosurgery and Spine Associates & Carolinas Medical Center, Charlotte, NC), Paul C. McCormick, MD, MPH, FAANS, FACS (Columbia University College of Physicians and Surgeons, New York), and Douglas Kondziolka, MD, FAANS (New York University, New York) - **speak of a parallel shift from an era in which medical knowledge was generated by physicians and then disseminated to patients, to a new era in which physicians will actively participate in the collection of new data, the interpretation, and the generation of new knowledge**.This activity will be made possible to physicians' ability to deposit, access, and interpret vast troves of data in long-term prospective databases of medical disorders and treatments.

"Our specialty is now engaged in an unprecedented experiment effort that aims to create a new integrative culture of neurosurgical practice for the purpose of improving care," write Dr. Asher. "Tremendous scientific and economic potential resides in this untapped within our routine clinical activities. The methods to realize that potential now exist. The promise of those methods can only be realized through concerted effort and organized action. If neurosurgeons choose to embrace practice science as an essential feature of modern neurosurgical practice, we will help meet the challenges of creating a sustainable health-care system, and we will also define the relevance of neurosurgery within the broader realm of medicine and society."

In the field of neurosurgery, several professional societies have joined together to advance the quality of patient care and to serve the needs of their neurosurgeon and other health-care stakeholders. To this end, a national practice data collection, the National Neurosurgical Quality and Outcomes Database (N2QOD), has been initiated. This issue of *Neurosurgical Focus* contains articles describing N2QOD as well as the overall new trend in professional neurosurgery – what the editors term the "science of neurosurgical practice" - from its beginnings to its projected future. **Specific topics in the January issue of *Neurosurgical Focus* include the following:**

Health-care reform, as exemplified in the Patient Protection and Affordable Care Act, according to Rachel Grisman and coauthors, aims to change the U.S. health-care system from one that rewards quantity to one that rewards better value through the use of performance measurement. The authors discuss current barriers to this shift toward better care as well as initiatives created to both the federal government and private organizations to overcome these barriers in the delivery of high-quality care to patients.

Peter Vaginine, MD, MPH, FAANS, and Dr. Paul C. McCormick discuss the science and methods used to measure clinical practice. They also speak of the benefits possible to physicians' ability to deposit, access, and interpret vast troves of long-term prospective databases of medical disorders and treatments.

"Our specialty is now engaged in an unprecedented experiment effort that aims to create a new integrative culture of neurosurgical practice for the purpose of improving care," write Dr. Asher. "Tremendous scientific and economic potential resides in this untapped within our routine clinical activities. The methods to realize that potential now exist. The promise of those methods can only be realized through concerted effort and organized action. If neurosurgeons choose to embrace practice science as an essential feature of modern neurosurgical practice, we will help meet the challenges of creating a sustainable health-care system, and we will also define the relevance of neurosurgery within the broader realm of medicine and society."

In the field of neurosurgery, several professional societies have joined together to advance the quality of patient care and to serve the needs of their neurosurgeon and other health-care stakeholders. To this end, a national practice data collection, the National Neurosurgical Quality and Outcomes Database (N2QOD), has been initiated. This issue of *Neurosurgical Focus* contains articles describing N2QOD as well as the overall new trend in professional neurosurgery – what the editors term the "science of neurosurgical practice" - from its beginnings to its projected future. **Specific topics in the January issue of *Neurosurgical Focus* include the following:**

Health-care reform, as exemplified in the Patient Protection and Affordable Care Act, according to Rachel Grisman and coauthors, aims to change the U.S. health-care system from one that rewards quantity to one that rewards better value through the use of performance measurement. The authors discuss current barriers to this shift toward better care as well as initiatives created to both the federal government and private organizations to overcome these barriers in the delivery of high-quality care to patients.

Peter Vaginine, MD, MPH, FAANS, and Dr. Paul C. McCormick discuss the science and methods used to measure clinical practice. They also speak of the benefits possible to physicians' ability to deposit, access, and interpret vast troves of long-term prospective databases of medical disorders and treatments.

In 1997 the Gamma Knife® first became available in North America, at the University of Pittsburgh, ushering in the practice of radiosurgery. Since that time, the university has documented the effectiveness of this procedure in treatments in patients who have undergone Gamma Knife surgery at that institution. Oren Berkowitz, PhD, MSPH, Dr. Chad Gibbons and coauthors from the Pittsburgh group present and review their data, facilitated publication of numerous works on the University of Pittsburgh experience, including knowledge of the long-term outcomes of this procedure.

Matthew McGirt, MD, and colleagues describe an overview of their experience at the Vanderbilt Stereotactic Radiosurgery Center (VSRC), where a prospective database has been collected during routine same care and recorded in a prospective fashion for patients undergoing SRS. Their experience with more than 1,200 patients and their documentation of safety, effectiveness of care, and research into the comparative effectiveness of different procedures.

All papers are published online Jan. 1, 2013 online in *Neurosurgical Focus*, Vol. 34, No. 1, January 2013. **Papers in Neurosurgical Focus are available by subscription only.**

Beat to Be Overweight, but Not Obese? Higher Levels of Obesity Associated With Increased Risk of Death

In an analysis of nearly 100 studies that included approximately 2.88 million adults, relative risk of death overall started increasing at grades 1 and 2, and higher levels of obesity were both associated with a significantly higher all-cause risk of death, while overweight was associated with significantly lower all-cause mortality, according to a study in the January 2 issue of JAMA.

"Estimates of the relative mortality risks associated with normal weight, overweight, and obesity may help to inform decision making in the clinical setting," according to background information in the article.

Katherine M. Flegal, Ph.D., of the National Center for Health Statistics, Centers for Disease Control and Prevention, Hyattsville, Md., and coauthors conducted a study to compile and summarize published analyses of body mass index (BMI) and all-cause mortality that provide hazard ratios (HRs) for standard BMI categories. For the review and meta-analysis, the researchers identified 97 studies that met inclusion criteria, which provided a combined sample size of more than 2.88 million individuals and more than 270,000 deaths. The regions of origin of the studies included the United States or Canada (in 41 studies), Europe (in = 37), **Australia (n = 7),** China or Taiwan (n = 4), Japan (n = 2), Brazil (n = 1), and Israel (n = 1); 4 studies were multiregional.

All-cause mortality HRs for overweight (BMI of 25–30); obesity (BMI of ≥30), grade 1 obesity (BMI of 30–35); and grades 2 and 3 obesity (BMI of ≥35) were calculated relative to normal weight (BMI of 18.5–25).

The researchers found that the summary HRs indicated a 6 percent lower risk of death for overweight, a 18 percent higher risk of death for obesity (all grades), a 5 percent lower risk of death for grade 1 obesity, and a 29 percent increased risk of death for grades 2 and 3 obesity.

The authors note that the finding that grade 1 obesity was not associated with higher mortality suggests that the excess mortality associated with obesity cannot be due to elevated mortality at higher BMI levels.

The researchers state that these findings are consistent with observations of lower mortality among overweight and moderately obese patients. "Possible explanations have included earlier identification of heavier patients, greater likelihood of receiving optimal medical treatment, cardioprotective metabolic effects of increased body fat, and benefits of higher metabolic reserves," they write.

The use of predefined standard BMI groupings can facilitate between-study comparisons, the authors conclude.

Editorial: Does Body Mass Index Adequately Convey a Patient's Mortality Risk?

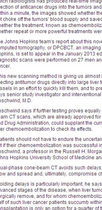
"Can overweight as defined by BMI actually have a protective association with mortality?" write Steven P. Hooper, M.D., Ph.D., and Scott M. Hadley, M.D., of the Pennington Biomedical Research Center, Baton Rouge, La., in an accompanying editorial.

"The presence of a wasting disease, heart disease, diabetes, renal dialysis, or older age are all associated with an inverse relationship between BMI and mortality rate, an observation termed the obesity paradox or reverse epidemiology. **The optimal BMI for minimizing mortality appears to be in the overweight range for either the overweight and obesity range**. Even in the absence of chronic disease or aging, BMI may not be the best measure of risk. Excess energy reserves during acute catastrophic illnesses, like terrorist or chemical attacks with some types of traumatic injuries, and coma may offer survival benefits that are not appreciated in light of the obesity epidemic in modern medicine.

Not all patients classified as being overweight or having grade 1 obesity, particularly those with chronic diseases, can be assumed to require weight loss to maximize health. Further research is needed to better understand phenomenon that is evaluated."

Katherine M. Flegal, Brian K. Kit, Heather Orpana, Barry I. Graubard. **Association of All-Cause Mortality With Overweight and Obesity Using Standard Body Mass Index Categories: A Systematic Review and Meta-analysis**. JAMA, Jan 2013;DOI: 10.1001/jama.2012.39170

Paired CT Scans Catch Chemo-Killing of Liver Tumors in Real Time



Pic: Specialized DPCBCT scans of a liver tumor in a 73 y.o. man before and after chemoembolization (left and right panels, columns from left) match (as closely as with MRI scans taken over a month later (first and third columns). (Credit: Courtesy of Johns Hopkins Medicine).

Using two successive pairs of specialized CT scans, a team of Johns Hopkins and Duke radiologists has produced real-time images of liver tumors during their direct injection of anticancer drugs into the tumors and their surrounding blood vessels. The scans, which take only seconds to perform, can show whether a tumor is at risk of one of the tumors' blood supply and saved patients a month or more about whether the treatment, known as chemoembolization, was working or not, and whether repeat or more powerful treatments were needed.

The Johns Hopkins team's report about this novel use of dual-phase cone-beam computed tomographic, or DPCBCT, an imaging technique developed at Johns Hopkins, is set to appear in the January 2013 edition of the journal Radiology. The diagnostic scans were performed on 27 men and women with inoperable liver cancer.

"This new scanning method is giving us almost instant feedback about the value of injecting antitumor drugs directly into large liver tumors and then surrounding blood vessels in an effort to quickly kill them, and to prevent the cancer from spreading," says senior study investigator and interventional radiologist Jean-Francois Geschwind, M.D.

Geschwind says if further testing proves equally successful, the paired use of cone-beam CT scans, which are already approved for single-scan use by the U.S. Food and Drug Administration, could supplant the current practice of MRI scanning a month after chemoembolization to check its effects.

"Patients should not have to endure the uncertainty of waiting weeks or more to find out if their chemoembolization was successful in fighting their liver cancer," says Geschwind, a professor in the Russell H. Morgan Department of Radiology at the Johns Hopkins University School of Medicine and its Kimmel Cancer Center.

"Dual-phase cone-beam CT avoids such delays, which also could allow the cancer to grow and spread and, ultimately, compromise chances of remission," he says.

Avoiding delays is particularly important, he says, for people with moderate to advanced stages of the disease, when liver tumors are too large or too numerous to be removed by surgery, or when patients are not candidates for transplantation. Half of such liver cancer patients survive only nine months, and liver transplantation is only an option for a quarter of those who have not spread outside the liver.

The newer DPCBCT scans, in which *x*-rays are detected by a device the size of a large laptop that can be placed directly below or above the operating room table, have the added advantage of being performed in the same room as interventional radiology suite, as patients getting chemoembolization.

In their new study, Geschwind and his colleagues found that the initial shortage seen with DPCBCT scans taken before and after chemoembolization in patients almost perfectly with MRI scans taken a month later. Tumor death was 95 percent the same as that seen by MRI. A total of 47 tumors were treated in the patients in the study to assess how well DPCBCT tracked tumor death after chemoembolization.

All study participants were treated at The Johns Hopkins Hospital between March and December 2009.

In DPCBCT scanning, a chemical contrast dye is injected into the arteries that supplies blood flow to the liver and tumor right before the chemotherapy drug is injected, to enhance the X-ray image. The first set of scans highlights key blood vessels feeding the tumor. Then, the drug is injected directly into the tumor's blood supply and followed immediately after chemoembolization, by gauge from one key blood vessel deliver. Computer software is used to sharpen and analyze differences between the images.

The entire DPCBCT scanning time, researchers say, is between 20 seconds and 30 seconds, and the radiation exposure is equivalent to that of a single CT scan. Geschwind says that while MRI is considered the gold standard for tumor assessment, a modern abdominal 64-CT scan. Cone-beam CT scanners also emit an X-ray, but unlike other CT scanners, the cone-beam type of *x*-ray is projected into one large, rectangular detector, roughly a foot and a half long - and produces a telltale conical shape. The size of the cone-beam CT detector allows for single scans that can capture images the size of most people's entire liver. More powerful 64-CT and 320-CT scanners involve multiple detector rows.

Chemoembolization entails the use of bits beads containing the chemotherapy drug doxorubicin injected directly into liver tumors.

Ultrathin catheters, about the width of a human hair, are threaded through blood vessels to deliver the drugs, which seep from the beads for several weeks.

Geschwind is leading clinical trials under way at Johns Hopkins and other centers to assess whether the combination drug treatment works for liver cancer patients. Early results have shown promise, with patients with advanced disease living 18 months to 15 months longer.

Geschwind says they plan improvements in image quality in DPCBCT scans, hoping further refinements will encourage physicians to adopt the technique. They also plan updates to the navigational software that, like GPS, can direct physicians feeding each tumor, and provide more precise and greater numbers of targets.

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.

Pittwater Online News

Issue 1 - 31 March 2013

ArtSpot

An exhibition of 17 artists on the northern beaches

5th January – 17th January 2013

10 Iris Macmillan Close
Warriewood NSW 2102

OPENING HOURS: Saturday 10am-4pm
Sunday 10am-4pm
Monday 10am-4pm
Tuesday 10am-4pm
Wednesday 10am-4pm
Thursday 10am-4pm
Friday 10am-4pm

Official Launch: Sunday, January 6 (4pm-6pm)

Artists Talk: Saturday, January 12 (2pm-4pm)

Enquiries: 0414 276 000

Sponsored by Avalon Beach Hotel

Sunday Beach Markets
Avalon Beach Reserve
Sunday 8.30am - 3.00pm
Ages 5-12 yrs
$2 entry

Enquiries: 0414 276 000
www.sundaybeachmarkets.com.au

Eleanora Players presents

The Nightingales

By Peter Quilter

Directed by Kate MacArthur

Tickets $15 - 14 & 15 Jan 8pm
16 Jan 2pm
Bookings: 0414 276 000

Avalon RSL All Saints Hall, Hudson Parade, Avalon

Tickets $15 - Bookings: 0414 276 000
Web: http://www.eleanoraplayers.com.au
Email: info@eleanoraplayers.com.au

Avalon Beach Markets
Avalon Beach Reserve
Sunday 8.30am - 3.00pm
Ages 5-12 yrs
$2 entry

Enquiries: 0414 276 000
www.sundaybeachmarkets

Pittwater Online News

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

January 6 - 12, 2013: Issue 92

HMS Penguin Anchor at RPAYC

H.M.S. PENGUIN LONDON, Jan. 23. H.M.S. Penguin has been recommissioned for service on the Australian station. H.M.S. Penguin is employed solely on survey work, and for months was busy in the Tongan Group of islands, where excellent work was done during last year. The vessel is now employed on a more surveying sloop, two guns, 1130 tons displacement, 700 horse-power. She was last recommissioned at Sydney on April 21, 1896, by Captain Arthur A. Field. H.M.S. PENGUIN (**1899, January 24**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article14139914

Collecting or displaying maritime equipment or anything associated with famous vessels has become very popular. Everything from snuff boxes owned by Captains and Commodores to letters written by those who perished on fateful voyages attracts historians, museums, maritime clubs and private collectors to auction rooms globally. In 2001 an auction at Christies in London listed items from our own two hundred years of Great Britain's vessels with prices from a few hundred pounds up to the thousand of pounds being the reserve. In the latter case a letter from a sailor on the Titanic and a snuff box given by Lord Nelson were what was deemed more valuable then bells, whistles or plans for ships sunk during WWI or WWII.

Current Maritime Antique's websites offer everything from cutlasses to antique diving helmets and range from hundreds to thousand of dollars too. Those that can prove provenance of a historical event or association with a famous maritime person or legend once again attract a huge price. As always the rarer the more expensive but always ensure claims are backed up.

In some instances the collector simply admires the equipment. In other cases the heritage of a nation is being preserved long after a vessel or incident may have slipped from the mind or be an unknown to a new upcoming generation.

At the entrance to the Royal Prince Alfred Yacht Club at Newport rests the anchor from HMS *Penguin*. An Admiralty Pattern long shanked anchor, weighing in at over a tonne, this beauty once was part of the survey vessel that assisted Australian waters safer for all who move on them.

The Admiralty Pattern anchor, also known as the 'Fisherman', is the most familiar anchor among non-sailors. It consists of a central shank with a ring or shackle for attaching the rode. At one end of the shank there are two arms, carrying the flukes or palms. The other end is mounted to the other end, at ninety degrees to the arms. When the anchor lands on the bottom, it will generally fall over with the arms parallel to the seabed. As a strain comes onto the rode, the stock will dig into the bottom, causing the anchor until one of the flukes catches and digs into the bottom. This basic design remained unchanged for centuries, with the most significant changes being to the overall proportions, and a move from wooden stocks to those of iron.

About the HMS Penguin:

HMS Penguin was an Osprey-class sloop. Launched in 1876, Penguin was operated by the Royal Navy from 1877 to 1881, then from 1886 to 1889. During her second commission she took part in the suppression of the slave trade on the East African coast and in 1888 she also took part in the blockade of Zanzibar. Penguin returned to England in 1889.

After being converted to a survey vessel, Penguin was recommissioned in 1890, and operated until 1908, when she was demasted and transferred to the Australian Commonwealth Naval Forces for use as a depot and training ship in Sydney Harbour. After this force became the Royal Australian Navy, the sloop was commissioned as HMAS Penguin on July 1st, 1913. Penguin remained in naval service until 1924 when she was sold off and converted into a floating crane. The vessel survived until 1960, when she was broken up and burnt. Her hull was sold to Samuel Waugh Ltd and converted into a crane hulk at Sydney in 1924. Later sold for breaking up, her hull was burnt on 13 December 1960 at Kerosene Bay, Sydney.

The ship had a displacement of 1,130 tons, was 170 feet (52 m) long, had a beam of 36 feet (11 m), and a draught of 15 feet 9 inches (4.80 m). An R & W Hawthorn two-cylindrical horizontal returning-rod steam engine fed by three cylindrical boilers provided 666 indicated horsepower to the single 13 ft (4.0 m) propeller screw. This gave Penguin a top speed of 9.9 knots (18.3 km/h; 11.4 mph), which failed to meet the required contract speed. After the first commission the engine was replaced by a Devonport Dockyard two-cylinder horizontal compound-expansion steam engine, developing 951 indicated horsepower (709 kW). She had a maximum range of 1,480 nautical miles (2,740 km; 1,700 mi) at 10 kn (19 km/h; 12 mph). In addition to the steam-driven propeller, the vessel was also barque rigged. The standard ship's company was between 140 and 150. Armament consisted of two 7-inch (90cwt) muzzle-loading rifled guns, four 64-pound guns, four machine guns, and one light gun. Penguin was built by Robert Napier and Sons, of Govan, Scotland. The vessel was laid down on 14 July 1876 as yard number 342. She was launched on 25 March 1876, and commissioned into the Royal Navy on 23 August 1877. Construction costs included £39,611 for the hull, and £12,500 for her steam machinery.

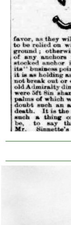
HMS Penguin (1876). (2012, June 7). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=HMS_Penguin_(1876)&oldid=496396661

One of the most famous operations HMS Penguin undertook was rescuing survivors of the steamship *Elingamite*. The photographs here, taken by the 'Penguin's' captain, Commander Willoughby Dawson, are part of the National Maritime Museum's collection on Flickr which relate to this rescue. On 9 November 1902 the 'Elingamite' steaming from Sydney for Auckland ran into West King Island off North Island, New Zealand, in a thick fog and sank. Six boats and two life rafts were launched. The 'Penguin' was dispatched from Auckland Harbour to locate survivors on 11 November 1902. At 15:50 on 13 November the 'Penguin' came across a life raft containing eight survivors (a further eight on the raft had died) and brought them to Auckland. A total of 45 people were lost.

Anchors at entrances to Yacht Clubs, Surf Clubs, Returned Services League clubs and in parks along the Australian coast are a familiar sight. Ours is a rich Maritime history. Many have been recovered by divers from wrecks during the 1960's and 1970's. They symbolise an 'at anchor' state for vessels berthed, they also are a symbol for stability and a strong foundation. In ancient times they were used by the first Christians as a symbol of the cross.

"Hope anchors the soul" Hebrews 6:19.

'How wise and how merciful is that provision of nature by which his earthy anchor is usually loosened by many little imperceptible tugs, until his conscience has drifted out of its untenable earthly harbor into the great sea beyond!' **Arthur Conan Doyle, Sr. quotes** Sherlock Holmes writer, creator of the detective Sherlock Holmes, 1859-1930)



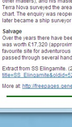
Looking aft towards the quarterdeck on HMS 'Penguin', ascribed to Commander Willoughby Pudsey Dawson, 1902-05 and part of the Klein Collection.

Moon children onboard HMS 'Penguin', ascribed to Commander Willoughby Pudsey Dawson, 1902-05 and part of the Klein Collection.

HMS 'Penguin' moored in Sydney Harbour, ascribed to Commander Willoughby Pudsey Dawson, 1902-05 and part of the Klein Collection.

Tweet | Like | +1

Copyright Pittwater Online News, 2012. All Rights Reserved.



SS Elingamite

SS Elingamite was an Australian passenger steamer of 2,585 tons, built in 1887, and owned by Huddart Parker, based originally on the wharves of Geelong. SS Elingamite was wrecked in 1902 off the north coast of New Zealand carrying a large consignment of gold. Elingamite arrived at Sydney on December 1887, having departed from Newcastle upon Tyne in England on 24 September, where she had been built by C.S. Swan & Hunter. She was a steel-hulled screw steamer 320 feet (98 m) long, 40 feet 9 inches (12.42 m) in the beam, with a depth of 22 feet 3 inches (6.78 m) and powered by triple-expansion compound steam engines, built by the Hartlepool Shipping & Engineering Company, which gave her a top speed of 11 knots (20 km/h; 13 mph). There was accommodation for 90 passengers in 1st class, and another 100 in steerage. The Victorian government had selected her for use as an armed cruiser, and she had fittings in place for four rimmstrong 36-pounder guns (two forward and two aft), and machine-guns amidships. She was schooner-rigged on two pole masts.

The sinking

Elingamite left Sydney early on Sunday morning, 5 November 1902, on the regular Tasman Sea run between Sydney and Auckland. Captain Ernest Atwood was in charge. On board were 136 passengers and 58 crew, and a consignment of 52 boxes of coins for banks in New Zealand, including 5,000 gold half-sovereigns. The voyage was uneventful until the evening of 7 November, when she accidentally encountered thick fog. Captain Atwood took reasonable precautions, but the vessel struck Hood Island, one of the islands in the Three Kings group, about 35 nautical miles (65 km) north of Cape Reinga on the northern tip of mainland New Zealand. The vessel foundered and sank within 20 minutes, but those on board managed to escape in lifeboats and rafts, some taking survivors to King Islands and some to the mainland. One lifeboat was never seen again. Forty-five died (29 passengers and 17 crew).

Aftermath

A court of enquiry into the sinking began at Auckland on 28 November and lasted about two months. Captain Atwood was found guilty of grossly negligent navigation (and on other matters), and his masters' certificate was suspended. Eight years later the Australian Naval Station reported that the Three Kings were very poorly charted. In 1911, the Terra Nova surveyed the area and established the Three Kings group to be a mile and a quarter south, and a third of a mile east, of their position shown on Captain Atwood's chart. The enquiry was reopened and the court found that the sinking would never have happened had the chart been accurate. Captain Atwood was cleared of all charges and later became a ship surveyor at Wellington where he died in the 1930s.

Salvage

Over the years there have been exaggerated claims that there was unregistered bullion aboard, and inflated tales about the true value of the coins on board when she sank. It was worth £17,320 (approximately equivalent to $2 million in 2004 U.S. dollars); less than claimed by urban legend. For almost 50 years the Elingamite wreck has been a favourite site for adventurous divers and although widely dispersed and now relatively scarce, some coins have been recovered. The wreck is now privately owned, having passed through several hands after auction of the rights to the wreck to the original insurance company.

Extract from SS Elingamite. (2012, December 11). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=SS_Elingamite&oldid=527515559

More at: http://freepages.genealogy.rootsweb.ancestry.com/~ours4ff/Elingamite.htm