Pittwater Online News

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November 11 - 17, 2012: Issue 84

Northern Beaches Interchange Celebrates 30th Anniversary

Nan Bosler and Carolyn McKay McKay, CEO of NBI

Left to right: Carien, Liz of NBI and Cr. Jacqui Townsend, Mayor of Pittwtaer.

Volunteer Host Family with Community Care Northern Beaches lady, Robyn.

Left to right: David Trundle (NBI), NAn Bosler and Tracey Keene who has been elected new Chair of Committee, all of whom are volunteers.

Jeremy, sounding better then ever, who competed in 2012 Young Bloods Comp.

Angela Roberts and Sue, who received NBI Excellence Awards.

Northern Beaches Interchange Celelbrates its 30th Anniversary

On Thursday 8th of November a large group of family, staff, volunteers and supporters gathered in Mona Vale Golf Club to celebrate 30 years of caring for each and every member of our community. Interchange began as a community based respite care scheme for children with a disability from the community by host families in the community.

Speaker for the evening, Nan Bosler, who was the first Chair of the Interim Management Committee and her address illuminated how many can do much with very little at all. Nan kindly allows us to share excerpts from her address here;

The 1970's and 89's in the northern Beaches were a time of awakening to the needs of many children with disabilities and their families who could benefit from some extra support and love. Cubby House Toy Library for children with special needs had been set up and the Creative Leisure Movement was running holiday programs for children with disabilities and their siblings. In 1979 an organization called 'Interchange' had been established by Mercy Family Life at Waitara.

A few years after Interchange began at Waitara there had been a change in the amount of funding available and it had been decided that the service could no longer cater for children who lived along the Northern Beaches. The Creative Leisure Movement was asked if it would organise and run Manly Warringah Interchange. Creative Leisure Movement had already been by the Department of Youth and Community Services to begin running the Kookaburra Play Therapy Group. The answer to both questions was a resounding "yes!".

A Manly Warringah Interchange committee was organized and I accepted the role as chair of that Interim Management Committee. We set up a small office in the Narrabeen Community Learning Centre. I was managing the Centre at the time and my office was next door. Interchange began as a community based respite care scheme aimed at caring fo5r children with disabilities by host families within the community. A small amount of funding had been handed on by Mercy Family Life which enabled the employment of a part time worker. The on-going submission writing to gain much needed funding had begun and, actually, has ever stopped!

After the service received its first government funding in January 1985, the expansion began slowly but surely and the service now has to operate five days a week.
Under the watchful eyes of staff and with the help of greatly valued volunteers, the organization grew and expanded. The name was changed to Northern Beaches Interchange and, as the space available at the Narrabeen Community Learning Centre didn't have elastic walls, a move was made to the Nelson Heather Centre. It was almost a coming of age in 1994 when the organization became an Incorporated Association and ceased to be auspiced by the Creative Leisure Movement.

Dates and facts are an important part of the story of NBI but the heart of this wonderful organization is the children and their families who benefit by participation in the many individual and group programs. That heart is cared for by the staff and volunteers who are all committed and dedicated to the children, young adults and family who comprise the world of NBI.

The services NBI provide are inestimable and includes a wide range of activities and support for siblings, parents and children with disabilities. The walls of Mona Vale Golf Club were filled with images and stories from children and host families that dazzled the eyes with so many faces and so many years of smiles on Wednesday evening. What greets you as soon as you walk in the room, and stays with you after you go, is the amount of love and fun and happiness inherent in NBI. It may be serious and hard work but it is the families, volunteers and supporters and what is inherent in them that makes NBI all it is and what is inherent in all is love, so much love, happiness, fun and a sense of us all being one family. But that's what community is after all, grown in love, recognising we all are one and all one family, and celebrating each other's uniqueness and gifts for the insights this brings and the enrichment of all that follows.

As Nan Bosler stated in closing her address;

NBI has given 30 years of service to their community and to the children and families who have been part of NBI to ensure that they are supported and empowered to participate fully in community life. Wow! Happy Anniversary NBI; here's to the next 30 years!

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Past Features Archives

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Articles This Week:

Northern Beaches Interchange Celebrates 30 years

Remembrance Day Writer 2012: The Loom Of The Lights Of London by Martin Thordnycraft

Red Wattlebird Song - November 2012

All Previous Articles

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

Previous Profiles:

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

History: Pittwater Ferries: November and warming weather inspires us to inspire you to get out on the water: SS *Phoenix* (launched 1903); built by William Langdon; from Peats Ferry to Patonga to Palm Beach and Newport and back again.

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

Park Bench Philosopher: Red Friday c/- Irene and John Anderson

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

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

News From our Inbox Wild About Whales NSW APP, **The Australian Ballet company celebrates its 50th anniversary this month we present this film revealing the roots of ballet in Australia,** Warming Temperatures Cause Aquatic Animals to Shrink,Massive Volcanic Eruption Puts Past Climate and People in Perspective, Climate Modeller Identifies Trigger for Earth's Last Big Freeze, **Health Papers released this week**; Recreational Cocaine Use Linked to Conditions That Cause Heart Attack, People Can Learn to Sense With 'Rat's Whiskers' On Fingers; May Improve Aids for the Blind, New DNA Vaccine Technology Poised to Deliver Safe and Cost-Effective Disease Protection, Controlling Vascular Disease May Be Key to Reducing Prevalence of Alzheimer's Disease.

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Community News: Youth Leading the Way at Narrabeen, Ticks, ROTARY CLUBS HAND OVER PALLIATIVE CARE FUNDING PROCEEDS, Care Packages to our troops, Avalon Craft Cottage for Xmas, Families need to update details to get the Schoolkids Bonus, PBL Newtworking Evening, New test for bowel cancer, COMMUNITY MEETINGS TO START IN NOVEMBER, Grey Cross Day, DRUG & ALCOHOL FORUM FOR PARENTS, SEEKING PITTWATER'S LOCAL HEROES, Roll out of bed to the start line at Coffs Harbour, Narrabeen 2050, Learn 2 Swim Program - Narrabeen Rock Pool, **AUSTRALIA'S FIRST ECO BOAT SHOW AT BAYVIEW**, AFTSF 2013 Grants Open, Our Council's Notices, Fed. Govt. Media and more

Environment: Australia ready to join Kyoto second commitment period, Cockatoo 'Can Make Its Own Tools', Carbon Buried in the Soil Rises Again, Kilimanjaro's Shrinking Ice Fields As Seen From Space, **Enviro. Award for Children's Literature OPEN**, Weeds: Unwelcome Strangers Vid by CSIRO, Environment Events: Asparagus Fern Out Day at Woody Point, FREE Green Film Night, Frogging for all the family!, Science of the Surf with Dr Rip, Worrisome Weed Workshop, Barrenjoey Goats - first day back!, Ingleside Chase Reserve Walk, Rock Platform Tour North Narrabeen Aquatic Reserve, Solar eclipse of November 13, 2012, Cooee November Issue, local Environment groups and orgs.

Lynda Hill: Update 9.11.12: Navigating And Stepping Lightly: November's Scorpio Total Solar Eclipse Eclipse

Pictures: Melbourne Cup Celebrations; colour, glamour, giggles.

Youth: NATIONAL COIN DESIGN COMPETITION, Download your free triple j Unearthed Ausmusic Month 2012 mixtape, Calling wanna-be time travellers, Youth Leading the World Congress, Tom and Jerry: The Tuba Tooter, Chance to Study in Asia, Photo competition; get snappy!, SEEKING YOUTH INPUT ON PITTWATER'S FUTURE, Name Your Favourite Teacher, SongCamp - Yarramundi, Bullying Has Long-Term Health Consequences, Support Local Music, Defend AMRAP, Science and Innovation to be rewarded, Cool Tools - Tree of Life Branches out Online, New online tool for students from Fed. Govt., Library Story-times for Littlies.

Seniors; Noble Prize - C/- Irene and John Anderson, Indomitable Spirit, Pittwater Wrecks- The Valiant, We'll meet again, Therapy for Stroke Patients Improved, Mahjong at Avalon, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

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

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

Collector's Corner: REGA Pourer Can; a great Sydney Company, who are still going, and invented, modified and improved water pumps, spray pumps and even contributed to WWII requirements.

Food: Remembrance Day 2012 and Food From when ingredients were scarce: **From 1917**: Dumplings; Savory Spaghetti; Lentil Pasties; Nourishing Cheese Dish; **1943**: Austerity Sugarless Cake; **1944**: Wartime Coconut Cake; Chocolate Eclairs; Orange Salad.

Events: Flaming Doghouse @ Pittwater High, WPYC Xmas Picnic, PBL Brekkie foir SLSC, Roger Woodward Concert, Margaret Olley Exhibition at Musueum of SydneyNew Mayor to Speak at Pittwater RSL, Magnificat at Manly, Market Days 2012, Mike Munro to Speak at PBL Breakfast for SLSC's, Tom Burlinson at PBGC and more

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WOODLAND CHIMES.

Oh, list to the chimes in the green woodlands ringing,
As the west wind comes sighing amongst the' tall trees,
Kissing the petals of the fair flowers and flinging
Their delicate odours on the scent laden breeze
List! how softly and thrilling the sweet numbers flow,
As the breeze o'er the ridges comes floating along,
Rustling the drooped fronds as they wave to and fro,
And mingling their music with the grey thrush's song.
Down in the gullies, where the brown bees arehumming,
The sweet sylvan concert is chiming on still;
For Spring in her mantle of blossoms is coming,
The woods' leafy labyrinth with beauty to fill,
The ridges and dingles and glens to illume
With the red tulip's sheen and the mimosa's bloom,
And with the tangled vines' tendrils in rich purple flower,
Wreathing bright garlands in each leaf-spangled bower.

The wail of the waterfall 's borne on the gale,
From where leaps the river o'er the grey granite crags,
Ere its waters, like silver, flow down through the vale,
Mongst the tall tassalled reeds ands the yellow flower'd flags;
Up 'mid the mountain mists the lyre-birds are trilling,
Whilst the flute-bird's clear carrol in the vale swells;
The coo of the brown dove with music is filling
The mimosa groves in the golden bloomed dells;
The brief notes of the blue jay and wattle-bird blend
With the sweet smelling chorus the wild songsters rhyme;
While down in the gullies and in the lone glens
The bell-bird breaks in with her soft silvery chime :
The swoom of the waters, the sweet songs of the bird;
The rustle of green fronds by balmy winds stirred;
And the manifold sweet sounds which round us doring,
A paradise make of the green woods in spring.
BUSHMAN.
Molonglo, 17th September, 1867.

Original Poetry. (**1867, September 25**). *Braidwood Independent* (NSW : 1867), p. 8. Retrieved from http://nla.gov.au/nla.news-article30576957

Red Wattlebird Song

The Red Wattlebird (*Anthochaera carunculata*), also known as Barkingbird or Gillbird, is a honeyeater; a group of birds found mainly in Australia and New Guinea which have highly developed brush-tipped tongues adapted for nectar feeding. The tongue is flicked rapidly and repeatedly into a flower, the upper mandible then compressing any liquid out when the bill is closed.
Although honeyeaters look and behave very much like other nectar -feeding passerines around the world (such as the sunbirds and flowerpeckers), they are unrelated, and the similarities are the consequence of convergent evolution. The Red Wattlebird is a large (up to 35 cm) grey-brown honeyeater with red eyes, distinctive red wattles either side of the neck and white streaks on the chest and belly, which reveals a bright yellow patch towards the tail. Juveniles are generally less flamboyant, with less prominent wattles and browner eyes.
The species is found in SE Queensland, New South Wales, Victoria, South Australia and southwest Western Australia in open forest, woodland, and near human habitation. The nest is formed from sticks and leaves lined with bark and hair, between 2 and 16 meters above ground, usually in the forked branches of a tree or shrub, in which two or three, pale brown-spotted pinkeggs are normally laid.

In addition to nectar, it takes insects and other small creatures, usually by hawking, and also berries and other fruit. This bird was first described by John White in his *Journal of a Voyage to New South Wales*(1790).
Red Wattlebird. (2012, October 6). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Red_Wattlebird&oldid=516310501

HOW did the wattlebird get its name?

The general impression seems to be that the name came to be bestowed because of the sup-posed association of the bird with the wattle tree, but this is not so. It arises from the long fleshy excrescences called wattles that characterise two of the three species of these birds. The wattles in the Tasmanian wattlebird are yellow; those of the Mainland species are red, and the brush wattlebird, which occurs in Tasmania and on the Mainland also, is devoid of them.
What purpose these wattles serve no one has been able to discover. They may be simply ornaments.

We may be interested to know how the wattle tree also received its name.- Generally, it is confined to the well defined and typical tree-growths of the Acacia family, such as silver wattle, black wattle, golden wattle, Cootamundra, Queensland, and certain other allied trees. The pliable nature of the branches made the tree a suitable medium for wattling early dwelling houses and fences in Australian settlements, though the art of "wattle and daub" was known and applied in medieval times.

It is not always recognised, however, that the wattle tree was not the first Australian tree to be used for this purpose. The original breed used for wattling was the Callicoma, which is quite a different genus, though in New South Wales it is still known as "black wattle." WATTLEBIRD and Wattle. (**1953, January 10**). *The Mercury*(Hobart, Tas. : 1860 - 1954), p. 15. Retrieved from http://nla.gov.au/nla.news-article27143136

Photos by A J Guesdon, November, 2012.

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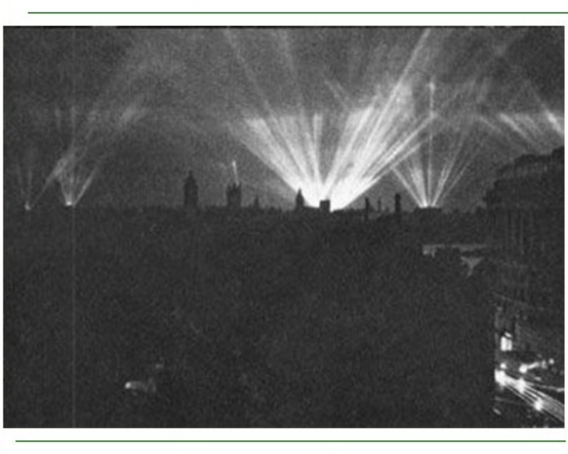
THE LOOM OF THE LIGHTS OF LONDON

By Martin Thorndycraft



A man stood alone on the cliff-tops at peace, in the quiet of the evening air
The familiar old sight brought a smile of delight at the fine panorama spread there.
To the East he could see beyond sleepy Old Leigh all the lights coming up on the pier,
To the South the Kent coast had, he thought, changed the most and he muttered "That's progress, I fear."
But the West drew his eyes as the darkling skies over London grew brighter, it seemed.
Memories fifty years dead flooded into his head and he walked home to sleep. But he dreamed!

The little boy watched from his window one night as the last light leached out of the sky.
And he called to the man in the garden below "Hey, Dad, I was wondering why
The sky always seems to get brighter again just after the sun goes down".
"That's the loom of the lights of London, old son, as they switch them all on in Town.
And I think we won't see it too often again if this nonsense in Munich falls through
So I'll need you to help me to do a few things, just in case----well, for Mummy and you."

Above: Cockleshed rowOLd Leigh; Leigh-on-sea.Below: raking cockles.

The little boy listened as older men spoke and their voices held anger and grief
"Only twenty-one years since the last lot was done" and their heads shook in sheer disbelief
"What was it they told us when called to the ranks? `Volunteer, lads, and fight for the cause!`
"What justification when millions had died? Well, that was the war to end wars!
And now it must happen all over again, how many this time will survive?"
"I suppose it's our fault, for we sat there and watched and allowed the fanatics to thrive."

Old Leigh, the small Mecca of any boy's dreams with its Creek and its boats and its mud.
Could anyone doubt, as he wandered about, the salt water that ran in his blood?
He rejoiced in the smells of the old cockleshells and the seaweed the ropes and the pitch
And he marvelled how wide was the Thames till the tide brought that mighty stream down to a ditch.
He watched the boat-builders work wonders in wood with just adzes and handsaws and planes
And the way they could make up a new garboard-strake with their hands and their grandfather's brains.

JOhnson and Jago boatbuilders shed- Leigh on Sea 1939.

He longed for a ride when each boat took the tide and begged them each time he felt bolder
And they smiled (not in fun) and said "Sorry, old son, but come back when you're just a bit older".
Then the war came to Leigh and the threat from the sea was as real as the heat from a fire,
So they built the tank-traps and they filled in the gaps with roll after roll of barbed wire
While all the kids knew they could worm their way through notwithstanding the threat of big fines,
Not one of them tried since a mate of theirs died - all the beaches were seeded with mines!

They all worked together for many a day in the warmth of that fine autumn's sun
Making `blackouts` and digging a shelter next door and the little boy thought it was fun
To see neighbours all labour as one with a will and the spirit to grimly determine
They were British and not to be ground `neath the feet of some jackbooted maniac vermin!
And many a young man went bravely away dressed in khaki or light or dark blue
And those that came back had all aged twenty years by the horror of what they went through.

Anderson Shelter: Sidney Strube, *Daily Express*, November 1940.

For many long days all the communiqués from the fighting in Europe were mournful.
The blitzkrieg was working too terribly well and the Fuhrer was boasting and scornful.
No country was ready, no nation well armed, no courage enough to withstand
As the Nazi steamroller smashed on and crushed out peace and freedom from land after land.
Lines of flags on the little boy's wall-map remorselessly moved North and West to the coast
Till they shortened and formed a small arc round Dunkirk just a few miles across at the most.

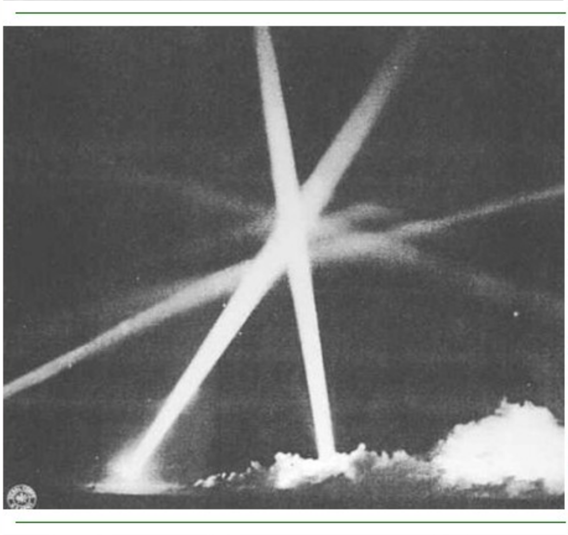
Then the call had gone out all round England's South Coast, every harbour and river and creek.
It was heard as from Nelson or Raleigh or Drake. The response wasn't tepid or weak!
So the fishermen dumped all their gear on the docks and set off to be first in the line
The old paddle-wheel steamers chugged out through the locks, their green, white and gold looking fine!
There were tugboats and fireboats and tenders and hire-boats and wherries and ferries galore
And every small boat with pretensions to float and a skipper went off to the war!

The little boy watched with his pals all wide-eyed the Armada set off round the Nore
From the Thames and elsewhere there were nine hundred boats and they'd seen nothing like it before.
And the Navy would shepherd them over the Channel where, thank God, the weather was calm.
Some boats had not tasted salt water before and for some of the crews it lacked charm!
But they got to Dunkirk and they soon set to work and they ferried those men from the beaches
A miraculous third of a million got home and away from the enemy's reaches.

The lady next door came round tearful and weak. "God, what shall I do?" she beseeches.
Brian took his wee boat to Dunkirk twice last week and came back full of lads from the beaches.
And he went off again in the old "Jenny Wren" disregarding the way that I pleaded.
He said "Just wish me luck and don't worry, old duck, I've a feeling I still may be needed",
Now the telegram boy just brought this to the door but my eyes are too tearful to see".
So the little boy's Mum took her into her arms for she knew what the message would be.

The boy's Dad was looking quite grim in those days as he absently tousled his hair,
"Reprieve from the jaws of defeat" was the best he could say for the Dunkirk affair.
"So I think we'll evacuate you and your Mum just to make sure you're out of harms way
But I'd better stay here and get on with my work and keep old Adolph Hitler at bay".
And his parents engendered a holiday mood as they packed him off up to his Aunts
Though both were aware how the Home Guard would fare if the Germans came over from France.

Then Churchill spoke out to a nation in doubt and in tones that demanded attention
He offered them nothing but blood, sweat and tears and didn't neglect then to mention
That we'd fight on the beaches and fight in the streets but never, no never surrender!
Bull-doggedly bullying all to take heart and become a defiant defender.
And even the young boy could recognise that with a fellow like Winston in charge
If we all pulled together and fought to the end we'd do pretty well by and large!



Now the loom of the lights did come back many nights in a different and terrible guise
As the bluey-white fingers of searchlights felt round for the foe that lurked there in the skies.
And if they were lucky a cruciform moth would appear at the peak of a cone
And flutter and fight to escape from the light but it knew it faced death all alone
For an instant of silence the guns all swung round, in their hatred they took careful aim,
Here at last there was one they could see though they knew there were plenty more still in the game.

Then "POM-POM!" go the small guns, "KER-POW!"go the Bofors, "KERUMP!" go the 3.7`s
A chrysanthemum blooms at the apex of lights and five heroes die there in the heavens.
The little boy leaps with excitement and laughs "We got one! We got one!" he screams.
It's just cowboys and Indians, one up to us! Not for years will he get the bad dreams.
The rest of the Dornier squadron throbs on undeterred by the death of those fliers
And they defecate death on the docks down below, taking aim at incendiary fires.

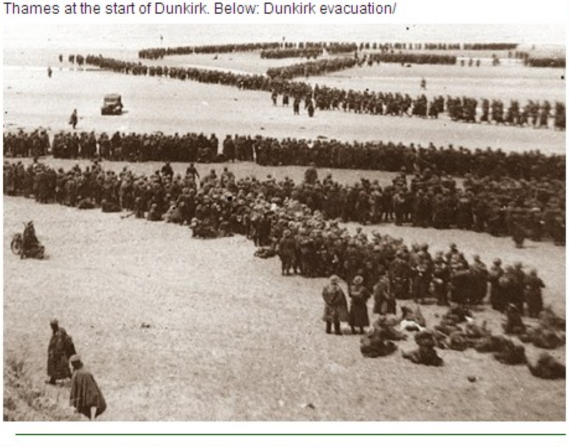
"Hey, Dad, the loom! The loom of the lights! Do you think that it means that we've won?"
"No, Son, they've set fire to the India Docks and the battle's just hardly begun.
And many a Cockney and neighbouring family died in those merciless raids
But the worse they were harried the harder they got as they fashioned their ploughshares to blades,
Then tempered the steel in their own burning homes with a terrible light in their eyes
And from that moment on there was never a doubt that the phoenix of vengeance would rise.

The young lad would go to the cliff-tops each day, his gas mask slung over his shoulder,
His I.D. card stuffed in his pocket and prayed it would last till he grew a bit older,
For he desperately longed to sail out with those ships as they slipped from the Thames to the sea
Or to fly in a Spitfire and shoot down some Huns, Oh! What wonderful fun that would be!
He solemnly watched the Commandos that trained on their course on the slopes down below him
Then learned it himself and got bruised and all covered in mud till his Mum didn't know him!

Above: Dunkirk Flotilla - Minotaur Flotilla. 'Little Ships' being towed down the Thames at the start of Dunkirk. Below: Dunkirk evacuation/

The army moved into the street late that year, commandeering the houses and flats
Of the folks that moved out when invasion was near leaving only their dust and some cats.
But the ones that remained made a fuss of the lads as they drilled and they trained every day.
For they certainly knew as the ammo dumps grew that a big `push` was not far away
And the Gunners were kind to the kids of the street; they reminded them of their own sons.
So the kids learned to swear and put cream on their hair and the way to fire anti-tank guns.

By now the young lad rarely saw his own Dad who was working an eighty-hour week
Plus he felt it his duty to join the Home Guard just to fill his spare time, so to speak!
And he cycled at night along four miles of coast behind tank-traps and mines and barbed wire
With his Webley and twenty-four bullets at most though uncertain how many would fire!
And they made him an Officer with a flat hat, to the pride and delight of his son.
He said "I'm not the best but compared to the rest I'm the only one there with a gun!



The women all worked with a will in those times making efforts as great as the men's
And some joined the WAAFs or the A.T.S. though they envied the hats of the WRENS !
They joined the Land Army or went off to nurse or worked on production lines
Built planes and made parachutes, even built ships, painted tanks and filled bombs, shells and mines.
And some, of course, stayed home and brought up the kids, without husbands it wasn't the best.
But they dug their allotments and stood a fire watch wearing tin hats along with the rest.

The sky above England was bright blue that day as the Messerschmitts breasted the coast
And the Focke-Wolfs too swiftly swung into view and the number that came was a boast.
The challenge they issued to Fighter Command was to fight or surrender the field
And the RAF knew the vital import of the day and there wasn't an option to yield!
So the Merlins were hot and the Vickers full armed and the pilots knew their obligation
Was to fight tooth and claw till the battle was won for the prize was the life of the Nation.

Now the Luftwaffe by then were all battle-hard men, they'd conquered six countries already
So they flew against England with arrogant ease, their minds and their pulses quite steady.
But the bulk of the RAF boys were fresh to the fray, barely out of their Unis and schools.
Though their spirits were high and their brave hearts were light they had yet to learn some of the rules.
So the Spitfires and Hurricanes took to the fight with never a thought of defeat
And they clashed head to head over England's green fields and a fiercer foe neither could meet.

Chuldren being evacuated - nametags, lunchboxes and gas masks.

Some young kids from the school broke the truancy rule and escaped when the siren had sounded,
Not a thought for the danger from shrapnel or bullet, away to the cliff-top they bounded
And they witnessed some glorious history writ on that high blue ethereal stage,
Unaware of the dreadful account to be rendered in blood at the end of the page.
And the scream of those engines and rattle of guns continued all day o`er the lea
Till the last black-crossed planes had all fled from the field and the small boys went home for their tea.

Then "The Few" turned their noses for home on the `drome and the maintenance crew's tender care
To refuel, rearm and patch up best they could for at dawn they'd be back in the air.
And the pilots went off to the pub for some beer and to bask in the barmaid's warm smile
And to play rowdy games and to sing bawdy songs for they had to forget for a while.
"Never mind if the bastards shoot off your left ball or they serve you the ultimate clanger,
Just be sure that your ghost flies the old crate back home as we've bugger all left in the hangar."

And the battle raged on through those bright autumn days and "The Few" had become even less
But the Black Cross was smashed and the pieces fled home, there was no singing back in their mess.
Soon the youthful observers could notice a change as the bombers took over the fight
There were `ours going out ` not just `theirs coming in` and the people took heart from the sight.
So the "Wimpys" and "Lancasters" roared out at dusk and returned not far short of the dawn
And the loss of some crews would be terrible news but at least now the Nazis could mourn.

The young boy had pinned a huge map on his wall with small flags on to mark up the action
But there wasn't much movement in Europe just then so North Africa was the attraction.
His Uncle was there with the `Rats of Tobruk` under `Monty` engaging in war
With Rommel, `The Fox`, a formidable foe and the whole of his `Afrika Korps`.
The fighting was bitter and raged to and fro till Rommel withdrew from the fray
And some men say gallantry lived through the war but chivalry died on that day.

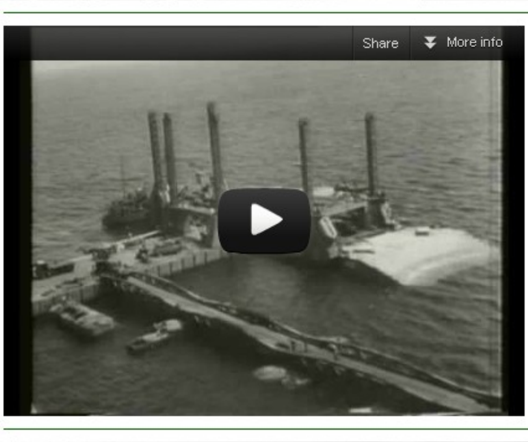
Sometimes the boy queued with his Mother for food in the hope of some small tasty treat,
A smidgin of butter, a morsel of cheese, some dried milk or a sausage, sans meat.
But the British folk knew that apart from what grew on their Islands the rest of it made
Some hazardous trips with the men and the ships that fought through the U-boat blockade.
And the brave Merchant Men always signed on again for the convoys from Thames, Tees and Tyne
Protected, they prayed, on the voyage they made by the lads in the "Grey Funnel Line".

And the boy saw a boat that was barely afloat come staggering in on its own
For the convoy can't stop when one ship gets the chop so the lame ducks were always alone.
Tugs hurried out dowsing the fire in the housing and threw her some lines for a tow
And they nursed the old crock into Tilbury dock and they brought up the dead from below.
Then the dockers unshipped the six tanks from her decks and the crew hurried home to their wives.
Cargo raised from her hold was worth far more than gold for the freight cost was seventeen lives.

Now the people of Britain were feeling the pinch and the structure was starting to groan
As apart from the Commonwealth lads by their side they'd fought two bloody years on their own
Then the Yankees received a foul punch in the guts as the Japs bombed their Pearl Harbour fleet
So they learned from the start there's no rules to this game and they jumped in to help with both feet.
Soon the G.I's and Fly Boys were thick on the ground and the kids all soon learned to say "Mister,
Have you got any gum?" and they always had some and asked "Say, have you got a big sister?"

A certain resentment was there at the start with their clean uniforms and their money
For taking the girls out to dine and to dance (though they thought that they talked a bit funny)
And the lads in the Forces were not too impressed as the Yanks pinched the girls and the beer
And they soon wrote a song of the only things wrong "Overpaid, over-sexed, over here!"
But resentment gave way to respect very soon at the courage displayed by the Yanks
As the bombers flew out now by day and by night in two shifts with their "Forts" and our"Lancs".

Now the kids thought they knew every aircraft that flew and some they could tell just by sound
And what they'd seen lately were nearly all `ours`, there weren't many `bandits` around.
Then the Germans invented two new forms of death; the `V.1.s`were despatched for a start.
Just a Flying Bomb blast and they flew very fast and they sounded just like a long fart!
If they reached overhead when the motor cut dead you were safe for they'd glide some way yet,
But they hadn't a crew so were not aimed at you, it was rather like Russian Roulette!



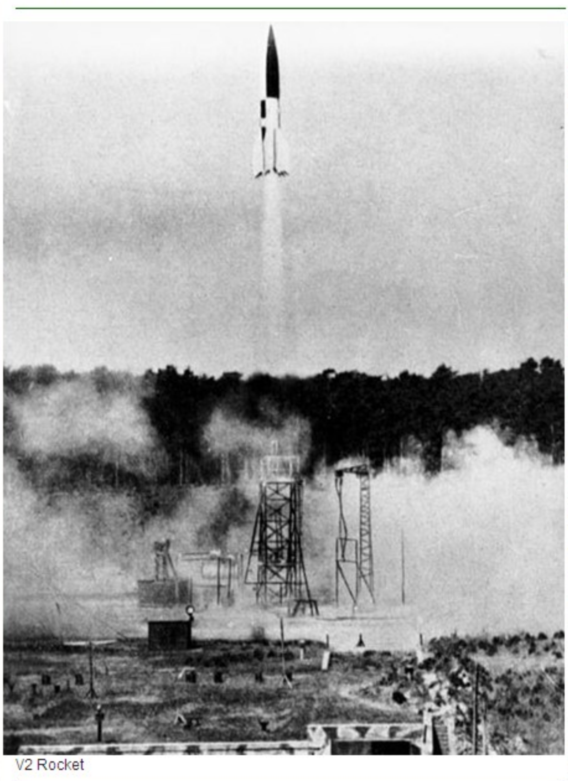
Next the `loom` came in flashes and terrible splashes of fiery yellow and red
And it would have been pretty except the poor City was mourning more Citizens dead
These were called the `V.2s` and the only good news was the `whoosh` chased the `bang` in a hurry
If you heard them arrive you were safe and alive and if not ….. well it's too late to worry!
So the phlegmatic folk took these things as a joke and grimly worked on with teeth gritted
While the RAF knocked out launch-sites as fast as they could, they were causing more harm than admitted.

The South East of England was filling up fast with men and equipment and arms
Assembling in every space they could find from railway sidings to farms
And the seaports were filling with all kinds of ships and the rumour-mills busily humming
A wave of excitement pervaded the land; it was clear now that D-Day was coming!
Then the boys saw some very strange craft on the River towed down to a spot off the Nore.
They were parts of the `Mulberry Harbour' designed to be built on an enemy shore!

D-Day - 6th of June, 1944

Came the dawn they were gone and the army moved on from the street with their guns and their tanks.
And the kids wondered why they had not said `Goodbye` with no chance to say `Good luck and thanks`.
But the whole of the South was one tightly closed mouth for they knew careless talk would cost lives.
So all leave had been stopped, mail and telephones chopped to the worry of sweethearts and wives.
A logistical miracle then was achieved as the armies embarked all together.
High Command had some nail-biting agonies waiting at least a day's break in the weather.

Now the World held its breath as if frightened to death that the outcome should be a defeat.
The Air Forces chased every Hun from the sky over Europe protecting the fleet.
The Navies bombarded the coastal defence – every target but one were decoys!
Then the Armada pounced and the word was announced "Right, it's Normandy – Go for it, Boys!
So the beaches were stormed and the beachheads were formed and the gallantry shown was inspiring
For despite the surprise and the sun in their eyes the German guns never stopped firing!



V2 Rocket

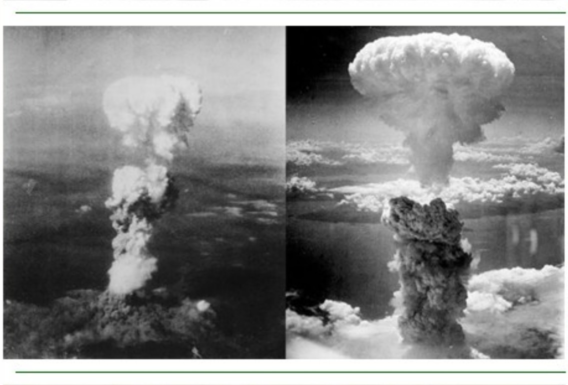
Now the flags on the young fellow's wall map spread out from the Normandy beaches inland.

And they marched across Europe and brought liberation to people and land after land.
As the Germans fell back from each massive attack though the fighting was bloody and grim
With the Russians attacking them hard from the East now their chance of survival was slim.
But the horrors they found as they won back the ground made the Allies quite sickened with worry,
Concentration camps freed proved the desperate need was to finish the war in a hurry.

With maximum effort the Allies fought on till they smashed through the German's own border
And the pincers closed in and crushed on to Berlin through a land bombed to total disorder.
In a mad Armageddon of chaos the Fuhrer then died like a rat in its nest,
And the Axis collapsed and surrender was signed and the last dead were laid to their rest.
Jubilation at Victory in Europe was rife, celebration was urgently planned
So parties and dances and bonfires were held in all neighbourhoods throughout the land.

The young chap had passed his exams and at last he was going to High School, so proud
To be wearing long pants like his Dad and a uniform just like the rest of his crowd.
He remembered the day that seemed so far away when they'd made blackout boards in the past
And they'd served very well, not a bomb or a shell had shattered a pane with its blast
But they went now to boost the huge pile that the neighbours had built on a block up the street
And they cheered, sang and laughed in relief as it burned and they toasted the German defeat.

But next day, as it does, the remorse had set in realising the job wasn't done
For out East there remained one last beast to be slain in the guise of the rising sun.
And their Emperor swore they would still fight the war till the final Jap soldier was dead
While the Allies were tough they had just had enough and reluctant more blood should be shed.
So an awesome decision was made and an Atom Bomb fell on two towns in Japan
And a nuclear roar brought an end to the war but a stain on the conscience of Man.



So at last it was over! The man took his son up to Town for the Victory Parade.
It was plain although covered with bunting and flags what a sacrifice London had made.
Every street had bomb scars like a landscape from Mars but this wasn't the day for a wake!
For this great celebration they hosted the nation with pride in the show they would make.
And London just took to the streets for a look at the finest parade ever seen,
And they cheered to the echo the Services marching and cheered for the King and the Queen!

It took the parade several hours to pass by, each contingent received an ovation
For everyone marching were heroes that day in the hearts of a gratified nation.
But the last of the brass bands was finally past with a blare and a thump on the drum
And the crowd drifted off, some in search of more fun, some to go home from whence they had come.
With their hands red from clapping, their throats raw from cheers, their heads full of wonderful sights,
And the young chap said "Dad, do you know that right now we're a part of the loom of the lights!".

________oOo______

The man woke next morning as daylight was dawning and precious few hours had he slept.
From the pain in his eyes he recalled with surprise that on several occasions he'd wept
Then he knew that those tears, overdue fifty years, had been shed for the folly of man.
Whereas youth saw excitement, adventure and fun the man saw, as only age can,
The mad decimations of people and nations, the murder the anguish the waste
For the people in power was it their finest hour or man's nature completely debased?

He wondered if anything fine had emerged from that maelstrom of mayhem and madness.
Would the balance sheet have any goodness to show which could possibly counter the badness?
Well, the spirit of man to survive was apparent, ameliorated by time
And given the chance he preferred not to sink, had a strong inclination to climb!
Great things could be done without use of a gun if the shoulders were put to the wheel
But you first needed peace and some good elbow grease and to know where to find your next meal.

He smiled to himself in surprise at the deep philosophical thoughts in his mind
He was not one to ponder the meaning of life or the ultimate fate of mankind.
He was nearing the end of a long promised trip and was now heading back to the start
The wealth of the friendships he'd found on the journey were pleasant and warm in his heart
And he thought that "somewhere there's a metaphor there, it'll dawn on me one of these nights".
Then he wandered off down for a last look at Town and that wonderful loom of the lights.

M.A.T.

Throughout 1998

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November 11 - 17, 2012: Issue 84

Red Friday

c/- Irene and John Anderson

Last week I was in Melbourne attending a conference. While I was in the airport, returning home, I heard several people behind me beginning to clap and cheer. I immediately turned around and witnessed one of the greatest acts of patriotism I have ever seen.

Moving through the terminal was a group of soldiers in their uniforms, as they began heading to their gate everyone (well almost everyone) was abruptly to their feet with their hands waving and cheering. When I saw the soldiers, probably 30-40 of them, being applauded and cheered for, it hit me. I'm not alone. I'm not the only red blooded Australian who still loves this country and supports our troops and their families. Of course I immediately stopped and began clapping for these young unsung heroes who are putting their lives on the line everyday for us so we can go to school, work, and enjoy our home without fear or reprisal.

Just when I thought I could not be more proud of my country or of our service men and women a young girl, not more than 6 or 7 years old, ran up to one of the male soldiers. He knelt down and said 'hi,' the little girl then asked him if he would give something to her daddy for her. The young soldier didn't look any older than maybe 22 himself, said he would try and what did she want to give to her daddy.

Suddenly the little girl grabbed the neck of this soldier, gave him the biggest hug she could muster and then kissed him on the cheek.

The mother of the little girl, who said her daughter's name was Courtney, told the young soldier that her husband was a Corporal and had been in Afghanistan for 5 months now.

As the mum was explaining how much her daughter, Courtney, missed her father, the young soldier began to tear up. When this temporarily single mum was done explaining her situation, all of the soldiers huddled together for a brief second. Then one of the other servicemen pulled out a military looking walkie-talkie.

They started playing with the device and talking back and forth on it.

After about 10-15 seconds of this, the young soldier walked back over to Courtney, bent down and said this to her, 'I spoke to your daddy and he told me to give this to you.'

He then hugged this little girl that he had just met and gave her a Kiss on the cheek. He finished by saying 'Your daddy told me to tell you that he loves you more than anything and he is coming home very soon.'

The mum at this point was crying almost uncontrollably and as the young soldier stood to his feet he saluted Courtney and her mum.

I was standing no more than 6 feet away as this entire event unfolded.
As the soldiers began to leave, heading towards their gate, people resumed their applause. As I stood there applauding and looked around, there were very few dry eyes, including my own. That young soldier in one last act of moment turned around and blew a kiss to Courtney with a tear rolling down his cheek.

We need to remember everyday all of our soldiers and their families and thank God for them and their sacrifices. At the end of the day, it's good to be an Australian.

RED FRIDAYS

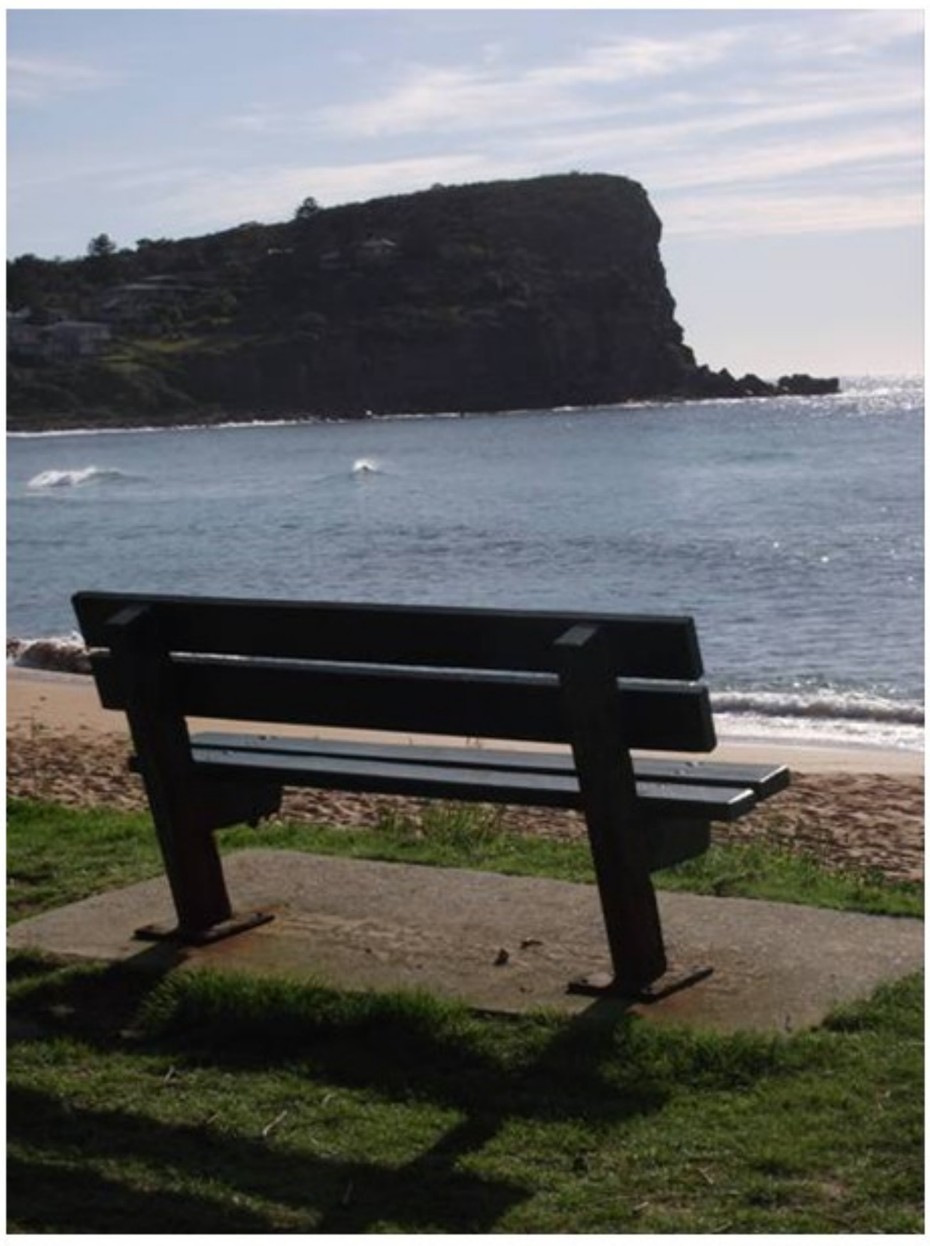
Very soon, you will see a great many people wearing Red every Friday.
The reason? Australians who support our troops used to be called the 'silent majority'. We are no longer silent, and are voicing our love for Country and home in record breaking numbers. We are not organized, boisterous or over-bearing.

We get no liberal media coverage on TV, to reflect our message or our opinions. Many Australians, like you, me and all our friends, simply want to recognize that the vast majority of Australia supports our troops.
Our idea of showing solidarity and support for our troops with dignity and respect starts this Friday and continues each and every Friday until the troops all come home, sending a deafening message that every Australian who supports our men and women afar will wear something red.

By word of mouth, press, TV -- let's make Australia on every Friday a sea of red much like a homecoming football team. If every one of us who loves this country will share this with acquaintances, co-workers, friends,
and family, It will not be long before Australia is covered in RED and it will let our troops know the once 'silent' majority is on their side more than ever, certainly more than the media lets on.

The first thing a soldier says when asked 'What can we do to make things better for you?' is... 'We need your support and your prayers'...
Let's get the word out and lead with class and dignity, by example; and wear something red every Friday.

Lest we Forget.



Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Thursday 27 - Friday 28 December 2012 | Issue 96 | Circulation 27,000 | Free Digital Publication

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Pittwater Rugby Club 2012 Grand Finalists and Club Trophy Winners

Australian Rules Football Club Results and Club Trophy Winners

Pittwater Rugby Club Results and Club Trophy Winners

Pittwater Rugby Club Results and Club Trophy Winners

Pittwater Rugby

November 11 - 17, 2012: Issue 84

Integrity Candles

Former resident of Pittwater and Avalon Linda Saul has had an interesting journey into business and candle making. Her creative talents have blossomed in the later stages of life proving it is never to late to start a business and test your creative talents.
Linda grew up on the north shore and northern beaches of Sydney. Having two boys young in life and shortly after becoming a single mother Linda felt a change was in the air. She packed up her things and with her two young men headed to the beautiful country towns in the Northern Rivers of NSW.

Linda had always been a creative person, but acknowledging she needed to become a provider for her two young boys she put her creative aspirations aside (for the time being). Linda met her now husband Lenn in 1991 a few years after her move north, and with his help raised her family and forged a career in the health industry.

Lenn was diagnosed with prostate cancer in 2007, the same cancer type that had caused the death of Linda's farther only a year previously. "When my husband developed cancer, it led us to re-evaluate our lives" she said.

Linda decided to retire from her career in health management and began to work from home spending more time with her husband.
Integrity Candles was born. Linda began to make Jams, Candles, Honey and a whole range of products she could source from her own farm and other local farms. But it was her wax lanterns were she rediscovered her creative spark. "We make a hardened wax lantern, and then I melt the colours into the wax, this is quiet a layered process. Then I begin to carve my artwork." When a candle is placed inside the wax lantern, Linda's art come to life. They really are amazing.

This is now the third year Linda has come back to the northern beaches with her unique products. "I love coming back to Sydney's north and catching up with old friends and family, as well as selling my art, promoting my business, my friends businesses and getting good locally made products out to the people."

What makes Integrity Candles so different from others?

Integrity Candles turn candle making into an art form. We produce high quality candles but our artistic wax lanterns are what really separate us from any other candle maker. You haven't seen anything like an Integrity Wax Lantern before, and you can't get them off anyone but us.

Why is it called 'Integrity' candles?

It was JFK that said "Our basic common link is that we all inhabit this planet, we all breathe the same air, we all cherish our children's future, and we are all mortal." We believe in looking after our community, our planet and our children's future before making our profits. We believe if our multinational corporations had this in mind the world would be a much more harmonious place to live.

The Cauldrons are very beautiful and made to order with the clients ideas in mind; can you tell us two examples of these and what their uses and sizes are?

The wax lanterns are beautiful for when entertaining guests or have a romantic evening with your partner. They are both beautiful and a talking piece. Lately we have been doing a lot for weddings. We usually carve a tree into the lantern, then couples name into the tree trunk. They have been very popular.

Where and when do you sell these?

We sell online and every Christmas we visit Warringah Mall for the month of December. This year we will also be at Northbridge Plaza. This year we have lots of local products from Byron Bay. Chocolates, coffee, honey as well as our candles.

What's the best thing about creating these products?

The best thing about creating our products is the feedback from customers. Having girls come up to us at the markets saying they received one of our lanterns from their husband for their anniversary and how much they love it! Its always special hearing those comments.

Best thing about being self-employed?

LOL the best and worst thing is work is just down stairs. Lol. It's a blessing and a curse sometimes. But mostly a blessing.

What is your favourite place in Pittwater and why?

Avalon. I visit my brother there in his beautiful home and it is just such a lovely relaxing environment. So Chill.

What is Integrity Candles 'motto'?

Stay true to yourself, your beliefs in life, your fellow man and the environment. That is how we try to approach every day in business.

Mission Statement
To provide our customers with 100% Australian made, artistic, youthful and high quality candles, soaps and lanterns, competitively priced.
To make sure every customer smiles after working with us, and when using our products.
To recycle and leave as little impact on the environment.
To create unique lighting features that inspire imagination and beauty.
To give back to the community that supports our growth.
By donating prizes & arranging fundraisers for health awareness, community needs and or families in hard times we can help our local community prosper.

INTEGRITY IC CANDLES AUSTRALIA

Integrity Candles will be at Warringah Mall, near the Dolphin Court from 26th of November 2012 until 24th of December and at Northbridge Plaza from 26th of November until 9th of December, 2012. Apart from the wonderful Cauldrons, she will be selling Locally made Chocolates, candles, soap, relish and honey. All done up in hampers making excellent gifts for Christmas. Website: www.integritycandles.com.au/

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November 11 - 17, 2012: Issue 84

SS Phoenix

When folk weren't venturing out into the ocean to get to Pittwater, or taking their chances on coaches that ran through, rather than over Narrabeen lakes, they were utilising that 'Rhine' of Australia, the Hawkesbury River and rail services. The Government of the day encouraged people to take trips down this river by providing connecting passages by rail, steamer and coach. Even before the advent of the rail this wonderful watercourse not only funnelled people on boats into Broken Bay in Pittwater, it was also a place to fish or visit relatives or visit the dearth of boatbuilders the Hawkesbury and Brisbane Waters and their incessant supply of vessels for all Australian ports and dream of your own new craft. Pittwater was a very busy estuary from early on with many vessels and many ferries coming from all directions. many of these arriving as picnickers, day trippers or those who came to dance at Newport from the mouth of the Hawkesbury (see bonus General Gordon, a paddlewheeler, below). This week SS Phoenix, a beautiful craft that managed to half live up to her name, in being destroyed on the 25th of May 1931 in Hawkesbury River by being burnt, begins to remerge so we can at least gaze at her once more.

The Phoenix was a wooden screw steamer of 46 tons, Length 68.2 ft or 20.7 metres. She was built in 1903 at Newcastle by William Sangford and seems to be the only vessel registered as built by him on records at present. A screw steamer or screw steamship is powered by a steam engine, using one or more propellors, also known as 'screws', to propel it through the water. The term is usually used to differeniate these vessels from paddle steamers, an earlier form of steamship that was mostly superseded by the screw steamer. Her life in Pittwater and the Hawkesbury seems to begin at the end of World War I.

Phoenix at Brooklyn Railway

NOTICE. TO FRUITGROWLRS OF HAWKESBURY AND COLO RIVERS. We have just purchased s.s. Phoenix, to run passengers and cargo from SACKVILLE to BROOKLYN. The Phoenix is an up to date passenger and Cargo Boat, fitted with powerful electric light. JONES and HALL. Proprietors. Family Notices. (**1918, November 29**). *Windsor and Richmond Gazette* (NSW : 1888 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article86151767

Messrs. Jones and Hall announce that their steamer, Phoenix, will run to Wiseman's Ferry hospital shorts on Boxing Day, leaving Page's wharf at 7.:30 ajm , Sackville at 8.and returning seme day. Messrs. Jones and Hall announce that their steamer, Phoenix, will run to Wiseman's Ferry hospital shorts on Boxing Day, leaving Page's wharf at 7.:30 a.m , Sackville at 8.and returning same day. Week to Week. (**1918, December 13**). *Windsor and Richmond Gazette* (NSW : 1888 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article86149886

The trim little river steamer Phoenix will run a two days' excursion from Sackville to Newport on Monday and Tuesday, February 17 and 18. The enterprising owners, Messrs. Hall and Jones, will spare no trouble to make the trip comfortable and enjoyable for all who undertake it. **A dancing hall will be arranged for at Newport**, and hot water will be provided free on the boat. The Phoenix leaves Sackville wharf at 8.30-a.m. on Monday, February 17, returning next day. Further particulars are advertised in another column. Week to Week. (**1919, January 31**). *Windsor and Richmond Gazette* (NSW : 1888 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article86152591

The postponed excursion to Newport in Messrs. Hall and Jones' steamer Phoenix takes place on Monday and Tuesday next.The steamer leaves Sackville wharf at 8.30a.m. on Monday returning next day. A dancing hall has been arranged for at Newport. Full particulars are advertised inthis issue. Week to Week. (**1919, March 14**). *Windsor and Richmond Gazette* (NSW : 1888 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article86152496

The ladies of Ebenezer Red Cross Society entertained Private Marshall Brown at a river picnic in the s.s. Phoenix on Thursday of last week. **Private Brown recently returned from the war**, and is evidently a favorite with the ladies. About 50 picnickers went on the two days' excursion, to Newport in Messrs Hall and Jones' steamer Phoenix on Monday last, returning on Tuesday. It was voted the most enjoyable river excursion ever held, on the Hawkesbury. Messrs. Hall and Jones are promoting another trip to Newport for next month. Week to Week. (**1919, March 21**). *Windsor and Richmond Gazette* (NSW : 1888 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article86151044

EXCURSION TO NEWPORT. s.s. PHOENIX WILL run a two days' excursion to Newport and back on FRIDAY and SATURDAYAPRIL 11 and 12 Leave Sackville 'Wharf 10 a.m., Friday, 11th April; Wiseman's Ferry, 12.30; arrive Newport about 5.30 p.m. Leave Newport Saturday, 12th April, 8.30a.m. Dancing hall will be arranged at Newport. RETURN FARE, 3/6. Hot water on board free. Don't miss the Fishing Excursion to Brooklyn. Leave Sackville 4.30 p.m. Easter Saturday (April 19), returning Easter Monday morning. HALL & JONES, Owners. Advertising. (**1919, March 28**). *Windsor and Richmond Gazette*(NSW : 1888 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article86150171

Messrs Hall and Jones' steamer Phoenix runs a fishing trip down, the river on Saturday, returning on Monday evening. Week to Week. (**1919, April 18**). *Windsor and Richmond Gazette* (NSW : 1888 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article86152148

Messrs. Hall and Jones' fine little steamer Phoenix took a party of holiday makers from Sackville to Brooklyn during the Easter holidays. At Brooklyn parties from the trains were taken outside the heads to the fishing grounds, and had good sport. Some 'nice bags of fish were caught. The Phoenix is a trim little craft, and looks really well as she ploughs through the waters of the Hawkesbury. The owners should be encouraged in their pleasure trips down the grand old river. Lots of Windsor people who have never seen the river below Sackville don't know what they are missing. Week to Week. (**1919, April 25**). *Windsor and Richmond Gazette* (NSW : 1888 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article86150728

STEAMER PHOENIX SOLD. Mr A J Ellerber shipbroker, reports having sold the steamer Phoenix to Mr Izzard, of Brooklyn, who will place this handy little vessel in the Hawkesbury River trade The Phoenix is a vessel of 46 tons register, with a speed of 10 knots. She has accommodation for 300 passengers. She left for the Hawkesbury river yesterday afternoon. STEAMER PHOENIX SOLD. (**1919, May 24**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 18. Retrieved from http://nla.gov.au/nla.news-article15840012

Messrs. Hall and Jones have discontinued trading on the river with the 'Phoenix,' . The trim little steamer has been purchased, by Mr. Joe Izzard, the Brooklyn boat-owner. LOWER PORTLAND. (**1919, May 30**). *Windsor and Richmond Gazette* (NSW : 1888 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article86149631

Joseph Izzard was born in 1848 at Lower Hawkesbury, New South Wales, Australia. He was the son of William Izzard and Jane Hewett.

HAWKESBUBY-NEWPORT FERRY. Daily Excursions to Patonga Beach, Palm Beach and Newport. S.S. Phoenix leaves Hawkesbury Railway at 11 a.m. Special trips to Patonga, Thursday 4.30pm., 8.30 p.m., 10.15 p.m.: Good Friday, 9 a.m. 8 p.m. A. J. SMITH. Advertising. (**1925, April 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article16214103

Phoenix with Dangar Island in background

WOMEN'S COLUMN. A DAY'S OUTING. (By FLORENCE BAVERSTOCK.)
In recalling the days that are no more. A few there are who take delight n the round trip from Central Station via the Hawkesbury, back to the city, but not too many seem to know of this outing. Many a time have I made this trip for the sheer love of it, and have always noticed that with women it is more popular than with men. Perhaps because it is so cheap. The ticket for the whole trip costs nine shillings, and two steamers, a tram, a 'bus, and a train are the vehicles employed to take the traveler from Central Railway Station to Brooklyn, thence by the Phoenix to Palm Beach or Newport wharf, thence the motor bus to the Narrabeen tram terminus, and thence to Manly, and so home to the Quay by steamer, with the offchance of being a little seasick as the boat feels the ocean swell between the Heads...

Making the journey the reverse way gives more pleasure, because then one starts from Circular Quay and goes to Manly in the morning, always a more exhilarating experience than leaving Manly in the afternoon and steaming up the harbour into the setting sun…
Only the meek would smile pleasantly as they sit like St. Lawrence on a cold gridiron upon the hard, ungenial rails of the seats on the Phoenix. That sturdy little battler sidles up to Palm Beach wharf, and the few passengers, some with cameras, some with luncheon baskets, waiting to board her, have to walk a little narrow plank and drop in gracefully as may be on the deck. Then she casts off and makes for Broken Bay, which sometimes can be nasty, as yachtsmen know, but surely not so very Bay-of-Biscay like that the steamer needs such high screens forward. The Phoenix, a friendly craft, was built in the dim long ago, and apparently with the express object of hiding all the beauties of Lion Island, Pittwater, and the Hawkesbury mouth from the prying eyes of excursionists. Happy go-lucky was the spirit of the days when she was built, when If you did not like what you got you "did the other thing." By much screwing of heads and side glancing of eyes, the passenger who hails from Narrabri is enabled to see the calm stretch of Pittwater from West Head up, while the man who has been to the Solomon Islands tells how like it is to Manrovo Lagoon. The other objects of interest may be seen while twinges of torture from hard seats, which make themselves felt. The kindly thought which prompted the monument of old Sally Morris, at the Basin, Barrenjoey, is admired, and then the turn is made into the Hawkesbury.

Particular places are associated indissolubly with certain times of day or night. Culcairn is a land where it is always dawn. Seen from the river, the Hawkesbury bridge exists only in the late afternoon, when river mists shimmer, and, meeting the water, cause the bridge to float

A midway station given
For happy spirits to slight
Between the earth and heaven.

That view of river, of bridge, and of dreaming hills is the climax of the day's outing. The long wait at Brooklyn for the always tardy train and the downward glide to Hornsby come as an aftertaste, a something too much. That and the rather archaic Phoenix are drawbacks to one of the pleasantest outings to be found near our much favoured city. WOMEN'S COLUMN. (**1926, January 27**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article16275009

HAWKESBURY RIVER-NEWPORT FERRY.Daily Excursion to Patonga, Palm Beach, and Newport Delightful scenery. S.S. Phoenix leaves Hawkesbury River Railway at 11 a.m. Daily. A J Smith, Prop. Advertising. (**1927, October 1**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article16407849

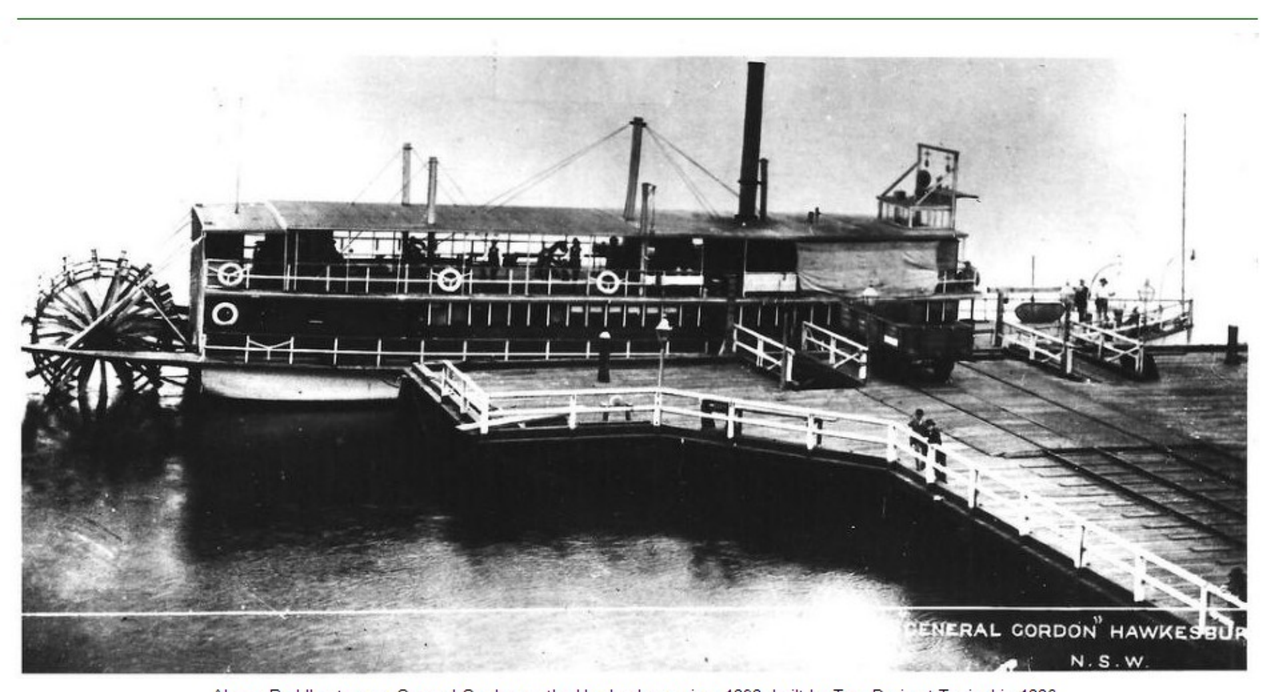
Phoenix at Patonga. Image 106160h, Courtesy State LIbrary of NSW.

PHOENIX BEACHED. OWING TO, LEAKAGE. Advice was received yesterday by the secretary 'of the State Deportment of Navigation (Mr. G H. Faulks) that the small ferry steamer Phoenix. which piles between Hawkesbury River ports, had- been beached at Brooklyn, a leak having developed in the vessel's planking. The leak, it is stated, was caused by a length of rope becoming entangled in the Phoenix's propeller A "nut In the stern tube became loosened and finally unscrewed, so that the tube itself was pushed into the vessel's planking, causing a severe leak, which became so serious that at last the vessel had to be beached. The. Phoenix, which piles regularly between Brooklyn, Palm Beach, and Newport, is a small wooden steamer of 46 tons, owned by Mr. J. Izzard. A departmental surveyor will examine the vessel this morning. PHOENIX BEACHED. (**1927, October 20**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16412926

STEAMER PHOENIX. Temporary repairs having been effected, the wooden ferry steamer Phoenix, which was beached at Brooklyn on Monday owing to leakage, has been refloated. She will be brought to Sydney this morning under convoy of the Hawkesbury S.S. Co.'s steamer Erringhi. STEAMER PHOENIX. (**1927, October 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16413262

Ferry at Newport Whaf, 1925.

General Gordon - Paddle Steamer



Above: Paddle steamer General Gordon on the Hawkesbury, circa 1898, built by Tom Davis at Terrigal in 1886.

Government Railways
CHEAP, COMBINED RAIL AND-RIVER EXCURSIONS., TO THE HAWKESBURY RIVER. IN CONNECTION WITH THE 'STEAMER' GENERAL GORDON. TO-DAY (FRIDAY) AND SATURDAY NEXT. COMBINED TRIPS TO HAWKESBURY AND NEWPORT, RETURNING via MANLY, and VICE VERSA. TO-MORROW (SATURDAY). Cheap Tickets, at 8s 6d First-class, will be issued at Central and Sydney Booking Offices, also at Strathfield and Milson's Point Stations, to include 'journey by rail to Hawkesbury, thence to Newport by steamer, from Newport to Manly by coach, and from Manly to Sydney by ferry. Passengers will travel by the 9.5 a.m. train from Sydney and 9.50 a.m. train from Milson's Point. Similar Tickets will be issued at the Manly Ferry Wharf, Circular Quay, by steamer leaving at 9.30 a. m and passengers will make the trip in the opposite direction to those travelling from Sydney. The steamer from Newport will arrive at Hawkesbury in time to connect with the 4.16 p.m. train for Sydney. The Tickets will be available for return for one week from date of issue. . By order of the Commissioners, H. McLACLAN, Secretary. Advertising. (**1906, December 7**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article14794223

Hawkesbury River [showing ferry at wharf, commuters and railway]. Ferry is General Gordon. ca. 1900-1910, Plc. No. a116435. Courtesy State LIbrary of NSW.

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

November 11 - 17, 2012: Issue 84

NATIONAL COIN DESIGN COMPETITION TO SALUTE COURAGE OF SERVICE PERSONNEL

The Royal Australian Mint has come on board as the major sponsor of the 2012 Read2Remember Coin Design Competition where children from across Australia are encouraged to submit a design which reflects the courage of our service men and women. The Read2Remember campaign, which aims to improve literacy skills and wellbeing among children, is free for all schools to register. It has clearly struck a strong chord with 1,480 schools and up to 295,000 school children across Australia participating in the event on 9 November, the Friday before Remembrance Day on 11 November.

The campaign is an initiative of Sunshine Coast-based organisation SunnyKids and is supported by the Encouragement Foundation. As part of the campaign, schools are encouraged to read celebrated Queensland author Rupert McCall's poem "Pledge of Remembrance", written especially for the occasion.

SunnyKids CEO and founder of Read2Remember Chris Turner said he was thrilled to have an iconic national brand such as the Royal Australian Mint on board as a sponsor.

"The Royal Australian Mint's involvement provides a lot of credibility for the Read2Remember program as well as much needed funds to ensure we can reach as many schools as possible across Australia.

"**The competition asks participants to create a coin design which reflects what Remembrance Day means to them**. Designs are predicted to depict the characteristics of courage and resilience found within our servicemen and women and this is a perfect fit with the Read2Remember program," Mr Turner said.

Parliamentary Secretary to the Treasurer, the Hon Bernie Ripoll MP, commented on how partnerships such as these were valuable to developing young people.

"In the lead-up to the Anzac centenary, this is a great initiative from the Royal Australian Mint and Read2Remember to encourage young Australians to understand the significance of Remembrance Day through developing their literacy skills. The Royal Australian Mint has already had such a great response to the competition and you just never know, the winning design could end up on a coin one day," Mr Ripoll said.

Minister for Veterans' Affairs, the Hon Warren Snowdon MP, said young people were very interested in Australia's wartime history and that interest was growing as we approach the Centenary of Anzac.

"Australia's current serving men and women in uniform, as well as our strong veterans community, are a great part of our national story. Encouraging our children to engage with their stories ensures their service and sacrifice is never forgotten," Mr Snowdon said.

The Australian Government has supported SunnyKids with a $2,000 Saluting Their Service grant towards the Read2Remember program.

The winning designer will receive a WACOM Intuos5 Series Graphics Tablet used by Royal Australian Mint designers to create new coins. The winning designer's school will also receive an invitation to the Royal Australian Mint in Canberra to visit the nation's capital and experience how money is made with a special tour of the Mint.

The **winner will be announced on 7 December** on the Royal Australian Mint website, Facebook page and Twitter feed.

To enter into the 2012 Read2Remember Coin Design Competition, download your registration form from the Royal Australian Mint website. **Entries close 16 November 2012.**

Calling wanna-be time travellers – from CSIRO

Ever wondered what your future holds? Fame, fortune, a world powered by low carbon energy? You can now take a peek at what will power Australia in 2050 with just a click of your mouse - none of that tricky time travel required. Coinciding with the release of the Australian Government's Energy White Paper, CSIRO has released eFuture, a website where you can use one of Australia's leading energy modelling tools to experience firsthand the energy scenarios presented in the Paper. Take a look at the choices we face and how they impact Australia's electricity costs, technology mix and carbon emissions.

Director of CSIRO's Energy Transformed Flagship, Dr Alex Wonhas, explains how eFuture helps people understand our rapidly changing energy environment.

"Australia will undergo a huge transformation in the energy sector over the next 35 years where a greater number and more diverse mix of electricity sources are likely to be powering our homes, businesses and industry," Dr Wonhas said. "eFuture help us to understand just some of possible pathways before us and what it could mean for technology development, the economy and the environment."

eFuture brings together extensive data about Australia's energy sector in a readily accessible and interactive tool. Users are prompted to make choices on electricity demand, fuel price and technology type and see how that impacts Australia's energy future. eFuture uses scenario information based on the Australian Government's Energy White Paper and the latest Australian Energy Technology Assessment (AETA) by the Bureau of Resource and Energy Economics (BREE). The tool is a snapshot of CSIRO's complex modelling research that government and industry uses to inform decisions about energy investment and policy.

"We anticipate that industry, government and research organisations will find eFuture really useful, however anyone can use it – we want as many people as possible exploring Australia's energy future," Dr Wonhas said.
Jump in your time machine or simply visit www.efuture.csiro.au

Science and Innovation to be rewarded

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

"The 2013 Science and Innovation Awards support young people aged 18 to 35 years who have an innovative project that will benefit Australia's primary industries," Minister Ludwig said. "Young people are passionate about the future of our primary industries. The future of rural Australia and these Awards are a way to bring their ideas to fruition and help advance their careers."

There are a number of industry category awards available to applicants, supported by Australia's research and development corporations (RDCs). Categories include animal welfare, red meat processing, pork, dairy, fisheries and aquaculture, grains, sugar, viticulture and oenology, cotton, meat and livestock, new and emerging rural industries and horticulture.

"These awards also give people the opportunity to work closely with the RDCs and explore other exciting pathways into the primary industries sector," Minister Ludwig said.

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

Minister Ludwig said that after an additional application and assessment process, one of the industry category award recipients will then receive the Minister's Award, which provides an additional $33,000 in funding to further develop their research project. The successful recipients of the 2013 Science and Innovation Awards will be publicly acknowledged at the Outlook 2013 conference dinner on Tuesday 5 March.

Applications close on Friday 23 November 2012. For further information, including application forms and a list of Awards supporters, visit the department's website, contact +61 2 6272 2260 or email Science Awards.

Tom and Jerry: The Tuba Tooter (1932)

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

The nation's most skilled students can now be recognised for their efforts in vocational education and training, with nominations now open for the 2012 Australian Vocational Student Prize (AVSP). Minister for School Education Peter Garrett today encouraged schools across Australia to nominate students for the Prize.

"Each year, up to 500 prizes are awarded to outstanding Year 12 students who have undertaken a Vocational Education and Training program or an Australian School-based Apprenticeship as part of their senior secondary certificate," Mr Garrett said. **"The AVSP is not an academic award, instead, it focuses on vocational achievements and a student's personal attributes, such as determination, commitment and the leadership role they play in their school and community."**

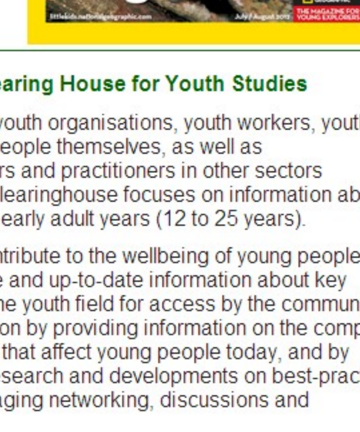
Students can be nominated by their school principal, teacher or a Vocational Education and Training Coordinator and, if successful, receive a certificate and are awarded a $2000 prize.

"This award is the vocational equivalent of the academic Australian Student Prize, another initiative aimed at recognising the achievements of students and their schools," Mr Garrett said. "It is a great opportunity to celebrate the achievements of students who have chosen a practical pathway through their senior studies and gained invaluable skills that make them more employable. Developing industry-specific skills through avenues such as these helps students with planning and pursuing their chosen career path, and the AVSP is a great way to recognise these endeavours."

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

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

National Geographic online fun For little kids:



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

HERE

Australian Clearing House for Youth Studies

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

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

Great Website with daily Updates HERE

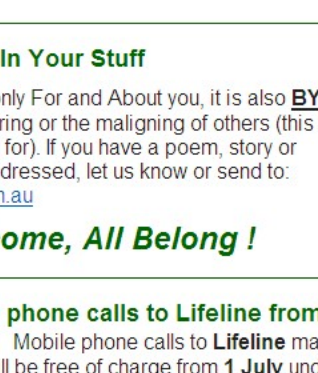
Bus Pass Replacement

HERE

Bullying; NO WAY !!!

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

Powerhouse Museum Online Fun



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

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

Send In Your Stuff

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

All are Welcome, All Belong !

No charge for mobile phone calls to Lifeline from anywhere in Australia;

Mobile phone calls to **Lifeline** made from anywhere in Australia will be free of charge from **1 July** under an agreement made between the three major phone carriers.

Headspace 'We've got your back' campaign

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

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

Murder under the Microscope by Lesley Stevens

Murder under the Microscope is an environmental murder mystery, played by students in years 5 to 10 in every Australian state. Lesley is its creator. This online game is all about environmental science, with a strong focus on the scientific method and team work.

Student teams are asked to sign on as 'investigators' to assist Catchment Headquarters take on a mysterious murder case over a period of 5 or 6 weeks. In that time the investigating teams must research vital information, understand clues, grasp the concept of cause and effect, not get distracted by any soap opera elements, discover the Villain and place an accusation online.

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

Tweet | Like | +1

Word of the Week

WORD: noun. A sound or a combination of sounds, or its representation in writing or printing, that symbolizes and communicates a meaning and may consist of a single morpheme or of a combination of morphemes. Something said; an utterance, remark, or comment: *May I say a word about that?* Computer Science A set of bits constituting the smallest unit of addressable memory. Words; Discourse or talk; speech: Actions speak louder than words. Words; Music The text of a vocal composition; lyrics. An assurance or promise; sworn intention: *She has kept her word.* From: Old English *word*; related to Old High German *wort*, Old Norse *orth*, Gothic *waurd*, Latin *verbum*, Sanskrit *vratá* command.

triple j
Download your free triple j Unearthed Ausmusic Month 2012 mixtape now!
http://tripj.net/L4hJyb

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

SEEKING YOUTH INPUT ON PITTWATER'S FUTURE

The Council is asking the next generation to tell them what kind of Pittwater they want to live in by 2025. The question is being put to young residents aged 16 to 24 at fun and interactive sessions in November. There are two sessions for young people to give their views, with free pizza and the chance to win a $100 gift card to the shop of their choice on offer.

Session is on **Thursday on Wednesday 14 November at Avalon Recreation Centre from 4pm to 5.30pm.** Sessions will feature interactive technology called 'keepads' to track votes on different issues raised.

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

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

If you're aged between 16 and 24 and want to book into a session, visit www.pittwater.nsw.gov.au/pittwater2025 or phone 9970 1224.

Residents can also comment online by 'liking' objectives, making a comment or asking a question at www.pittwater.nsw.gov.au/pittwater2025 Or make a comment on our blog at www.pittwater.nsw.gov.au or on Facebook at 'I Love Pittwater'.

More than 10,000 Australian students AsiaBound

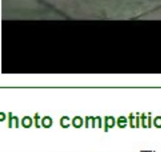
More than 10,000 Australian students will receive grants to study in Asia and thousands more will have access to more generous student loans as part of the Gillard Government's strategy to strengthen engagement with Asia. The Gillard Government's new $37 million AsiaBound Grants Program will offer grants between $2000 and $5000 for students undertaking short or semester length study exchanges, and $1000 grants for preparatory Asian language study.

In addition, eligibility for the Commonwealth's OS-HELP loan scheme will be broadened and simplified to give more students access to increased loan amounts, as well as an extra $1000 for intensive language training. Announcing AsiaBound today (31.10.12), Minister for Tertiary Education, Senator Chris Evans, said the Gillard Government is encouraging Australian students to experience Asia first hand.

The maximum OS-HELP loan amount for students undertaking study in Asia will increase by $1,250 to $7,500 in 2014 and eligibility will be opened to postgraduate students in Commonwealth supported places. An additional $1000 loan will be available to pay for intensive Asian language training prior to a student's study abroad opportunity, and students will no longer need to be enrolled at an overseas higher education institution.

Instead, they can undertake clinical placements or other study programs that contribute to their Australian university course. Changes to the study load requirement will give more students approaching the end of their degree access to OS-HELP loans.

Photo competition Students can win a great SLR camera!



The Australian Human Rights Commission is calling on people around Australia to channel their passion for human rights through the camera lens – and this photo competition is the perfect opportunity to show us what human rights means to you.

Photos can be submitted in either the under 18 or 18 years and over category. Winners will be announced at the Commission's Human Rights Awards Ceremony on Monday, 10 December 2012 at the Hilton Sydney. Check out a selection of the best pics and enter online at:

www.humanrights.gov.au/PhotoCompetition2012/

Electoral Commissioner launches national Get Voting program to support school elections

Get Voting, a nationwide education initiative supporting the conduct of free and fair school elections, was launched today at Garran Primary School in Canberra, by the AEC. Electoral Commissioner Ed Killesteyn said Get Voting is a new practical program which provides online information and tools for schools to conduct elections for their student representative bodies.

"School elections are many young Australians first experience of voting, and by working with schools through Get Voting we should help develop good voting habits in our future electors," he said.

"By participating in well managed school elections, students will also develop skills and confidence for participating in the electoral process as adults."

The Get Voting website provides teachers with information, templates and tools for conducting successful school elections in primary and secondary schools.

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

YOUTH LEADing the World

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

3-day environment congress for young people (core group 15 - 18 years), run by non-profit organisation OzGreen. Now in its 4th year, YLTW happens simultaneously in about 50 locations in Australia and overseas, November 27 - 29, 9am -3pm. It is a 3-day environmental congress for young people, aged 12 - 25 (core group 15 - 18), run by the non-profit organisation OzGREEN.

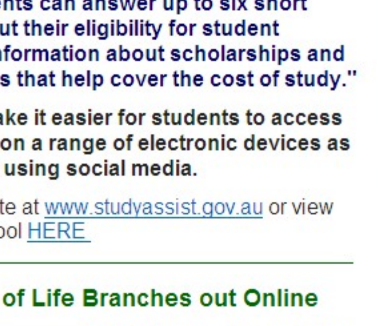
Participants explore local and global issues of sustainability; measure and understand their own eco-footprint; and work on action plans to make changes in their lives, schools and communities. Young people can attend the congress individually or with groups from their school/uni.

The Sydney Northern Beaches Congress is held at the Coastal Environment Centre, Narrabeen. Cost: Attendance is free. Registrations: 02 6655 2180 or email yltw@ozgreen.org.au Website: www.ozgreen.org.au

SongCamp - Yarramundi, November 23-25 - From Keith Armitage:

Karl Broadie and I have teamed up and we are going to run a new revised SongCamp weekend on November 23-25. This will only depend and if we can get the numbers in the next 6 weeks so if you are interested let me know as quick as you can because we need to put a deposit down at the venue which is at Yarramundi in Springwood at the base of the Blue Mountains where I have run 3 Songcamps before and everyone had a blast. So what is SongCamp... its a weekend retreat where you come to relax in the bush and write songs whilst Karl and I teach various subjects of songwriting. We will also have a celebrity artist coming out on the Saturday night to give a mini concert and talk in an intimate environment where you will be able to ask questions. We are finalising that as we speak so I'll let you know who it is when it is locked down. So what will I be teaching? I have gathered so much information over the years that it is hard to put it all into one weekend. But I will be starting with the basics... The Role of the Songwriter, Getting out of the Bedroom, Talking to the world, Time Frame, Clear writing, Hook lines, Titles, Angles, Structure, Form, Rhyme Schemes, Word Palettes, Chords and Keys, Cliches, Repetition, Performance and much more... and Karl will be covering the philosophical side of writing and talking about the whole Nashville writing phenomenon and his experiences there as a songwriter and also giving 1 on 1 song evaluations of your existing songs and coaching as-you-go during camp. We will also be playing games to stimulate your creative juices and having lots of fun. The numbers will be limited and the whole weekend cost $295 all inclusive - that means food and accom. Please email me at keith@songwriterslive.com.au if you're keen.

New online tool for students



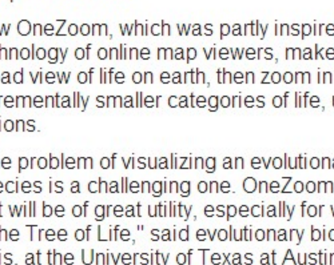
A new online search tool makes it easier to find out about eligibility for student payments, including Youth Allowance, Austudy and ABSTUDY. Parliamentary Secretary for Higher Education and Skills, Sharon Bird, said the Study Assist website now offers a new way to find out about the range of financial assistance available while studying.

"The Study Assist website brings together a wide range of information that a student needs to know about financing tertiary study," Ms Bird said. "The site offers a new quick and simple interactive tool where **students can answer up to six short questions to find out about their eligibility for student payments. There's also information about scholarships and government student loans that help cover the cost of study."**

Recent upgrades now make it easier for students to access the Study Assist website on a range of electronic devices as well as share information using social media.

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

Cool Tools - Tree of Life Branches out Online



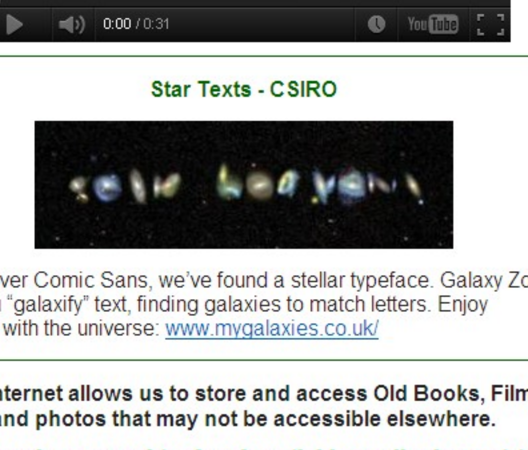
You'll love this one; Exploring the evolutionary tree of life is now as easy as navigating an online map, thanks to a new interactive website called OneZoom, which went live Wednesday, Oct. 17th Australian time at www.onezoom.org. The launch is accompanied by an explanatory article in the 'Cool Tools'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

Now OneZoom, which was partly inspired by the zooming technology of online map viewers, makes it possible to start with a broad view of life on earth, then zoom in on any point to explore incrementally smaller categories of life, using intuitive mouse actions.

"The problem of visualizing an evolutionary tree for millions of species is a challenging one. OneZoom provides a creative solution that will be of great utility, especially for web-based representations of the Tree of Life," said evolutionary biologist Professor David Hillis, at the University of Texas at Austin.

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

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



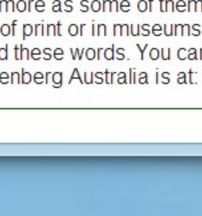
Star Texts - CSIRO

Move over Comic Sans, we've found a stellar typeface. Galaxy Zoo lets you "galaxify" text, finding galaxies to match letters. Enjoy playing with the universe: www.mygalaxies.co.uk/

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/

Love Food, Hate Waste Cookbook



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

Love food hate waste book: HERE

Australian Stories Online

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

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

November 11 - 17, 2012: Issue 84

Noble Prize - C/- Irene and John Anderson

Irena Sendler - Died 12 May 2008 (aged 98). Warsaw , Poland

During WWII, Irena, got permission to work in the Warsaw ghetto, as a plumbing - sewer specialist. She had an 'ulterior motive'. She KNEW what the Nazis' plans were for the Jews (being German).

Irena smuggled infants out in the bottom of the tool box she carried and she carried in the back of her truck a burlap sack, (for larger children). She also had a dog in the back that she trained to bark when the Nazi soldiers let her in

and out of the ghetto. The soldiers of course wanted nothing to do with the dog and the barking covered the infants' noises. During her time of doing this, she managed to smuggle out and save 2500 children/infants. She was caught, and the Nazi's broke both her legs, arms and beat her severely.

Irena kept a record of the names of all the kids she smuggled out and kept them in a glass jar, buried under a tree in her back yard. After the war, she tried to locate any parents who may have survived it and to re-unite the families. Most had been gassed. Those children she helped got placed into foster family homes or adopted.

Last year Irena was up for the Nobel Peace Prize. She was not selected. President Obama won one year before becoming President for his work as a community organizer for ACORN and Al Gore won years earlier - for a slide show on Global Warming.

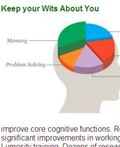
In MEMORIAM - 68 YEARS LATER. We're doing our small part by forwarding this message. I hope you'll consider doing the same... It is now more than 60 years after the Second World War in Europe ended.

This is sent as a memorial chain, in memory of the six million Jews, 20 million Russians, 10 million Christians and 1,900 Catholic priests who were murdered, massacred, raped, burned, starved and humiliated! Now, more than ever, with some people, claiming the HOLOCAUST to be 'a myth'.

It's imperative to make sure the world never forgets, because there are others who would like to do it again.

While working with local poet Martin Thorndycraft on tracking down images to match his special Remembrance Day Writer 2012 *The Loom Of The Lights Of London* epic he recalled how his peers and fellow Britons changed the words to Vera Lynn's 'We'll Meet Again' to 'Whale Meat Again' due to the use of a part meat part fish product provided to those on rations in the U.K. during WWII. The can to right is well remembered by others in our community, as is this wonderful song. More recipes for frugal times are in our Food page this week.

Keep your Wits About You



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

The Senior Newspaper Online Click on logo:

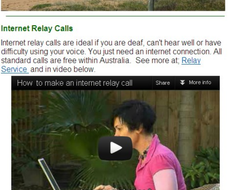
Australian Senior Publications

MAHJONG - AVALON ACTIVE SENIORS GROUP

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

Internet Relay Calls

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



Pittwater Community Hub

Our recently opened office at Mona Vale is ready for service. We are located in Shop 17 on the ground floor of the Peninsula Plaza at 20 Bungan Street. We are open Monday to Friday, 9:00am to 4.00pm. The new Hub is fully 'manned' by our professional staff and local volunteers who can answer enquiries and provide personal assistance to meet the needs of residents of the northern beaches. Pittwater Community Hub Profile

Click on logo to visit their website for more

Northside Community CONNECT

Tweet | Like | +1

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.

Heart Foundation

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

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

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

U3A Lectures on Wednesday Afternoons at Newport -

U3A The University of the Third Age Sydney Ltd

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

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE NORTHERN BEACHES LIMITED

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Indomitable Spirit

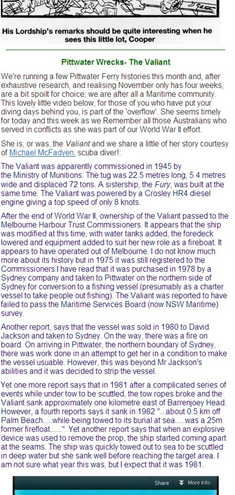
From those who believe that levity in times of duress eases the stress we share another little insight pointed out by you who are community. During WWII, and its darkest days, those who were rejected for active service due to physical constraints ensured they did their utmost to contribute anyway.

One of these was Carl Giles, often referred to simply as Giles, a cartoonist most famous for his work for the British newspaper the *Daily Express*. His cartoons still cause those who remember them to giggle today, often stating, "We were doing enough crying, we needed to laugh a bit too," or similar words.

Giles was rejected for war service, due to being blind in one eye and deaf in one ear following a motorcycle accident, but made animated shorts for the Ministry of Information, while some of his cartoons were reprinted in poster form for the Railway Executive Committee and others. In 1945 he became the Daily Express's "War Correspondent Cartoonist" with the 2nd Army.

At one point during World War II he was assigned as War Correspondent to the Coldstream Guards unit which liberated the Bergen-Belsen concentration camp. Giles interviewed the camp commandant, Josef Kramer, who turned out to be aware of and an admirer of Giles's work. Kramer gave Giles his Walther P38 pistol and holster, a ceremonial dagger, and his swastika armband, in return asking for a signed original of Giles's work. He never received this signed work due to being hanged. The pistol and armband as well as the whip carried by Irma Grese were later given by Giles to a private collector in Suffolk.

Below is a sample of his work from the London Blitz:



His Lordship's remarks should be quite interesting when he sees this little lot, Cooper

Pittwater Wrecks- The Valiant

We're running a few Pittwater Ferry histories this month and, after exhaustive research, and realising November only has four weeks, are a bit spoilt for choice; we are after all a Maritime community. This lovely little video below, for those of you who have put your diving days behind you, is part of the "overflow". She seems timely for today and this week as we Remember all those Australians who served in conflicts as she was part of our World War II effort.

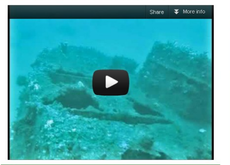
She is, or was, the *Valiant* and we share a little of her story courtesy of Michael McFadyen, scuba diver!:

The Valiant was apparently commissioned in 1945 by the Ministry of Munitions. The tug was 22.5 metres long, 5.4 metres wide and displaced 72 tons. A sistership, the *Fury*, was built at the same time. The Valiant was powered by a Crosley HR4 diesel engine giving a top speed of only 8 knots.

After the end of World War II, ownership of the Valiant passed to the Melbourne Harbour Trust Commissioners. It appears that the ship was modified at this time, with water tanks added, the foredeck lowered and equipment added to suit her new role as a fireboat. It appears to have operated out of Melbourne. I do not know much more about its history but in 1975 it was still registered to the Commissioners.I have read that it was purchased in 1976 by a Sydney company and taken to Pittwater on the northern side of Sydney for conversion to a fishing vessel (presumably as a charter vessel to take people out fishing). The Valiant was reported to have failed to pass the Maritime Services Board (now NSW Maritime) survey.

Another report, says that the vessel was sold in 1980 to David Jackson and taken to Sydney. On the way, there was a fire on board. On arriving in Pittwater, the northern boundary of Sydney, there was work done in an attempt to get her in a condition to make the vessel usuable. However, this was beyond Mr Jackson's abilities and it was decided to strip the vessel.

Yet one more report says that in 1981 after a complicated series of events while under tow to be scuttled, the tow ropes broke and the Valiant sank approximately one kilometre east of Barrenjoey Head. However, a fourth reports says it sank in 1982 "... about 0.5 km off Palm Beach ... while being towed to its burial at sea ... was a 25m former fireboat ...." Yet another report says that when an explosive device was used to remove the prop, the ship started coming apart at the seams. The ship was quickly towed out to sea to be scuttled in deep water but she sank well before reaching the target area. I am not sure what year this was, but I expect that it was 1981.



Therapy for Stroke Patients Improved: More Mobility Due to Deafferentation

Painkilling drugs that make many therapies possible are a blessing for patients. Thanks to modern anesthetics, not only can surgical operations be conducted without causing pain, they are also used for various diagnostic procedures. Anesthetics can be very useful in therapies for stroke patients, as psychologists and physicians of the Friedrich Schiller University Jena (Germany) and the University Hospital Jena are now able to demonstrate. In the *Journal of Neuroscience* the researchers present the results of their study, showing how a local anesthetic can distinctly improve the motor skills of patients after a stroke.

"Many stroke patients suffer from chronic impairment of the hand or of the complete arm," Professor Dr. Thomas Weiss explains. Together with expert colleagues the psychologist of the department of Biological and Clinical Psychology at Jena University has been working for a number of years on a specialized medical training therapy which clearly enhances the mobility of stroke patients. In the "Constraint-Induced Movement Therapy" (CIMT) the healthy arm is being restrained in a cuff, while the stroke-affected arm and hand are intensely training fine motor skills. Patients are asked to carry out tasks such as stacking small toy blocks or putting tiny pins into a perforated board. Daily activities like washing one's hand are part of the training. "Nearly every affected person benefits from this training," Weiss's colleague Prof. Dr. Wolfgang Miltner says. The chair of Biological and Clinical Psychology developed the therapy together with American colleagues and refers to the comprehensive study results about the efficiency of the program. "We are happy to carry out this therapy on many patients -- together with our colleagues from the psychology department in the neurological day hospital," the director of the clinic for Neurology, Prof. Dr. Otto Witte, stresses.

In addition, the impact of the exercise therapy could be clearly enhanced when the sensitivity of the affected arm was lowered by an anesthetic, as the interdisciplinary Jena team was able to demonstrate. In their study, the scientists examined 36 patients. Half of the patients had a local anesthetic cream applied on their forearms. Meanwhile the other patient group only received a placebo. Afterwards, both patient groups went into their exercise therapy for a day.

"Unsurprisingly, the motor performance of all patients was strongly enhanced," Prof. Weiss commented on the result. "Beyond that, it became obvious that the patients who received the anesthetic benefited even more than the placebo group," Weiss says. The researchers could show the reason for this effect using magnetoencephalographic imaging (MEG) of the patients. The temporary interruption of nerve impulses from the forearm leads to a decreasing activity in the brain areas processing these impulses. "At the same time neighboring brain cells are activated more strongly," the Jena Psychologist explains. Thus the brain reacts to the missing impulses from the forearm with an increased sensitivity in the hand as the MEG images showed. Consequently the motor performance improves as well. "This process starts within minutes," Thomas Weiss says.

A subsequent study is going to show whether the combination of local anesthetics and therapeutic exercise will improve the mobility of stroke patients in the long term.

E. Sens, U. Teschner, W. Meissner, C. Preul, R. Huonker, O. W. Witte, W. H. R. Miltner, T. Weiss. Effects of Temporary Functional Deafferentation on the Brain, Sensation, and Behavior of Stroke Patients. Journal of Neuroscience, 2012; 32 (34): 11773 DOI:10.1523/JNEUROSCI.5912-11.2012

Avalon Computer Pals for Seniors

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

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

Article on their Seminar

Senior Movers

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

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

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

www.seniormovers.com.au

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

Warringah Council | Pittwater Council | SHOROC

Super Seniors Directory

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

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

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

Pittwater Online News

November 11 - 17, 2012: Issue 84

Australia ready to join Kyoto second commitment period - Media release - The Hon Greg Combet AM MP - Minister for Climate Change and Energy Efficiency, Minister Assisting the Prime Minister on Science, 9 November 2012

The Minister for Climate Change and Energy Efficiency, Greg Combet announced today that Australia is ready to join a second commitment period of the Kyoto Protocol. The Kyoto Protocol was the first global treaty to set binding obligations on countries to cut emissions. Australia's accession to the Kyoto Protocol on 12 December 2007 was one of the first acts of the Labor Government. The Kyoto Protocol's first commitment period ends on 31 December 2012. Under the Protocol countries agreed to restrain greenhouse gas emissions to be begin in 1 January 2013. Australia joins as countries around the world are taking action to combat climate change.

Joining a second commitment period will ensure Australian businesses have access to international credits under the Clean Development Mechanism, helping Australia reduce emissions at the lowest cost. Australia's decision will be notified to the United Nations Framework Convention on Climate Change as we working towards a new global agreement that will have legally binding commitments for all major emitters.

This agreement – which **will include China, the United States, the European Union, India, Brazil and South Korea** – is to be finalised by 2015 and start in 2020.

Australia's preparedness to join a second commitment period of the Kyoto Protocol at the UN climate change negotiations in Doha, Qatar, is subject to the following key conditions:

Continued progress in international negotiations towards a new 2015 agreement. This will require serious commitments from all major economies and developing countries.

The second commitment period ending in 2020 in line with the start of the new 2015 agreement.

Access to the Kyoto market mechanisms, including the Clean Development Mechanism, from 1 January 2013.

The existing land sector rules continuing, providing opportunities to cut emissions through better land management, including under the Carbon Farming Initiative.

The rules applying to carryover of units from the first commitment period of the Kyoto Protocol being appropriate for Australia.

In Doha, Australia will commit to binding emissions reductions for emissions from 2013 to 2020 with a Kyoto target consistent with the legislated target of reducing emissions by five per cent below 2000 levels by 2020. In no way does this rule out the option later of moving up Australia's 2020 target to 15 per cent, or even 25 per cent, below 2000 levels if Australia's target conditions relating to the extent of global action are met.

The intention to join a second commitment period does not change the Government's policy that Australia will meet its targets which will achieve the Government on a national target and budgets for the emissions trading scheme by early 2014.

As the world increases the level of its action on climate change, Australia's domestic scheme means that we have the ability to increase our target.

Australia joins 36 other countries in pledging to meet our Kyoto target to restrain emissions between 2013 and 2020.

Australia, as a developed country, will ensure that countries declared that new global warming potential factors set out in the Fourth Assessment Report of the Intergovernmental Panel on Climate Change would be used to calculate emissions as part of the international commitments starting from 2013. It is up to individual countries as to when these new values are applied domestically.

Australia will apply the new values to determine liabilities under the carbon pricing mechanism and synthetic greenhouse gas arrangements from 2017-18, giving liable entities notice and time to prepare.

Carbon Buried in the Soil Rises Again

A research team that includes a University of California, Davis, plant scientist has identified a source of carbon emissions that could play a role in understanding and future global change. While earlier studies have found that erosion can bury carbon in the soil, acting as a sink that removes carbon from the atmosphere, a new study in the journal *Proceedings of the National Academy of Sciences* has found that part of that sink is only temporary.

"It's all part of figuring out the global carbon cycle," said co-author Johan Six, professor of plant sciences at UC Davis. "Where are the sources, and where are the sinks?" Erosion is in some ways a sink, but, as we found out, it can also become a source."

The researchers estimated that roughly half of the carbon buried in soil by erosion will be re-released into the atmosphere within about 500 years, and possibly faster due to climate change. Climate change can speed the rate of decomposition, acting the release of the buried carbon.

The study's long-term scope – from 4000 BC to AD 2000 – allowed the researchers to see the effects of landscape and buried carbon to the atmosphere. Significant agricultural expansion began historically the largest

erosion - began primarily in the past 150 years, which the researchers' time frame of 500 years. Therefore, most carbon sequestered in the soil during the past 500 years of agricultural history has not been released yet but may become a significant source of carbon dioxide in future generations for soil management, the study said.

"Our results showed that half of the carbon initially present in the soil and vegetation was lost to the atmosphere as a result of agricultural conversion," said study co-author Gert Verstraeten, a professor at the University of Leuven.

So noted that erosion could be minimized by no-till and other agricultural methods, as well as by cover cropping, which can ensure that soil is not left bare.

"We need to know where and how much carbon is being released from soils, and we need to develop and implement effective measures to curb climate change," the lead author, Kristof Van Oost, of the Universite catholique de Louvain in Belgium.

The above story is reprinted from materials provided by University of California - Davis.

THE WILDERNESS SOCIETY

Entries open for children's literature award

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

Enter now using our online entry form.

The Environment Award for Children's Literature regularly recognises some of the highest quality children's books in the country. Each year, hundreds of books are read by librarians and teachers wading to foster a love of wild places and wildlife in Australians, and encourage a sense of responsibility for our natural world.

The winners of the 2012 Award were Hairy Nose, Itchy Butt by Elizabeth Frankel and Claire Donovan and One Small Island by Alicia Lacarbonara. Each 2012 winner will mark the Award's 20th year and as such, celebrations are expected to be bigger and better than ever.

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

Solar eclipse of November 13, 2012

A total solar eclipse will take place on 13–14 November 2012 worldwide and in Australia and New Zealand on 14th November, with a magnitude of 1.0500, occurring only 12 hours before apogee, with greatest eclipse totality lasting just over 4 minutes. A solar eclipse occurs when the Moon passes between the Earth and the Sun, wholly or partly obscuring the image of the Sun for a viewer on Earth. A total solar eclipse occurs when the Moon's apparent diameter is larger than the Sun, blocking all direct sunlight, turning day into darkness. Totality occurs in a narrow path across Earth's surface, with the partial solar eclipse visible over a much larger area—typically thousands of kilometres wide. For this eclipse totality will be visible from northern Australia and the southern Pacific Ocean. The most populous city to experience totality will be Cairns, which will experience 2 minutes of totality just an hour after sunrise.[1] The Moon's path will carry it over a small part of the middle of sol 141, Nunbak Island, a small pacific island east of Australia, will experience a partial eclipse with a maximum of 96% of the sun obscured at 09:37

Solar eclipse of November 13, 2012. (2012, October 4). In Wikipedia, The Free Encyclopedia. Retrieved 08:04, October 4, 2012, from http://en.wikipedia.org/w/index.php?

Willy Wagtail, Carvel Playing Fields, October 2012.

Pittwater's Environmental Foundation

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

Our PROFILE

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered fire regimes, pollution, inappropriate recreational use and climate change affects. Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are also many endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To visit their site please click on this image.

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

Enter new voicing our online entry form.

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

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

Pittwater Community Gardens is a community led initiative to create accessible food gardens in public places throughout the Pittwater area. Our aim is to share skills and knowledge in creating fabulous local, organic food. We also aim to build a strong community connection, stimulate creative ideas for community resilience and celebrate our abundance.

Open to all ages and skills, our first garden is on the grounds of Mona Vale Hospital. Please join us and become part of this exciting initiative to change the world around us.

www.pcga.org.au Contact us: info@pcga.org.au

Visit us at facebook.com/pcga.org

image artwork: www.grava.com

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

17th Century Dutch explorers help the Atlas reach a major milestone - 30 million records! From CSIRO Media Release

The Atlas of Living Australia is collaboration between all Australian museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, and BirdLife Australia. Some of these records come from the diaries of 17th Century Dutch navigators, such as the record for a Brush-Bronzewing Pigeon.

Tweet | Like | +1

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

from the Prayer of Saint Patrick

Come for a day out reminiscing Ascaragai Ferri, Pittwater's word expert, Aashiyaa Ferri On Sunday **November 18** at the Woody Point on Pittwater's western shores. In return for a morning's tea and a delicious lunch we ask that you bring a plate to share lunch, great company and the good feeling of doing something worthwhile. Cost of tickets will be $10 per head. RSVP to pnhawks@gmail.com or ph 9918 3368 0439 409 202

Cockatoo 'Can Make Its Own Tools'

A cockatoo from a pioneering research team in Vienna is the wild has been observed spontaneously making and using tools for reaching food, a study has found.

A Goffin's cockatoo called "Figaro", that has been reared in captivity by researchers, was given a piece of cardboard and a tool long enough to pull the wooden beams in its aviary, or begin out of a branch, to reach food. Figaro was able to do this without training.

The cockatoo was also observed bending cardboard to use as a tool and using these tools. How the bird discovered how to make and use tools is unclear but shows how much we still don't understand about the evolution of innovative behaviour and intelligence. A report of the study, published in the journal Biology Letters, also has a video accompanying video showing the behaviour (i.e. available online).

Dr Alice Auersperger of the University of Vienna, who led the study, said: "Caring for and rearing cockatoos in captivity is a task that goes with a small stone. At some point he inserted the pebble through the bird's cage, and it fell and ended up next to each. After some unsuccessful attempts to reach it with his claw, he fetched a small piece and started fishing.

To investigate this further we later placed a nut where the pebble had been and started to fish. Figaro first approached the hole and began searching for a stick but started biting a large splinter out of the wood. Suddenly he stopped, took the splinter and used it to fish out the nut. He then cracked it open and ate it.

"It was always a surprise to see him use a tool, but we certainly did not expect him to make one by himself. Even more surprising was his easy successful on obtaining the nut every single time we placed it in the experimental setup. Figaro's behaviour is a clear example of an alternative solution. Instead of using a tool to reach a goal, he was modifying the leftover piece to the appropriate size for raking. Researcher Alex Kacelnik of Oxford University, who is part of the study, said: "Figaro shows us that, even when they are not habitual tool users, parrots have the cognitive skills to create novel solutions, innovation, and large-scale manipulation of objects from a natural source material to fulfil a novel need.

Even though Figaro is still alone in the species and among parrots in showing this capacity, his feat demonstrates that tool manufacture is not restricted to primates, as previously speculated for tool use. Importantly, after making and using his first tool, Figaro continued to make tools nearly as fast as experienced individuals in later trials.

Cockatoo Kacelnik previously led studies in the natural tool-using New Caledonian crows. One of them, named Betty, surprised researchers by bending a piece of wire into a hook shape to fish out a bucket of water. These crows can also remember how to make tools and to grasps that they support culture, but there was no precedent for Betty's form of tool making. It is a rare demonstration of the striking example of individual creativity and innovation, and Figaro's creation leads to par here.

Professor Kacelnik said: "We confess to be still struggling to identify the evolutionary pressures that favour the development of such behaviours, and large-scale manipulation of objects from a natural source material to fulfil a novel need.

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Auersperger, J., Kacelnik, A., Spring, A. & Gajdon, G. (2012). Goffin cockatoo's task specialization affects tool innovation and performance, but not social learning. Biology Letters, 8(6), 1010-1013. DOI: 10.1098/rsbl.2012.0616

The Goffin's cockatoo (Cacatua goffiniana) also known as Goffin's Cockatoo or Goffin's Corella, is a species of cockatoo endemic to Indonesia. It is found in the Tanimbar Islands, where it lives in forests, secondary growth, and mangroves. The species has been introduced to the Kai Islands, Indonesia, Puerto Rico and Singapore. This species was only formally described in 2004, after it was discovered that the previous formal descriptions pertained to hybrids between Goffin's Cockatoo and the Umbrella Cockatoo (Cacatua alba) or Salmon-crested Cockatoo (Cacatua moluccensis). Tanimbar Cockatoos are the smallest of the white cockatoos. This species is Near Threatened due to deforestation and bird trade. The species breeds well in captivity and there is a large avicultural population.

Kilmanjaro's Shrinking Ice Fields As Seen From Space - Source: NASA HG - Friday, November 9, 2012

The views from the top of Mount Kilimanjaro is 5,895-meter (19,341-foot) dormant stratovolcano in Tanzania are as surreal as they are spectacular. After ascending through multiple ecosystems, including cultivated land, rainforest, alpine desert, and arctic conditions at near the summit, climbers can find themselves peering down on a thick blanket of cloud that obscures the world below. Kilimanjaro is a

But in the immediate foreground, ice dominates the view. Looking north, a shelf-like block of ice and snow with a small cliff sits on an otherwise featureless, sand-covered plateau. In the other direction, a second ice field sits off the edge of the mountain's peak, then the mountain's southern face

Kimberly Casey, a glaciologist based at NASA's Goddard Space Flight Center, has been studying the mountain's glaciers since 2000 and captured a time-lapse sequence of images of Kilimanjaro's northern (middle) and southern (bottom) ice fields. The sequence was created using NASA's EOSDIS Worldview.[1] satellite acquired the top image, which shows some of the same ice fields as the bottom on September 26, 2012.

Casey was taking part in a September 2012 research expedition to Kilimanjaro when she took the photos. At the time, she was hoping that were part of the scientists' base camp are visible in the lower left of the middle image.[2]

Despite Mount Kilimanjaro's location in the tropics, the dry and cold air at the top of the mountain has helped preserve its glaciers for thousands of years. But 100,000 years. At the base, lush rainforest surrounded the crater. Studies of ice core samples show that Kilimanjaro's ice fields are particularly vulnerable to warm, dry droughts, and periods of abrupt climate change.

Recent measurements of the ice fields have suggested Kilimanjaro's glaciers may soon be ice-free. Between 1912 and 2011, the mass of the ice fields decreased by an estimated 85 percent.[3] Researchers say it is no longer a question of whether the ice will disappear but when. Estimates vary, but several scientists predict it will be gone by 2020.

Rising air temperatures due to global warming could be contributing to the ice loss, but a number of other factors are also important, if not more so. An increasingly dry regional atmosphere, for example, is starving the mountain of the moisture needed to sustain the ice fields. Drier air is also reducing cloud cover and allowing more solar energy to warm the ice surfaces.

Casey and colleagues noticed yet another ominous sign during their 2012 expedition. Ice cliffs around the edges of the ice fields appeared to have receded by tens of meters. Ice that had once been buried at the northern ice field completely divided into two," said Casey. "We were able to walk on snow or ice we could have even ridden a bicycle– directly through the rift."[4]

Coastal Environment Centre

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

Visit our website: www.coastalenvironmentcentre.com.au

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

November 2012 Newsletter includes information on:

BushCare Planting, Activities, Volunteers needed, Workshops and Events, and great articles HERE.

Science of the Surf with Dr Rip - Saturday 17 November, 2 - 3pm and Wednesday 21 November, 2 - 3 pm (Summertime Activity)

Science of the Surf' is a fascinating, entertaining and multi-award winning presentation that explains the science behind what we see before. 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. The talk is for anyone who loves and is interested in the beach.

Presenter Dr Rob Brander is Australia's best known surf scientist from the University of New South Wales. Dr Brander has been nicknamed 'Dr Rip' by the Bondi lifeguards for his habit of throwing purple dye into rip currents.

The talk runs for approximately one hour with additional time for questions. Suitable for adults and children aged 8 and above. Suitable for adults and children aged 8 and above. Duration dependent on numbers - Nearshore or Narrabeen (advised on bookings)

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

Pittwater Natural Heritage Association are holding a second weed workshop in November focusing on the smaller weeds that are invading our landscape such as Elderly grass, Cobblers Pegs, Fleabane, Fireweed, Nightshade, Asthma Weed, Tradescantia (Trad), Fleabane and Pennywort. How do we identify them, what are the impacts they have on our bushland and what can we do to control them. Come along to help with identifying weeds and demonstrating techniques to get on top of these troublesome plants. Meet at the Coastal Environment Centre, 1 Park St, North Narrabeen

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

After a break the Bioenergy Goats Restoration group are back to cut Bannerjoy Headland from unwanted Bitou Bush, Lantana and Asparagus Fern. The goats will be joined by a new herd of Sheep. The Gardener over rocks and through the bush to remove these invasive weeds that are choking our native plants. The goats are completely self-supported as you will be watching on the live two Endangered Ecological Communities (Themeda Grasslands and Littoral Rainforest) as well as being home to the Little Penguin colony.

Dress for rugged terrain. Tools and gloves and morning tea will be provided. Meet at the Bannerjoy Reserve car park at the end of Bannerjoy Rd. Bring a water bottle. Limited Council parking permits are available upon request.

Where: Bannerjoy Headland, Palm Beach. Meet at the end of Bannerjoy Rd. Bring a water bottle. Limited Council parking permits are available upon request.

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

Help clean our beautiful waterways! Come and join us for a community walk through the newly opened bush track at Ingleside Chase Reserve. We will be collecting rubbish along the pathway and checking for regrowth. We will begin the morning by walking to the top of the hill. The track is 1.7km one-way and is a little steep in parts. This is an easy walk but will require a reasonable level of fitness. This is one of several exciting community events made possible with the recent $250,000 Environmental Trust grant and the Pittwater Environment Foundation and Pittwater Council to protect and restore the Mullet Creek catchment.

At 70 hectares, Ingleside Chase Reserve is Pittwater's largest undeveloped bushland reserve. It is surrounded by quiet communities and borders Ingleside and Warriewood. Spring is a lovely time to experience this area with the bush alive with wildlife and flowering plants.

Where: Ingleside Chase Reserve – meet at Irrawong Reserve entrance – corner Irrawong and Cicinbah Roads, Warriewood

Rock Platform Tour North Narrabeen Aquatic Reserve - Sunday 25 November, 11am – 1pm

Have you ever wondered about the animals that live on our coastal rock platforms? Would you like to know what they are and how they live? Join us then on a low-tide rock platform tour. Spring is a great time to explore the rock platforms as the tide is low and the water is warm and the lows and how these creatures survive in such a unique and challenging environment. Meet at the Coastal Environment Centre, 1 Park St, North Narrabeen.

Where: North Narrabeen Rock Platform. Meet at North Narrabeen surf carpark then walk down the stairs to the headland. Bring a hat, strong, sturdy covered shoes that can get wet, hat, sunscreen, water bottle and sunglasses.

Book early for school holidays to avoid disappointment! Online - Coastal Environment Centre and aquatic reserves In person - Coastal Environment Centre, Lake Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

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

Unwelcome Strangers' presents the views of some Aboriginal people toward plants that have invaded the lands that they own, manage or have a cultural connection to. This is a collaborative research project between CSIRO and Aboriginal rangers, organisations and community people. Aboriginal people from five locations in Queensland and the Northern Territory were involved. It shows the commitment and approaches taken by Aboriginal people, especially the critical work of Aboriginal rangers.

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

A poll by Lonergan Research found 85 per cent of Australians want the Federal Government to have final say over potentially damaging projects. However, that's stopping the government from proposing changes that would weaken our critical environmental protection laws, a new report claims for the first time.

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

Birdlife Australia - New Website and Quarterly Magazine

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

This organisation, which has been going for over a century now, has a new website which is designed to be the protection of Australia's birds, achieved by combining scientific research, nationwide surveys, targeted actions and other activities to create lasting conservation outcomes. They state that over 200 species of birds in Australia are listed as threatened or near-threatened, and that many more species are declining in numbers, collated, and see if you could help them out as a volunteer or donor.

What Does PHNA do?

On-ground bush regeneration, eg: Asparagus Fern Out Days
Activities: guided walks, bird-watching
Quarterly informative newsletter, online or paper
Members email group for latest environmental news and events
AGM with Guest Speaker.
Free advice for members on managing gardens for Native Vegetation and fauna habitat
Lobbies Pittwater Council and State Government on inappropriate management practices and development
Provides support to Council for PNHA-approved grant applications for bushland projects

Publishes 'Introductory Field Guide to Birds of Narrawallee Inlet and Environs'
Publishes 'Introductory Field Guide to Birds of Harrisewood Wetlands & Irrawong Reserve, $20.00inp,
and other publications on Pittwater's native flora and fauna at $2.00

E: pnhainfo@Gmail.com Or click on Logo to visit website
PROFILE

ONLINE BIODIVERSITY CALENDAR a FIRST

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

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater Natural Heritage Association and was developed with a $10,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program. Representatives of the 12 bushland people have provided their knowledge for descriptions of some of the species featured in the calendar. Pittwater Council's Bush Care Officers have also helped out into the calendar. Information in the calendar includes details of environmental events and community groups, environmental issues, and tips on how to attract wildlife to your backyard.

To view the calendar please visit www.pittwater.nsw.gov.au/environment/biocalendar

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

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Wartime Recipes - Remembrance Day 2012

This week we offer a look back in time to some of the food created by those on rationing during World War I and World War II in Australia. Some of these recipes would be well suited to those with a budget to stick to or little ones with food allergies. They also offer a great insight into how determined our grandparents and great grandparents were to do the best with what they have and count their blessings in being able to do so;

THE KITCHEN.WAR-TIME RECIPES-Now that so many of the main foodstuffs are both scarce and dear, the following recipes will be found most useful for the worried housewife. The ingredients are nourishing, economical and easy to cook.

Dumplings.-Required: 4 oz. of flour, 2 oz. of barley flour, a good gill of milk, a pinch of salt, a teaspoonful of baking, powder. Make a batter with the milk and two flours three hours before the dish is required; then, just before cooking, add the salt and baking powder. Have ready a pan with fairly deep fat in it at boiling point, take a tablespoonful of the mixture and drop it in-the batter will form into a kind of dumpling and rise--cook a golden brown, drain on kitchen paper, and put on a hot dish. - These dumplings are delicious served with any kind of meat or by themselves with a nice brown gravy.

Savory Spaghetti.-Required: 6 oz. of spaghetti,2 tablespoonfuls of grated cheese, a good walnut of butter, a large onion boiled and chopped, a little chopped tomato or tomato pulp, pepper and salt. Have ready some boiling salted water and drop the spaghetti in: boil until tender, drain. Into the saucepan put the butter, let it heat, toss the spaghetti into it, add the 'tomato pulp, chopped onions, and season to taste. Last of all, sprinkle in the cheese; heat, then serve the mixture very hot.

Lentil Pasties.-Required: 4 oz. of boiled lentils, a nut of butter, a pinch of mace, a dessertspoonful of finely grated cheese, pepper, salt, short pastry. Make the pastry by mixing 8 oz. of dripping into 6 oz. of flour, add a pinch of salt and half a teaspoonful of baking powder.3Mash the lentils up with a fork, add the cheese and seasonings, roll out the pastry thinly, cut into rounds; on each round put some of the mixture, fold over, wet the edges and pinch them together, bake a golden brown, and serve with brown gravy.

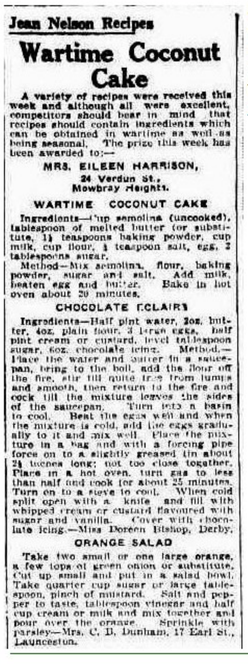
Nourishing Cheese Dish -Required: 2 oz. of maize semolina, 2 oz. of grated cheese, a nut of butter, almost a pint of milk, 1 egg, pepper and salt. Stir the maize into the milk and cook for almost 10 minutes; then add the grated cheese and cook a further five minutes, stirring all the time; season, and let the mixture cool a little, then add the beaten yolk of :an egg. Whip up the white of egg stiffly, stir well into the rest of the ingredients. Pour all into a greased baking dish. 'Bake for half an hour and serve very hot. THE KITCHEN. (**1917, December 29**). Leader (Melbourne, Vic. : 1914 - 1918), p. 46 Edition: TOWN and WEEKLY. Retrieved from http://nla.gov.au/nla.news-article90857380

Recipes; A WARTIME CAKE

This week's cash prize has been awarded for a sugarless cake recipe, which should prove popular. It was sent in by Mrs. O. Wyatt, Alanvale Road, Newnham.
WINNING RECIPE

Austerity Sugarless Cake
Three eggs, 2 tablespoons golden syrup, tablespoon butter, heaped cup of flour, teaspoon C.soda, 2 teaspoons C. tartar, teaspoon coffee essence, a pinch of salt. Method: Beat eggs and salt to stiff froth, add flour with C.tartar and soda, then coffee essence, and lastly the golden syrup and butter, which has been heated in a small saucepan. Mix all lightly together, and bake in sandwich tins. Fill with whipped
cream, flavoured with vanilla.

Recipes A WARTIME CAKE. (**1943, January 13**). Examiner (Launceston, Tas. : 1900 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article92616460



Jean Nelson Recipes

Wartime Coconut Cake

A variety of recipes were received this week and although all were excellent, competitors should bear in mind that recipes should contain ingredients which can be obtained in wartime as well as being seasonal. The prize this week has been awarded to:—

MRS. EILEEN HARRISON,
24 Verdun St.,
Mowbray Heights.

WARTIME COCONUT CAKE

Ingredients—1 cup semolina (uncooked), tablespoon of melted butter (or substitute, 1½ teaspoons baking powder, cup milk, cup flour, ½ teaspoon salt, egg, 2 tablespoons sugar.
Method—Mix semolina, flour, baking powder, sugar and salt. Add milk, beaten egg and butter. Bake in hot oven about 20 minutes.

CHOCOLATE ECLAIRS

Ingredients—Half pint water, 2oz. butter, 4oz. plain flour, 3 large eggs, half pint cream or custard, level tablespoon sugar, 4oz. chocolate icing. Method.—Place the water and butter in a saucepan, bring to the boil, add the flour off the fire, stir till quite free from lumps and smooth, then return to the fire and cook till the mixture leaves the sides of the saucepan. Turn into a basin to cool. Beat the eggs well and when the mixture is cold, add the eggs gradually to it and mix well. Place the mixture in a bag and with a forcing pipe force on to a slightly greased tin about 2½ inches long; not too close together. Place in a hot oven, turn gas to less than half and cook for about 25 minutes. Turn on to a sieve to cool. When cold split open with a knife and fill with whipped cream or custard flavoured with sugar and vanilla. Cover with chocolate icing.—Miss Doreen Bishop, Derby.

ORANGE SALAD

Take two small or one large orange, a few tops of green onion or substitute. Cut up small and put in a salad bowl. Take quarter cup sugar or large tablespoon, pinch of mustard. Salt and pepper to taste, tablespoon vinegar and half cup cream or milk and mix together and pour over the orange. Sprinkle with parsley.—Mrs. C. D. Dunham, 17 Earl st., Launceston.

Jean Nelson Recipes Wartime Coconut Cake. (**1944, October 14**). Examiner (Launceston, Tas. : 1900 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article91420662

RATIONING IN ENGLISH HOMES AND RESTAURANTS PRIME MINISTER'S DAUGHTER DOES WAR WORK": WARTIME RECIPES FOR PRINCESS By PHILINE

Early visitors to the Kitchen Front Exhibition, which has been opened in London, were Rene Roussin, the King's chef, and Mr. Kennedy, Controller of Supplies to the Royal Household. M. Roussin is as interested in meatless dishes as is every cook in the country to-day. "Economy is my aim in the Royal kitchens," he says.

In this he is obeying the wishes of the Government who do not want to be consumed expensive food which comes from overseas, and thus requires ship space. . Nor does the Government want money to be spent extravagantly on eating when it could belent for the prosecution of the war. People are certainly spending less on their meals in the West End. Whereas, before the war, a fashionable restaurant served £20 worth of caviar in a night, that same restaurant now rarely serves more than £1 worth in a week. Patrons no longer expect long dinner menus. It is more a case of soup, fish, and entree. From Mr. Kennedy, we learned that the King and Queen and all members of the Palace staff, have two meatless days a week-one entirely vegetarian, the other with fish.

Princess Elizabeth, too, is learning to use economical wartime recipes. She has so far advanced in her cookery studies that she is able to serve herself and her sister with a three-course midday dinner. When Elizabeth cooks the meal it is. eaten in their own little dining room at their country home. The table is laid with a cream linen, hemstitched cloth, yellow glassware, and a pretty modern dinner service in primrose-yellow china. Princess Margaret is only a little less expert a cook than her elder sister. She recently baked a sugarless cake with dates arid raisins, of which she was immensely proud.

THE PRIME MINISTER'SDAUGHTER

If these were normal times the London season would be in full swing, and seventeen -year-old Miss Mary Churchill would probably be the outstanding debutante of 1940. But the Prime Minister's daughter does not seem to regret her lost season, nor the absence of formality in her wartime life. She prefers the country to the town, and is an ardent lover of animals. Until now this good-looking young woman, who has the dark eyes of her grandmother, Lady Randolph Churchill, has been living at Admiralty House with her parents. Soon, she will be the youngest resident No. 10 Downing-street has known for many years. She took up war work in a canteen, and volunteered for nursing work. Following her mother's advice she is at present concentrating on a domestic course in town. In her Downing-street home Miss Churchill has already chosen a room. It is near her mother's, and one which is usually set aside for guests. It faces the Horse Guards' Parade and the park. RATIONING IN ENGLISH HOMES AND RESTAURANTS. (1940, June 26). Examiner (Launceston, Tas. : 1900 - 1954), p. 3 Edition: LAST EDITION, 5.30 A.M., Supplement: The Examiner WOMEN'S SUPPLEMENT. Retrieved from http://nla.gov.au/nla.news-article92666044

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November 11 - 17, 2012: Issue 84

Navigating And Stepping Lightly: November's Scorpio Total Solar Eclipse Eclipse

When a man wants to murder a tiger he calls it sport; when a tiger wants to murder him, he calls it ferocity. George Bernard Shaw

There are many humorous things in the world: among them the white man's notion that he is less savage than the other savages. Mark Twain

Always behave like a duck- keep calm and unruffled on the surface but paddle like the devil underneath. Jacob Braude

The coward threatens when he is safe. Goethe

What constitutes a real, live human being is more of a mystery than ever these days, and men - each one of whom is a valuable, unique experiment on the part of nature – are shot down wholesale. Hermann Hesse

*Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.*Charles Dickens

There is no decent place to stand in a massacre, but if a woman takes your hand, then go and stand with her. Leonard Cohen

November's total solar eclipse is going to be a big one and it marks a period that we will probably remember for a long time to come. The effects of eclipses are generally seen as lasting for several months, some say as long as nine months. My take on it is that the effect stretches into the future, and whatever is given birth to at the time around the eclipse holds the energy of that eclipse, so it's energy can be around for a very long time. Occurring on November 14 in Australia and November 13 in the United States, the Sabian Symbol is an evocative one and the symbology of it is rather extraordinary.

The Symbol for the eclipse is Scorpio 22: Hunters Protected By Heavy Clothing Are Shooting Wild Ducks. This degree sounds alarming, and it may prove to be challenging on many fronts, but there will be varying degrees of this Symbol taking hold in the world around and within us. I see first and foremost the possible ramifications on the US electoral process. It seems certain, especially with Mercury going retrograde on the day of the elections, that there has be those who are disenfranchised from voting, feeling cast adrift from having any real say in what's going on, feeling victimized or left out for one reason or another. There will also be bullies and those who feel above everything and everyone and they could be getting out the big guns in order to manipulate and control the agenda. We have already seen people waiting in line when they should be voting and then getting on with their lives, people struck off without a vote, people not able to get their ballot in for one reason or another. This is very much the feeling of this degree; those with the big ammunition control the agenda - whether we feel we live in a democracy or not.

I'm hoping that the eclipse is not a harbinger of violence, enemies emerging, difficulty or obstructions to peace and peace of mind, but there are these very difficult aspects to this degree. As I write this, President Obama has just finished his victory speech. I did a Google of the phrase 'lame duck' to see if anyone was already speaking of that in relation to the governance of the US and there it was already, an article talking about the 'lame duck' Congress.

The following is my abridged definition of this degree - Scorpio 22: HUNTERS PROTECTED BY HEAVY CLOTHING ARE SHOOTING WILD DUCKS

This Symbol implies the need for protection of those who are innocent or younger, smaller, or not able to protect themselves. Being an advocate for others, you can shield them from the more harmful elements of society. You may, at times, feel that you are the one that needs to be protected or given shelter or in need of people declaring a ceasefire and amnesty so people can come out into the open and not be afraid to show their true selves. Of course, there is a need for an outlet for aggressive emotions every now and then. Doing so in groups gives this outlet, such as "Shooting Wild Ducks" some sense of acceptability. However, picking on those that are undefended or smaller is really not right, no matter what the terms. Further this degree can reflect the idea of eating meat and the associated feelings that many have around the herding and killing of animals. As a friend of mine recently did, some will come to the realization that they need to eat meat in order to stay healthy and there may be a need to drop any feelings of guilt around it. [I will include a personal disclaimer here: I am a meat eater, I don't thrive if I don't eat animal protein.]

Satiating one's aggressive desires. Being able to hit the mark. Terrorism in its many forms. Camouflage. The armed forces. Armaments. Hunting for meat or trophies.

The Caution: Taking unfair advantage of the innocent. Exploitation. Hormones running rampant. Bullying behavior. Polluting nature. Shooting people down. Nowhere to hide.

The 'Karmic Conditon' (the degree before) of the eclipse is a degree of going 'AWOL' Scorpio 21: OBEYING HIS CONSCIENCE, A SOLDIER RESISTS ORDERS

This Symbol shows someone who's "Conscience" stops them from following a certain course of action, staying with a project or relationship when they'd rather leave, or, someone not prepared to compromise their values to do something that society says they must do, or, they could find themselves doing something they normally would never do. You may find yourself in situations where what you are expected to do is against your inner values, conscience or how you see your future unfolding. You may at times in your life have to make the difficult choice between allegiance to duty and your own inner truth. True freedom can only be found when one faces situations with a sense of integrity and prepared to face the consequences, be they positive or negative.

Personal morality. Doing what one's conscience dictates. Longing for a return to a state of love and innocence. Love that restrains. Not following orders. Going AWOL.

The Caution: Cowardice or lack of courage to act. Not doing what is expected. 'Going over the top' in a wild and crazy way. Freezing and confining emotions. Tantrums.

The 'Soldier Going AWOL' brings up thoughts of people not doing their jobs, perhaps more obstructionism in the halls of government. So, the issues here in our lives can include the sense of being bullied, having to protect those who can't protect themselves (including animals and birds), standing up for what is right, and, it can show that some will decide to say 'no' to doing something that goes against their conscience (or what is right, or 'correct' for them).

Mercury is retrograde at the moment and is on another rather 'military' degree, although of course in a world of possibilities and in many situations it won't have anything to do with the actual military. It's on **Sagittarius 1: RETIRED ARMY VETERANS GATHER TO REAWAKEN OLD MEMORIES**

The Symbol shows reunions and gathering together with people who have shared histories, struggles or issues. A reunion can ignite feelings of camaraderie, companionship and triumph, sometimes along with great passions. As these are "Retired Army Veterans", it's through the passing of time and with the hindsight of age that many things can be faced, healed and laid to rest. In going over the memories of 'old battles' you may find the clues for current ones. However, this degree can show a personality that goes over and over old hurts, injuries, diseases, etc. The trick also is not to see others as the 'enemy', but rather to see in everyone the possibility of friendship.

Reunions. Past life memories. Fellowship. Masculine domains. Understanding the individual within an idealistic struggle. Finding comrades. Moratoriums. Tears of the past.

The Caution: Not letting go of the past. Exaggerating past successes to justify current strategies. Going over the same old ground. Jobs for the boys. Prisoners of war. Pain.

This can speak of gathering together with people who you may not have completed your mission fully with. It can mean meeting new people or people from the past and the feeling can be quite karmic, like you've shared situations or lives together.

After the eclipse, Mercury heads back into Scorpio for a week or so and will be hanging around the last degrees of Scorpio. These degrees can involve issues to do with seeing through trickery, being an advocate for those who can't (or won't) speak for themselves and finding a sense of place in the world.

Venus is on Libra 20: A JEWISH RABBI IN A TINY ROOM FULL OF MANUSCRIPTS AND BOOKS, PERFORMING HIS DUTY

This Symbol implies a person having the role of administering the spiritual and ethical laws and rituals and rules for living for their society. No matter how large or small the role is, this Symbol implies being in touch with one's roots and studying and learning how to translate the lessons and the benefits for others. There is age old wisdom and established tradition which has survived to this day and you may need to access this knowledge though instruction or an inner search in order to deal with situations. There are "Duties" and ceremonies that need to be performed, either for your self of your community. Doing what's needed with faith and reverence.

Ancient sources of truth and understanding. Faith in abiding laws. Inherited wisdom. Books, manuscripts and written laws. Ceremonies marking life's journey. Initiations.

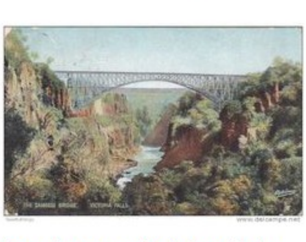
The Caution: Religious dogmatism. Too strictly following "the rules". Over-inflated sense of self. Distrust of people from different religions, backgrounds or ethnic origins.

This degree will feel like a welcome relief as Venus, in the few days before the eclipse, will be traversing over **Libra 18: TWO PEOPLE PLACED UNDER ARREST ARE BROUGHT BEFORE THE TRIBUNAL OF SOCIETY TO GIVE AN ACCOUNTING FOR THEIR ACTIONS.** This is a difficult degree that can bring up relationship issues that can involve trust, or a lack of it, or being tied to someone you may rather not be, people 'ratting on each other', people not seeing eye-to-eye with each other, relationship betrayals, etc. It can, though, show how people can be tied together in a situation that is not furthering one or both of them. It can be a freeing influence, but there often needs to be some serious soul searching. It can, of course, also indicate people actually being 'placed under arrest', although it most often doesn't mean that! (Watch the news for those kinds of stories :))

A day before the eclipse, Venus is on the Karmic Condition of the eclipse (the degree before) **Libra 19: A GANG OF ROBBERS IN HIDING.** This can indicate a sense of being 'ripped off' and taken advantage of, and a feeling of being exposed, but most often it points to where we sabotage our sense of peace by worrying about issues, most often those we can't (or don't want to) do anything about. I bring these up as these are two very difficult relationship degrees for Venus to be transiting over right before the eclipse. Relationships are likely to need some adjustment - especially if you've been in a relationship for a long time without feeling fulfilled or being equals in relationship. It can be that someone is intruding into a relationship and it can be hard to know how to deal with it or manage it without collateral damage. It can also be that issues or 'ghosts' from the past need to be banished.

One thing is for sure, this eclipse is about healing relationships and getting things on a more equal or meaningful footing. People will be saying hello to new relationships and goodbye to old ones. Some will realize where they hold themselves back (the Two Men Placed Under Arrest and the Gang Of Robbers In Hiding) - this eclipse can shed valuable light on the lessons to be learned here. Venus being in Libra makes the 'relationship issue' a triple whammy.

What it feels like is that this eclipse is giving us the opportunity to truly see where we're holding ourselves back from true relating; what stories we have swirling around our worthiness or ability to love or to be loved.



Mars is wonderfully powerful on the Galactic Center - Sagittarius 28: A SPLENDIDLY BUILT BRIDGE, A HERITAGE OF UNKNOWN AGES, STILL SPANS THE BEAUTIFUL AND WILDLY PRIMITIVE STREAM

This Symbol speaks of the ability, or the necessity, to be able to build bridges between places, people and events in order to bring them together and to add cohesion to society. The "Bridge" implies strength, dependability and passage to other places. The bridge was built many years ago and it presents the ability to be able to reach back into time, to reflect on what was important then and what's important now. Often these values are one and the same. Traditional ways of approaching things can lead to the best solutions. There is a linking of people, places and things with clarity.

Enduring elements from past traditions providing a link with the modern. Reverence for things of worth that stand as reminders of yesterday. Permanence. Getting in touch.

The Caution: Sticking with old and possibly outworn methods. No new ideas to resolve situations. Continually traveling the "trued and true" path without deviating.

Mars on this degree is extremely powerful as it is on that part of the zodiac that speaks of the Law Of Attraction. The Karmic Condition for Mars is **Sagittarius 27: A SCULPTOR'S VISION IS TAKING FORM -** which totally reflects the idea that the GC holds; that the GC is in a direct line towards the 'mind of God' - an archetype that surely reflects 'A Sculptor' (to put it most simply). Make a wish and see what happens... what is it that you are sculpting in your life?

Jupiter is on Gemini 14: TWO PEOPLE, AT WIDELY DIFFERENT POINTS, ARE IN CONVERSATION WITH EACH OTHER BY MEANS OF TELEPATHY

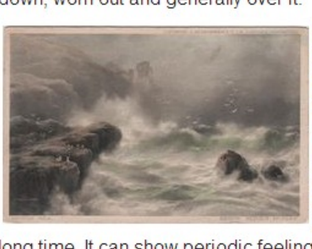
This Symbol speaks of psychic and clairvoyant communication with others and the ability to be able to pick up on what others are thinking. You can communicate with someone and it is not always necessary to be physically face-to-face, or on the phone or emailing them or the like. You can have bonds with others that are unaffected by distance or the frequency of be in touch with each other. Let your heart tell you that you are always in their company and there is no need to feel alone. Keeping others in your mind and heart will communicate something to them, and probably they back to you.

Conquering space and time limitations. Psychic and mental communication. Sharing ideas. The 'other person' knowing what is felt or thought. Being on the same frequency.

The Caution: Blocking out psychic awareness because it's frightening. Manipulating others by subtle means. Mind and thought control. Being separated by time and space.

Jupiter on this Gemini degree can really feel like you, and others, are reading each other's minds or just knowing what's going on around them.

Saturn is on a degree that emphasizes the difficulty of letting go of the past. It's another double whammy thing as Saturn hangs on, and Scorpio hangs on and this degree hangs on (to the past). The Symbol is very much about seeing where you're getting a pounding of energy, messages, relentless reality or realizations that you're repeating the same old patterns. It can be a degree of feeling worn down, worn out and generally over it.



Saturn is on Scorpio 5: A MASSIVE, ROCKY SHORE RESISTS THE POUNDING OF THE SEA

This Symbol often implies a relentless resistance to change, along with a strong and abiding endurance and ability to stay with things for a long time. It can show periodic feelings of being under emotional assault, like life is wearing you out or grinding you down. Perhaps the same old conversations, problems, issues keep coming up. Have faith in the fact that you are strong enough to resist and maintain – like the "Massive" shoreline, you have the ability to resist things that test or "Pound" you. The question is: How long can you hold out, especially if it's been going on for so long? Love and compassion probably need to be employed, along with knowing when to allow change to happen and when to let go when things are no longer working.

Unchanging reality. The establishment. Being strong under assault. Feeling battered and bruised. Chinese water torture. Evolution. Endurance. Strength. Having strong muscles.

The Caution: Acting out of stubbornness which can lead to inertia, not growth. Tedious negotiations of all kinds. Shooting your self in the foot. Fighting the elements.

Uranus is on a degree that allows us to transcend a lot of our concerns and worries. It is like Saturn wants to 'ground' us down and Uranus wants to 'lift' us up. It's an interesting juxtaposition and one that is bound to cause a few push-me pull-you types of situations, especially as Saturn and Uranus are in a quincunx aspect to each other... both in Mars ruled signs (Scorpio and Aries). The quincunx aspect can feel very much like the 'itch that's hard to scratch'... one has to be creative in order to find solutions, as for instance when you might have an itch on your leg that's in a cast = you find a coat hanger and straighten it and use it to scratch that itch. This equates to creative solutions that need to be employed. Still, with that quincunx between two diametrically opposed energies like Saturn and Uranus can be quite an interesting conundrum.

Uranus is on Aries 5: A WHITE TRIANGLE IS SEEN; IT HAS GOLDEN WINGS

This Symbol shows the ability to be able to lift yourself above the ordinary, using your natural gifts to find a new perspective, an uplifted view; to expand your awareness. This can picture an eagerness for spiritual integration or a capacity to escape from reality. Try to ground the vision, but allow yourself the free flight of vision. There is often a strong spiritual nature that expresses itself through purity of thought and insight.

Inspiration and zeal. Feeling elevated and inspired through spiritual or creative efforts. Flying to a greater perspective. Self transcendence. Angels and their messages.

The Caution: Not noticing your down-to-earth needs or those around you. Escapism. Forgetting about the needs and desires of the body. Losing the plot.

Neptune is on Pisces 1: A CROWDED PUBLIC MARKET PLACE

This Symbol shows the ability, or the need, to be able to advertise, market, and sell things, barter and complete the deal. People come together, bringing their talents, skills and wares to the marketplace. Being involved in the marketplace is the thing, and how much you are involved will show the things you need to do and the tempo of the buying and selling. It can indicate the issue of having ones self or goods on display and ready for sale. The "Market Place" is said to be "Crowded" and "Public". Many aspects of the community are on display and available for the benefit of others. You may find that you are able to contribute, benefit and gain. Getting yourself or your products 'out there', where they can be appreciated can bring rewards on many levels.

Human interchange. Bartering. Products. Commerce. Business. Crowded places. Signs. Competition. The Internet. Websites. Classifieds. Consumables. Money. Publishing.

The Caution: Too greedy to share. Airing one's 'laundry', emotions or possessions in public. Not having a "shopping list". Playing off against each other. Cheap displays.

Neptune on this 'Market Place' degree shows the issue of money, being out there in the market, having one's talents 'out there', having one's needs met, and, it also points out the enormous imbalance of money on the planet. With some owning so much while others don't have a blanket. Neptune has been on and off this degree over the last several months and it has reflected the global recession, along with the need to find a place within the market place.

Pluto is on Capricorn 8: BIRDS IN THE HOUSE SINGING HAPPILY

This degree implies the ability, or the need, to spread joy, happiness and laughter to those around you. It also shows that music can lighten people's spirits. Further, thinking positive thoughts and being loving and accepting of others are the hallmarks of this degree. Listening to the songs of birds can be rather magical and can bring spiritual messages to you. You may feel a sense of uncomplicated contentment quite often. Even though there are a number of social rules to follow, that shouldn't bother you. This is a sign of sharing good feelings and happiness with all who enter your sphere of operations.

Being at one with everything. Music. Bird song. Birds. Happiness. Positive thinking. Singing. Entertaining others. Seeing the beauty in life. Chattering in the background.

The Caution: Idle chatter. Smug superiority. Not seeing the happiness inherent in everyday life. Loneliness. Feeling abandoned. Whining and complaining. Demanding.

Chiron is on Pisces 5: A CHURCH BAZAAR

This Symbol shows the ability, or the need, to be able to work with others for the needs of the community. In a "Church Bazaar", people come together, bringing their home-made jams, their bits and pieces, bric-a-brac, handcrafts and things that they've donated. A church bazaar is a great place to meet others, find a bargain and help the community build a bigger and better sense of cohesion. Raffles and charity drives can have small donations building into worthwhile amounts to help those who in need. It's group cooperation to benefit others. You may donate some of your time, energy or possessions for benevolent ends. This always brings some type of tangible reward. Old fashioned values can be brought to the community through commerce and the warmth of sharing.

Exchanges of spiritual knowledge. Overcoming loneliness or alienation. Selling things. The issue of worth. Collection plates. Bric-a-brac. Bargains. Pooling efforts. Fund raising.

The Caution: Spiritual or social exclusivity. Giving things smaller worth than they deserve. Fussing around about small details. People being stingy. Never enough money.

I see Chiron as not only the Wounded Healer, but also it's about The Stories We Tell Ourselves. The Church Bazaar is a fine Symbol, however, it can lead us to poverty consciousness, feeling like we have to do everything for everyone, people trying to indoctrinate others with their beliefs, issues about the church and the abuse of power and a hierarchy that lifts some and leaves others out. The up side of it is people coming together to help one another out, the feeling of solidarity of community and acceptance of people, no matter what their race or religion is (or for that matter, their financial position in the world).

As I started writing the above, I had someone on Facebook attack me because I called out Glenn Beck for his hate mongering. The guy replying on FB launched into a rant and a rave about gun laws and how no one was going to take his guns and how good Glenn Beck is, and how he's so much better than me (Beck) because he earns a heck of a lot more money than I do. It's sad how unhinged people are likely to be around issues to do with the election and there's a lot of hidden and not-so-hidden prejudices flying around about President Obama, etc.

This is very much what this eclipse is about. I'm not saying that all people who feel a need to own a gun are in this equation - far from it; many people I know, love and respect, particularly in the US (we don't talk about guns much here in Australia, it's a bit of a non issue), see reasons to own guns... it's not that, it's the unhinged ones who see those who disagree with them or are different from them as being 'sitting ducks'.

Chiron has recently (up until just now) on Pisces 6: A PARADE OF ARMY OFFICERS IN FULL DRESS

This Symbol shows the ability, or the need, to spring to attention and rally to show others their duty, honor and their protection of the community and the higher ideals. You may find that recognition needs to be given for service and dedication to the community. Dedication, discipline and duty bring their own rewards and it is often people with this Symbol that turn up first with whatever is needed in order to make people feel better, protected or recognized. Putting on your best face, and your uniform – and there are many 'uniforms' that can be worn - and joining with others will ensure success. There may be issues of showing one's 'authority' in public, staking one's claim as part of the broader community that works to protect and bring everyone together.

National pride displayed. Patriotism. Memories of war. Being committed to service. Being dressed up. Putting on a uniform. Medals. Stripes. Drills. Routines. Parades.

The Caution: 'Stiff' and unfeeling. Having special privileges that other's don't. Having to do what one must do. Drills and boring routines. 'Drill sergeants'. Sloppy dressing.

Perhaps the idea of defending one's self and patriotism and nationalism are part of the problem... I know some will disagree, but these ideas separate us from one another. There's been a lot of 'military' degrees around....

The Moon's North Node is on Scorpio 26: A MILITARY BAND MARCHES NOISILY ON THROUGH THE CITY STREETS

This Symbol shows the need for occasionally making a show for society to remind ourselves of our successes and achievements, whether they are collective or personal achievements. The "Military Band" can make an enormous amount of noise as it "Marches Noisily", but sometimes we need to be awoken or reminded of the cohesion that a military band can show. Likewise, this degree can show a personality that likes to bang its own drum or to make a big noise for the establishment. As long as the audience is OK with the parade through their environment, one can contain the reaction from others. Sometimes, though, people get annoyed by people banging their drums a little too loudly.

Noisy announcements. Making music to rouse people from complacency. Demanding attention. Trumpeting one's agenda. Marching in time. The blast of the media. Drums.

The Caution: A lot of volume that's too pompous. The message getting lost in the noise and fanfare. Demanding to be heard. Propaganda. Threats to peace. Banging one's drum.

Sometimes we need to be reminded to 'bang our own drum' - sometimes we need to be woken up to the calls for action for a more involved, meaningful life. This degree can show that. Are you marching in lock-step with other peoples' agendas, or, do you march to the beat of 'your own drum'?

A Scorpio eclipse is not to be taken lightly. Let's hope the violence around the world and within some people's hearts dies down and peace prevails. After all, Scorpio is the sign of transformation. It's a bit of a tough call with this eclipse - but it's what the vast majority of people want... unlike the likes of Glenn Beck.

This is a long blog post - way longer than usual. I didn't do the last full Moon one as I was moving home and just couldn't get to it. I am still uncertain of where I'm going to be living, but life is an adventure. I'll be able to see 80% of the eclipse from where I will be, so that will be fun.

Please keep my lovely daughter Jess in your prayers; she is in Beirut and doing her fabulous reporting on middle eastern affairs... click here for the link... She has to have brain surgery in Beirut in the next week or so. Please send her loving and healing thoughts.

And enjoy the intensity of this eclipse! And stand up for your rights (whatever they are :)

Avalon resident Lynda Hill, FAA Pract. Cert . has been a professional astrologer for more than 18 years. 2010 marked her 25th lecture tour of the States, in addition to the many lectures she has conducted for astrologers and the public througout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada. Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's beautiful Northern Beaches and the World Heritage-listed Blue Mountains (when she's not travelling the world delivering lectures).

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

What are the Sabian Symbols?

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

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

For more Information: click here

For a limited time, Lynda is offering mini-readings at a special price!

This is your opportunity to have Lynda read your chart. Details below:
Times are crazy right now, eh? In fact, it seems to be times are always a bit crazy...do you need some help understanding yourself, your life, what's going on or what's coming up or how to get the most out of your life?

For many, there's a sense of a need for direction, also, many want a deeper look at their lives through the many lenses that the Sabian Symbols provide. With the economy being what it is, I realize a lot of people can't afford to get a full reading or don't have the time or the energy to schedule a phone reading. These mini-readings are so easy. I have recently offered these readings and have had a huge response and fabulous feedback.
A mini-reading works this way:

I cast your chart and calculate what transits and progressions you're having. I analyse your chart, taking in what the Sabian Symbols reveal, along with the transits and progressions, and, using the Sabian Symbols, I can see many dimensions of what's going on for you. This reading gives you a far better understanding of your chart and outlines your strengths and the areas you may need to work on, along with what's been happening, what is presently going on and what's coming up.
I then speak for 30 minutes into my voice recorder, recording my observations of your chart. I then upload the recording to the internet in Mp3 format and email you the link to it.
You download the recording to your computer (this is very easily done) where you can listen to it easily, and in your own time. Listening to it more than once is recommended.
Whether you are generally curious about your chart, looking for greater self-awareness, wondering how long a bad patch will last or seeking clarity on what your future holds, these readings can empower you on many levels and can mark a major turning point in your life.
The reading explores what's going on in your life, how your life is unfolding, your gifts along with your challenges, why you are going through certain situations or attract particular types of relationships. The Sabian Symbols reveal, brilliantly and amazingly, your spiritual path and where you are headed. My readings are like no other as I use the Symbols in my own unique and in-depth style in order to draw together the pictures that colour your life and your destiny.
If you know nothing at all about astrology, you'll see that astrology AND the Sabian Symbols are one of the best tools for self awareness, insight and discovery.
If you are an astrologer or into astrology, this reading will open up new doors of perception and understanding about your life, and, will also show you how to see an astrology chart through the lens of the Symbols. You can also learn how to use the Symbols in your chart readings. The Symbols provide wonderful and valuable information that a normal astrology reading does not. The Symbols have their own lens into the world of astrology and their stories provide enormous depth.
I get a lot of requests for these types of readings, so get in quick! All you need do is:

Pay $125 (please note the Australian dollar is now about 6% more than the US dollar) through the Donate page. Please note that this price will not last long - I will soon be increasing it.
Email me at sabiansymbols@gmail.com your date, time and place of birth (if you don't know your time of birth, don't be concerned I can still do a reading), along with an outline of your life and anything you wish to share with me. Don't be afraid to tell me some of your story; it helps to have a dialogue. Also, please let me know your level of understanding of astrology as this will help me to frame the reading.

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Pittwater Online News

November 11 - 17, 2012: Issue 84

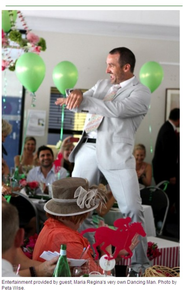
Melbourne Cup in Pittwater 2012

Avalon Beach RSL Club

Maria Regina Photos by Peta Wise and Vicky O'Neil. Avalon Beach RSL photos by A J Guesdon.

Maria Regina Primary School at Avalon - Photos by Peta Wise, and Vicky O'Neil

Principal, Kathy Gee teacher, Caitlin Remeeus, Parish Priest, Father George Koloidzej and teacher, Angela Westerway. Photo by Vicky O'Neil



Entertainment provided by guest, Maria Regina's very own Dancing Man. Photo by Peta Wise.

Above: Melbourne Cup Gentlemen at Maria Regina's Melbourne Cup Luncheon. Below: Glamorous. Left: Forrest Photos by Peta Wise.

Above: Maria Regina lunch with MCs, Dean Gubernia and Claudio Encina. Below: Sam Shaw and two happy girls. Photos by Vicky O'Neil.

Above: Melbourne Cup Fashion Parade - most important and provided here by the students of Maria Regina Primary School. Below: Sydney weather was lovely and warm, perfect for summer dressers worn by eternal beauties. Photos by Peta Wise.

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

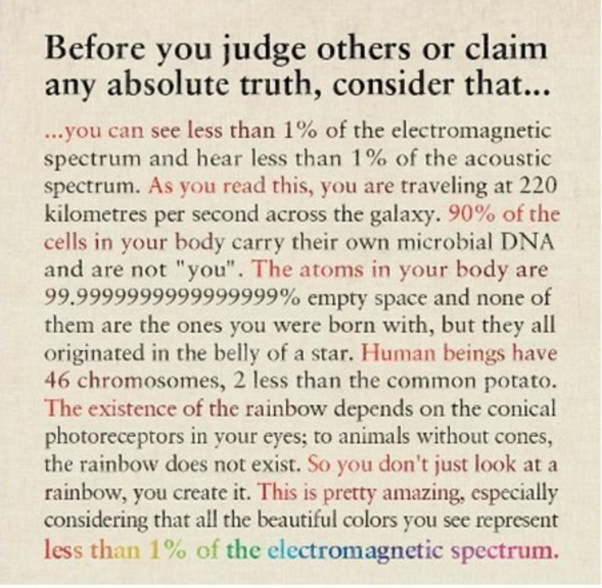
Wild About Whales NSW C/- Clareville and Bilgola Residents Association.

With the Wild About Whales NSW APP you can find tours near you, get the latest whale sightings, record your own sightings and connect with other whale watchers via Twitter and Facebook. Follow link to download for free.

http://www.wildaboutwhales.com.au/NSW-Whale-App

Spotlight On Australian Ballet

As The Australian Ballet company celebrates its 50th anniversary this month we present this film revealing the roots of ballet in Australia and the story of the overseas dancers who brought their art to Australia. This encouraged the rise of local dancers who proved themselves adept in the classic ballets of Russia, France and Great Britain. It traces the birth of Australian choreography, decor and mounting with Australian dancers shown performing an Australian musical composition with Australian themes. Influential figures such as Edouard Borovansky, Tchinarova and Margot Stevenson are featured as well as the Borovansky Ballet, the Ballet Guild and the Bodenwieser Modern Expressive Ballet.
It is the history of ballet in Australia that ultimately lead to the formation of the prestigious and internationally recognised company The Australian Ballet. Produced by The National Film Board 1948. Directed by Doc. K. Sternberg. You can read more about how the NFSA is celebrating this event here:
http://aso.gov.au/news/2012/11/2/australian-ballet-turns-50/



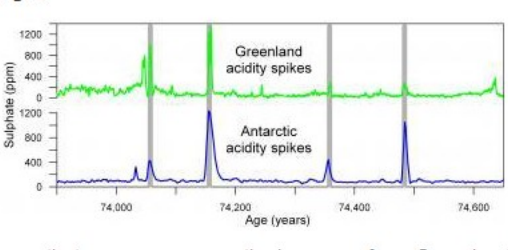
Massive Volcanic Eruption Puts Past Climate and People in Perspective

The largest volcanic eruption on Earth in the past millions of years took place in Indonesia 74,000 years ago and researchers from the Niels Bohr Institute can now link the colossal eruption with the global climate and the effects on early humans. The results are published in the scientific journal *Climate of the Past*.

The volcano Toba is located in Indonesia on the island Sumatra, which lies close to the equator. The colossal eruption, which occurred 74,000 years ago, left a crater that is about 50 km wide. Expelled with the eruption was 2,500 cubic kilometers of lava -- equivalent to double the volume of Mount Everest. The eruption was 5,000 times larger than the Mount St. Helens eruption in 1980 in the United States. Toba is the largest volcanic eruption on Earth in the last 2 million years.

The volcanic eruption threw huge clouds of ash and sulphuric acid into the atmosphere and up into the stratosphere, from where it spread across the entire globe in both the northern and southern hemispheres and fell down as acid rain.
Traces of acid rain in the ice caps

"We have now traced this acid rain in the ice caps on Greenland and Antarctica. We have long had an idea of at what depth the Toba eruption could be found in the Greenland ice cap, but we found no ash, so we could not be sure. But now we have found the same series of acid layers from Toba in the Greenland ice sheet and in the ice cap in Antarctica. We have counted the annual layers between acid peaks in ice cores from the two ice caps and it fits together," explains glaciologist Anders Svensson, Centre for Ice and Climate at the Niels Bohr Institute at the University of Copenhagen.



"This means that we can compare the ice cores from Greenland and Antarctica with a annual accuracy and thus combine our knowledge of climate change in the northern and southern hemispheres," emphasizes Anders Svensson.
There has been much speculation about how such a huge eruption affected the climate. The giant clouds of sulphur particles that are thrown up into the stratosphere form a blanket that shields from the sun's radiation and this causes Earth to cool. But how much and for how long? Modelling has shown that such an enormous eruption could cause a cooling of up to 10 degrees in the global temperature for decades..

"In the temperature curves from the ice cores we can see that there is no general global cooling as a result of the eruption. There is certainly a cooling and large fluctuations in temperature in the northern hemisphere, but it becomes warmer in the southern hemisphere, so the global cooling has been short," says Anders Svensson.

Consequences for man
But the eruption may still have had major consequences for nature, the environment and humans in large areas of Asia, where a clear layer of ash from the eruption has been found.

The eruption occurred at a fateful time in human history, around the time when there was a mass exodus of our ancestors, Homo sapiens, from Africa to Asia and researchers believe that early people living as far as 2000 km away in eastern India were affected by the eruption, which raged for weeks.
Archaeologist, however, strongly disagree about what the consequences of the Toba eruption were for people living in the areas of Asia that were affected by the eruption. Speculation ranges from almost no effect to total or partial extermination of the population in large areas. Material from this period is too old to be dated using the carbon-14 method and the Toba ash layer is therefore a very important reference horizon.

"The new precise location of the Toba eruption in the ice cores will place the archaeological finds in a climatic context, which will help to shed light on this critical period of human history," says Anders Svensson.

A. Svensson, M. Bigler, T. Blunier, H. B. Clausen, D. Dahl-Jensen, H. Fischer, S. Fujita, K. Goto-Azuma, S. J. Johnsen, K. Kawamura, S. Kipfstuhl, M. Kohno, F. Parrenin, T. Popp, S. O. Rasmussen, J. Schwander, I. Seierstad, M. Severi, J. P. Steffensen, R. Udisti, R. Uemura, P. Vallelonga, B. M. Vinther, A. Wegner, F. Wilhelms, M. Winstrup. **Direct linking of Greenland and Antarctic ice cores at the Toba eruption** (74 kyr BP).Climate of the Past Discussions, 2012; 8 (6): 5389 DOI:10.5194/cpd-8-5389-2012

Warming Temperatures Cause Aquatic Animals to Shrink the Most

Warmer temperatures cause greater reduction in the adult sizes of aquatic animals than in land-dwellers in a new study by scientists from Queen Mary, University of London and the University of Liverpool.
The research published Nov 5 in *Proceedings of the National Academy of Sciences* (PNAS) shows that the body size of marine and freshwater species are affected disproportionately by warmer temperatures. This could have implications for aquatic food webs and the production of food by aquaculture.

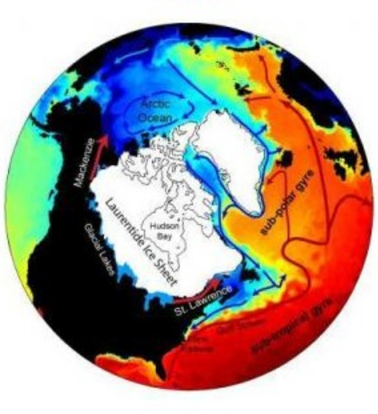
The researchers compared the extent to which the adult size of 169 terrestrial, freshwater, and marine species responded to different non-harmful temperatures, in the largest study of its kind.
Summarising the results, co-author Dr Andrew Hirst from Queen Mary's School of Biological and Chemical Sciences, said: "Aquatic animals shrink 10 times more than land-dwellers in species the size of large insects or small fish. While animals in water decrease in size by 5 percent for every degree Celsius of warming, similarly sized species on land shrink, on average, by just half a percent."

The research also demonstrates that the most likely cause of this difference in size is due to the much lower availability of oxygen in water than in air. Warming increases the need for oxygen by organisms on land and in water, however aquatic species have a much harder job meeting this increased demand.
Co-author Dr David Atkinson of the University of Liverpool explains:

"To satisfy increased demands for oxygen at higher temperatures, aquatic species have fewer options. Reducing the size at which they mature is their way of balancing oxygen supply and demand."

Lead author Dr Jack Forster also from Queen Mary's School of Biological and Chemical Sciences adds: "Given that fish and other aquatic organisms provide 3 billion people with at least 15 percent of their animal protein intake, our work highlights the importance of understanding how warming in the future will affect ocean, lake and river dwelling species."
Jack Forster, Andrew G. Hirst, and David Atkinson.**Warming-induced reductions in body size are greater in aquatic than terrestrial species.** PNAS, November 5, 2012 DOI: 10.1073/pnas.1210460109

Climate Modeller Identifies Trigger for Earth's Last Big Freeze



For more than 30 years, climate scientists have debated whether flood waters from melting of the enormous Laurentide Ice Sheet, which ushered in the last major cold episode on Earth about 12,900 years ago, flowed northwest into the Arctic first, or east via the Gulf of St. Lawrence, to weaken ocean thermohaline circulation and have a frigid effect on global climate.

Now University of Massachusetts Amherst geoscientist Alan Condron, with Peter Winsor at the University of Alaska, using new, high-resolution global ocean circulation models, report the first conclusive evidence that this flood must have flowed north into the Arctic first down the Mackenzie River valley. They also show that if it had flowed east into the St. Lawrence River valley, Earth's climate would have remained relatively unchanged.

"This episode was the last time the Earth underwent a major cooling, so understanding exactly what caused it is very important for understanding how our modern-day climate might change in the future," says Condron of UMass Amherst's Climate System Research Center. Findings appear in the current issue of Proceedings of the National Academy of Sciences.

Events leading up to the sharp climate-cooling period known as the Younger Dryas, or more familiarly as the "Big Freeze," unfolded after glacial Lake Agassiz, at the southern edge of the Laurentide ice sheet covering Hudson Bay and much of the Canadian Arctic, catastrophically broke through an ice dam and rapidly dumped thousands of cubic kilometers of fresh water into the ocean.

This massive influx of frigid fresh water injected over the surface of the ocean is assumed to have halted the sinking of very dense, saltier, colder water in the North Atlantic that drives the large-scale ocean circulation, the thermohaline circulation, that transports heat to Europe and North America. The weakening of this circulation caused by the flood resulted in the dramatic cooling of North America and Europe.

Using their high resolution, global, ocean-ice circulation model that is 10 to 20 times more powerful than previously attainable, Condron and Winsor compared how meltwater from the two different drainage outlets was delivered to the sinking regions in the North Atlantic. They found the original hypothesis proposed in 1989 by Wally Broecker of Columbia University suggesting that Lake Aggasiz drained into the North Atlantic down the St. Lawrence River would have weakened the thermohaline circulation by less than 15 percent.

Condron and Winsor say this level of weakening is unlikely to have accounted for the 1,000-year cold climate event that followed the meltwater flood. Meltwater from the St. Lawrence River actually ends up almost 1,900 miles (3,000 km) south of the deep water formation regions, too far south to have any significant impact on the sinking of surface waters, which explains why the impact on the thermohaline circulation is so minor.

By contrast, Condron and Winsor's model shows that when the meltwater first drains into the Arctic Ocean, narrow coastal boundary currents can efficiently deliver it to the deep water formation regions of the sub-polar north Atlantic, weakening the thermohaline circulation by more than 30 percent. They conclude that this scenario, showing meltwater discharged first into the Arctic rather than down the St. Lawrence valley, is "more likely to have triggered the Younger Dryas cooling."

Condron and Windor's model runs on one of the world's top supercomputers at the National Energy Research Science Computing Center in Berkeley, Calif. The authors say, "With this higher resolution modeling, our ability to capture narrow ocean currents dramatically improves our understanding of where the fresh water may be going."

Condron adds, "The results we obtain are only possible by using a much higher computational power available with faster computers. Older models weren't powerful enough to model the different pathways because they contained too few data points to capture smaller-scale, faster-moving coastal currents. Our results are particularly relevant for how we model the melting of the Greenland and Antarctic Ice sheets now and in the future. It is apparent from our results that climate scientists are artificially introducing fresh water into their models over large parts of the ocean that freshwater would never have reached. In addition, **our work points to the Arctic as a primary trigger for climate change**. This is especially relevant considering the rapid changes that have been occurring in this region in the last 10 years."

Alan Condron and Peter Winsor. **Meltwater routing and the Younger Dryas**. Proceedings of the National Academy of Sciences, 2012; DOI: 10.1073/pnas.1207381109

Sydney Opera House Big Moments

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

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Health Papers released this week:

Overweight Patients Hospitalized With Pneumonia More Apt to Survive

Medical researchers at the University of Alberta studied the records of nearly 1000 patients who were admitted to hospital with pneumonia and noted those who were obese were more apt to survive compared to those who were of normal weight.
For their research study, the team examined the records of 907 patients with pneumonia who were admitted to six Edmonton hospitals and also had their body mass index recorded. Two-thirds of the patients had severe pneumonia and 79 died in hospital. Of those who died, 12 were under weight, 36 were normal weight, 21 were overweight and 10 were obese. Compared to those who were normal weight, obese patients had lower in-hospital mortality rates due to pneumonia, says the study, which was led by Faculty of Medicine & Dentistry researcher Sharry Kahlon, who works in the Department of Medicine and is a resident in internal medicine. Mortality was 10 per cent for those who were normal weight and 4 per cent for those who were obese. This translates into a 54 per cent reduction in mortality associated with being obese.The results of the study were recently published in the peer-reviewed journal *Clinical Microbiology and Infection*.

Kahlon says the research supports the 'obesity paradox' -- that in some circumstances being obese may be better for your health, even though obesity is associated with an increased risk of diabetes, hypertension, death and catching infections like pneumonia.

"The thinking usually is obesity equals bad and this research demonstrated something different. It shows that perhaps we're not looking at obesity in the right way. Is all fat bad? Is all fat equal? For acute illnesses, maybe we're not looking at the right indicators for body mass index and obesity."
Kahlon says previous studies have demonstrated the 'obesity paradox' in relation to chronic diseases, but this is one of a handful of studies to demonstrate the link with acute medical conditions. In the study, she notes obese patients may have had better survival rates because they had more nutritional reserves.
"It might be a misregulation of the inflammatory system that allows these individuals to do better," she says. "These mechanisms still need to be better studied."

She noted physicians may need to adjust prescriptions or care for obese patients hospitalized with pneumonia -- to better meet their medical needs.
Former Faculty of Medicine & Dentistry Dean Tom Marrie was part of the research team and found the patients to take part in the study. The research was funded by the Canadian Institutes of Health Research, Alberta Innovates -- Health Solutions and Alberta Health Services.
S. Kahlon, D. T. Eurich, R. S. Padwal, A. Malhotra, J. K. Minhas-Sandhu, T. J. Marrie, S. R. Majumdar. **Obesity and outcomes in patients hospitalized with pneumonia.**Clinical Microbiology and Infection, 2012; DOI:10.1111/j.1469-0691.2012.04003.x

Recreational Cocaine Use Linked to Conditions That Cause Heart Attack

People who regularly use cocaine socially have stiffer arteries, higher blood pressure and thicker heart wall muscle than non-users, according to research presented at the American Heart Association's Scientific Sessions 2012.

Australian researchers used magnetic resonance imaging (MRI) to measure the effects of cocaine in 20 otherwise healthy adults who chronically used the illegal substance. Compared with 20 non-users, cocaine users had higher rates of multiple factors associated with higher risks of heart attack and stroke:
30 percent to 35 percent increase in aortic stiffening;
8 mm Hg higher systolic blood pressure; and
18 percent greater thickness of the heart's left ventricle wall.

"It's so sad," said Gemma Figtree, M.B.B.S., D.Phil., lead researcher of the study. "We are repeatedly seeing young, otherwise fit individuals suffering massive heart attacks related to cocaine use. Despite being well-educated professionals, they have no knowledge of the health consequences of regularly using cocaine."
"It's the perfect heart attack drug," she said.

The combined effects of greater blood clotting, increased heart stress and more blood vessel constriction put users at high risk of a spontaneous heart attack, said Figtree, an associate professor of medicine at Sydney Medical School at the University of Sydney in Australia.

A surge of cocaine-related infarcts at Sydney's Royal North Shore Hospital led the team to study the incidence of cardiovascular abnormalities in apparently healthy, regular cocaine users.

Researchers recruited recreational cocaine users (17 men, 3 women, average age 37) who reported using cocaine at least once a month for the last year. They completed questionnaires about their drug use, cardiovascular risk factors and socioeconomic status.

At least 48 hours after their last cocaine use, volunteers had their blood pressure taken and then underwent cardiac MRIs to assess heart mass and levels of heart and aortic functioning. Researchers performed direct comparisons with similar aged non-users, taking into account history of diabetes, smoking and other drug use.

In the study, **investigators observed higher systolic blood pressure and increased arterial stiffness, in association with heart wall thickening**.

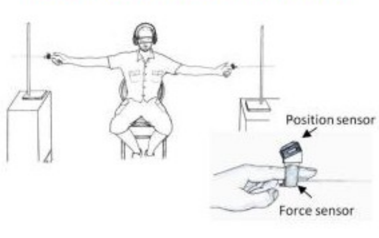
"Stiffer vessels are known to be associated with elevated systolic blood pressure. As a result, the heart is required to work harder, and its walls become hypertrophied or thicker," Figtree said.

Researchers didn't find evidence of earlier silent heart attacks among cocaine users, contrary to previous studies.

The study is the first to document persistent hypertension and vascular stiffness in cocaine users, long after the acute effects have worn off. Previous studies have shown the immediate effects of cocaine on the heart, and primarily among cocaine addicts - not social users.

Although it is currently unclear how repeated social cocaine use causes blood vessels to stiffen, researchers are investigating a signalling pathway that might be activated to cause such a response. The study outcomes underscore the need for education about the short and long-term effects of cocaine use to help prevent heart attack and stroke, Figtree said.

People Can Learn to Sense With 'Rat's Whiskers' On Fingers; May Improve Aids for the Blind



A new experiment in which volunteers learned to sense objects' locations using just "rat whiskers" may help improve aids for the blind. (Credit: Prof. Ehud Ahissar, Weizmann Institute of Science)

Rats use a sense that humans don't: whisking. They move their facial whiskers back and forth about eight times a second to locate objects in their environment. Could humans acquire this sense? And if they can, what could understanding the process of adapting to new sensory input tell us about how humans normally sense? At the Weizmann Institute, researchers explored these questions by attaching plastic "whiskers" to the fingers of blindfolded volunteers and asking them to carry out a location task.

The findings, which recently appeared in the Journal of Neuroscience, have yielded new insight into the process of sensing, and they may point to new avenues in developing aids for the blind.

The scientific team, including Drs. Avraham Saig and Goren Gordon, and Eldad Assa in the group of Prof. Ehud Ahissar and Dr. Amos Arieli, all of the Neurobiology Department attached a "whisker" -- a 30 cm-long elastic "hair" with position and force sensors on its base -- to the index finger of each hand of a blindfolded subject. Then two poles were placed at arm's distance on either side and slightly to the front of the seated subject, with one a bit farther back than the other. Using just their whiskers, the subjects were challenged to figure out which pole -- left or right -- was the back one. As the experiment continued, the displacement between front and back poles was reduced, up to the point when the subject could no longer distinguish front from back.

On the first day of the experiment, subjects picked up the new sense so well that they could correctly identify a pole that was set back by only eight cm. An analysis of the data revealed that the subjects did this by figuring the spatial information from the sensory timing. That is, moving their bewhiskered hands together, they could determine which pole was the back one because the whisker on that hand made contact earlier.

When they repeated the testing the next day, the researchers discovered that the subjects had improved their whisking skills significantly: The average sensory threshold went down to just three cm, with some being able to sense a displacement of just one cm. Interestingly, the ability of the subjects to sense time differences had not changed over the two days. Rather, they had improved in the motor aspects of their whisking strategies: Slowing down their hand motions -- in effect lengthening the delay time -- enabled them to sense a smaller spatial difference.

Saig: "**We know that our senses are linked to muscles, for example ocular and hand muscles. In order to sense the texture of cloth, for example, we move our fingers across it, and to seeing stationary object, our eyes must be in constant motion. In this research, we see that changing our physical movements alone - without any corresponding change in the sensitivity of our senses - can be sufficient to sharpen our perception**."

Based on the experiments, the scientists created a statistical model to describe how the subjects updated their "world view" as they acquired new sensory information -- up to the point at which they were confident enough to rely on that sense. The model, based on principles of information processing, could explain the number of whisking movements needed to arrive at the correct answer, as well as the pattern of scanning the subjects employed -- a gradual change from long to short movements. With this strategy, the flow of information remains constant. "The experiment was conducted in a controlled manner, which allowed us direct access to all the relevant variables: hand motion, hand-pole contact and the reports of the subjects themselves," says Gordon. "Not only was there a good fit between the theory and the experimental data, we obtained some useful quantitative information on the process of active sensing."

"Both sight and touch are based on arrays of receptors that scan the outside world in an active manner," says Ahissar, "Our findings reveal some **new principles of active sensing, and show us that activating a new artificial sense in a 'natural' way can be very efficient**." Arieli adds: "**Our vision for the future is to help blind people 'see' with their fingers. Small devices that translate video to mechanical stimulation, based on principles of active sensing that are common to vision and touch, could provide an intuitive, easily used sensory aid."**
A. Saig, G. Gordon, E. Assa, A. Arieli, E. Ahissar. **Motor-Sensory Confluence in Tactile Perception**. Journal of Neuroscience, 2012; 32 (40): 14022 DOI:10.1523/JNEUROSCI.2432-12.2012

New DNA Vaccine Technology Poised to Deliver Safe and Cost-Effective Disease Protection

New and increasingly sophisticated vaccines are taking aim at a broad range of disease-causing pathogens, targeting them with greater effectiveness at lower cost and with improved measures to ensure safety. To advance this quest, a research team led by Roy Curtiss, director of the Center for Infectious Diseases and Vaccinology, and Wei Kong, a research assistant professor, at Arizona State University's Biodesign Institute have taken a dramatic step forward, revealing the design of a universal platform for delivering highly potent DNA vaccines, by employing a cleverly re-engineered bacterium to speed delivery to host cells in the vaccine recipient.

"The technology that we're describing in this paper can be used to develop a vaccine against any virus, any parasite, any fungus, whereas this was never possible before the development of recombinant attenuated bacterial strains like those produced in our lab," Curtiss says.

The experimental vaccine described in the new research demonstrated complete protection from influenza in mice, but Wei Kong, the leading author of the new study stresses that the innovative technique could be applied to the rapid manufacture of effective vaccines against virtually any infectious invader at dramatically reduced cost and without risk to either those vaccinated or the wider public.

"By delivering the DNA vaccine using a recombinant attenuated bacterium, we can get 10,000-100,000 doses per liter of culture," Kong says, an improvement of 3-4 orders of magnitude over use of the naked plasmid DNA, which must be painstakingly isolated from bacteria before injection.

The group's research results appear in the online Early Edition (EE) of the *Proceedings of the National Academy of Sciences*, the week of November 5, 2012. Designing a vaccine that is both safe and effective presents a kind of Catch-22 for researchers. Live pathogenic strains typically generate a robust immune response, mimicking natural infection, but many challenges exist in terms of ensuring such strains do not cause illness or escape into the environment, where they have the potential to remain viable. Killed pathogen strains or vaccines produced from pathogen subunits sacrifice some of their immunogenic effectiveness for enhanced safety, and may require subsequent booster doses to ensure continued effectiveness.

The Curtiss team has worked to combine safety and effectiveness in orally administered vaccines that can be produced at a fraction of the cost of traditional methods. To do this, they have pioneered techniques using Salmonella -- the notorious agent associated with food-borne illness -- as a cargo vessel to deliver a suite of disease antigens to the recipient. The result has been the development and ongoing refinement of so-called RASVs (for recombinant attenuated Salmonella vaccines), capable of provoking an intense, system-wide immune response and conferring effective immunity.

One of the key innovations developed earlier by Wei Kong and other members of the Curtiss group, is a specialized Salmonella strain that can be timed to self-destruct in the body once it has carried out its immunization duties. To create this strain, the researchers modified the bacterium in such a way that it can only survive on a non-naturally occurring form of sugar. Once the Salmonella cells exhaust their store of specialized sugar, supplied to them as part of the vaccine, they are unable to maintain the integrity of their cell walls and they essentially implode. "This crucial safety feature ensures that Salmonella are unable to persist as living organisms to survive if excreted into the environment," says Kong.

This self-destruct feature can be fine-tuned so that the bacteria fully colonize host cells, provoking a strong response from both humoral and cell-mediated arms of the immune system. Inside host tissues, recombinant Salmonella are able to synthesize protective antigens, releasing their contents when they become unstable and lyse into the intracellular fluid or cytosol.

The group demonstrated the effectiveness of this delayed-lysis bacteria in vaccine experiments with a variety of pathogens, including influenza and mycobacteria (causative agent of tuberculosis) and an RASV vaccine developed in the Curtiss lab against infant pneumonia is currently in FDA Phase I clinical trials. This earlier work focused on producing protective protein antigens in a bacterium, which would subsequently release a bolus of these antigens when the bacterial cell lysed within host cells and tissues.

In the latest research, the group **sought to turn a delayed-lysis Salmonella strain into a universal DNA vaccine delivery vehicle**. DNA vaccines stimulate cellular and humoral immune responses to protein antigens through the direct introduction of genetic material, prompting host cells to manufacture specific gene products. This is a crucial advance as it allows for the production of antigens that undergo host cell modification through the addition carbohydrates -- a process known as glycosylation. Such modified antigens, which occur in a broad range of pathogenic viruses, fungi and parasites require synthesis by host cells, rather than by the attenuated bacteria.

"Here, we were able to deliver a vaccine whose DNA sequence induces the immunized individual to make the protective glycoprotein the way you would during a viral infection," Curtiss says. Previous efforts to achieve this advance for delivery of DNA vacines by bacteria date to 1995, but only now has such work come to fruition.

A number of key modifications to the delayed-lysis RASV were required for this feat, and the Kong and Curtiss team has worked intensively over the past 5 years to achieve them. A hyperinvasive form of Salmonella was constructed through recombinant DNA methods in order to maximize the vaccine vector's ability to invade host cells and become internalized.

Following host cell uptake, Salmonella are encased in a membrane-bound endosome known as the Salmonella Containing Vacuole. The RASV was further modified to permit escape from the endosome so that the mature bacterium could spew its immunogenic contents into the host cell's cytosol.

Finally, further revisions to the Salmonella strain were applied to diminish the pathogen's ability to cause host cell death, which would prevent the DNA vaccine from migrating to the host cell nucleus to induce the synthesis of protective antigens necessary for the immune response.

The authors note that their orally-administered RASV is markedly superior to earlier efforts which introduced DNA vaccines by means of intramuscular injection or gene gun. These methods fail to deliver the vaccine to both mucosal tissues and certain internal lymphoid tissues, vital to a sustained, protective immunity. "We can protect mice to doses of influenza that would be lethal were they not effectively immunized," Curtiss says, adding that "RASV safety has been established in mice just two hours old as well as in pregnant and immunodeficient mice."

Influenza spreads around the world in seasonal epidemics, resulting in about three to five million yearly cases of severe illness and about 250,000 to 500,000 yearly deaths, rising to millions in some pandemic years. Current manufacture of influenza vaccines requires use of chick embryos or cell culture methods. Global capacity is limited, making sufficient vaccine to immunize everyone impossible. Adding to concerns about managing future naturally occurring influenza epidemics is the potential for bioterrorists to produce weaponized influenza strains created using plasmid-based reverse genetics systems.
"Increasing the speed of producing a matching vaccine is key in the context of response to an influenza epidemic," Kong says.

The ability to rapidly engineer and scale up effective vaccines for influenza and other potentially lethal pathogens will require innovative approaches to vaccine design, manufacture and application. The universal DNA vaccine platform outlined in the new study represents an important advance.

"The vast majority of viruses including influenza, measles, mumps and HIV all have glycosylated proteins. You could never deliver protective immunity using a bacterium to produce those protein antigens," Curtiss says. "But now we have the opportunity to produce vaccines against such pathogens," Kong says. Further, the technique permits large quantities of DNA vaccine to be produced rapidly at low cost, freeze-dried and stockpiled to be used when needed.
Dr Roy Curtiss is also a professor in the College of Liberal Arts and Sciences, School of Life Sciences.
Wei Kong, Matthew Brovold, Brian A. Koeneman, Josephine Clark-Curtiss, and Roy Curtiss III. **Turning self-destructing Salmonella into a universal DNA vaccine delivery platform.** Proceedings of the National Academy of Sciences, 2012; DOI: 10.1073/pnas.1217554109

Controlling Vascular Disease May Be Key to Reducing Prevalence of Alzheimer's Disease

Over the last 15 years, researchers have found a significant association between vascular diseases such as hypertension, atherosclerosis, diabetes type 2, hyperlipidemia, and heart disease and an increased risk of Alzheimer's disease. In a special issue of the *Journal of Alzheimer's Disease*, leading experts provide a comprehensive overview of the pathological, biochemical, and physiological processes that contribute to Alzheimer's disease risk and ways that may delay or reverse these age-related abnormalities.

"Vascular risk factors to Alzheimer's disease offer the possibility of markedly reducing incident dementia by early identification and appropriate medical management of these likely precursors of cognitive deterioration and dementia," says Guest Editor Jack C. de la Torre, MD, PhD, of the University of Texas, Austin. "Improved understanding coupled with preventive strategies could be a monumental step forward in reducing worldwide prevalence of Alzheimer's disease, which is doubling every 20 years."

The issue explores how vascular disease can affect cerebral blood flow and impair signalling, contributing to Alzheimer's disease (AD). The diagnostics of cardiovascular risk factors in AD are addressed, as are potential therapeutic approaches.

Paradoxically, the presence of vascular risk factors in middle age is associated with the development of AD more strongly than late-life vascular disease. In fact, some research suggests that vascular symptoms later in life may have a protective effect against the development of the disease. The physiopathological mechanisms that may underlie this phenomenon are discussed.

To date, trials that target major cardiovascular risk factors in the prevention of AD remain inconclusive but have become an important focus of international research as described by contributors of this special volume in their overviews. The multifactorial nature of AD and the need to identify the proper time window for intervention when designing possible interventions, and methodological issues that will have to be addressed to achieve an optimal design of new randomized controlled trials, are discussed. Promising avenues for treatment, such as the potential of low-level light therapy to increase the rate of oxygen consumption in the brain and enhance cortical metabolic capacity, and the possibility that some antihypertensive drug classes reduce the risk and progression of AD more than others, are discussed.

Dr. de la Torre notes that the presence of vascular risk factors is not an absolute pathway to dementia, and it may be as important to study how or why individuals who are cognitively normal but have vascular risk are able to avoid dementia. "Reducing Alzheimer's disease prevalence by focusing right now on vascular risk factors to Alzheimer's disease, even with our limited technology, is not a simple or easy task. But the task must begin somewhere and without delay because time is running out for millions of people whose destiny with dementia may start sooner rather than later," he concludes.

The above story is reprinted from materials provided by IOS Press BV, via AlphaGalileo.

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

Pittwater's Community Newspaper
Thursday 1 December 2022 | Issue 48 | Free

Front Page | Contents | Food and Entertainment | Clubs and Groups | Activities | Health | Services | Environment | Travel | Local Art | Writers | Community Events | Music | Theatre | Dance | Opinion | Letters to the Editor

Thursday 1st – 31 December 2022, Issue 48

Marquet Gilsey: Home

This exhibition is the first in one of the oldest rooms in Pittwater's Street. Paintinghan. Considering Margaret Olley's paintings Marquet Gilsey's Home is a fitting title for this exhibition. Marquet's paintings are rich in colour and texture.

To walk into Olley's home was like walking into a painting. With its cluttered interior and overflowing garden, Olley's home was a source of inspiration for many artists, including Marquet Gilsey.

Pittwater Gallery 1972 and 2015, the artworks in the exhibition reveal the home as a living space full of life, with its inhabitants and visitors leaving their mark on the walls, floors and furniture.

Duration of Exhibition
Saturday 19 November 2022 – Monday 2 April 2023
Pittwater Gallery, 1 Old Barrenjoey Road, Avalon Beach, Sydney

Roger Woodward
piano, English

The Centenary Chamber Concert Series
Saturday 12 November, 2022
Pittwater Anglican Church
1 Old Barrenjoey Road, Avalon Beach
Evening 8pm Pre-recital
Doors open 7.30pm

Roger Woodward AM is one of the most celebrated pianists born and trained in Australia. He has performed in all the major concert halls around the world and has made many recordings.

He is also a composer, conductor and writer on music. He has published books in English, French and German. He has been awarded honorary degrees from the University of Sydney, Macquarie University and the University of Western Sydney.

You're having our volume and base feeling both sharper and more defined than ever before. Hi-Fi Choice

The audience includes many from London, including many Australian expatriates. Woodward's programme is performed in seven languages other than English, and the magazines. Often there is a theme to the programme, which is announced in advance. The theme for this concert is "Australian Composers". Woodward has performed the music of Australian composers in many of his concerts and has recorded a number of them. The Sky Arts Loves Me.

Woodward's performance of the music of Australian composers is a testament to the richness and diversity of Australian music. His performance of the music of Australian composers is a testament to the richness and diversity of Australian music. His performance of the music of Australian composers is a testament to the richness and diversity of Australian music.

Tickets $50 at the door
Students Free
Bookings essential
Phone 0412 466 953
Email rogerwoodward@bigpond.com
Website rogerwoodward.com.au

Pittwater Gallery
1 Old Barrenjoey Road, Avalon Beach
Saturday 19 November 2022 – Monday 2 April 2023
Opening Hours: Wednesday – Sunday 10am – 4pm
Public Holidays 10am – 4pm
Admission Free

W. WOOMARKUP & ROSA LYLE - BOND COMES TO PITTWATER
Mona Vale Library is celebrating 50 years of the event in style with a special exhibition. **Bond comes to Pittwater: Art in Pittwater** Event organiser Rosa Lyle has curated a collection of artworks by local artists, including Limited 50 years ago.

The exhibition will run from 18 - 30 years of occasion 007 - story and comments on the local community. Rosa Lyle has also curated a collection of artworks by local artists, including Limited 50 years ago.

The exhibition will run from 18 - 30 years of occasion 007 - story and comments on the local community. Rosa Lyle has also curated a collection of artworks by local artists, including Limited 50 years ago.

Mona Vale Library
1 Park Street, Mona Vale
1800 Pittwater Rd, Mona Vale

Art Gallery of NSW - Frances Burton, Pop Jacquelin, Sir Nolan Till Now 2022 until 24th Feb 2023. Buy Tickets HERE

Art Gallery of NSW - Frances Burton, Pop Jacquelin, Sir Nolan Till Now 2022 until 24th Feb 2023. Buy Tickets HERE

Wynyard Station to Mona Vale Bus Interchange Route

Guest Speaker: Julie Janson
Connecting with Indigenous Australian History
Monday November 14th at 7.30pm
Mona Vale Memorial Hall
1800 Pittwater Rd, Mona Vale
Entry by gold coin donation
Refreshments available
Bookings not required
Enquiries: 9970 7111

Annette Hardcastle | Pastel Drawings

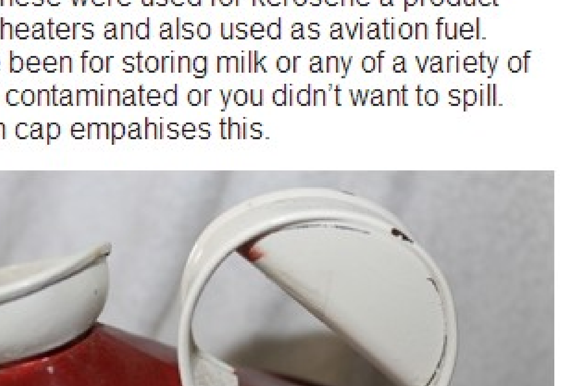
Universal Child
Jam, Sunday 2nd December 2012
Avalon Baptist Pines Church
1 Old Barrenjoey Road, Avalon
A Service Of Love and Celebration

KOH SAMUI
Wednesday 21 December 2022
Depart Sydney Domestic Airport (SYD) Terminal 1
Return Sydney Domestic Airport (SYD) Terminal 1
Includes Return Airport Transfers
Includes Return Airport Transfers
Includes Return Airport Transfers

November 11 - 17, 2012: Issue 84

REGA Pourer Can

Rega Products Ltd. made and still makes agricultural and horticultural spraying equipment, machines, atomisers, inflators, lacquer and paint spray equipment for home, garage, factory, veterinary instruments, oil cans and bucket spray water pumps for Australians. The one shown here is a two gallon pourer can according to some who recall such useful items from their childhood. Some state these were used for kerosene a product used for lighting lamps, heaters and also used as aviation fuel. Others say it could have been for storing milk or any of a variety of liquids that could not be contaminated or you didn't want to spill. The solid brass screw in cap empahises this.



It was made by the company REGA Products Ltd. which was the work of Everitt John Summons, one of nine children of John Richard Summons (born Newcastle 1930) and Elizabeth Ann Sherringham. John Richard Summons's father was pioneer stock and came to Australia on the "Brothers" in 1825.

REGA Products didn't just have a wide use for farm, home and garden, they were also supplying Defence during WWII. One interesting item found during research is a patent for a portable flame thrower listed in Australian Archives during 1941-43.

This may be why these gentlemen visited the factory:

VICE-REGAL. His Excellency the Governor, attended by Lieutenant -Colonel R. O. Wynne, visited the works of Rega Products Pty. Ltd., at Marrickville yesterday morning. PERSONAL. (**1941, August 8**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article17764362

Commencing in approximately 1928 as both REGA and M S Regal this seems an Australian success story as not only did they flourish and grow through the Depression, they also expanded their product range and invented and improved every aspect of each item;

SPRAY-PUMP INDUSTRY. TARIFF INQUIRY. Methods adopted by British manufacture to retain the market in Australia for spray pumps, atomisers, and vaporisers were described by local manufacturers before the Tariff Board yesterday, when the board began an Inquiry determine whether substantially increased duties on imported spray pumps were necessary.

It was alleged by Mr. E. J. Summons, director of M. S. Regal, Ltd., Leichhardt, that after having condemned the valve system of his company's spray pumps one company In Birmingham, England, obtained a sample of one of Regal's pumps, which was copied, "valve end all." The Imitation pump was afterward sent to Australia and sold here. As soon as Regal, Ltd., had obtained a grip of the local market, overseas manufacturers who had previously supplied Australia's requirements resorted to several of the well-known methods that were usually employed to crush unwelcome competition, chiefly price-cutting, dumping, and laying down of consignment stock in Australia.

Speaking on behalf of members of the Metal Trades Employers' Association of New South Wales, Mr. G. F. Caldwell said that In wages, hours of labour, together with "meddlesome" industrial legislation, the "scales were loaded" against Australia. It was a tribute to the efficiency of the Australian manufacturer that in spite of a difference of more than 100 percent, in labour costs as compared with the United Kingdom, local Industry was enabled even when the tariff was at 20 per cent. British and 30 per cent, general, to obtain a foothold in this trade.

A denial that British firms he represented were antagonistic to the Australian manufacturer was given by Mr. F. G. Carr, who said that one of these firms, W. T. French and Sons, Intended to establish a factory in Australia and make the entire range of their products here. He said he considered that duties of 45 per cent, " and 60 per cent, would be sufficient to protect the local industry. SPRAY-PUMP INDUSTRY. (**1931, September 8**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article28039162

Let Us Spray
— WITH —
"REGA" High Class Australian
SPRAY PUMPS

Within a period of four years "REGA" PRODUCTS have made a name throughout the Commonwealth. From a small beginning in a factory of only 600 square feet of floor space and three employees, they have grown to a weekly payroll of over 40 employees, occupying 11,000 square feet of floor space and still advancing. Messrs. Armstrong, Ledlie and Stilman Pty. Ltd. ever ready to supply the best at a reasonable price, now offer "REGA" GUARANTEED PRODUCTS, and stand squarely behind each pump sold and assure satisfaction to each customer.

THE KNAPSACK SPRAY.

This is without a doubt the finest Knapsack of its kind in the world. The lever system employed gives tremendous power to a long pump, ease of action and high pressure; made of special Brass Alloy, rustless and acid resisting.

Price, 100/- each.

THE "REGA" UTILITY SPRAYING OUTFIT.

A low priced portable spraying unit, scientifically designed, simple in construction, suitable for car spraying with "Opex" or "Duco" Lacquers; also for stains, paints, enamels, sprays, disinfectants, oils and the like. The Spray Gun is adjustable to the finest degree, and is easy to operate.

PRICE, Outfit Complete, £3/15/-.

BUCKET SPRAY PUMP.

REGA BUCKET PUMPS are equal to the world's best and are suitable for spraying anything. All Brass Alloy throughout.

Price from 30/- each.

ALSO THE FOLLOWING SPRAYS.

REGA TIN ATOMIZERS, small, 2/3; and large 3/9 each.

REGA ALL BRASS ATOMIZERS, continuous, 6/6 each.

"REGA" HAND LACQUER GUN, special construction, 35/- each.

M S REGAL LTD, have decided to change their name to REGA PRODUCTS LTD COMPANY NEWS. (**1934, June 7**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17086356

Let Us Spray - WITH - "REGA" High Class Australian SPRAY PUMPS. Within a period of four years "REGA" PRODUCTS have made a name throughout the Commonwealth. From a small beginning in a factory of only 600 square feet of floor space and three employees, they have grown to a weekly payroll of over 40 employees, occupying 11,000 square feet of floor space and still advancing. Advertising. (**1932, September 19**). *Cairns Post* (Qld. : 1909 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article41172457

Mr. E. J. Summons, director of Rega Products Ltd., suggested that the rates of duty on garden and field spray pumps, atomisers, and garden syringes should revert to those recommended by the Tariff Board In 1931, namely, 45 per cent. British preferential and 60 per cent, general tariff. He said that the previous recommendations of the board were rejected by the Federal Government in 1933, and a reduced rate, amounting to 10 per cent below the recommendations, was made law. The inquiry was closed. TYRE GAUGES AND MOTOR-HORNS. (**1936, March 3**). *The Argus* (Melbourne, Vic. : 1848 - 1956), p. 11. Retrieved from http://nla.gov.au/nla.news-article11018658

BUILDING AND CONSTRUCTION £20,000 FACTORY. PLEASING DESIGN.. Marrickville Building. A pleasing architectural effect has been achieved in the design of a factory to cost between £20,000 and, £25,000, which is nearing completion for Rega Products, Ltd., at Marrickville. The site is bounded on three sides by, Carrington-road, Warren-road, and , Ruby street The accompanying Illustration shows the Carrington-road elevation, The company which is a young one, manufactures. Many types of pumps and sprays.

Materials selected for the exterior of the building include hand-made bricks and stone. The building is bounded by lawns and gardens,. Southern lighting for the interior has been obtained by the 'construction , of saw-tooth roofs. The floor area of the factory is about 25,000 square feet. In addition, there are rooms for polishing and plating, lacquering, testing, spraying, tool-making and for the factory management, as well as large rooms for stocks and stores. The foundry has been specially designed for comfortable working, and is well lit and ventilated. It is fitted with furnace, pattern, and core rooms. Modern dining and restrooms and bathing accommodation have been provided for the operatives.

Executives' offices, private offices, general office and caretaker's quarters will be located on the first floor These rooms will be fitted with Queensland walnut flush panelling and sound absorbing ceilings, and will be well ventilated and centrally heated. The architect is A, M. Bolot, and the contractors Coleman and Kirk, Ltd., O'Connell street, city. BUILDING AND CONSTRUCTION. (**1937, January 19**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article17295696

REGA PRODUCTS T/TD., from £6000 to £30.000 by the creation of 24000 new £1 shares. INCREASE OF CAPITAL. (1939, November 30). The Sydney Morning Herald (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article17644020

FIGHT AGAINST BUSHFIRES. BRIGADES LACK EQUIPMENT. Restriction on Brass. Bushflre brigades in many parts of New South Wales will be unable to obtain fire-fighting equipment, until almost the end of the summer, chiefly because defence orders of brass are met before civilian requirements.

Another reason for the difficulty In obtaining equipment, It was stated yesterday, was that brigades had delayed lodging orders with manufacturers until the bushfire season had begun.
It is reported from Goulburn that between30 and 40 orders from that district have been held up, and in view of the dry conditions prevailing, the situation Is causing concern. Manufacturers have also received orders from other districts, and are fulfilling them as quickly as practicable.

Mr. H. I, Gregory, managing director of Rega Products, Ltd., Marrickville, manufacturers of portable bushfire pumps, said yesterday that representations had been made to the Minister for Customs for the release of further quantities of brass. Some of this was now coming to hand, but most of the orders from New South Wales bushfire brigades could not be fulfilled before the end of February.

We have sent thousands of pumps to other States, chiefly to South Australia," Mr. Gregory added. "Orders from other States came in as early as July, before restrictions on brass were imposed. The New South Wales bushfire brigades have been lax in not get-ting their orders in early. We did not get them until December. Then we were held up owing to the difficulty in getting brass. Now that we can get It, we will start manufacturing the equipment, but several weeks must elapse before it can be delivered, and by that time the fire danger may have passed. "Unfortunately, we cannot get the brass we would like, otherwise we would work over-time, and through the night, to fulfil orders promptly." FIGHT AGAINST BUSHFIRES. (**1940, January 12**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17655417

Right to Enter Works Disputed

Whether a union organiser, who had been refused permission to enter the works of Rega Products Pty., Ltd., had the right of entry was the subject of an application before Judge O'Mara in the Federal Arbitration Court yesterday.

Judge O'Mara reserved judgment. The application was by the Federated Ironworkers' Association.

Clement Miller, an organiser of the union, had been refused entry by the company because, it was alleged, he had acted in an offensive manner towards certain officers, had addressed employees during the meal hour in contravention to his rights under the award, and had created dissatisfaction amongst the employees.

Miller denied all of these allegations.

During the hearing his Honor said that the union had been conceded the right of appointing men as officials and one would be loth to interfere with the selection simply because the company objected.

Mr. D. Fowler, for the Metal Trades Employers, who opposed the application, said there had to be exceptions to every rule and, in extreme cases, extreme action had to be taken.

His Honor said subsequently that union officials had no right, under the award, to attend lunch hours and turn them into meetings. The fact that that practice was being carried on did not excuse the unions.

Cecil Scott, general manager of the company, said that Miller's methods had caused dissatisfaction among members of the staff. The company had no objection to a representative of the union visiting the premises, provided it was not Miller.

Miller, in evidence, said that he had been granted permission to enter the premises and he addressed a meeting of employees.

Miller said he was subsequently refused permission to enter the premises. He denied having made the alleged offensive remarks but admitted having said that the company was one of the "hardest" he had met.

Right to Enter Works Disputed. (1944, October 28). The Sydney Morning Herald (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article17925757

STIRRUP PUMP ORDERS. The State Government has asked manufacturers to Increase production of A.R.P. stirrup pumps to 100.000 a month. Manufacturers state that they cannot meet this request be-cause of a shortage of brass tubing.
The managing director of Rega Products Pty., Ltd., Mr. H. I. Gregory, said yesterday that his company was now concentrating on A.R.P. requirements, and was turning out 2,000 pumps a week. Orderson hand for 15 000 pumps would be completed in eight weeks. Every-body would get pumps eventually.

For the last 12 months, said Mr Gregory. the supply of brass tubing had been behind orders. There was enough last month for only a third of the orders on hand. At present the amount of brass tubing held was enough for only 14 days' work. After that, unless a further simply was obtainable, work would cease.
It is likely that the Department of Supply will authorise the supply of Diffident brass to enable a large number of pumps, say 30.000 to be produced, and afterwards distributed STIRRUP PUMP ORDERS. (**1941, December 25**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news -article17780422

Everitt John Summons died in Hornsby (he is listed as having a residence at Epping in 1943). His son took over his affairs

IN the Estate of EVERITT JOHN SUMMONS late of Randwick in the state of New South Wales Company Director deceased the Application will be made after 14 days from the publication hereof that administration of the Estate of the above named deceased may be granted to Perpetual Trustee Company(Limited) of Number 11/31 Hunter Street Sydney the duly constituted attorney of Thomas Charles Summons the son of the deceased for the use and benefit of the said Thomas Charles Summons limited until he hall apply for and obtain a grant of administration and all Notices may be served at and all creditors In the Estate of the said deceased are hereby required to send In particulars of their claims to the under-signed Ellitt &. Law Solicitors 72 King Street Sydney. Advertising. (**1944, February 9**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article17871328

There is still REGA Products being produced today and these older ones are now collectors items or put to use in many men's shed's around the country. They range from around $5.00 for vintage Defence stamped oil cans up to almost $200.00 for rarer pieces in good condition.

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