December 9 - 15, 2012: Issue 88

Oceanwatch and Hawkesbury-Neapean Catchment Management Authority Healthy Waterways Clean Up Day at Careel Bay

Some of the Pittwater residents who cleaned up Careel Bay Creek and Bay and its surrounds on Saturday morning in front of the ute filled with rubbish. Photo by A.J Guesdon.

Oceanwatch and Hawkesbury-Neapean Catchment Management Authority Healthy Waterways Clean Up Day at Careel Bay

For over thirty years one staff member has been collecting rubbish from our estuary foreshores, along the beaches and in the rock platforms that separate these. The 1980's this was mainly paper rubbish deposited every foot of the beach and most rubbish would be collected after Summer weekends when those who don't live here think someone is being paid to collect their laziness or couldn't carelessness. In the last decade or more the refuse has become increasingly plastic bottles, caps and bags, styrofoam, or shining packaging like that on potato chips that may be mistaken for silvery fish by aquatic creatures and waterbirds. Some days garbage bags full were collected, on other days only one or two filled to the brim. No matter how much is collected though this is a tide, that unfortunately, keeps coming to shore as though the ocean and estuary are saying "You can have that back."

On Saturday morning around fifteen Pittwater Residents led by Bec Mooy and Eduardo Gallo from the Hawkesbury Neapean Catchment Authority and Oceanwatch respectively collected a ute and a half of rubbish from the creek and mangroves and the foreshore of Careel Bay. Items dragged from where they had obviously been dumped by residents included an old fish trap, car tyres; a rusting car battery, a big cardboard box filled with Styrofoam, plastic bottles and at least thirty small plastic bags of dog faeces. In one spot amongst the mangrove edges twenty empty cigarette packets and two hundred cigarette butts were collected; clearly a 'let's sneak off and have a smoke' dump place for those who don't want to be seen, or aren't allowed, to slowly kill themselves and the environment with what is acknowledged as toxic.

As part of the Environmental Education Strategy for NSW Coastal Boaters and Fishers, five marine clean up events have taken place in 2012 at various locations in the south and north, along the Hunter and Central rivers. The coastal areas in NSW are: Northern Rivers CMA, Hunter Central Rivers CMA, Hawkesbury Nepean CMA, Sydney Metropolitan CMA and Southern Rivers CMA. Yesterday's (8.12.2012) Clean Waterways focus on Careel Bay was funded by a grant from the Hawkesbury-Nepean Catchment Management Authority was the last of these. Bec Mooy tells us there will be further clean ups along the Hawkesbury in coming months and that McMaster's SLSC has been funded by the HNCMA to do clean ups on the water. The hope yesterday was to attract boating and fishing folk to the clean up as part of the focus was education. One sailor attending, a Pittwater resident and yachtsman on the estuary for a long time, found all sorts of bits off boats he could identify and even a cover for a light he could reuse.

For almost three hours these volunteers ranging in age from eight to eighty two worked side by side finding everything small and large that is polluting this beautiful bay, its mangroves and its creek. While along the foreshore a Striated Heron, White Faced Herons, the Royal Spoonbill spotted a few weeks back, Australian Ibises and an Australian White Heron picked their ways over the mangroves at low tide amongst plovers, Native Ducks and seagulls seeking fish. Above us an Australian Pelican circled majestically, riding a thermal higher and higher. Pelicans are an ancient symbol of change. Seeing this one watching the workers below bodes well for the future of New South Wales waterways if our Government continues to fund such initiatives and finds in our communities people who are more then willing to make a difference, to be those who are not so careless…or lazy.

The Healthy Waterways Project has also included:

Healthy Waterways: Better boating, more fish
Click here to download the brochure.
The five Coastal Catchment Management Authorities (CMA) in partnership with the Boat Owners' Association of NSW (BOA), Boating Industry Association of NSW (BIA), Recreational Fishing Alliance of NSW (RFA), NSW Maritime and Department of Primary Industries (Fisheries) are undertaking an Environmental Education Strategy for NSW Coastal Boaters and Fishers.
The aims of the project are to:
Raise the awareness of boaters and fishers to key aquatic environmental issues.
Encourage, if needed, changes in behaviour to reduce impacts on our aquatic natural resources.
Identify aquatic champions among boating and fishing groups to be trained and deliver peer education
Encourage individuals to "get involved" in aquatic habitat rehabilitation projects e.g. marine debris clean up days.

Healthy Waterways
The NSW CMAs are currently implementing community group presentations across Coastal NSW. The presentation highlights aquatic environmental issues and how boaters & fishers can help to reduce impacts on the aquatic environment. If you are a member of a boating and/or fishing club and would like to know how to organise a presentation to your group please contact the Sydney Metropolitan CMA on (02) 98957898 or email the Project Manager, John Naughton at John.Naughton@smcma.nsw.gov.au for further information.

BOATERS AND FISHERS PRESENTATIONS
One of the key educational outcomes of the project was the delivery of community group presentations across coastal NSW. The presentation format has been trialled with 5 major boating and fishing associations and refined to reflect comments and advice received. A SMCMA staff training day was held in August 2011 with a focus on tailoring community group presentations to reflect local aquatic environmental issues. Presentations across the 5 Coastal CMA regions commenced in November 2011.

AQUATIC VOLUNTEERING: GENERAL INFORMATION
There are lots of volunteer groups around Sydney who work on improving the aquatic environment and have fun doing it. There are underwater diving groups and fishing groups who do monitoring, marine debris clean ups and community awareness raising. There are Fishcare volunteers who are spreading the word about fish habitat issues and responsible fishing practices to anglers, community groups and schools. There is also the Fish Habitat Network where fishing groups actually do fish habitat rehabilitation work. There are also Bushcare groups working on saltmarsh and mangrove areas.
If you are interested in making a difference to the aquatic environment, and look for an aquatic volunteer group based on location (so that you can volunteer close to home) please click on the following link Find A Volunteer Group.
To find out more about becoming a Fishcare Volunteer visit: www.dpi.nsw.gov.au/fisheries/recreational/info/fvp
To find out more about the Fish Habitat Network visit: www.fishhabitatnetwork.com.au

Sydney Metropolitan Catchment Management Authority has merged with Hawkesbury-Nepean Catchment Management Authority
The NSW Government recently announced that the Sydney Metropolitan Catchment Management Authority has been merged with the Hawkesbury-Nepean Catchment Management Authority as part of the changes to the regional service delivery model. From January, 2014 Local Land Services, a new regionally-based organisation will replace the Catchment Management Authorities, Livestock, Health & Pest Authorities and incorporate agricultural services currently provided by Agriculture NSW.

The Hawkesbury-Nepean Catchment Management Authority's area of operation now includes all the areas previously covered by the Sydney Metropolitan Catchment Management Authority. This website will now become an archived website. For more information about Hawkesbury Nepean Catchment Management Authority, and to find out about upcoming events visit www.hn.cma.nsw.gov.au

Eduardo Gallo and Careel Bay resident Nina Bardsley. Photo by A.J Guesdon.

All Photos by A J Guesdon, December, 2012.

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Pittwater Online News

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Articles This Week:

Oceanwatch and Hawkesbury-Neapean Catchment Management Authority Healthy Waterways Clean Up Day at Careel Bay

The Rotary Club of Pittwater's Annual Christmas Carols in the Park - Saturday 8th of December

Artspot 2013 - Established Artists: Pittwater Online continues this month with its feature focus on the 'summer art exhibition' coming to Avalon Recreation Centre January 5 – 13, 2013 called **Artspot** through the highlighting of three professionally established artists and the artworks to be featured at **Artspot** exhibition.

Pictures: Lions Club of Pittwater Annual Seniors Christmas Party - Sunday 2 Dec, 2012 by Pittwater Lions President Ann Sawtell and Michael Mannington

All Previous Articles

Profile: December Ladies 2012.; Robyn McWilliam, Teacher, Award winning writer, passionate about sailing, travelling and the bush.

Previous Profiles:

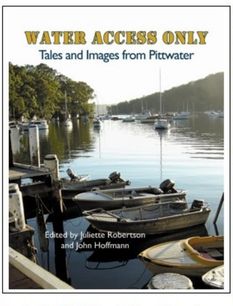
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

History: **Summer Houses:** December brings a celebration of beach houses, weekenders, guest houses and those who have built or occupied them. EAST: Careel House, Careel Head.

Previous History Pages:

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

Park Bench Philosopher: **Ten Senses C/- Josephine Smith, Everyday Angel; Many Maps of the Brain; New Study suggests Your brain has at least four different senses of location - and perhaps as many as 10**



Books: **RESIDENT AUTHORS MONTH**; **Mona Vale PS - 100 years History, Heartsong - an anthology of Pittwater Poetry, For the love of Grace, Avalon Food Cookbook, Face of the Extraordinary; Volunteers, Saltwater People of the Fatal Shore, PAOLO TOTARO - "Collected Poems" (1950-2011)**

Old Books: **December 2012: Australia (1910)** by Frank Fox. Published by Black, London. and **Australia (1908)** by William Henry Lang of Australia; Lambert, George W., ill. Publisher: London and Edinburgh : T. C. & E. C. Jack

News From our Inbox: **Manly in 1948**, **Safer Boating With Ken Warby in 1978**, Planet Rings Could Be Behind the Formation of Solar System Satellites, New Way to Protect Historic Limestone Buildings, YHA - Pittwater, A History of Sydney Streets, Image of the Carina Nebula, **The Opening of Luna Park Melbourne, 13 December 1912, Health papers released this week:** Brain Stimulation May Buffer Feelings of Social Pain; Drug Shows Promise in Prostate Cancer Spread to Bone; Understanding Anger, Overcoming Anxiety; Improving Chemotherapy Effectiveness; Second-Hand Smoke Linked to Children's Behavior Problems; Multiple Media Use Tied to Depression, Anxiety

Community News: **COUNCIL WARNS OF SCAMMERS**, **Entry date extended for Club Marine Pittwater & Coffs Harbour Regatta 2013**, Pittwater Camera Club Images Of the Year Awards 2012, Christmas lights boat parade, Palm Beach Sand Dune Project Receives High Commendation Award, John Barrington – Paul Harris Fellow, Universal Child Concert in Avalon, Protecting Yourself Online - What Everyone Needs to Know, Calling for Photographers - Witness King Tides, COAG Reaches Agreement On Electricity Market Reform, SCREEN AUSTRALIA TO HOST INTERACTIVE GAMES FUND FORUMS AND WEBINAR, AVALON BEACH DRAFT PLAN APPROVED **Christmas Notices**, Have your say on Australian fisheries policy, Our Council's Notices, Fed. Govt. Media and more

Environment; Our changing beaches - scientists look for a break in the surf zone, World's Big Trees Are Dying, Fox Invasion Threatens Wave of Extinction in Tasmania, Identifying Overland Flow Affected Properties in Pittwater, Ways for consumers to green their holiday celebrations, Fish Story of the Week: First Evidence of Fish Sensing Geomagnetic Fields from a Czech Christmas Market, Small Patches of Native Plants Help Boost Pollination Services in Large Farms, Lions Are Rapidly Losing Ground in Africa, PNHA GEOLOGY WALK - Published by pittwaterpathways, Cooee **December** Issue, local Environment groups, Events and orgs.

Lynda Hill: **Update 26.11.12**: Plumbing The Depths Of Love, Nourishment and Duty: November's Gemini Lunar Eclipse

Pictures: Lions Club of Pittwater Annual Seniors Christmas Party - Sunday 2 Dec, 2012 by Pittwater Lions President Ann Sawtell and Michael Mannington

Youth: Research confirms parents the missing link in education, Timor Furak Drummers at Maria Regina Primary School Avalon This Week, Fit Kids Finish First in the Classroom, Dinosaurs at Taronga Zoo, Write to Santa, Kids on the Coast - Summer School Holiday Program, School Holiday Art Workshops, Cheetah Cubs at Monarto Zoo, Christmas Comes But Once A Year - 1936, Songfish Choir, Safe Schools are Smart Schools Competition, Pipe Dream, Jack in the box, **The Royal Prince Alfred Yacht Club Teaches over 600 Children a Year to sail**, **School Holidays Art Workshop**,Cool Tools - Tree of Life Branches out Online, New online tool for students from Fed. Govt., Library Story-times for Littlies.

Seniors; The World's Oldest Flash Mob, Inaugural Seniors Sentiment Index Report released, Vale Dame Elisabeth Murdoch, New Papers Published: Working Towards Happiness; Retiring Later Is Unlikely to Affect Men's Quality of Life; New Evidence for Epigenetic Effects of Diet On Healthy Aging; Antibody Therapy Clears Alzheimer's Plaques in Mice, Study Shows, 2013 SENIORS ROAD SAFETY CALENDAR, Council is SEEKING EVENTS FOR SENIORS WEEK, Mahjong at Avalon, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: December 2012 - Alan McBride - Photographer, writer, business and social media consultant and a person with a lifelong interest in anything that moves, sings, dances or flies!

Reflections by George Repin. **This week; A GEM ON THE QUAY**

DIY Hints: **Do It Yourself Easel Blackboard;** a great idea for a Christmas gift that you can make yourself and that your children will love.

Collector's Corner: Clifford Dudley Wood's *'Morning Shadows'*, Prolific Australian Artist

Food: The humble egg is classified by some as a 'meat', has been part of our diet for thousands of years; a sweet and savoury recipe and tips on how to succeed in the Soufflé Department; it's not that hard and great for spectacular results with minimum ingredients

Events: Christmas lights boat parade, Deepsea Challenger showcased at Powerhouse Museum, Kids on the Coast - Summer School Holiday Program, Narrabeen Lagoon free activities, Historic Houses Trust Event - House music 2013, Peter Northcote and Drive, The Classic Kings, Monatones Christmas Concert, Sustainable Building and Renovating Workshop, NBO Christmas Concert, and more.

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The Rotary Club of Pittwater's Annual Christmas Carols in the Park

Children from Sacred Heart Mona Vale Catholic Primary School who opened the event by singing a few carols.

Last night over 3000 people attended the annual Rotary Club of Pittwater's Christmas Carols in the Village Park at Mona Vale. The very young, their parents, grandparents and friends enjoyed two hours of classic Christmas Carols and a few new tributes to the blessing the birth of Jesus represents to people all over the world. To open the programme children from Sacred Heart Mona Vale band and choir played and sang and danced, clearly enjoying themselves. Cheers and applause was the response from their audience.

The Pittwater Uniting Church band of Wes Harder (Musical Director and piano), Scott Wheeler (drums), Jared Castaing (bass), John Dacker (guitar) and Clem Nawawi (acoustic guitar) provided the music for all featured artists. Allison Harder, her ninth year of singing at the event, led all in a rousing version of Santa Claus is Coming to Town as the big man in red arrived and shared a new dance called Santa Style.

Other featured artists included the great voices of Lucinda Castaing, Jo Laub, Bek Tanner, Phil Watson and the divine Samantha Shaw.

MC for the evening, and for many Rotary Club of Pittwater events, Bruce Lakin invited special guests Hon. Bronwyn Bishop, MP for Mackellar, Hon. Rob Stokes, MP for Pittwater, Pittwater Councillors and children attending or to the stage for the finale. In closing Mr Lakin wished the whole of the community a very safe and happy Christmas and a prosperous New Year on behalf of the Rotary Club of Pittwater.

Santa Claus, with thanks to the Mona Vale Fire Station.

Deputy Mayor of Pittwater Cr. Bob Grace and Mayor of Pittwater, Cr. Jacqueline Townsend getting into the spirit of this great community event.

This year's 'kids bear' was very popular with the children, pictured here with MC Bruce Lakin, Rotarian.

Finale !

Bruce Lakin, Rotarian and MC for the Evening.

Photos by A.J Guesdon, 2012.

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Artspot III – Established Artists

Pittwater Online News continues this month with a focus on the summer art exhibition **Artspot**. Coming to Avalon Recreation Centre in the new year, open from January 5th to January 13th. Each week we will be highlighting four of our professional Artists giving you a taste of the variety of artworks to be featured in **Artspot**.

Caroline Munro and Julia Sample are our resident artist printmakers. Exhibiting alongside Angus Benham's array of northern beaches photographs and Jessica Watts's mixed media creations. UK originated and northern beaches established printmakers Caroline Munro and Julia Sample will literally be rolling out the prints from their studios. Caroline's work has been inspired by daily experiences - observing the active social life of 'mans best friend' on her morning walks. Caroline's work has also been inspired by beautiful objects from a bygone era, discovering new landscapes within installations of film and negatives. Julia has been captivated by the organic forms of timber. Her works inspired by tree trunks as well as reclaimed and prepared timbers. Both are passionate about the beauty and technical intricacy that is printmaking. They have won prizes and awards as well as being featured in professional exhibitions at Manly Art Gallery.

Buster by Caroline Munro

Silky Oak by Julia Sample

Angus Benham, born in Fiji, raised in New Zealand and now a resident in Pittwater has a gallery and studio space, Gusha Printing, in Brookvale. Whilst on a safari (as a Marine biologist) in South Africa he cemented his passion for photography - its power to capture the essence of a landscape at a moment in time. Today he can be found wandering the seaside towns scattered across NSW with a mission "to capture the beauty of creation that surrounds us all". **Artspot** will be displaying almost 10 years of photography captured on the Northern Beaches.

Avalon Pool Sunrise by Angus Benham

Jessica Watts is our showstopping visual artist whose successful career as an advertising art director in New York and First Class Honours in Visual Communication from UTS, is on full display in her collection of works. Using oil and collage – including collected playing cards, vintage games and storybooks – Jessica creates textured narratives with distinctly australian themes. Jessica has focussed on our noisy neighbours, cheeky chicks and birds that behave badly. It's another summer in the city and her collection is overflowing. With girls enjoying the heat, kids as amateur naturalists and backyard birds as portraits of ourselves.

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

Artspot Art Exhibition
Location: Avalon Recreation Centre, 59A Old Barrenjoey Road, Avalon, NSW, 2107.
Opening Night: Friday 4th January 2013, 6.00pm-9.00pm.
Opening Times: 10.00am – 5.00pm.
Exhibition closes: Sunday 13th January 2013.

Jessica Watts - Collage of Imagery

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Lions Club of Pittwater Annual Seniors Christmas Party - Sunday 2 Dec, 2012

words by Pittwater Lions President Ann Sawtell

Lions Club of Pittwater Annual Seniors Christmas Party hosts local Seniors from Allambie to Avalon. Pittwater Lions have been running this Party for numerous years. Until this year it was always held at the Ted Blackwood Memorial Hall at Narrabeen. This year it was decided to move to the Pittwater RSL for the comfort of all concerned. We entertained approximately 150 guests, with a hot lunch, entertainment and a visit from Santa with a gift for all. We start receiving requests for tickets as early as October from regular guests who eagerly await the day.

Donations are requested from local businesses so that the raffle can benefit as many as possible. We sincerely thank all those who help us make this day the happy event it has become.

Hon. Rob Stokes with Helen Cannon

Photos by Michael Mannington, Volunteer Photography, December 2012. All Rights Reserved.

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Stage MS Corral Group

Pittwater Online News

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Ten Senses

C/- Josephine Smith, Everyday Angel

The three feet around you, the privacy, reminds me of the shying back in all. Many say they follow, study or practice a form of getting in touch with Spirit, even of being in good touch, of 'doing work on themselves' but no one, past this admission, relates their intimate experience. It's the sensation of nakedness in speaking of such fine subtleties we avoid, the difference between speaking with breath and speaking in a spiritual world, or finally finding that each breath is entwined with and to, and everdance of the spiritual world, and will surely resonate, sound out, sonar like, all to be heard.

"How often have you asked questions in your dreams, been conscious of a consciousness, even while sleeping?" Melchisedek asks.
"Ommmm." Dravida drones.
"Quite often." I answer.

Melchisedek nods, he knows we are conscious even then, watching, listening, sensing truths. Conscious and Conscience are flowers from Consciousness, bloom with all the deeper and higher knowing stored in the layers of our subtle bodies. Flesh eyes aren't all that see, ears not all that hear, tongue not all that tastes and skin not all that touches or is touched, enjoined to.

Gandar, of Amur tiger lore, tells me tigers have ten senses. If we too own dual senses, and we ten senses, half of which are metaphysical, and spirit the wholer-hallowed sense, and a twelfth, of soul, then cognition of these and their harmonious duality must be this long sought 'what else'. The Morning Star rising in my heart to mark the place of dawn, the Angel Spark blazing from between my eyes, the Seventh Heaven residing in my mind is what this means. Finding and Keeping my own Upright Purity, following the heart in your heart in sense and in action, is required.

We are always reverting to pure. We are constantly renewing flesh, seeking understanding, healing bones, growing livers, praying our souls to shine bright. The body renews its cells, in full, every seven years. Simple, pure and hallowed signs answer and flower, us, to Reverting, to constant renewing. The function of sweat, aspects of each organ's eliminating process, the healing of mind and heart or the reconnecting of the energetic leylines in our body's meridians scalpel has scarred bring a return to wholeness and, soon after, a return of the dew we can then exude. We revert to pure physically to emulate the reverting to pure spiritually, to cast off the threads of mortality so there is no sickness, no aging and we become lit for a thousand years.

I have a strong sense sometimes of all filtering through me to get clean, just to sound one after another of the true-tone notes. The image flowering as this and from this is a Breathing (circular breath) through me. Breath is fundamental. If you are breathing, your physical body drawing Air in, you can start from there (to realise you are in the Garden), and aching physically in other parts of your and you being as your will rises and dips, ebbs and flows, to go into the Garden, to be with (the hand-holding Glory). Everything that Breathes (everything breathes) breathes In. The diaphragm fills blood with the mechanics of physical to metaphysical overlap, (ergo; are One whole) that Breathes in Pure just to exhale what is not. The diaphragm is also where the Spirit in you resides.

The creation heaped up with energy breaking concretes, with earths soaked in blood and anguish, has required healing, cleansing, clearing so it too can revert to always being pure light, an embrace of angelic flowers. This has been my work, the springing up again of the wisdom trees, restoring the scars into whole greening. It is the spiritual functioning part of me. Embracing all back to pure just so they can sing clearly, so all clearly leaping to your eyes also leaps up in you with all that is in it. Restored by spiritual renewal and thus reverting to pure is in everything, and functioning.

We are always reverting to pure, ensuring we are not cut off from all that surrounds us, enjoined to us, simply in wanting to draw closer to the birdland, treeland, or dogland we adore. We take the vision cloak of creation around us as other ornaments of the soul and relish, and are grateful for, the many songs in our hearts; our soul's own breath. We run outside, into where the air is not so closed, hot, stinking, and run to hear the birds, the breeze through trees, to embrace and be embraced by god, by all the joy at the core of these. We run in to the arms of God.

This is a spiritual garden, planes knit beam all around. Before I began my journey here I had a look over the far arc of heaven and saw a giant magnolia, the first flower, among the glittering stars and dark blue velvet sky. This planet is a flower blooming in and from and among the turns of the universe; resilient, fire at core, and velvet on its rims and the lights that glow from them. The creation place begets the creation. Based upon, Aspiring to, Coming from, Going to.; down, up, back, front; deep, high, thick, thin; elemental, now, past, future. Inherently growing Up to, and filled with, light.

Extract from *Melchisedek's Garden*, Ch. 7. Seeing Things.
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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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Many Maps of the Brain

Your brain has at least four different senses of location - and perhaps as many as 10. And each is different, according to new research from the Kavli Institute for Systems Neuroscience, at the Norwegian University of Science and Technology.

The findings, published in the 6 December 2012 issue of *Nature*, show that rather than just a single sense of location, the brain has a number of "modules" dedicated to self-location. Each module contains its own internal GPS-like mapping system that keeps track of movement, and has other characteristics that also distinguishes one from another.

"We have at least four senses of location," says Edvard Moser, director of the Kavli Institute. "Each has its own scale for representing the external environment, ranging from very fine to very coarse. The different modules react differently to changes in the environment. Some may scale the brain's inner map to the surroundings, others do not. And they operate independently of each other in several ways."

This is also the first time that researchers have been able to show that a part of the brain that does not directly respond to sensory input, called the association cortex, is organized into modules. The research was conducted using rats.

Technical breakthroughs
A rat's brain is the size of a grape, while the area that keeps track of the sense of location and memory is comparable in size to a small grape seed. This tiny area holds millions of nerve cells.

A research team of six people worked for more than four years to acquire extensive electrophysiological measurements in this seed-sized region of the brain. New measurement techniques and a technical breakthrough made it possible for Hanne Stensola and her colleagues to measure the activity in as many as 186 grid cells of the same rat brain. A grid cell is a specialized cell named for its characteristic of creating hexagonal grids in the brain's mental map of its surroundings.
"We knew that the 'grid maps' in this area of the brain had resolutions covering different scales, but we did not know how independent the scales were of each other," Stensola said. "We then discovered that the maps were organized in four to five modules with different scales, and that each of these modules reacted slightly differently to changes in their environment. This independence can be used by the brain to create new combinations -- many combinations -- which is a very useful tool for memory formation."

After analysing the activity of nearly 1000 grid cells, researchers were able to conclude that the brain has not just one way of making an internal map of its location, but several.

Perhaps 10 different senses of location
Institute director Moser says that while researchers are able to state with confidence that there are at least four different location modules, and have seen clear evidence of a fifth, there may be as many as 10 different modules.

He says, however, that researchers need to conduct more measurements before they will have covered the entire grid-cell area. "At this point we have measured less than half of the area," he says.

Aside from the time and challenges involved in making these kinds of measurements, there is another good reason why researchers have not yet completed this task. The lower region of the sense of location area, the entorhinal cortex, has a resolution that is so coarse or large that it is virtually impossible to measure it.

"The thinking is that the coordinate points for some of these maps are as much as ten metres apart," explains Moser. "To measure this we would need to have a lab that is quite a lot larger and we would need time to test activity over the entire area. We work with rats, which run around while we make measurements from their brain. Just think how long it would take to record the activity in a rat if it was running back and forth exploring every nook and cranny of a football field. So you can see that we have some challenges here in scaling up our experiments."

New way to organize
Part of what makes the discovery of the grid modules so special is that it completely changes our understanding of how the brain physically organizes abstract functions. Previously, researchers have shown that brain cells in sensory systems that are directly adjacent to each other tend to have the same response pattern. This is how they have been able to create detailed maps of which parts of the sensory brain do what.

The new research shows that a modular organization is also found in the highest parts of the cortex, far away from areas devoted to senses or motor outputs. But these maps are different in the sense that they overlap or infiltrate other. It is thus not possible to locate the different modules with a microscope, because the cells that work together are intermingled with other modules in the same area.

"The various components of the grid map are not organized side by side," explains Moser. "The various components overlap. This is the first time a brain function has been shown to be organized in this way at separate scales. We have uncovered a new way for neural network function to be distributed."

A map and a constant
The researchers were surprised, however, when they started calculating the difference between the scales. They may have discovered an ingenious mathematical coding system, along with a number, a constant. (Anyone who has read or seen "The Hitchhiker's Guide to the Galaxy" may enjoy this.) **The scale for each sense of location is actually 42% larger than the previous one.**

"We may not be able to say with certainty that we have found a mathematical constant for the way the brain calculates the scales for each sense of location, but it's very funny that we have to multiply each measurement by 1.42 to get the next one. That is approximately equal to the square root of the number two," says Moser.

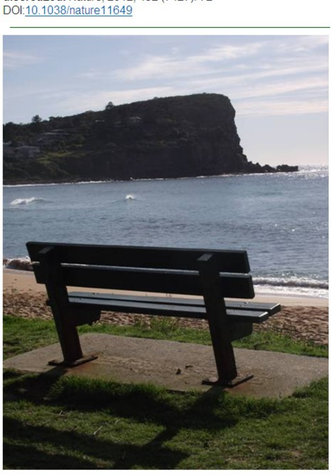
Maps are genetically encoded
Moser thinks it is striking that the relationship between the various functional modules is so orderly. He believes this orderliness shows that the way the grid map is organized is genetically built in, and not primarily the result of experience and interaction with the environment.

So why has evolution equipped us with four or more senses of location?

Moser believes the ability to make a mental map of the environment arose very early in evolution. He explains that all species need to navigate, and that some types of memory may have arisen from brain systems that were actually developed for the brain's sense of location.

"We see that the grid cells that are in each of the modules send signals to the same cells in the hippocampus, which is a very important component of memory," explains Moser. "This is, in a way, the next step in the line of signals in the brain. **In practice this means that the location cells send a different code into the hippocampus at the slightest change in the environment in the form of a new pattern of activity. So every tiny change results in a new combination of activity that can be used to encode a new memory, and, with input from the environment, becomes what we call memories.**

Hanne Stensola, Tor Stensola, Trygve Solstad, Kristian Frøland, May-Britt Moser, Edvard I. Moser. **The entorhinal grid map is discretized.** Nature, 2012; 492 (7427): 72
DOI:10.1038/nature11649



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November 6 - 15, 2013 Issue 56

Arborists Tree Woes

Organised Crime Groups Involved in Theft of Pittwater's Trees? Pittwater Council's Natural Environment Unit Manager Warns Residents to Be Vigilant Against Illegal Tree Removal Activities Ahead of Christmas

Pittwater Council's Natural Environment Unit Manager Warns Residents to Be Vigilant Against Illegal Tree Removal Activities Ahead of Christmas Through the tightening of laws of Mosquito's relationships, people have been [...] Read more: Arborists Tree Woes

Coffee Cup Fees - Number Of Locations Known

Pittwater Council's Waste Management Officer Reveals Locations Where Coffee Cup Fees Will Be Charged

Bottles - Summer Issues 2013 - Coral Reef Bleaching

Summer Issues 2013 - Coral Reef Bleaching - Coastal Flood Warnings - Rock Platform Safety - Beach Safety - Bottles -

December 9 - 15, 2012: Issue 88

Robyn McWilliam

Robyn McWilliam, a regular contributor of articles to Pittwater Online News on subjects as wide ranging as bush walking in Pittwater to travelling in China, is generous with her time and insights on how to write so others can actually read your words. Editor for Pam Bayfield, a keen sailor and member of the Royal Motor Yacht Club Broken Bay, Robyn also makes time for her grandchildren. After so many queries about this wonderful lady we are pleased to share a small insight and list her as a definite Summer lady.

Robyn was born in Manly and has an older brother and younger sister. Her father, after the war, was a commercial photographer and her mother a kindergarten teacher.

We lived in Turramurra then moved to the bush – New England area when I was seven. Country childhood was great. We moved back to Balgowlah Heights in my first year of high school at Manly Girls High. I won a scholarship to Sydney Teachers College and trained as science teacher. Taught at number of state schools – favourite Narrabeen Girls High, also taught full time at Queenwood.

Married young but did not travel as had to work for three years to achieve teaching certificate. Had a son and daughter. While they were young completed a BA at Macquarie University then went back to teaching part time. Learnt golf. Weekends spent on Pittwater water skiing and sailing Hobies as father-in-law had a weekender at Palm Beach.

Mid-life crisis resigned from Queenwood to sail on friend's boat to Lord Howe. Began writing for sailing magazines then short stories. Breast cancer at 38 changed my life. Felt going back to teaching too stressful with a husband and family. Continued writing – won many awards for short stories and articles.

Following a Diploma in Book Editing and Publishing was offered two jobs as Creative Writing Tutor. In 1992 began with Community College at Narrabeen and still there 20 years later. Love teaching writing and helping others achieve their goals. Self-published my first crime novel in 2002 – it was shortlisted in a competition. Two years ago finished Malevolent Desire and have been trying to find a publisher.

When my husband retired we moved to Avalon and built a new house to have access to Pittwater.

Interests: a reader all my life. With husband owned, stayed on and raced yachts (only sporting trophy twice on Lady Skippers RMYC) for 30 years on Pittwater, bushwalked last 25 years, play tennis and always put money in the travel budget to indulge my passion for travelling the world and have nine years caravanning in Australia. Also have three gorgeous grandchildren.

What is the greatest difference you notice between the Northern Beaches of your childhood and today?

The greatest difference on the Northern Beaches from my teen years and today is traffic. I resent the time spent in cars just getting around the Peninsula but I listen to talking books to make it bearable.

You have a passion for communicating in written word, where does this stem from?

I didn't realise my passion for the written word until my thirties. I'd resigned from teaching to sail to Lord Howe Island. After the trip, Jeff Toghill, who'd taught me celestial navigation, said, "What are you going to do now?" I replied, "I've always wanted to write." Only later did I recall as a child writing stories and tying the pages together with ribbon.

What genre of stories do you write ?

I started with conventional short stories but found the most success with crime stories. After entering the dark side, I quite liked killing off the badies on paper.

Who is your favourite writer of all time and why?

I can't say I have a favourite writer of all time as it depends on the stage of life you're in and who you've just discovered. But in my earlier years I adored the novels of E V Timms and credit them with awakening my love of Australian history.

Please describe your ultimate day of sailing if you were in charge of the weather, where you were and what kind of vessel you are on;

My ultimate day of sailing would be on my own yacht heading up the Hawkesbury River on a sunny day in a steady ten knot breeze. Alone at the helm, with just the headsail unfurled and without the noise of an engine, I'd be drifting lazily along watching the bush and perhaps a sea eagle gliding. Magical and relaxing.

Bushwalking is a passion of yours. Having travelled extensively overseas; what is the difference that is most stark to you between our landscape/wild areas and those of other countries?

Landscapes, whether local or overseas are a drawcard for me. Losing the trail across a mountain in Majorca brought home its rocky barren nature. Train travel through France with its lush green fields was such a contrast when I arrived home and drove to Gulgong to present a workshop. I've never questioned Australia again as a wide brown land after seeing those searing brown paddocks.

What is your favourite Australian Bush Flower?

I guess my favourite Australian bush flower would be the Flannel Flower. These flowers with their creamy pointed petals and sage-green leaves somehow soften the bush. And I can remember a rhyme from aged seven, "*Flannel flowers were only made for fairy babies' sake …*"

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

If I could be another creature for a day it would be of the feathered variety. I like looking from a different perspective so imagine soaring skyward and peering down on life. Hot air ballooning can give you a glimpse of this.

What are your future plans for your writing?

As far as future plans for my writing, I'm working on a memoir and will be getting back to my third novel. If I don't find a publisher for *Malevolent Desire*, my second crime novel, I'll put it out as an e-book next year.

What is your favourite place in Pittwater and why?

My favourite place in Pittwater would be Careel Bay as I spend so much time watching it. The bay, through the gum trees with its smattering of boats, changes its mood with the weather: a grey shroud of rain, striped by moonlight or a sun-shimmering expanse.

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

My motto for life – I enjoy making people laugh. Laughter destresses us and of course is life's best medicine.

Robyn McWilliam 7.12.2012.

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Careel Bay up close. Picture by A J Guesdon, 2012.

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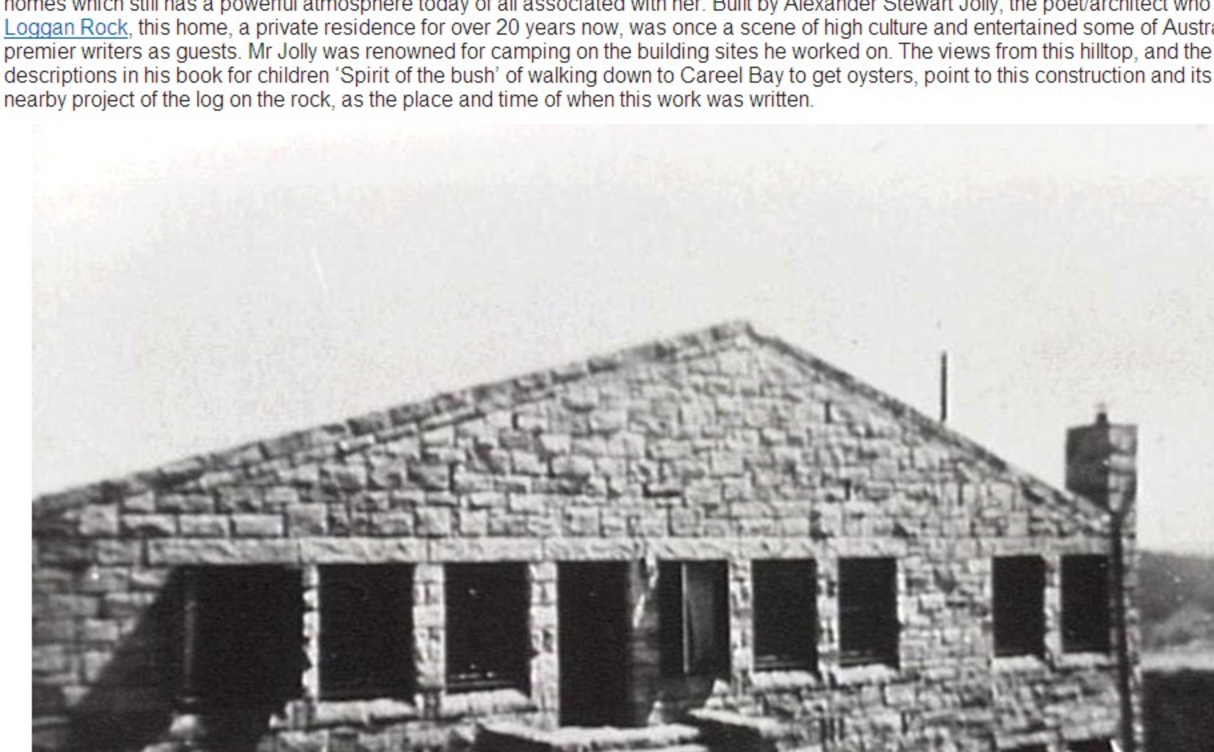
December 9 - 15, 2012: Issue 88

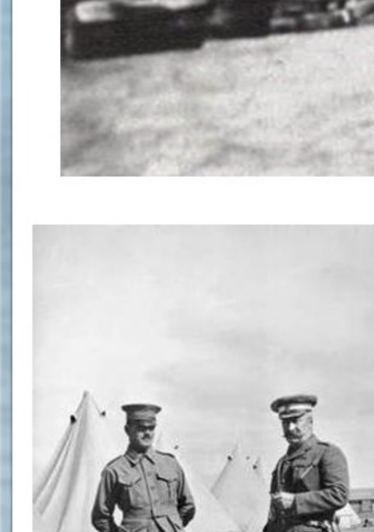
Careel House

105 Whale Beach Road now 105A Whale Beach road, Careel Head

On Careel Head, overlooking the ocean to the east, Careel Bay to the west and Whale Beach to the north is one of Pittwater's historic homes which still has a powerful atmosphere today of all associated with her. Built by Alexander Stewart Jolly, the poet/architect who built Loggan Rock, this home, a private residence for over 20 years now, was once a scene of high culture and entertained some of Australia's premier writers as guests. Mr Jolly was renowned for camping on the building sites he worked on. The views from this hilltop, and the descriptions in his book for children 'Spirit of the bush' of walking down to Careel Bay to get oysters, point to this construction and its nearby project of the log on the rock, as the place and time of when this work was written.

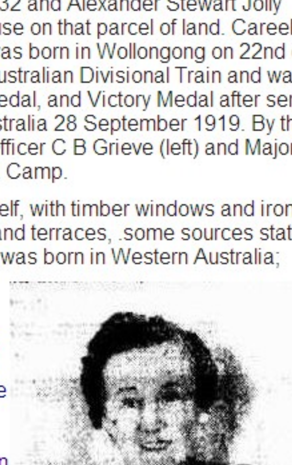


Careel House, 1942, Courtesy Mona Vale Library Local Histories Unit.



Harold Kent sold Lot 175 to Charles Berry Grieve in 1932 and Alexander Stewart Jolly commenced the design and construction of Careel House on that parcel of land. Careel House was completed in 1934. Charles Berry Grieve was born in Wollongong on 22nd of July 1889. A Warrant Officer in WWI he served in 1st Australian Divisional Train and was awarded a Military Cross, 1914-15 Star, British War Medal, and Victory Medal after service in Egypt and the European theatres. He returned to Australia 28 September 1919. By the outbreak of WWII he was a Major. Portrait of Warrant Officer C B Grieve (left) and Major J G Tedder, both of 1st Australian Divisional Train, at Mena Camp.

Made from big blocks of sandstone cut from the site itself, with timber windows and iron roof, stone chimney, retaining walls and flagged courtyards and terraces, .some sources state the house was built for his wife Pauline Grieve. Mrs Grieve was born in Western Australia;



To Aid Militia Drive.
The appointment by the Federal Government of Mrs. Pauline Grieve as one' of' the three joint, secretaries of the Australian Defence League, represents an endeavour to link up the interest of women with the drive for the expansion and extension of the militia.
As honorary secretary of the women's auxiliary, Mrs, Grieve's responsibility will be to secure the co-operation of all existing women's organisations-social. business, political, and' welfare. Already she has received invitations to speak to women's gatherings in drawing-rooms, in clubs, and at meetings. Her office is on the ninth floor of the Commonwealth Bank.

WIDE EXPERIENCE.
With experience in many avenues of women's work, Mrs. Grieve undoubtedly has special qualifications for her new task. Born in Western Australia, she married Lieutenant Mordaunt Reid, officer-in-charge of the local militia at Coolgardie, where he was engineer for the Electric Supply Company on the Coolgardie goldfields. He relinquished (his job on the outbreak of war to enlist, and on April 25 1914, the first Anzac Day, he was reported missing.
In Egypt, where she went to try and find news of her husband, Mrs. Grieve joined-the 2nd Australian Hospital at Gezireh and after the evacuation went to England where, still in the hope that she might get news of him, she joined up with the Australian Red Cross prisoners of war department as assistant secretary. After the war she visited France, Germany, and Italy as an officer of the Red Cross Society.
On her return lo London. Mrs. Grieve took a course of obstetrics at, Clapham Maternity Hospital, which included district nursing and actual attention to mothers and babies.
When she returned to Australia in 1920 Mrs. Grieve was awarded an O.B.E., and was appointed by the Department of Home and Territories to the section of the official records dealing with the experiences of the A.I.F. prisoners in foreign countries during the war. This record is now in the Canberra War Museum. Since her marriage to Major Charles M. Grieve. Mrs. Grieve has made her home in Sydney.

FAITH TN WOMEN.
"I have unbounded faith in women and their influence in national life, and feel sure they all realise how necessary it is that we should each play our part in the national! As well as the domestic life of our country," declared Mrs. Grieve. IMPORTANT POST FOR WOMAN. (**1938, November 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article17540153

C B Grieve married Pauline Reid in 1923 after his first wife divorced him in 1921;

GRIEVE V GRIEVE. This was a suit for divorce brought by Iris Eileen Hughes Grieve (formerly Bambury)against her husband, Charles Berry Grieve, on the ground of non-compliance with a decree for restitution of conjugal rights. The marriage took place at Shepherd's Bush, London, on Juno 17, 1919, according to the rites of the Presbyterian Church. A decree nisi was granted, returnable in six months. Mr. Sheppard (Instructed by Messrs. Pigott and Stinson) appeared for the petitioner. IN DIVORCE. (**1921, March 15**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article15951302

Although CB Grieves is listed as the owner of the land, and the house was completed by 1932, there seem to be two weeks when it was up for sale;

FORTHCOMING AUCTIONS. Hardie and Gorman Proprietary, Limited, announce that their next indoor sale will beheld in the rooms on Wednesday, February17, when a list will be submitted, including: Careel House, water-frontage home, at Palm Beach; REAL ESTATE. (**1932, January 30**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16837462

Hardie and Gorman Pty., Ltd., report that the property known as Careel House, Pittwater-road, and vacant land adjoining, advertised for sale on February 17, have been privately sold. REAL ESTATE. Outlook Uncertain. (**1932, February 13**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article16840728

There may have been a few financial difficulties or the career of C B Grieves, who is listed as being a resident of Wentworth from 1937-1943 in electoral rolls, did not permit lengthy visits. Careel House was put to other uses;

STAGE and SCREEN-, A SCHOOL OF DRAMA With the Sky for Roof.
AN experiment unique in the history of little theatres in Australia was made by the Players' Club when they held their drama school recently at Careel House, Whale Beach, the beautiful home of Major and Mrs. Grieve In a glorious setting which would assure the success and happiness of any venture. Set high up on a ridge, the house commands a pageant of restless sea, of green trees climbing the ochre cliffs, and of intricate blue hills fringing the coast from Broken Bay to Manly.

A gracious act of fellowship between the "little theatre" and the professional stage was the visit of Gabriel Toyne and Betty Bowden, of the "Laburnum Grove" company. One of the high-lights of the week-end was Mr. Toyne's address, provocatively entitled: "The Theatre is Dead! Long Live the Theatre!" Fascinated, we listened to stories of dramatic experiments and hints upon setting and lighting, in the living-room, which itself provided a setting full of drama-rough sandstone shadowed in the subdued light coming from the lamps set in old ships' lanterns; rich beamed roof gleaming faintly; and a warm, red-dish glow from the great open fireplace at the end of the room, glinting on the lovely brass and bronze pieces hung round the wall.

PIC MR. JACK APPLETON addressing a group at the drama school at Careel House, Whale Beach.

During the week-end Alice Gould gave a valuable lecture on voice production; Jack Appleton spoke upon stage presentation, and Kenneth Fowles upon "The Little Theatre and Radio." Play readings were arranged on two occasions by Beatrice Wines, "Hassan," in which the parts of Hassan and the Caliph were taken by Bill Wines and Owen Ainley respectively, being one of the successes of the party. Not less appreciated was the impromptu vaudeville show given by Wendy Woolfrey, Arthur O'Keefe, and Owen Ainley.
Doris State-better known as Doris William on the amateur stage-miraculously supervised our commissariat, so that we were well and economically fed-no mean feat.

The Drama School has definitely achieved something. It has taken drama into the lives of those fortunate enough to be of its company, and endowed it with laughter and poetry. And, in the words of "Hassan": "If there shall ever arise a nation whose people have forgotten poetry, or whose poets have forgotten the people, though they, mount to the stars on wings , . . they will be a dark patch upon the world."--**D.C.** (Dymphana Cusack report) STAGE and SCREEN. (**1935, May 16**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8 Supplement: Women's Supplement. Retrieved from http://nla.gov.au/nla.news-article17166385

Ellen Dymphna (Nell) Cusack (1902-1981), author, was born on 21 September 1902 at Wyalong, New South Wales, third of six surviving children of James Cusack, storekeeper, and his wife Bridget Beatrice, née Crowley. After retiring from Teaching due to ill health, (diagnosed finally in 1978 as multiple sclerosis), 'Dymphana' as she preferred to be called, commenced writing plays and books. Dymphana Cusack remains one of Australia's most prolific writers and is author of *Jungfrau*, 1936, *Pioneers on Parade*, 1939, with **Miles Franklin**, *Come In Spinner*, 1951, with **Florence James**, *Say No to Death*, 1951, *Southern Steel*, 1953, *Caddie, the Story of a Barmaid*, 1953. [Introduction only- later made into film 'Caddie'], *The Sun in Exile*, 1955, *Heat Wave in Berlin*, 1961, *Picnic Races*, 1962, *Black Lightning*, 1964, *The Sun is Not Enough*, 1967, *The Half-Burnt Tree*, 1969, *A Bough in Hell*, 1971.

Careel House is described by her associates as her Whale Beach 'eyrie' where she would stay with Xavier Herbert with whom she had a brief but torrid affair (1942-43)*. Xavier Herbert is best known for his Poor Fellow My Country which won him the Miles Franklin literary award in 1975. Dymphna's elder sister, Marge Tynan, who ran a nursing home at Coogee for many years and was a friend of Mrs Grieves, also a nurse, first introduced the two to each other.

Careel House, by then operating as a Boarding House, was also used as a place to hold fnctions by those closer;

SATURDAY, APRIL 11. Dance, Palm Beach Surf Life-savingClub, Careel House, Whale Beach, 9 p.m. COMING EVENTS. (**1936, April 8**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 32. Retrieved from http://nla.gov.au/nla.news-article17325780

Warringah Council Records underline a necessity to make this coastal property pay its own way:

3. C.B. Grieve, **11/10/36**, submitting plans, levels, and a specification for road proposed to be constructed by him to give access to property, "Careel House" at Whale Beach from Rayner Road, the road to be partly on Rayner Road and partly on private property, requesting Council's approval to the road. Referred to the Engineer for report

The Grieves had a Caesar!;

DOG wire haired Terrier white black markings (Caesar) Lost from Careel House Whale BeachReward Phone Palm Bench 77 or MA5076 GRIEVE 170 Elizabeth Street, City. Advertising. (**1937, October 13**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 23. Retrieved from http://nla.gov.au/nla.news-article17415938

An interesting incident connected with a koala bear is reported from Whale Beach, Avalon, a little seaside township on the north coast of New South Wales. It occurred at **Careel House**, a well-known guest home fronting the beach, at about 7 o'clock one evening. There was a persistent knocking at the front door, and when it was opened the guests were surprised to find that it was caused by a **koala bear**. Without the slightest inducement the bear entered the lounge, and at once made itself at home on one of the chairs. One of the guests was playing the piano and the little animal climbed up on the lid of the instrument. Mrs. C B Grieve, the proprietress, obtained a bunch of gum leaves, which the bear ate, quite unperturbed by the pettings of its admirers. Twice Billy Bluegum was placed on the terrace in order that he might return to the gumtrees which surround the house but twice he demanded readmittance. The bear remained in the lounge for about three hours before it would leave, it may have been an escaped pet. About INTERESTING PEOPLE. (1937, **November 11**) *Chronicle* (Adelaide, SA : 1895 - 1954), p. 17. Retrieved from http://nla.gov.au/nla.news-article92478766

Careel House as it was in 1940:

Under Instructions from The Mortgagee. In exercise of Its Power of Sale. CAREEL HEAD-WHALE BEACH. Commanding unsurpassed views over Beaches. Coastline, and Country. "CAREEL HOUSE." A UNIQUE PROPERTY, IDEAL AS A WEEK-END HOME, or suitable for ROAD HOUSE, Tea Rooms, etc. THE BUILDING is of Stone, rooted with shingle and Iron, and comprises most spacious Living room, with open fireplace. In deep lounge alcove. Sun-room (corner Fireplace). 2 Bedrooms (wall beds). Tiled Bathroom (Sunken Bath. Porcelain Pedestal Basin, Lavatory, etc.). Kitchen, store- room, and stair bedroom. Lower Ground Floor: Bed-living Room (fitted with wall-beds). 1 Bedroom, Kitchen. Bathroom. Lavatory. Septic Sewerage. City Water. Electric Light. GARAGE. Stone Terraces, Pathways, Rock Gardens. IRREGULAR BLOCK OF LAND, having frontages to RAYNER ROAD and WHALE BEACH ROAD. TORRENS. Mr. COLIN ROBERTSON, Vendor's Solicitor. RICHARDSON and WRENCH, LTD.. In conjunction with J. T. STAPLETON PTY.. LTD.. will submit the above for Sale by PUBLIC AUCTION, at the Rooms. 92 PITT STREET, on FRIDAY, 7th JUNE, at ll a.m._ (330). Advertising. (**1940, May 25**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 24. Retrieved from http://nla.gov.au/nla.news-article27951813

By July: Whale Bench, residence known as Careel House Careel Head In conjunction with J T Stapleton Pty L d £ 1 300. REAL ESTATE. (1940, July 20). The Sydney Morning Herald(NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article17693948

In 1941, with both the Grieves fulfilling war duties, the property was offered for lease:

HARDIE A. GORMAN PTY LTD- 38 Martin Place . 86067. WHALE BEACH CAREEL HEAD- Commanding Uninterrupted Views: Attractive and Well-furnished Home comprising spacious living room, (open fireplace) lounge alcove, sunrooms 4 bedrooms, 2 tiled bathrooms staff bedroom etc CITY WATER FLECTRIC LIGHT GARAGE MODERATE RENTAL TO AN APPROVED TENANT. Advertising. (**1941, July 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17743874

BEAUTY Lovers.-Why not spend the weekend at Careel House? 'Phone. Palm B. 77 Advertising. (**1941, November 22**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 21. Retrieved November 28, 2012, from http://nla.gov.au/nla.news-article17775129

Dymphana, playwright, continued to rent the premises for drama festivals on the 'Greek Terraces' that formed part of the eastern boundary of the property and its flagstone forecourt. These have only recently been bulldozed the current owner stated, to make way for a new house.

Plays and Players at Careel Head

MISS MARIE NEY. who will be staying at Palm Beach over the Easter weekend, will give an address on Easter Sunday to delegates attending the drama festival at Careel Head, Whale Beach, on Easter Saturday, Sunday, and Monday. THE festival has been organised by the Federation Players to develop a co-operative repertory movement, and forty delegates will be in residence at Careel Head over the three days. A group of players from Armidale, the Arts and Crafts Players, will present "Ma Sampson" on Easter Saturday afternoon. The organisers, Miss Rosalie Collins and Miss Dymphna Cusack, have provided a varied programme for the festival, which they think is the first of its kind in Australia.
Nine or Ten Plays

THE plays-there will be nine or ten of them will be staged as the producers wish, either inside the lovely Careel Head house or on one of the three terraces overlooking the coast, and these terraces themselves will be used either as a sunken or a raised stage. The fare will be varied, with "Morning," by Miss Betty Roland, as the only play by an Australian author.

Many people who have been unable to secure week-end accommodation at Careel Head will go down for various days or for individual sessions, which, besides the production of the plays, will include lectures on stagecraft, film-making, small theatres of England, the method of the Moscow Art Theatre, and other aspects of the theatre. There will also be an exhibition on show during the festival of books and pictures dealing with the theatre lent by Madame Erom, of Vienna JMwho will lecture on "Experimental Stages of Europet^B on Easter Monday. Plays and Players at Careel Head. (**1941, April 8**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12 Supplement: Women's Supplement. Retrieved from http://nla.gov.au/nla.news-article17718730

DRAMA FESTIVAL.
MORE than a hundred visitors went to Whale Beach on Saturday night to see the play presented by the Sydney University Dramatic Society at the drama festival being held at Careel House. The festival, which will conclude to-day, has been attended by members of all the playgroups in Sydney, each of which has presented a one-act play. Among those who have given lectures are Miss Marie Ney, who spoke of the need for co-operation among amateur societies, and Mrs. Anne Peck, who told of the English summer stock companies. DRAMA FESTIVAL. (1941, April 14). The Sydney Morning Herald (NSW : 1842 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article17723483

Careel House was used by the Defence Forces in 1943-44 as a lookout post for coastal watch and is listed then as owned by Mrs Grieve in official war records: Careel House, Whale Beach [Hire of by the Australian Military Forces. Property owned by Pauline Grieve and required as a troop accommodation site by 18 Australian Infantry Battalion].

After World War II:

ELECTRIC FRIDGE 5 cubic feet Palmuce p p £ 60 sp £ 60 Elec Cooker MacClary 3 plate Side Oven Bentley. Careel House Whale Beach Private Sale Phone Palm Beach 155 appointment only. Advertising. (**1946, August 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article17987039

Suds (Sydney University Drama Society) are also hoping to take Careel House, and run a summer school there-a holiday house for members, and a play to be performed at week-ends on the terrace. Intimate Jottings. (**1946, November 16**). *The Australian Women's Weekly* (1933 - 1982), p. 24. Retrieved from http://nla.gov.au/nla.news-article47502872

By 1949 C B Grieves is on the Phillip electoral roll and then Mitchell by 1954. During the late 1940's and 1950's Victorian radio comedian Dick Bentley used to rent Careel House for summers. He may have met Major C B Grieves when travelling to entertain troops.

* *Yarn Spinners: A Story in Letters - Cusack, Franklin, James* By Dymphna Cusack, Florence James, Miles Franklin, Marilla North. Univ. of Queensland Press.

Viw to Whale Beach from Careel House, December 2012. Photo by A J Guesdon.

View to Careel Bay from Careel House, December, 2012. Photo by A J Guesdon.

Careel House threads collected and collated by A J Guesdon, 2012.

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Pittwater Online News

December 9 - 15, 2012: Issue 88

Research confirms parents the missing link in education - Media release from The Hon Peter Garrett MP, 8th of December 2012

Supportive parents and a highly engaged community are the keys to a well rounded education, a new report has found. Minister for School Education Peter Garrett said new research has found schools that encourage parents and the wider community to be involved in students' education lead to better results in overall student performance.

"Teachers are, and will always be, the most important people inside the school system but parents have a hugely important role to play in shaping their child's education," Mr Garrett said.

"A new analysis conducted by the Australian Research Alliance for Children and Youth confirms high levels of parental and community engagement has a major impact on a child's school education success.

"Results include higher grades and tests scores, higher successful completion of classes, lower dropout rates, higher graduation rates and a greater likelihood of going onto tertiary education.

The report was commissioned by the Family-School Partnership Bureau which is jointly operated by the Australian Parents Council and The Australian Council of State School Organisations.

Mr Garrett said it will be valuable to governments, parent organisations, schools and other stakeholders looking for guidance on the value of parental engagement, and how to achieve it.

It was officially launched at Glebe Public School in Sydney at their annual Community Volunteer Recognition celebration.

"Glebe Public School has a great record of parental engagement with a dedicated Community Liaison Officer, four Aboriginal Education Officers and strong parent and community partnership programs," Mr Garrett said. "The school operates a Before and After School Care Centre – Centrepole – and is also a School as a Community Centre, which has been recognised for this research as an important integration service for school communities."

"The report show how we can improve parental engagement strategies by focusing on communication, intervention and programs relevant to specific age and cultural groups.

Strategies include:

Principal and teachers supporting parents,
Building constructive working relations between the school and parents,
A clear and shared understanding of the roles of parents and teachers,
Strategies focused on the needs of the local community, and
A variety of communication options between parents, teachers, the school and the wider community.

"This report comes at a pivotal moment in the Government's school improvement reforms with the introduction of the Australian Education Bill 2012 into Parliament last week.

The report 'Engaging parents in learning and schooling: Lessons from research' is available at www.familyschool.org.au

Christmas Comes But Once A Year - 1936

More than 50% of Aussie kids expected to write wish lists to Santa this Christmas - Help How To

Postes across the country are expecting more than half of Australian children to write a letter to Santa this Christmas, following an Australia Post survey of parents. Australia Post's recent survey found that despite the technology boom, toys are still the favourite. Santa wish list item from almost 60 per cent of Australian children this Christmas, followed closely by electronic games/consoles/books (40%) and bikes/scooters (22%).

"Our postes are getting ready to deliver the most important letters from children to Santa, in the nick of time for Christmas," said Australia Post Executive General Manager, Christine Corbett. "We've heard Santa is buying some gifts online this year so our postes are ready to help customers get their parcels to Santa across the country, which is why it's important to start sending letters and gifts now. **Letters to Santa need to be addressed to Santa, North Pole, 9999 and should be posted by 14 December so he can reply by Christmas**. Don't forget to clearly label the envelope with a 66 cent stamp and include a return address so Santa knows where to send his reply!"

Last year, more than 100,000 Australian children received replies from Santa, with 64 per cent of parents saying 'It made their child's Christmas' and 73 per cent of parents encouraging their children to send Santa Mail this festive season. The Australia Post survey also found that 82 per cent of the letters are written by children under eight, with the majority sent by children aged 5 - 8 years. Letters to Santa can be posted in any red street posting box or over the counter at your local Australia Post retail outlet, many of which will be open longer in the lead up to Christmas.

For tips on how to write to Santa, letterhead templates and interactive games, visit Australia Post's special Santa Mail section at auspost.com.au/education

Cheetah Cubs at Monarto Zoo

Youth and children's choirs starting 2013.

Enrol now via website or email: songfishchoir@gmail.com

The Beach Kid's Community Choir

www.songfishchoir.com

sing . dance . drum . create . play

Safe Schools are Smart Schools

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

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

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

To enter, schools will be encouraged to form a working group of students, led by a teacher, to answer a series of questions related to how their school's initiatives align with the Safe Schools Framework. They can choose to focus their entry on activities that address any one of the following issues: bullying, cyberbullying, violence, discrimination, harassment or mental health. **One primary school and one secondary school in each state and territory will win a $6000 voucher for school resources.**

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

Pipe Dream (2001) by Wayne Lytle

In this SINGLE from a VIDEO ALBUM, all instruments are played by silent balls shot out of PVC tubing. From the producer of the original 'musical fountain' in Bone Bells and Ghostlies, SIGGRAPH 1999 Tex years in the making, the full video album is available on DVD and VHS. Custom software, including physical modelling and Postertex animation software analyzes the music and automatically drives the movement of the instruments for highly accurate and efficient animation. Essentially a traditional keyframing is used.

Jack in the box (ca. 1890)

Subject: Children's poetry, English Publisher: London ; Paris ; New York : Raphael Tuck & Sons, Ltd. Includes: Jack in the box -- Santa Claus -- My family -- Summer time -- Clever piggy

jack in the box

Pittwater Online News

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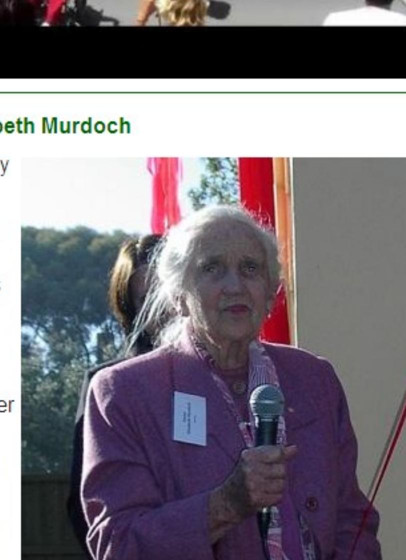
The World's Oldest Flash Mob - Waiheke Island Xmas Festival 1 December - published 2nd of December, 2012 Not just for young folk !

Vale Dame Elisabeth Murdoch



Dame Elisabeth Joy Murdoch AC DBE (née Greene; 8 February 1909 – 5 December 2012), Lady Murdoch, was an Australian philanthropist. She was the wife of Australian newspaper publisher Sir Keith Murdoch and the mother of international media proprietor Rupert Murdoch. She was appointed a Dame Commander of the Order of the British Empire (DBE) in 1963 for her charity work in Australia and overseas.

Apart from raising her children, Murdoch devoted her life to philanthropy. Before her marriage she worked as a volunteer for the Royal Society for the Prevention of Cruelty to Animals. She joined the management committee of the Royal Children's Hospital in 1933, serving as its president from 1954 to 1965. A 2003 article in the Melbourne newspaper *The Age* said: "Few can rival Dame Elisabeth's enormous contribution. Her interests are so many they need to be alphabetically catalogued: academia, the arts, children, flora and fauna, heritage, medical research, social welfare. Many of Melbourne and Australia's most cherished institutions, from the Royal Children's Hospital to the Australian Ballet and the Botanic Gardens, have benefited from her involvement. But Murdoch also devoted herself to less popular causes: prisoners, children in care, those battling mental illness and substance abuse.

Dame Murdoch was a Life Governor of the Royal Women's Hospital. She was the patron of the Murdoch Children's Research Institute and of the Australian American Association (Victoria), founded by her husband. She was a patron and founding member of disability organisation EW Tipping Foundation and a founding member of the Deafness Foundation of Victoria. The first woman on the council of trustees of the National Gallery of Victoria, Murdoch was a founding member of the Victorian Tapestry Workshop. She was a member of the Patrons Council of the Epilepsy Foundation of Victoria. Her garden, "Cruden Farm", at Langwarrin, is one of Australia's finest examples of landscape gardening and is regularly open to the public.

Honours

For her service as President of the Royal Children's Hospital, Melbourne, Murdoch was appointed a Commander of the Order of the British Empire, Civil Division (CBE) in the 1961 Birthday Honours list. For her role in building a new children's hospital in Melbourne, she was appointed a Dame Commander of the Order of the British Empire, Civil Division (DBE) in the 1963 New Year Honours list. In June 1989, she was appointed a Companion of the Order of Australia, Civil Division (AC) for services to the community also receiving the Centenary Medal in 2001 for her philanthropic services to the Australian arts community.

She also held an award from the French government for funding an exhibition of works by the French sculptor Auguste Rodin in Melbourne in 2002. She was an honorary fellow of the Australian Institute of Landscape Architects and helped to establish the Elisabeth Murdoch Chair of Landscape Architecture and the Australian Garden History Society. In 1968, Murdoch was awarded an honorary Doctorate of Laws by the University of Melbourne in acknowledgement of her contributions to research, the arts and philanthropy. Trinity College, Melbourne installed her as a Fellow in 2000. Following extensive donations to the Royal Botanic Gardens, Melbourne, a Tasmanian species of Boronia (B. elisabethiae) was named after her. In 2004, a high school, Langwarrin Secondary College, was renamed Elisabeth Murdoch College to honour her work in the local community and, in 2010, Geelong Grammar School completed a new girls' boarding house named in her honour.

Dame Murdoch's charity work earned her the Victorian of the Year award in 2005 at age 96. In January 2007, aged 97 years and 11 months, she surpassed Dame Alice Chisholm as Australia's longest-lived dame.

Elisabeth Murdoch (philanthropist). (2012, December 6). In Wikipedia, The Free Encyclopedia. Retrieved 21:47, December 6, 2012, from http://en.wikipedia.org/w/index.php?title=Elisabeth_Murdoch_(philanthropist)&oldid=526697824 Photo of Dame Murdoch by and courtesy of Adam Carr.

SENIORS CARD

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

HERE

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

SEEKING EVENTS FOR SENIORS WEEK

Pittwater Council is inviting community groups and organisations to host an event during the 2013 NSW Seniors Week next March. Seniors Week is officially held from 17 to 24 March 2013 but in Pittwater events will run throughout the entire month of March.

The Council's Community Services Coordinator Melinda Hewitt said planning had already started on providing an exciting program of events. Ms Hewitt said offering an event in Seniors Week is a great way for organisations to encourage new participants to their group or activity.

"This year we saw some great partnerships between local services and groups," she said. "For example, a fashion show hosted by one of our community centres partnered with a food provider to offer a tasty subsidised lunch for those attending. We'd like to see more organisations link up with other groups to help attract seniors top their events."

The theme for next year's Seniors Week is 'Live Life' and Ms Hewitt said that the range of events on offer will give participants a chance to do exactly that!

The free program of events will be available from February 2013 and will be distributed through Pittwater Council's customer service centres, libraries and community centres, as well as online. To submit your event for Seniors Week visit www.pittwater.nsw.gov.au/seniorsweek The closing date for event submissions is 21 December

For more information on Seniors Week events or for assistance with event ideas call Angela Boyle on 9970 1199.

Larrikins: A History by MELISSA BELLANTA $34.95

From the true-blue Crocodile Hunter to the blue humour of Stiffy and Mo, from the Beaconsfield miners to The Sentimental Bloke, Australia has often been said to possess a 'larrikin streak'.

Today, being a larrikin has positive connotations. We think of it as the key to unlocking the Australian identity: someone who refuses to stand on ceremony and is a bit of scallywag. When it first emerged around 1870, however, larrikin was a term of abuse, used to describe lowborn hell-raisers who populated dance halls and cheap theatres. Crucially, the early larrikins were female as well as male

Larrikins: A History takes a trip through the street-based youth subculture known as larrikinism between 1870 and 1930. Swerving through the streets of Brisbane, Melbourne and Sydney, it offers a glimpse into the lives of Australia's first larrikins, including bare knuckle-fighting, football-barracking, and knicker-flashing teenage girls. Along the way, it reveals much that is unexpected about the development of Australia's larrikin streak, presenting historical perspectives on 'youth issues' such as gang violence, racist riots, and raunch culture among adolescent girls today.

2013 SENIORS ROAD SAFETY CALENDAR

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

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

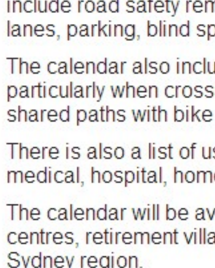
Research shows older road users are particularly vulnerable and take longer to recover from injury. Across the Local Government Areas involved in the calendar, pedestrians aged over 60 years of age accounted for nearly a quarter (23%) of pedestrian casualties in 2011. Of particular concern are pedestrians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

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

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

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

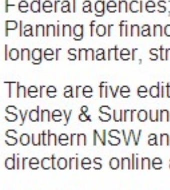
The calendar will be available through local senior groups and centres, retirement villages and council facilities across the northern Sydney region.



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.

2013 SENIORS DIRECTORY- Look out - In your post box before Christmas



Seniors Card holders, look out for the 2013 Seniors Directory which should be in your letterbox within the next few weeks. The Seniors Directory is your 'go to' companion to the Seniors Card with lots of relevant government information, concessions and business discounts that's relevant and timely for seniors living across NSW.

The Directory supports key outcomes as detailed by the current Government's vision for a healthy, vibrant, active ageing population as outlined in the NSW Ageing Strategy.

In 2013 the Seniors Directory has information on:

• A whole of government approach to ageing; • Relevant State and Federal agencies; • Important consumer rights and protections; • Planning for financial security and investment; • Tools for living longer smarter, stronger, healthier and safer lives.

There are five editions appropriate to where you reside, including Sydney & Surrounds, Central Coast & Hunter, Northern NSW, Southern NSW and Western NSW. You can also access all five directories online at www.seniorscard.nsw.gov.au/home.asp

If you have not received your NSW 2013 Seniors Directory by mid December 2012, please contact the Seniors Card information line on 1300364758 or info@seniorscard.nsw.gov.au.

Rhythmboat Cruises

Seniors tickets for just $39 (normally $79) - Sydney Harbour Lunch and Dinner Cruise. 3 Hour Harbour Cruise; Includes Buffet & Dessert or 3 Course Meal and Entertainment. For reservations or information book online at www.rhythmboat.com.au, phone (02) 9879 3942 or email info@rhythmboat.com.au. **Offer valid until 23 December 2012**

The Senior Newspaper Online

Click on logo:

Australian Senior PUBLICATIONS

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

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 | Manly Council

Super Seniors Directory

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

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

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

Inaugural Seniors Sentiment Index Report released – 5th of December, 2012

Rising energy, health and home maintenance costs are taking the joy out of Christmas for many older Australians, a new over 50s life sentiment measure has found.

A joint National Seniors Australia and Challenger project, the inaugural Seniors Sentiment Index draws its findings from a survey of around 2,000 people over the age of 50.

While most older Australians report overall satisfaction with their lives, rising living costs - from home maintenance to the weekly food shop - have them worrying about making ends meet both now and into the future. **The biggest concern, by far, is rising utility charges**, with 83% reporting they are 'very' or 'somewhat' worried about them.

National Seniors Australia chief executive, Michael O'Neill, says the findings confirm that despite growing societal wealth, times are tough in some quarters.

"Retirees on small, fixed incomes have little or no capacity to cover ballooning power bills or unexpected health care costs," says O'Neill. "This is particularly so at Christmas when they're buying presents for grandchildren and spending time with friends and family," he said.

Challenger retirement incomes chairman, Jeremy Cooper, says the Index also confirms the impact of current market conditions on the incomes of the over 50s.

"Shares remain volatile and bank deposit returns are heading south, making life an uphill battle for older Australians," says Cooper.

Overall, almost 60% of respondents said they were finding it more difficult to cover basic household expenses now than five years ago and 56% were not confident they could pay their bills five years from now.

"The onus is on governments to ensure state and federal concessions keep up with rising living costs, particularly basics such as utilities," said O'Neill. "**An interesting finding is that it's social wellbeing, rather than financial, that has the greatest influence on overall life satisfaction… which only goes to prove that money isn't everything**," he said.

The next *Seniors Sentiment Index* results will appear in 2013. Copies of the report are available online HERE.

Health Papers Published this week that may interest you:

Working Towards Happiness: Retiring Later Is Unlikely to Affect Men's Quality of Life

Raising the retirement age to increase financial stability does not make men worse off psychologically in the long-run, according to a new study by Dr. Elizabeth Mokyr Horner, from the University of California, Berkeley in the US. Her work shows that individuals go through the same psychological stages as they adjust to retirement, with life satisfaction stabilizing after 70, irrespective of how old they are when they retire.

The study is **published online** in Springer's *Journal of Happiness Studies*.

As we live longer, the size of the retired population relative to that of tax payers is growing, creating mounting costs with dwindling resources. **Despite country variation in public pension programs and retirement age regimes, the vast majority of current social security programs are financially unstable. As a result, several countries have been steadily raising their retirement age.**

Dr. Mokyr Horner's work investigates the relationship between retirement and happiness in individuals near retirement and afterwards. She analyzed international data from the 2006 Survey of Health, Ageing and Retirement in Europe for 14 EU countries, the 2006 English Longitudinal Study of Ageing in the UK and the 2004 Health and Retirement Study for the US. The data covered a total of 18,345 fully retired men aged between 50-70 years. The researcher was particularly interested in how satisfied they were with their lives at different time points after retirement.

In the time surrounding retirement, the men experienced a large improvement in well-being and life satisfaction. A few years after retirement, however, levels of happiness fell rapidly. This happened irrespective of how old men were when they retired. In the long-run i.e. post 70 years, happiness levels stabilized for all.

Dr. Mokyr Horner concludes: "A later formal retirement simply delays the well-being benefits of retirement in men, and age of formal retirement is relatively neutral with regard to overall happiness. Given the growing fiscal pressures to adjust the age of retirement upwards, it can be inferred from my studies that well-being may be, on balance, affected only marginally - if at all - by such changes."

Elizabeth Mokyr Horner. **Subjective Well-Being and Retirement: Analysis and Policy Recommendations.** Journal of Happiness Studies, 2012; DOI: 10.1007/s10902-012-9399-2

New Evidence for Epigenetic Effects of Diet On Healthy Aging

New research in human volunteers has shown that molecular changes to our genes, known as epigenetic marks, are driven mainly by aging but are also affected by what we eat. The study showed that whilst age had the biggest effects on these molecular changes, selenium and vitamin D status reduced the accumulation of epigenetic changes, and high blood folate and obesity increased them. These findings support the idea that healthy aging is affected by what we eat.

Researchers from the Institute of Food Research led by Dr Nigel Belshaw, working with Prof John Mathers and colleagues from Newcastle University, examined the cells lining the gut wall from volunteers attending colonoscopy clinic. The Institute of Food Research is strategically funded the Biotechnology and Biological Sciences Research Council and this study was also funded by the Food Standards Agency.

The study volunteers were free from cancer or inflammatory bowel disease and consumed their usual diet without any supplements. The researchers looked for specific epigenetic modifications of the volunteers' genes that have been associated with the earliest signs of the onset of bowel cancer -- an age-related disease. These epigenetic marks, known as DNA methylation, do not alter the genetic code but affect whether the genes are turned on or off. These methylation marks are transmitted when cells divide, and some have been associated with the development of cancer.

The investigators studied the relationship between the occurrence of these epigenetic marks at genes known to be affected in cancer, and factors including the volunteers' age, sex, body size and the levels of some nutrients in the volunteers' blood. The biggest influence on gene methylation was age. This fits with the fact that the biggest risk factor for bowel cancer is age, with risk increasing exponentially over 50 years old.

The findings, published in the journal Aging Cell, showed that men tended to have a higher frequency of these epigenetic changes than women, which is consistent with men being at a greater risk of bowel cancer. Volunteers with higher vitamin D status tended to show lower levels of methylation, and a similar effect was observed for selenium status. Again, this is consistent with the known links between higher vitamin D and selenium and reduced bowel cancer risk.

The B vitamin folate is essential for health, but in this study, high folate status was associated with increased levels of epigenetic changes linked with bowel cancer. These findings are consistent with some epidemiological studies suggesting that excessive folate intakes may increase risk in some people. The results of this study showing an association between folate status and epigenetic changes linked to cancer, together with those from another recent study by Nigel Belshaw's group showing that, in cells grown in the laboratory, they could be induced by exposure to high levels of folic acid, emphasise the need for further research on optimal folate status in humans. The researchers intend to investigate the mechanism for the effect of folate on DNA methylation in a follow-up study.

Obesity is also a risk factor for bowel cancer. This study found relationships between body size (height, weight and waist circumference) and epigenetic changes. How excess body weight induces these epigenetic changes, and the consequences for gut health, are currently being investigated at IFR and in Newcastle University.

In summary, the results of this study support the hypothesis that aging affects the epigenetic status of some genes and that these effects can be modulated by diet and body fatness.

Henri S Tapp, Daniel M Commane, D Michael Bradburn, Ramesh Arasaradnam, John C Mathers, Ian T Johnson, Nigel J Belshaw. Nutritional factors and gender influence age-related DNA methylation in the human rectal mucosa. Aging Cell, 2012; DOI: 10.1111/acel.12030

Antibody Therapy Clears Alzheimer's Plaques in Mice, Study Shows

Antibodies against amyloid beta (Aβ) protein deposits that are thought to play a role in Alzheimer's disease have shown some success in preventing the buildup of deposits in animals, but they have not been effective at removing preexisting deposits. Now researchers reporting in the December issue of the Cell Press journal Neuron show that a modified antibody was able to clear preexisting Aβ deposits in a mouse model of Alzheimer's disease.

"These findings have important implications for current and future development of antibodies for the treatment of Alzheimer's disease," says first author Ronald DeMattos, PhD, of Eli Lilly and Company.

One of the hallmarks of Alzheimer's disease is the accumulation between nerve cells of hard, insoluble protein fragments called amyloid plaques (or deposits). These plaques consist of Aβ fragments that are normally broken down and eliminated in the healthy brain. Emerging literature suggests that extensive plaque deposition occurs in Alzheimer's disease patients some 10 years prior to first memory complaint, and by the time of diagnosis, plaque deposition is already reported to be at or near maximal levels.

Immunotherapy for Alzheimer's disease is a promising therapeutic approach that uses antibodies to target and clear Aβ that exists as a soluble peptide or within insoluble deposits. Thus far, many investigators have utilized antibodies that can bind both soluble and insoluble forms of Aβ. These antibodies are effective in reducing amyloid deposition in mice prone to developing plaques, when given as a preventative measure; however, when given to aged mice with preexisting plaques, they have little or no effect and often cause severe side effects.

Dr. DeMattos and his colleagues hypothesized that these antibodies are unable to remove existing plaques because they become saturated with soluble Aβ when they enter the brain, and as such they are not able to bind to their intended target. To test this hypothesis, they developed a genetically engineered antibody that selectively targets the plaques.

The Lilly researchers found that their plaque-specific antibody crossed the blood-brain barrier, bound to deposited beta amyloid, and caused robust clearance of preexisting plaques in mice without causing microhemorrhage. A comparator antibody that bound to both soluble and insoluble Aβ did not effectively lower existing plaques yet caused an increase in microhemorrhage. "**The data suggest that an antibody that binds to only insoluble amyloid beta is likely critical for plaque removal without the associated adverse event of microhemorrhage**," says Dr. DeMattos.

The Lilly researchers believe these results are consistent with their original hypothesis. "Target engagement is fundamental for the clearance of deposited plaques, and these results highlight that approaches aimed at increasing antibody binding, or target engagement, will result in significant plaque clearance," says Dr. DeMattos.

The findings may help explain why the Alzheimer's drug bapineuzumab was no better than placebo in two recent late-stage trials in patients who had mild to moderate Alzheimer's disease. Bapineuzumab binds to both soluble and insoluble beta amyloid.

Ronald B. DeMattos, Jirong Lu, Ying Tang, Margaret M. Racke, Cindy A. DeLong, John A. Tzaferis, Justin T. Hole, Beth M. Forster, Peter C. McDonnell, Feng Liu, Robert D. Kinley, William H. Jordan, Michael L. Hutton. **A Plaque-Specific Antibody Clears Existing β-amyloid Plaques in Alzheimer's Disease Mice.** Neuron, 2012; 76 (5): 908-920 DOI: 10.1016/j.neuron.2012.10.029

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.

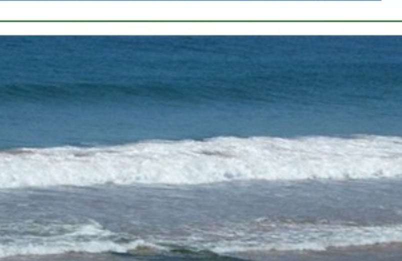
Avalon Computer Pals for Seniors

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

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

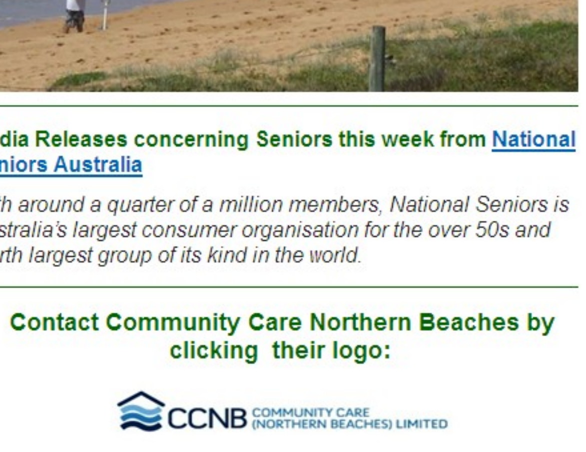
Article on their Seminar

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



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.

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

HEARTMOVES | Heart Foundation

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

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

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

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.

U3A The University of the Third Age Sydney U3A

U3A Lectures on Wednesday Afternoons at Newport -

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

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December 9 - 15, 2012: Issue 88

Our changing beaches - scientists look for a break in the surf zone - 4 December 2012 - CSIRO

A suite of sensors are monitoring coastal change at Secret Harbour, near Perth

Australian scientists are taking a closer look at a south Perth beach in a research project to improve short and long-term beach and shoreline predictions.

A small team of oceanographers from CSIRO's *Wealth from Oceans Flagship* is using a suite of sensors, radar and video cameras, to monitor beach change at Secret Harbour. he project is part of Australia's ocean forecasting system, BLUElink, a joint initiative of CSIRO, the Bureau of Meteorology and the Royal Australian Navy, that aims to provide forecasts of ocean currents and eddies, and surface and subsurface ocean properties.

"Ultimately, we are trying to build a capability to forecast changes in surf zone sand bars and gutters as sea, wind and wave conditions change," says CSIRO's Dr Graham Symonds. "There's an immediate application for this research by the Royal Australian Navy with amphibious landings, however it can also be applied to improve beach safety, monitoring coastal erosion and understanding of how beaches might respond to climate change." Dr Graham Symonds, CSIRO Wealth from Oceans Flagship

Dr Symonds said Australia's beaches and shorelines are continually changing with varying wave conditions and sea level. He said regular beach goers would be familiar with changes in beach shape and shoreline position, for example erosion following storms, or rocky sections exposed during winter and covered with sand during summer. Long term residents may be aware of progressive changes in their local beach over periods of many years.

"In the face of changing sea level, the effects of potential inundation and coastal erosion will continue to be a focus of coastal councils and communities for the foreseeable future. Our intention is to harness the data we are acquiring here at Secret Harbour and construct a computer model capable of predicting beach shape and shoreline position under the full range of wave conditions."
"There's an immediate application for this research by the Royal Australian Navy with amphibious landings, however it can also be applied to improve beach safety, monitoring coastal erosion and understanding of how beaches might respond to climate change," said Dr Symonds.

Secret Harbour beach was chosen because it is a relatively straight beach that is typical of some of the Perth metropolitan beaches. In an experiment running since May 2011, the CSIRO science team has constructed a beach tower, installed a radar system, in-water current meters and pressure sensors, and a video camera system, focussing on an area of beach about 1 km long and extending offshore about 500m.
"Waves break over shallow sandbars so video and radar observations of breaking waves provide a measure of the underlying bathymetry. Gaps in the surf zone are associated with deeper water where the waves don't break and often indicate the location of rip currents."

Dr Symonds said the laptop-based ocean modelling system for the surf-zone will provide wave and current forecasts several times a day for use by the Royal Australian Navy, and will also be relevant for rescue agencies, environmental protection and recreational marine activities such as fishing and surfing.
The project will help develop a core capacity in wave and near-shore dynamics comparable with that available in ocean and atmosphere dynamics in Australia.

Fox Invasion Threatens Wave of Extinction in Tasmania

The effort to stop the irreversible spread of foxes in Tasmania is at a critical stage with many native species at risk of extinction, new research by University of Canberra ecologists and their collaborators published in the British Ecological Society's *Journal of Applied Ecology* shows.

Using DNA detection techniques developed at the University, the team mapped the presence of foxes in Tasmania, predicted their spread and developed a model of their likely distribution as a blueprint for fox eradication, but swift and decisive action is needed. University of Canberra professor in wildlife genetics and leader of the team, Stephen Sarre, found foxes are widespread in northern and eastern Tasmania and the model developed by his team forecasts they will spread even further with likely devastating consequences for the island's wildlife.

"There's nothing fantastic about foxes being in Tasmania. If we allow them to establish themselves we could see a catastrophic wave of extinction across the island," Professor Sarre said. "This research shows foxes are on the verge of becoming irreversibly present in Tasmania," he said. "Their apparent widespread distribution indicates that the eradication effort is at a critical point and that there is no time to lose."

Professor Sarre and colleagues used forensic DNA tests combined with collections of fox scats to detect and map the distribution of the predator in Tasmania. Their detective work, in partnership with Tasmania's Fox Eradication Program, represents one of the largest surveys of its kind worldwide and provides the first systematic examination of the distribution of foxes in the island, following evidence and allegations that indicate a long history of isolated introductions.

According to Professor Sarre, the widespread nature of the predator distribution in Tasmania reveals that targeting only fox activity hotspots for eradication is unlikely to be successful.

"The recently adopted plan of baiting all highly suitable fox habitats is the right one given the widespread fox distribution that we've found. The present situation could be as serious a threat to the pristine Tasmanian environment as the previous extinction wave was to Australia's mainland fauna, following the arrival of Europeans and which has so far wiped out more than 20 species.

"We suggest an increased effort and an even more focused approach to maximize the chances of a successful eradication. Otherwise, Australia stands on the precipice of another major episode of mammalian extinctions."

The organisations involved in the research include the University of Canberra, Arthur Rylah Institute, NSW Department of Primary Industry, and Tasmanian Department of Primary Industry Parks Water and the Environment collaborating, with and partially funded by, the Invasive Animals CRC.

Stephen Sarre et al. **Foxes are now widespread in Tasmania: DNA detection defines the distribution of this rare but invasive carnivore.** Journal of Applied Ecology, 2012. Article first published online: 4 DEC 2012 DOI: 10.1111/1365-2664.12011

Ways for consumers to green their holiday celebrations.

Don't purchase a live or plastic tree; decorate one in your garden or get some long discarded branches, wrap them in paper and decorate these once arranged in a container.
• Consider using LED lights. A typical 50-light strand of C7 bulbs, often used for outdoor lighting, uses approximately 99 percent more energy than an LED strand of the same number of lights.
• Buy local and sustainably farmed produce for holiday gatherings. This lessens the use of fossil fuels for transportation, cutting down on carbon dioxide emissions, a major contributor to global climate change.
• Buy organic produce. Though pricey for some families, buying organic produce is an even better choice for party season. Organic food is not farmed with artificial fertilizers, which require a tremendous amount of fossil fuels to produce.
• Recycle whenever possible. Consider using wrapping paper or boxes made from recycled material and be sure to recycle them once the gift giving is over.

Fish Story of the Week: First Evidence of Fish Sensing Geomagnetic Fields from a Czech Christmas Market

Carp stored in large tubs at Czech Christmas markets align themselves in the north-south direction, suggesting they possess a previously unknown capacity to perceive geomagnetic fields, according to a new study published December 5 in the open access journal *PLOS ONE*, led Hynek Burda from the University of Life Sciences (Prague), Czech Republic and colleagues from other institutions.

The authors photographed and analyzed the positions of fish in the traditional Czech Christmas market, where carp are stored live in large tubs prior to being sold for the holiday feast.

Their study included over 14,000 fish in 25 markets, and the majority of these fish were found to align themselves along the north-south axis. The fish were accustomed to human onlookers, and street lights and other potential disturbances seemed to have no effect on the orientation of the fish.
In the absence of other common stimuli for orientation like light, sound or the flow of water, the authors suggest that the fish most likely align themselves to geomagnetic cues.

Vlastimil Hart, Tomáš Kušta, Pavel Němec, Veronika Bláhová, Miloš Ježek, Petra Nováková, Sabine Begall, Jaroslav Červený, Vladimír Hanzal, Erich Pascal Malkemper, Kamil Štípek, Christiane Vole, Hynek Burda. **Magnetic Alignment in Carps: Evidence from the Czech Christmas Fish Market**. PLoS ONE, 2012; 7 (12): e51100 DOI: 10.1371/journal.pone.0051100

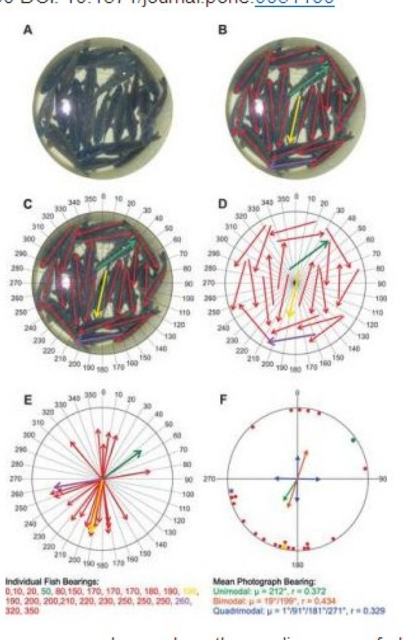


Diagram: Arrows were drawn along the median axes of all the fish visible in the photograph (the arrow axial course was marked unambiguously by the long dorsal fin, its direction by the head position). (C, D) The underlying photograph was removed and replaced by a compass rosette divided radially into 36 ten-degree segments. (E) Each arrow was moved to the center of the rosette and its azimuthal direction was determined by the nearest 10° mark. (F) Mean unimodal, bimodal and quadrimodal vectors were calculated for the photograph. (Credit: Vlastimil Hart et al. Magnetic Alignment in Carps: Evidence from the Czech Christmas Fish Market. PLoS ONE, 2012; 7 (12): e51100 DOI: 10.1371/journal.pone.0051100)

Small Patches of Native Plants Help Boost Pollination Services in Large Farms

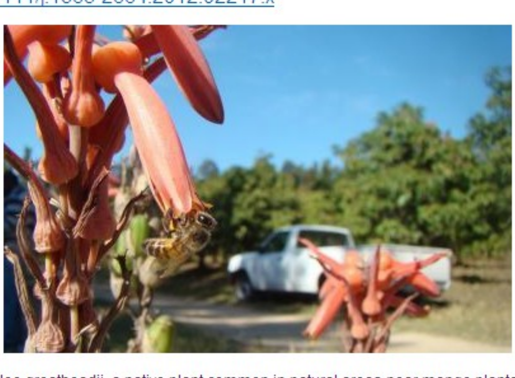
A combined team of scientists from Europe and South Africa (Luísa G. Carvalheiro (University of Leeds, UK & Naturalis Biodiversity Research Centre, Netherlands), Colleen Seymour and Ruan Veldtman (SANBI, South Africa) and Sue Nicolson (University of Pretoria)) have discovered that pollinator services of large agriculture fields can be enhanced with a simple cost-effective measure, that involves the creation of small patches of native plants within fruit orchards.

"Mango farmers in South Africa are aware of the pollination limitation of this crop and invest a substantial amount of money renting honeybee hives to supplement pollination within the large farmland areas. However, while during blooming season, mango fields can have millions of open flowers, those flowers are not very attractive to neither local wild pollinators nor managed honeybees." says the lead author Luísa Carvalheiro.

While pesticide use and isolation from natural habitat lead to declines in flying visitors and in mango production (kg of marketable fresh fruit), the results of this study show that the presence of small patches of native flowers within large farms can ameliorate such negative impacts, increasing the number of visits of honeybee and wild pollinators to mango, and consequently mango production. As these patches do not compromise production areas and its maintenance has very low costs, such native flower conservation areas represent a profitable management measure for farmers, increasing cost-effectiveness of cropland. Further studies are needed to determine the optimum size and flower composition of such flower areas that maximizes benefits.

However, the effectiveness of flower patches is likely dependent on the preservation of remaining patches of natural habitat and judicious use of pesticides. The study was published in *Journal of Applied Ecology*.

Luísa G. Carvalheiro, Colleen L. Seymour, Susan W. Nicolson, Ruan Veldtman. **Creating patches of native flowers facilitates crop pollination in large agricultural fields: mango as a case study.** Journal of Applied Ecology, 2012; 49 (6): 1373 DOI: 10.1111/j.1365-2664.2012.02217.x



Pic: Aloe greatheadii, a native plant common in natural areas near mango plantation, being visited by a honeybee when planted within mango fields. (Credit: Luisa Carvalheiro/CC-BY 3.0)

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

Willy Wagtail, Careel Playing Fields, October 2012.

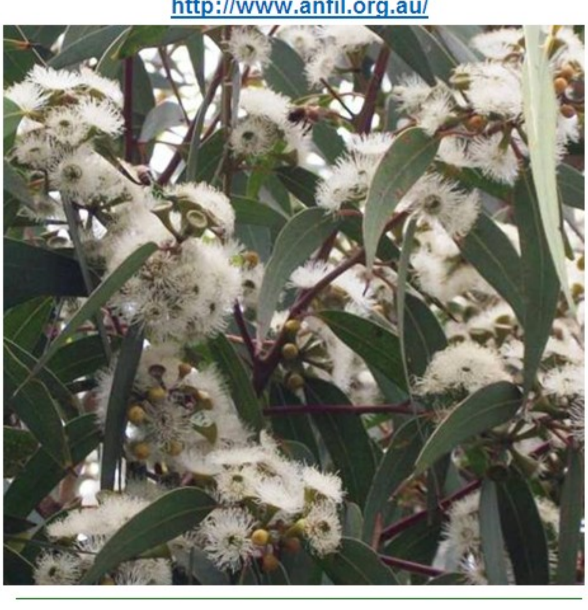
Pittwater's Environmental Foundation

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 Directors were appointed by Pittwater Council.

Our **PROFILE**

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects. Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To vist their site please click on logo above.

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



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

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

From CSIRO Media Releases

The **Atlas of Living Australia** a collaboration between all Australian museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, and Birdlife Australia. Some of these records come from the diaries of 17th Century Dutch navigators, such as the record for a Brush Bronzewing dated 1629.

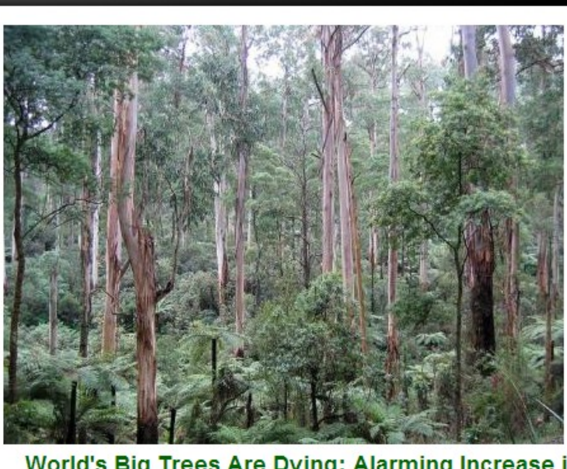
"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks."

from the Prayer of Saint Patrick

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

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

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



World's Big Trees Are Dying: Alarming Increase in Death Rates Among Trees 100-300 Years Old

The largest living organisms on the planet, the big, old trees that harbour and sustain countless birds and other wildlife, are dying.
A report by three of the world's leading ecologists in today's (6.12.2012) issue of the journal Science warns of an alarming increase in deathrates among trees 100-300 years old in many of the world's forests, woodlands, savannahs, farming areas and even in cities.

"It's a worldwide problem and appears to be happening in most types of forest," says lead author **Professor David Lindenmayer of the ARC Centre of Excellence for Environmental Decisions (CEED) and Australian National University**.

"Large old trees are critical in many natural and human-dominated environments. Studies of ecosystems around the world suggest populations of these trees are declining rapidly," he and colleagues **Professor Bill Laurance of James Cook University, Australia**, and Professor Jerry Franklin of Washington University, USA, say in their Science report.

"Research is urgently needed to identify the causes of rapid losses of large old trees and strategies for improved management. Without... policy changes, large old trees will diminish or disappear in many ecosystems, leading to losses of their associated biota and ecosystem functions."

Prof. Lindenmayer says they were first tipped off to the loss of big old trees while examining Swedish forestry records going back to the 1860s. **Then a 30-year study of Mountain Ash (Eucalyptus regnans) forest in Australia confirmed not only that big old trees were dying en masse in forest fires, but also perishing at ten times the normal rate in non-fire years -- apparently due to drought, high temperatures, logging and other causes.**

Looking round the world, the scientists found similar trends at all latitudes, in California's Yosemite National Park, on the African savannahs, in the rainforests of Brazil, the temperate forests of Europe and the boreal forests of the far north. Losses of large trees were also pronounced in agricultural landscapes and even cities, where people make efforts to preserve them.

"It is a very, very disturbing trend. We are talking about the loss of the biggest living organisms on the planet, of the largest flowering plants on the planet, of organisms that play a key role in regulating and enriching our world," says Professor Bill Laurance of James Cook University.

"Large old trees play critical ecological roles. They provide nesting or sheltering cavities for up to 30% of all birds and animals in some ecosystems. They store huge amounts of carbon. They recycle soil nutrients, create rich patches for other life to thrive in, and influence the flow of water within landscapes and the local climate.

"Big trees supply abundant food for numerous animals in the form of fruits, flowers, foliage and nectar. Their hollows offer nests and shelter for birds and animals like Australia's endangered Leadbeater's Possum (*Gymnobelideus leadbeateri*) - and their loss could mean extinction for such creatures.

"In agricultural landscapes, large old trees can be focal points for vegetation restoration; they help connect the landscape by acting as stepping stones for many animals that disperse seeds and pollen," he says.

The alarming decline in old trees in so many types of forest appears to be driven by a combination of forces, including land clearing, agricultural practices, man-made changes in fire regimes, logging and timber gathering, insect attack and rapid climatic changes, says Prof. Jerry Franklin.

"For example, populations of large old pines in the dry forests of western North America declined dramatically over the last century because of selective logging, uncharacteristically severe wildfires, and other causes," he adds.

The researchers liken the global loss of big trees to the tragedy that has already befallen the world's largest mammals, such as elephants, rhinos, tigers and whales, cautioning that almost nowhere do conservation programs have the time-frames lasting centuries, which are needed to assure the survival of old trees.

"Just as large-bodied animals such as elephants, tigers and cetaceans have declined drastically in many parts of the world, a growing body of evidence suggests that large old trees could be equally imperilled," they warn.

They call for an urgent world-wide investigation to assess the extent of big tree loss, and to identify areas where big trees have a better chance of survival.

Their paper "*Rapid Worldwide Declines of Large Old Trees*, by David B. Lindenmayer, William F. Laurance and Jerry F. Franklin appears in today's issue of the journal *Science*.

CEED is the Australian Research Council Centre of Excellence for Environmental Decisions. CEED's research tackles key gaps in environmental decision making, monitoring and adaptive management.

David B. Lindenmayer, William F. Laurance, and Jerry F. Franklin. Global Decline in Large Old Trees. Science, 2012; 338 (6112): 1305-1306 DOI: 10.1126/science.1231070

Top: Mountain Ash, *Eucalyptus regnans*, Sherbrooke Forest, Victoria, Australia. Photo by Patche99z.

Identifying Overland Flow Affected Properties in Pittwater

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

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

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

How to find out more about the risk of overland flow on your property: Visit www.pittwater.nsw.gov.au/exhibition and download the maps to find out if your property is affected
If your property is identified you can discuss it with a member of the project team either:over the phone – 12 December, 18 December, 16 January or 23 January
face-to-face – 5 December, 11 December, 17 January or 22 January.

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

Coastal Environment Centre

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

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

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

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

Sustainable Building and Renovating Workshop

This summer, why not start thinking about how to make your home more sustainable, comfortable and pleasant to live in with local architect Tony Edye. The workshop will explore how to incorporate environmental features into your building using natural light, natural materials, water storage, solar panels for hot water and electricity, water recycling, and other power saving devices. In most cases this won't cost you a lot!
When: **Thursday 24 January, 6:30-8:30pm**
Where: Newport Community Centre, 11-13 The Boulevarde, Newport
Cost: Free! Bookings Essential!
Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
Phone: 1300 000 232 (Reception - Option 1)

World Wetlands Day - Twilight Walk

Celebrate World Wetlands Day today by joining us on an engaging and educational journey through Warriewood Wetlands – past, present and future. Learn about the importance of wetlands and the significance of World Wetland Day.
Joining us will be Council staff and local community experts to share their knowledge of the history of these valuable wetlands, passion for the incredible plant and animal biodiversity, and expertise in areas of water and catchment management.
When: **Friday 1 February, 6 - 8pm**
Where: Warriewood Wetlands - meet point provided upon booking.Cost: Free! Bookings Essential!
Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
Phone: 1300 000 232 (Reception - Option 1)

Narrabeen Lagoon Eco-Paddle

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

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

February Event Alert! Ingleside Chase Reserve Walk

The walk will start at Irrawong-Epworth Reserve and climb to Ingleside Park where we'll stop for morning tea before heading back down. The track is 1.5km one-way and is a little steep in parts. This is a gentle paced walk but requires a reasonable level of fitness.
At 70 hectares, Ingleside Chase Reserve is Pittwater's largest continuous piece of bushland. It has many beautiful plants, communities and threatened fauna species. Spring is a lovely time to experience this area with the bush alive with wildlife and flowering plants.
When: **Sunday 10 February, 9am – 12pm**
Where: Ingleside Chase Reserve – meet at Irrawong Bookings - www.pittwater.nsw.gov.au/cecbookings

Lions Are Rapidly Losing Ground in Africa

A new study confirms that lions are rapidly and literally losing ground across Africa's once-thriving savannahs due to burgeoning human population growth and subsequent, massive land-use conversion. Representing the most comprehensive assessment of the state and vitality of African savannah habitat to date, the report maintains that the lion has lost 75% of its original natural habitat in Africa -- a reduction that has devastated lion populations across the continent.

Co-authored by Panthera's Lion Program Survey Coordinator, Dr. Philipp Henschel, and a team of researchers coordinated by Duke University's Nicholas School of the Environment, this report, entitled "*The size of savannah Africa: A lion's (Panthera leo) view*," was **published online** this week in the journal *Biodiversity and Conservation*.

Using Google Earth's high-resolution satellite imagery, the study examined savannah habitat across Africa, which comprises the majority of the lion's current range, and also analyzed human population density data to identify areas of suitable habitat currently occupied by lions. Incredibly, the analysis identified only 67 isolated regions across the continent where significant lion populations may persist. Of these areas, just 15 were estimated to maintain a population of at least 500 lions.

"The reality is that **from an original area a third larger than the continental United States, only 25% remains**," explained Stuart Pimm, co-author and Doris Duke Chair of Conservation at Duke University.

The study also confirms that in West Africa, where the species is classified as Regionally Endangered on the IUCN Red List of Threatened Species, fewer than 500 lions remain, scattered across eight isolated regions.

"Lions have been hit hardest in West Africa, where local governments often lack direct incentives to protect them," Dr. Henschel commented. "While lions generate billions of tourist dollars across Eastern and Southern Africa, spurring governments to invest in their protection, wildlife-based tourism is only slowly developing in West Africa. Currently lions still have little economic value in the region, and West African governments will require significant foreign assistance in stabilizing remaining populations until sustainable local conservation efforts can be developed."

Jason Riggio, Andrew Jacobson, Luke Dollar, Hans Bauer, Matthew Becker, Amy Dickman, Paul Funston, Rosemary Groom, Philipp Henschel, Hans longh, Laly Lichtenfeld, Stuart Pimm. **The size of savannah Africa: a lion's (Panthera leo) view**. Biodiversity and Conservation, 2012; DOI: 10.1007/s10531-012-0381-4

SANDSTONE, SEDIMENTS AND SWASTIKAS - PNHA GEOLOGY WALK - Published on Nov 16, 2012 by pittwaterpathways

Doctor Peter Mitchell OAM explains the geology of the Hawkesbury sandstone at Deep Creek near Narrabeen, and a fascinating history written upon it.

Entries open for children's literature award

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

Enter now using our online entry form.

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

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

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

Jacaranda is in Bloom

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

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

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

Birdlife Australia - New Website and Quarterly Magazine

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

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

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

Pittwater Online News

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December 9 - 15, 2012: Issue 88

Waterfront Café – Church Point

On Wednesday evening we attended the Rotary Club of Pittwater's Christmas dinner at the Waterfront Café, Church Point. Managed by Mary Romeo this wonderful large deck on the water at Church Point serves legendary fish and chips, mushrooms medleys to live for and beef burgers that will satisfy the largest appetite. There were six dishes to choose from on our function menu all made from fesh seasonal ingredients and reflecting an Italian heritage as well as good Australian traditionals like grilled fish served with crisp fresh salad and chips.

Our Menu:

Crumbed Chicken Breast topped with Napolitano and Mozzarella cheese, served with Chips & Salad
Chicken Cacciatore pan fried thigh fillet with mushroom, bacon, garlic, white wine Napolitano sauce & served with Rice
Veal Scaloppini pan fried veal with mushroom, garlic, white wine in a cream sauce & served with roasted whole Potato and Vegetables
Scaloppini Siciliana pan fried Veal with onion, capsicum, olives, garlic, chilli, white wine Napolitano sauce served with roast whole Potato and Steamed Vegetables
Grilled Fish (Chefs choice) with Chips & Salad
Pasta Primavera pan fried Vegetables in olive oil, garlic finished in a Napolitano sauce & Parmesan Cheese

Dessert was a choice between Traditional Christmas Pudding with a light custard and fresh berries or Tiramisu, layers of coffee liqueur infused chocolate cake and mascarpone cream topped with more shavings of chocolate.

With jazz every Friday night and every first Sunday of the month from 12pm it's well worth revisiting this wonderful old building with its fantastic view.

Waterfront Café – Church Point
02 9979 6633
Breakfast and Lunch : 7 days a week
Dinner: Thursday to Saturday.
www.waterfrontstore.com.au/

Mary Romeo, Manager of the Waterfront Cafe, Church Point.

Veal Scaloppini

Tweet Like +1

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Sunset at Church Point.

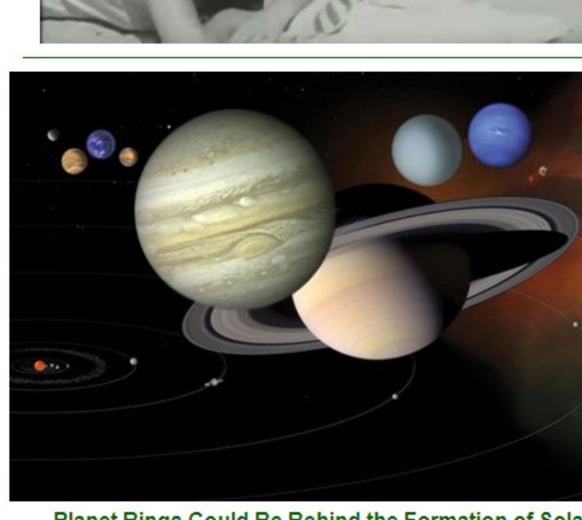
December 9 - 15, 2012: Issue 88

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

Famous Beach is Popular Summer Playground. Australian Diary 16 - Published on 29 Nov 2012 by FILMAUSTRALIA

As the first day of the Australian summer looms, the temperature soars and the seas turn ominously red with a mysterious bloom, we look back to **1948 and take a day trip to Manly Beach**. Made by The National Film Board 1948. Does this film bring back any memories or do you see anyone here that you recognise? We would love to hear from you in the comments.

See more Manly Surf Club artifacts here.



Planet Rings Could Be Behind the Formation of Solar System Satellites

Two French researchers have recently proposed the first ever model explaining how the great majority of regular satellites in our solar system were formed out of planet rings. The model, the only one of its kind, was first tested in 2010 on Saturn's moons. It seems to account for the present distribution of "giant" planets and also explains how the satellites of the "terrestrial" planets such as Earth or Pluto came into being. These results are a major step forward in understanding and explaining the formation of planet systems across the universe. The results of this research were published in the Nov. 30, 2012 edition of *Science*.

There is a fundamental difference between giant planet systems, such as Jupiter and Saturn, and the terrestrial plants, such as Earth or Pluto. Whereas the giants are surrounded by rings and a myriad of small natural satellites, the terrestrial planets have few moons, or just one, and no rings. Until now, two models have been commonly used to explain the presence of regular satellites in our solar system. These indicate that the satellites of the terrestrial planets like Earth or Pluto were formed following a giant collision. They also indicate that the satellites of the giant planets were formed in a nebula surrounding the planet. They do not, however, account for the specific distribution and chemical composition of the satellites orbiting the giant planets. Another theory therefore seemed necessary.

In 2010 and 2011, a French research team developed a new model to describe how Saturn's moons came into being based on numerical simulations and Cassini probe data. T**he researchers discovered that Saturn's rings, which are very thin disks made up of small blocks of ice surrounding the planet, in turn gave birth to ice satellites. This is due to the fact that the rings spread over time and, when they reach a certain distance from the planet (known as the Roche limit or Roche radius), their ends agglomerate and form small bodies that break off and move away. This is how rings give birth to satellites orbiting the planet.**

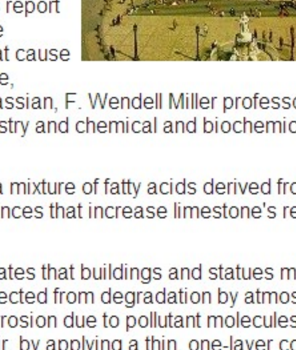
In this new study, two research lecturers, Aurélien Crida from the Université Nice Sophia Antipolis and the Observatoire de la Côte d'Azur and Sébastien Charnoz from the Université Paris Diderot and the CEA, set out to test the new model and discover whether it could be extended to other planets. Their calculations have brought several important facts to light. This model for satellite formation from planet rings explains why the largest satellites are located farther away from the planet than the smaller satellites. It also points to the accumulation of satellites close to the Roche limit, their "place of birth," on the outer edge of the rings. This distribution is in perfect agreement with Saturn's planetary system. **The same model can also apply to the satellites of the giant planets, Uranus and Neptune, which are organized according to a similar layout. This suggests that these planets once had massive rings similar to Saturn's, which they then lost in giving birth to their satellites**. Lastly, **the model could also be applied to the formation of terrestrial planet satellites. And, according to the researchers' calculations, special cases exist where a single satellite may be formed from the ring around the planet. This is the case for Earth and the Moon, and for Pluto and Charon.**

Thus, **this planetary ring spreading mechanism alone could explain how the great majority of regular satellites were formed in our solar system.**

A. Crida, S. Charnoz. **Formation of Regular Satellites from Ancient Massive Rings in the Solar System**.Science, 2012; 338 (6111): 1196 DOI:10.1126/science.1226477

Picture; An artist's impression of our solar system with separate representations of scale and size. (Credit: NASA)

New Way to Protect Historic Limestone Buildings



Buildings and statues constructed of limestone can be protected from pollution by applying a thin, single layer of a water-resistant coating, new research suggests.

That's the word from a University of Iowa researcher and her colleagues from Cardiff University in a paper published in the journal *Scientific Reports*, from the publishers of *Nature*. In the study, the researchers report a new way to minimize chemical reactions that cause buildings to deteriorate, according to Vicki Grassian, F. Wendell Miller professor in the UI departments of chemistry and chemical and biochemical engineering.

The coating includes a mixture of fatty acids derived from olive oil and fluorinated substances that increase limestone's resistance to pollution.

"This paper demonstrates that buildings and statues made out of limestone can be protected from degradation by atmospheric corrosion, such as corrosion due to pollutant molecules and particulate matter in air, by applying a thin, one-layer coating of a hydrophobic coating," she says. "We showed in particular that the degradation of limestone from reaction with sulfur dioxide and sulfate particles could be minimized with an application of this coating."

One of the buildings the researchers chose for their study was York Minster, a cathedral located in York, England, and one of the largest structures of its kind in northern Europe. Construction of the current cathedral began in the 1260s, and it was completed and consecrated in 1472.

Grassian says York Minster was a perfect structure to study because its limestone surface has been exposed for decades to acid rain, sulfur dioxide and other pollutants. She notes other historic limestone structures could benefit from the coating, including many in the United States.

She notes other attempts have been made to protect existing stonework in cultural heritage sites; however, those coatings block the stone microstructure and prevent the edifice from "breathing," thus creating mold and salt buildup.

Grassian, along with fellow authors Gayan Rubasinghege and Jonas Baltrusatis of the UI chemistry department, have been studying for years reactions of atmospheric gases with minerals such as limestone. In earlier studies, they have shown through detailed analysis that sulfur dioxide could easily degrade limestone and that this degradation reaction was enhanced in the presence of relative humidity.

Rachel A. Walker, Karen Wilson, Adam F. Lee, Julia Woodford, Vicki H. Grassian, Jonas Baltrusaitis, Gayan Rubasinghege, Giannantonio Cibin, Andrew Dent.Preservation of York Minster historic limestone by hydrophobic surface coatings. Scientific Reports, 2012; 2 DOI: 10.1038/srep00880

A History of Sydney Streets

Historians Dr Shirley Fitzgerald and Dr Lisa Murray chat about the evolution of Sydney's streets and their names. For more Sydney History visit www.cityofsydney.nsw.gov.au/history

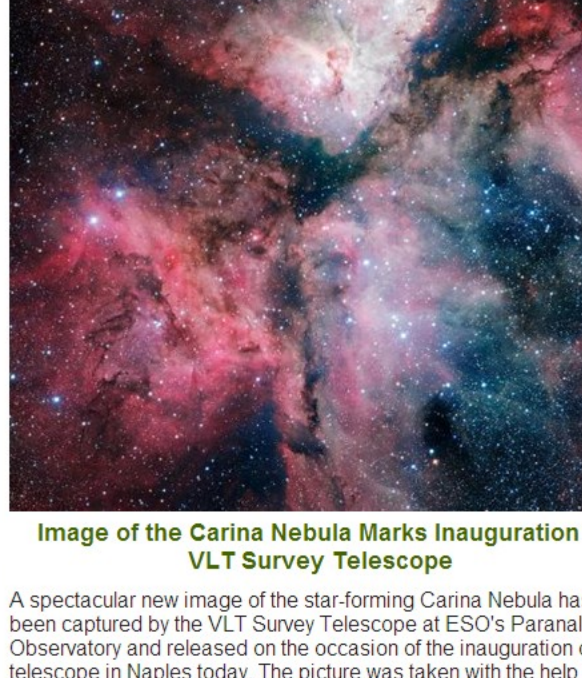


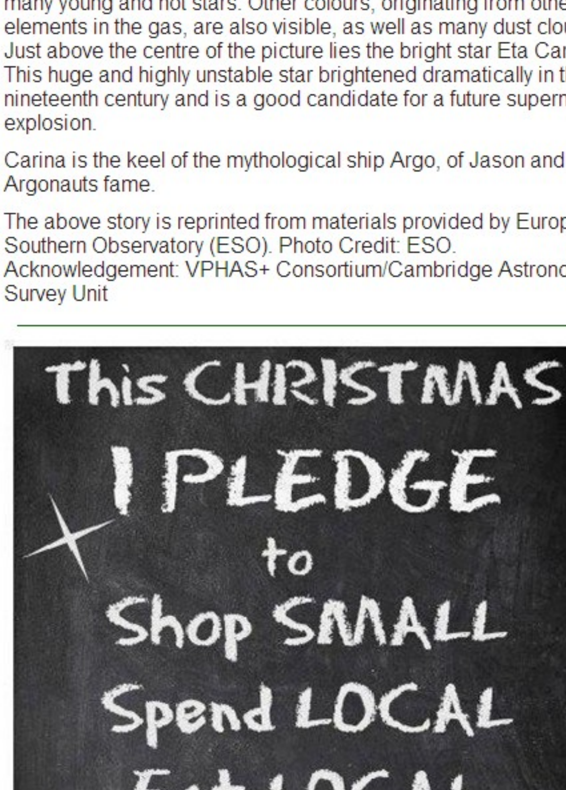
Image of the Carina Nebula Marks Inauguration of VLT Survey Telescope

A spectacular new image of the star-forming Carina Nebula has been captured by the VLT Survey Telescope at ESO's Paranal Observatory and released on the occasion of the inauguration of the telescope in Naples today. The picture was taken with the help of Sebastián Piñera, President of Chile, during his visit to the observatory on 5 June 2012.

The Carina Nebula is a huge stellar nursery lying about 7500 light-years from Earth in the constellation of Carina (The Keel) [2]. This cloud of glowing gas and dust is one of the closest star formation regions to Earth and includes several of the brightest and most massive stars known. The Carina Nebula is a perfect laboratory for astronomers studying the violent births and early lives of stars. The conspicuous red colour of the picture comes from hydrogen gas in the nebula that is glowing under the harsh ultraviolet light from many young and hot stars. Other colours, originating from other elements in the gas, are also visible, as well as many dust clouds. Just above the centre of the picture lies the bright star Eta Carinae. This huge and highly unstable star brightened dramatically in the nineteenth century and is a good candidate for a future supernova explosion.

Carina is the keel of the mythological ship Argo, of Jason and the Argonauts fame.

The above story is reprinted from materials provided by European Southern Observatory (ESO). Photo Credit: ESO. Acknowledgement: VPHAS+ Consortium/Cambridge Astronomical Survey Unit



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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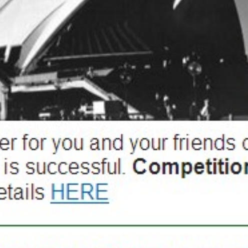
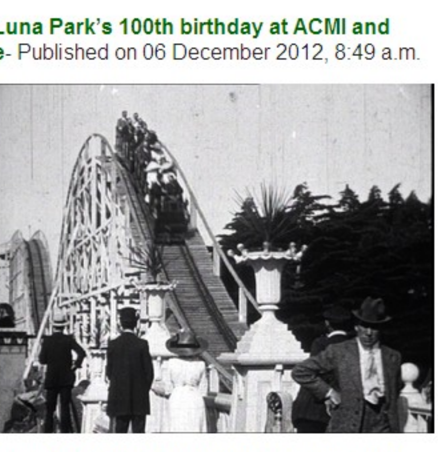


Safer Boating With Ken Warby: Alcohol! Published on 3 Dec 2012 by FILMAUSTRALIA

As the summer season warms up Australians show their love of all types of boating pastimes and water sports. As holiday festivities often include alcohol Ken Warby wisely reminds us that mixing drinking with boating is a dangerous cocktail. A few tinnies in your tinny can see you end up in the drink! Ken Warby has held the world water speed record of 316 MPH since 1978. In this series of six films which we will be presenting he demonstrates what you need to know in to stay safe in your boat. Made by Film Australia 1979. Directed by Rob McAuley. Featuring Di Cleary, Roger Ward, Michael Haeburn, Ralph Grant, Alex Launbski, Brian Law, Di Parkinson, Adam Gibson.

NFSA celebrates Luna Park's 100th birthday at ACMI and Federation Square- Published on 06 December 2012, 8:49 a.m.



In celebration of the 100th anniversary of the much-loved Luna Park in St Kilda, the National Film and Sound Archive of Australia (NFSA) has curated a compilation of historical films featuring this Melbourne icon.

The compilation, which includes moving image of the opening of Luna Park Melbourne on 13 December 1912, will be permanently available for viewing at the Australian Mediatheque at the Australian Centre for the Moving Image (ACMI). It will also be screened daily on the big screen at Federation Square plaza, Victoria, during December.

The footage includes scenes of St Kilda's esplanade and foreshore when Luna Park Melbourne was being built in 1910; the 1912 opening with tightrope walkers balancing above the park as they entertained the crowds below; as well as images from Sydney's own Luna Park in 1950, and footage of the Wurstelprater Vienna – one of the world's earliest amusement parks – taken from the film *The Green Cockatoo* (Der Gruene Kakadu).

The Opening of Luna Park Melbourne, 13 December 1912

Health papers released this week

Brain Stimulation May Buffer Feelings of Social Pain

Accumulating evidence suggests that certain brain areas involved in processing physical pain may also underlie feelings of social pain. But can altering brain activity in these areas actually change how people experience social pain?

Paolo Riva of the University of Milano-Bicocca and colleagues wanted to examine whether there might be a causal relationship between activity in the right ventrolateral prefrontal cortex (rVLPFC) -- known to be involved in the regulation of physical pain and negative expressions of emotion -- and experiences of social pain. Their findings are published in *Psychological Science*, a journal of the Association for Psychological Science.

The researchers recruited 79 university students to take part in a "mental visualization exercise." They used a constant-current regulator to stimulate the rVLPFC -- all of the participants were told that they would receive stimulation for 15 minutes but only half of the participants actually received the current.

Five minutes before the end of 15-minute stimulation session, the students played a virtual ball-tossing game called Cyberball. The students were told that they were playing with two other players and that the three of them would take turns throwing the ball to each other. In actuality, a computer program controlled the game. Some of the participants were excluded, receiving the ball only twice and then never again, while other participants received the ball about a third of the time.

The students then reported the percentage of throws they thought they received and rated the unpleasantness of the pain they felt and the hurt feelings they experienced during the game.

Riva and colleagues found that, as predicted, the participants who were socially excluded reported that they received less often than participants who were included. Moreover, they rated the game as more unpleasant and reported more hurt feelings. Notably, these latter effects were reduced for participants who received stimulation over the rVLPFC.

Specifically, socially excluded participants who received the actual current experienced less unpleasantness and less hurt feelings than the participants who believed they were receiving the current. In both cases participants knew they were being excluded, but they appeared relatively unbothered by it if they received stimulation.

"Few studies have examined how the pain of social exclusion can be alleviated. Our results offer the first evidence that stimulation over the rVLPFC reduces the painful effects of social exclusion," Riva and colleagues conclude.

P. Riva, L. J. Romero Lauro, C. N. DeWall, B. J. Bushman. **Buffer the Pain Away: Stimulating the Right Ventrolateral Prefrontal Cortex Reduces Pain Following Social Exclusion.** Psychological Science, 2012; DOI: 10.1177/0956797612450894

Drug Shows Promise in Prostate Cancer Spread to Bone: Tumors Were Reduced On Bone Scans, Bone Pain Decreased After Patients Received Cabozantinib

A new drug demonstrated dramatic and rapid effects on prostate cancer that had spread to the bone, according to a study reported by University of Michigan Comprehensive Cancer Center researchers. About two-thirds of patients treated with cabozantinib had improvements on their bone scans, with 12 percent seeing complete resolution of uptake on bone scan. Bone scans assess the degree to which cancer is in the bone; improvements on these scans suggest a response to the drug.

"The effects of cabozantinib on bone scans are unprecedented in the treatment of prostate cancer," says lead study author David C. Smith, M.D., professor of internal medicine and urology at the University of Michigan Medical School.

Cabozantinib is designed to target two important pathways linked to the growth and spread of prostate cancer. The drug had the most effect on tumors that had spread to the bone, which is the major site where prostate cancer spreads. These tumors are typically very challenging to treat once they become resistant to hormone-based therapies.

In addition to the improvements on bone scans, 67 percent of patients with bone pain reported an improvement in pain control and 56 percent decreased or eliminated narcotic painkillers after treatment with cabozantinib. Results of the study appear in the Journal of Clinical Oncology.

The trial enrolled 171 men with castration-resistant prostate cancer, meaning their tumors no longer responded to hormone-based therapies. The study began as a randomized trial in which all patients received cabozantinib for 12 weeks, after which patients were randomized to receive continued cabozantinib or placebo. The randomization was stopped early because of the dramatic effects on bone scan, and because patients receiving placebo saw their cancer progress much more quickly than those that remained on drug.

Among the 31 patients who were randomized, cancer progressed after a median 23.9 weeks for patients taking cabozantinib, compared with 5.9 weeks for patients on placebo.

"Discontinuing randomization is not common. Stabilization of disease in advanced prostate cancer is rarely due to the natural history of the disease and is in this case due to drug effect," Smith says.

"While these initial results are promising, we are still uncertain how cabozantinib will impact the gold standard of survival," he adds.

Phase III studies have begun at some institutions, and U-M researchers are conducting a phase II study to better understand the effect cabozantinib has on bone. This drug is not offered routinely in clinical care at this time. For information about prostate cancer treatment options or clinical trials currently open at the U-M Comprehensive Cancer Center, call the Cancer AnswerLine at 800-865-1125.

Prostate cancer statistics: in Australia close to 3,300 men die of prostate cancer each year, which exceeds the number of women who die from breast cancer annually. Around 20,000 new cases are diagnosed in Australia every year.

D. C. Smith, M. R. Smith, C. Sweeney, A. A. Elfiky, C. Logothetis, P. G. Corn, N. J. Vogelzang, E. J. Small, A. L. Harzstark, M. S. Gordon, U. N. Vaishampayan, N. B. Haas, A. I. Spira, P. N. Lara, C.-C. Lin, S. Srinivas, A. Sella, P. Schoffski, C. Scheffold, A. L. Weitzman, M. Hussain. **Cabozantinib in Patients With Advanced Prostate Cancer: Results of a Phase II Randomized Discontinuation Trial.** Journal of Clinical Oncology, 2012; DOI: 10.1200/JCO.2012.45.0494

Prostate Cancer Foundation of Australia

Understanding Anger, Overcoming Anxiety

Anger is a powerful emotion with serious health consequences. A new study from Concordia University shows that for millions of individuals around the world who suffer from **Generalized Anxiety Disorder (GAD), anger is more than an emotion; it's an agent that exacerbates their illness.**

Concordia graduate student Sonya Deschênes investigated the subject after conducting a literature review for her PhD research, supervised by psychology professor Michel Dugas. While some of the studies she came across showed that anger and anxiety were linked, she noticed that this relationship was poorly understood. "This was surprising to me because irritability, which is part of the anger family, is a diagnostic feature of Generalized Anxiety Disorder (GAD)," she explains.

GAD is a serious affliction characterized by excessive and uncontrollable worry about everyday things. It often interferes with a person's ability to function normally. Individuals suffering from GAD typically anticipate disaster, and are overly concerned about everyday issues, such as health, money, and relationships.

Deschênes and her colleagues at Concordia and Ryerson University in Toronto looked into how specific components of anger contribute to GAD. They examined hostility, physical and verbal aggression, anger expression and anger control. The team assessed more than 380 participants for GAD symptoms and their tendency to respond to anger-inducing scenarios, by testing responses to such statements as, "I strike out at whatever infuriates me" and "I boil inside, but I don't show it."

The study, which was recently published in *Cognitive Behaviour Therapy*, **found that in the 131 participants who exhibited GAD symptoms, higher levels of anger and its various dimensions were associated with worry and anxiety. Furthermore, hostility and internalized anger contributed to the severity of their GAD symptoms.**

This suggests not only that anger and anxiety go hand in hand, but also that heightened levels of anger are uniquely related to GAD status. What's more, internalized anger expression - boiling inside without showing it - is a stronger predictor of GAD than other forms of anger.

Deschênes acknowledges that more research is needed to understand why anger and anxiety tend to co-occur -- and she intends for her doctoral research to proceed in this direction. According to Deschênes, a possible explanation for the link is that, "when a situation is ambiguous, such that the outcome could be good or bad, anxious individuals tend to assume the worst. That often results in heightened anxiety. There is also evidence of that same thought process in individuals who are easily angered. Therefore, anger and GAD may be two manifestations of the same biased thought process."

Deschênes also argues that symptoms of anger could get in the way of the treatment for anxiety, which can be done with a technique called cognitive-behavioural therapy. "If anger and hostility are contributing to the maintenance of symptoms, and these are not targeted during treatment, these people may not be benefiting as much from that treatment," Deschênes says. "It's my hope that, by furthering our understanding of the role of anger in GAD, we can improve treatment outcomes for individuals with this disorder."

Sonya S. Deschênes, Michel J. Dugas, Katie Fracalanza, Naomi Koerner. **The Role of Anger in Generalized Anxiety Disorder.** Cognitive Behaviour Therapy, 2012; 41 (3): 261 DOI: 10.1080/16506073.2012.666564

Improving Chemotherapy Effectiveness by Acting On the Immune System

An Inserm team in Dijon directed by François Ghiringhelli (Inserm unit 866 'Lipids, nutrition and cancer') is to publish an article this week in the Nature Medicine review. The article suggests that two chemotherapy drugs frequently used to treat digestive and breast cancers may encourage the development of tumours by modulating the anti-tumoural immune response. These results reveal how the immune system can then limit the effectiveness of some cancer chemotherapies. The researchers now intend to block the molecules responsible for negative immune system activation to increase the efficiency of chemotherapy. A clinical trial to test this hypothesis should begin very soon.

Chemotherapy is one of the most frequently used treatments to eliminate cancerous cells. These drugs kill all cells that are multiplying, or block their proliferation (for example, cells responsible for hair growth, explaining the hair loss of treated patients). In addition to their direct toxic effects, the chemotherapeutic agents also seem to act on the immune system and could make it possible for the body to trigger a direct antitumor immune response in a second phase.

However, this last point is still the subject of hot debate, since some studies suggest, conversely, that chemotherapy eliminates all immune defences.

What now?

The Inserm team directed by Professor François Ghiringhelli (Inserm unit 866 "Lipids, nutrition and cancer") from the Georges François Leclerc Cancer Research Centre in Dijon observed that two chemotherapeutic agents, 5-fluorouracile and gemcitabine, used to treat colon, breast and pancreas cancers activate a protein complex "inflammasome NLRP3" within some cells in the immune system.

To be more specific, this activation leads to releasing proinflammatory cytokine (interleukin IL-1beta) through these cells. This cytokine "distorts" the immune response related to lymphocytes T and causes the production of another cytokine (cytokine IL-17), which has protumoral properties by encouraging tumour angiogenesis, i.e. vascular irrigation of tumours.

"Our results have made it possible to ascertain that the activation of inflammasome limits the effectiveness of chemotherapy. The challenge was then to see whether we could prevent the activation of inflammasome" explains François Ghiringhelli. The researchers then tested two different strategies:

The first was to test the two drugs on inflammasome NLRP3- or cytokine IL-17-deficient mice. In these cases, the researchers showed that antitumor activity was not only present, but it actually increased, demonstrating that these two elements (NLRP3 and IL-17) slow down the chemotherapy action.

The second strategy was to treat the mice using an IL-1beta inhibitor. Here again, the effectiveness of chemotherapy was again increased.

These results suggest that targeting the inflammasome and IL-1beta channels, combined with the use of these two chemotherapy agents, can improve the effectiveness of the latter. These tumour cells are eliminated and, in parallel, the damaging immune responses are deleted.

A therapeutic trial combining 5-fluorouracil and IL-1 beta is currently being prepared and should begin soon at the Georges François Leclerc Cancer Research in Dijon.

Mélanie Bruchard, Grégoire Mignot, Valentin Derangère, Fanny Chalmin, Angélique Chevriaux, Frédérique Végran, Wilfrid Boireau, Benoit Simon, Bernhard Ryffel, Jean Louis Connat, Jean Kanellopoulos, François Martin, Cédric Rébé, Lionel Apetoh, François Ghiringhelli. **Chemotherapy-triggered cathepsin B release in myeloid-derived suppressor cells activates the Nlrp3 inflammasome and promotes tumor growth.** Nature Medicine, 2012; DOI:10.1038/nm.2999

Second-Hand Smoke Linked to Children's Behavior Problems

It is a known fact that active maternal smoking during pregnancy has negative effects on child health, such as attention deficit and hyperactivity disorder (ADHD). However, new research suggests that second hand smoke, or environmental tobacco smoke (ETS), may be just as harmful.

In one of the first studies of its kind, researchers from the University of Pennsylvania School of Nursing examined data from 646 mother-child pairs in China, where more than 70 percent of men smoke, and concluded that 25% children of whose mothers were exposed to smoke exhibited behavior problems compared to 16% of children of unexposed mothers.

"Such findings could inform public health efforts to reduce public smoking and underscores the need for including ETS avoidance as a potential component of prenatal care among pregnant women," said lead-author Jianghong-Liu, PhD, RN, FAAN, associate professor at Penn Nursing.

Using the Child Behavior Checklist (CBCL), a widely used, 99-item scale for assessing behavioral and emotional problems in children, researchers determined children of mothers with ETS exposure had 10% more prevalence of externalizing behavior problems than children of unexposed mothers. The results took factors like parental education, occupation, psychological problems and marriage status into account. The full results were published online this week in the journalNeuroToxicology.

Externalizing behavior problems included attention problems and aggression. Children of passive smoking mothers demonstrated worse performance on tests of speech and language skills, intelligence, and behavioral outcomes (conduct disorders).

"Given the high prevalence of ETS exposure among pregnant women in China and the far-reaching effects of child behavioral disturbance on public health outcomes, it is critical to reduce ETS exposure in order to improve the health of not only mothers and their children but that of society at large," said Dr. Liu. "The key message for pregnant women is to protect their growing fetus from exposure to secondhand smoke."

While additional, more longitudinal, research is needed to validate the findings, the researchers agree that this study gives some clarity to the relationship between ETS and behavioral disturbance in children.

Jianghong Liu, Patrick W.L. Leung, Linda McCauley, Yuexian Ai, Jennifer Pinto-Martin. **Mother's environmental tobacco smoke exposure during pregnancy and externalizing behavior problems in children.** NeuroToxicology, 2012; DOI: 10.1016/j.neuro.2012.11.005

Multiple Media Use Tied to Depression, Anxiety

Using multiple forms of media at the same time - such as playing a computer game while watching TV - is linked to symptoms of anxiety and depression, scientists have found for the first time.

Michigan State University's Mark Becker, lead investigator on the study, said he was surprised to find such a clear association between media multitasking and mental health problems. What's not yet clear is the cause.

"We don't know whether the media multitasking is causing symptoms of depression and social anxiety, or if it's that people who are depressed and anxious are turning to media multitasking as a form of distraction from their problems," said Becker, assistant professor of psychology.

While overall media use among American youth has increased 20 percent in the past decade, the amount of time spent multitasking with media spiked 120 percent during that period, Becker said.

For the study, which appears in the journal *Cyberpsychology, Behavior and Social Networking*, Becker and fellow MSU researchers Reem Alzahabi and Christopher Hopwood surveyed 319 people on their media use and mental health.

Participants were asked how many hours per week they used two or more of the primary forms of media, which include television, music, cell phones, text messaging, computer and video games, web surfing and others. For the mental health survey, the researchers used well-established measures, although the results do not reflect a clinical diagnosis.

Becker said future research should explore cause and effect. If it turns out media multitasking is causing depression and anxiety, recommendations could be made to alleviate the problem, he said.

On the other hand, if depressed or anxious people are turning to media multitasking, that might actually help them deal with their problems. It could also serve as a warning sign that a youngster is becoming depressed or anxious.

"Whatever the case, it's very important information to have," Becker said. "This could have important implications for understanding how to minimize the negative impacts of increased media multitasking."

Mark W. Becker, Reem Alzahabi, Christopher J. Hopwood. **Media Multitasking Is Associated with Symptoms of Depression and Social Anxiety.** Cyberpsychology, Behavior, and Social Networking, 2012; : 121105080116008 DOI: 10.1089/cyber.2012.0291

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

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December 9 - 15, 2012: Issue 88

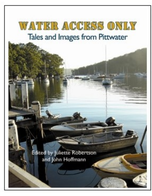
New Books from Residents:

For December's books a list of residents works for Christmas gift suggestions or for enjoying beneath shady boughs during the hazy days of Summer.

Old Books: December 2012

Australia (1910) by Frank Fox. Published by Black, London.

Australia (1908) by William Henry Lang of Australia; Lambert, George W., ill. Publisher: London and Edinburgh : T. C. & E. C. Jack



Attention New Offshore Residents and Local Visitors

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

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

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

Susan Duncan: Author Salvation Creek.

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

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

Filled with wonderful images from the Pittwater Camera Club members, a painting from Arthur Murch courtesy of wife Ria, and other images from celebrated resident artists; this 133 pages of memories, celebrations of Pittwater history and thoughts from the very young to those of our elders belongs in every Pittwater household.

Copies are available from the Mona Vale Library at a cost of $24.00, on the Pittwater Community Arts website or by contacting Lorrie Morgan on 9997 8079 or email to lorriemay2@bigpond.com

'Avalon Food' Cookbook

Avalon Food is a celebration of our northern beaches lifestyle, our food and community. A unique fundraiser cookbook, it was conceived by the families and supporters of Avalon Public School.

Avalon Food is a beautiful contemporary cookbook featuring recipes that draw on both wonderful home cooking and the impressive repertoire of the Avalon Beach cafe and restaurant community. They include family favourites, cultural delicacies and special occasion dishes. Thank you to everyone for your support. We hope you enjoy the book. You can still order online and we will be **at Palm Beach Markets on 9th December**. Avalon Food is $ 29.95 at : www.avalon.food.clicking.com.au/

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

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

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

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

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

Purchase at Humphries in Manly, Dymocks at Warringah Mall, Bookoccino at Avalon or ONLINE

PAOLO TOTARO - "Collected Poems" (1950-2011)

Paolo Totaro, born in Naples almost 80 years ago, moved to Australia 50 years ago as a manager at Fiat. In 1975 he left Fiat and became founding director of the Community Arts Board within the Australia Council, i.e. the then new Australian Ministry for the Arts. In 1977 he became founding chairman of the Ethnic Affairs Commission of NSW, whose aim was the creation of a practical form for the emerging multiculturalism. He subsequently took up a number of other public appointments, including Governor of the NSW Conservatorium of Music, Commissioner of the Australian Law Reform Commission, journalist for the Bulletin, presenter of national TV program Face the Press, Vice-Chancellor of the University of Technology, Sydney and several others. Throughout his whole life Paolo has continued to play chamber music, both in private and in public. He has always been writing poetry, first in Italian and slowly learning to master this art form also in English. This collection comprises all his works written over a 60 year span.

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

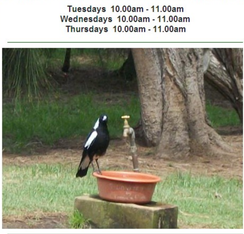
Inside the covers, pages are full of colour illustrations, class photographs, tables and lists as well as the school's history as published originally by Mr Thomas Le Sueur and carefully reproduced here.

Make sure you secure your copy of the History of Mona Vale Public School by downloading an order form today, or contact the author, Bev Lewis bevlewis2009@gmail.com

Children's Storytime at Mona Vale Library

Mona Vale Library offers storytime for pre-school children every week during school terms. Children and their carers come and participate in a fun sing-a-long with our story teller as well as listen to several stories in each session, followed by some craft. Storytime is held in the Pelican Room of the library in front of the service desk. Storytime is free and no bookings are required. Storytime Sessions

Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am



FACE OF EXTRAORDINARY: VOLUNTEERS

Art Project featuring Book Launch and Portrait Exhibition

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

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

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

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

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

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

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

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

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

Artspot Art Exhibition

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

Saltwater People of the Fatal Shore - Sydney's Southern Beaches is a detailed history of that beautiful stretch of Sydney's coastline between South Head and Royal National Park. This coastline features world renown beaches such as Bondi, Maroubra and Cronulla, as well as places of great historical interest. Botany Bay was where James Cook first made landfall on the east coast of Australia and made claim to the continent. It was also were the First Fleet arrived with its human cargo. Before these events it was home to the Aboriginal people of the Eora, Dharug and Dharawal nations for tens of thousands of years.

The focus of Saltwater People of the Fatal Shore is on the shoreline … that high energy intersection between sea and land where waves, whipped-up by wind and storms, sometimes thousands of kilometers out to sea, announce their arrival in a final dramatic explosion … or caress it with a gentle cascade. This constant, hypnotic dance with the shore can be calming, and it can be confronting. When the swell appears excitement grows and the coastline becomes energized. The surfzone both attracts and influences us … and in turn our presence affects this playground on the edge of the vast Pacific.

It is not just surfers that are attracted to this zone. Sydney's magnificent beaches have produced some truly unique individuals and some incredible stories. They are home of the world's most recognized painters, potters, writers, poets, photographers, film-makers, musicians and architects. Saltwater People of the Fatal Shore – Sydney's Southern Beaches pays homage to those remarkable people who have made this coastline home. The many beautiful photographs found in the book include work by Harold Cazneaux, Max Dupain, David Moore, Frank Hurley, Jack Eden, Bob Weeks, Peter Solness, Bill Morris, Brad Malyon and many other great contemporary photographers.

When asked, very few people living in Sydney know about the Aborigine people who lived along the coast before the coming of the Europeans. There are also many misconceptions about the culture of the first people. One common belief is that they were all somehow frightened of the ocean, but this is far from the truth. The Aborigine clans along Sydney's beaches were true saltwater people, at home not only in the sparkling estuaries and rivers, but also in the ocean waves. There was a canoe culture. They fished with spears, or lines and hooks, and were accomplished swimmers completely at home in the surf. This part of our history has remained largely hidden, and it is important to reveal here the influence of our Aboriginal heritage not only the people of Sydney, but also on our national psyche.

If we had listened, the Saltwater People would have also taught us much about protecting the coast and its valuable resources. There is now a growing awareness that something is wrong. The natural beauty of the area is under threat. It is obvious that the first people protected this country, and, as they did for many millennia before us, we need to think from the heart and preserve the area for future generations.

The foreword for the book was written by the Hon. Linda Burney MP. Upon her election she became the first Aboriginal person to serve in the New South Wales Parliament. Burney, a Wiradjuri woman, is currently Deputy Leader of the Opposition, and is the shadow minister in several key portfolios.

John Ogden has a particular gift to enrich the story of what we do know about the Saltwater People. More than three decades spent photographing Aboriginal life has given him a wonderful appreciation of the Aboriginal way of seeing. The Saltwater People companion books follow in the footsteps of his landmark book Portraits from a Land Without People, a photographic anthology that opened up a treasure trove of knowledge.

Jeff McMullen

Switching Suits: The Year I Became a Poker Shark By Julie Braithwaite

Clinical psychologist and mother of two Julie Braithwaite has a Glock pistol pointed at her head during an armed hold-up in a poker bar. After stumbling across a late-night episode of Celebrity Poker some months earlier, Julie's conventional, middle-class life has taken a dramatic turn.

Julie's casual interest in poker quickly becomes a full-blown obsession, transporting her from Sydney's leafy northern suburbs to exotic-dancer venues and bars littered around the city's fringes. An unconventional cast of characters enters her life, including Bluffer Bill, Loose Cannon Mick and Hitman Rick. And Julie's earlier aimlessness is replaced by a driving goal: become the poker champ of NSW. She has just twelve weeks to complete her quest - 184 tournaments - and a list of therapy clients who deserve her undivided attention.

So join Julie as she takes us (and her bemused loved ones) on a collision course between two vastly different worlds. Switching suits has never been so frenetic!

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

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PittwaterOnline News

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Manly Region Catholic Parishes School - Avalon - Christmas Celebrations

Christmas Eve Mass

Join the parishes as they celebrate the Christmas Eve Mass at 10.30 pm at Our Lady Star of the Sea Church, Avalon. All are welcome to join in the celebration of the birth of Jesus. For more information contact the parish office on 9918 1100 or visit www.manlyregion.catholic.edu.au

Nativity and Scripts - Palm Beach and Avalon - CHRISTMAS FIRST READING

Friday 21st - Palm Beach - Wednesday 19th Dec - Avalon - 9.30am - 10.30am

Pittwater Online News

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December 9 - 15, 2012: Issue 88

OUR COVER. Melbourne artist C. DudleyWood painted this week's cover picture. His model was Corporal S. L. Burgess, R.A.A.F., who comes from Berri, j South Australia. The painting was done when Mr. Wood was attached to a medium bomber R.A.A.F. squadron in a northern operational area. OUR COVER. (**1944, June 3**). *The Australian Women's Weekly*(1933 - 1982), p. 10. Retrieved from http://nla.gov.au/nla.news-article47219267

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C Dudley Wood – *Morning Shadows* - Watercolour

Australian Artist, 1905-1980

Born in Geelong, C. Dudley Wood (Clifford) began his career by studying art, design and composition at Swinburne Technical College in the early twenties and then at night classes at Swinburne and the Victorian Artists Society. He started exhibiting works in a variety of styles in the Depression years, while at the same time rapidly becoming one of the country's foremost commercial artists. A book Illustrator, Commercial artist for such products as Nugget polish or hotels, the list of works created by this gentleman fills several catalogues.

A finalist in the 1941 Archibald prize for two portraits; Miss E. M. Christensen, M.A. and a Self Portrait, as well as a Wynne Prize finalist in 1944 for Winter Sunlight he was renown for his ability to capture both the form and the atmosphere of any subject. By the end of the 1940's he was established as both an exquisite water-colourist and oil painter. C Dudley Wood was drawn to depicting the beauty of the Australian wilderness, its flowers and all moods of landscape. He also worked well in capturing the human form and condition. C Dudley Wood also undertook a wide variety of industrial commissions, travelling from Newcastle to Wittenoom, from Hobart to Whyalla, to illustrate Australia's post-war reconstruction. Later , in the 1960's, he became fascinated by Australia's Red Centre and it's Aboriginal inhabitants, illustrating three works by Madeleine Brunato in the Worra series and one by Robert Edwards, 'Australian Aborigines'.

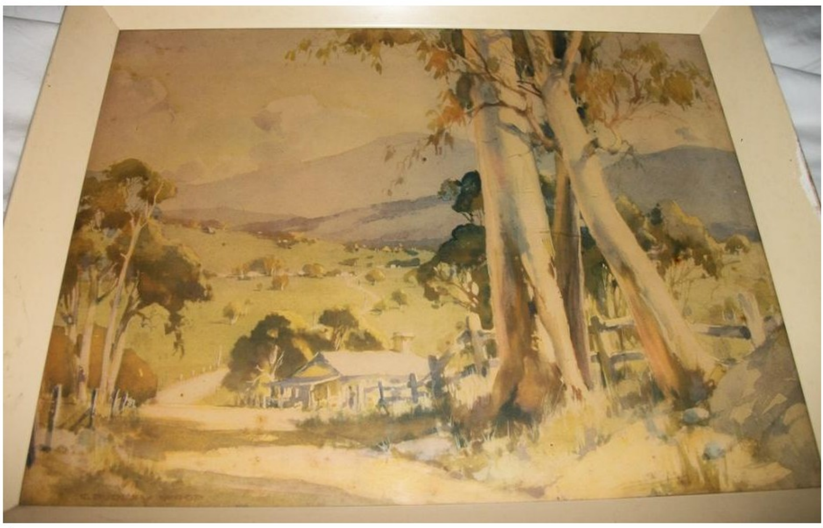
"*This survey of the works of Dudley Wood fills an important gap in the history of Australian Art, a period in which fine artists of the calibre of Dudley Wood turned, for mere financial survival to the practice of commercial art.... Like all true artists, Wood continuously experimented with his materials, culminating in the diluted or transparent oil medium he used to striking effect in capturing the radiant colours of the Outback*"
Sir William Dargie (one of Wood's contemporaries and well known Australian portrait painter.)

Peers state this man disdained publicity and painted for the sheer enjoyment of creating as much as for producing works that would be loved and accepted into the homes of other Australians. His career spanned almost fifty years.

C. Dudley Wood's Exhibition
By. EL FULLER

An exhibition of pictures by C. Dudley Wood, which is to be opened this afternoon by Lady Sowden, is a comprehensive collection of both oils and watercolors. covering a' big range of subjects—seascapes, landscapes, animal and birdlife, figure work: and flowers. He is a self-taught artist hailing from Victoria, and has been well before the art loving public in recent years, having held several successful exhibitions in the eastern States. His work as a camouflage artist with the RAAF in Queensland in1942-43 gave him much experience, and his paintings are now well known in England, China and the US. His work is entirely pleasing and attractive, his watercolors in particular having an easy flow. and softness. He has also devised a means of inducing oil to flow like watercolor and thus become a transparent medium, with the depth and brilliance, however, of oil.

The portrait, "Retrospection," is a delightful and sensitive handling of two elderly men, well drawn and modelled: the faces fully of sympathy and expression, and very pleating in its flesh tints. Next in importance Is a large oil. "The Three Sisters, Blue Mountains," with the bold foreground standing out in: strong contrast to the haziness of the district. "The Cathedral" recall 'pleasing memories of Continental architecture. "Egrets'" and "White Hares"" are well modelled and dainty in pale tones, and are rather unusual in type. "Phlox," a fine mass of rich color, stands out as a good example of flower painting, and some WA wild flowers—"Kangaroo Paws' and "Lambs" Tails" are unusual and intensely interesting. For his watercolors especially Dudley Wood has chosen veil, in both landscapes and seascapes. "Narooma. NSW" has an artistic layout with a sort distance and a quiet water stretch. "Above the Tide." "Gippsland Valley" and "Native Pines" are very attractive studies, land there Is especially good work in—"River Pool" and "High Cliff Port Campbell" ,The exhibition, which will remain open until December 18, should attract many art lovers. C. Dudley Wood's Exhibition. (**1948, December 7**). The *Advertiser* (Adelaide, SA : 1931 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article43794429

This landscape, 'Morning Shadows' is from his 1930's era. In 1988 C Dudley Wood works were selling from $5000.00 Australian dollars although we did discover on ebay, during research, a watercolour offered for a mere $200.00. Buying paintings for pleasure or for investment has a serious side and you should only purchase either directly from the artist or through a reputable dealer who can provide certification.

C Dudley Wood photo, 1945, Courtesy National Archives of Australia.