Pittwater Online News

December 2 - 8, 2012: Issue 87

Youth Leading the World Community Forum - 2012

As the culmination of the Youth Leading the World Congress, in the afternoon of Day Three the young people who participated in this years Youth Leading the World (YLTW) Congress, many from Pittwater High School, presented their 'thinking globally and acting locally' action plans for transitioning towards a more sustainable future at the YLTW Community Forum on Thursday November 29. The Community Forum was an opportunity for government representatives, local business, teachers, principals and families to engage with the young people to hear inspiring plans for change, offer support to make it happen and share what's happening locally.

ACCELERATING THE SHIFT TO FAIRER FUTURES BY BUILDING A MOVEMENT OF INSPIRED LEADERS

Youth Leading the World (YLTW) is a 3-day Youth Environmental Leadership Congress bringing together thousands of young people in over 30 locations around the world to focus on what is happening globally and how we can make a positive difference to our world together. One of the locations was the Coastal Environment Centre at Narrabeen on Sydney's Northern Beaches this week. Youth Leading the World, now in its 4th year is an initiative of OzGreen, an environmental NGO working to drive change toward sustainability. The Sydney Northern Beaches Congress was proudly supported by Pittwater and Warringah Councils as local event partners, led by Vanessa Moskal (to left), Warringah Councillor.

An outline of what these great children came up with;

Day One
CONCERNS
Loss of Biodiversity
Inequality/ striving for equality
Lack of Awareness""
HOPES
Awareness and to be aware
Finding more ways to have sustainable energy
Learning how to live sustainably
Learn the facts

VISION STATEMENT
"We live in a green environment there a broad range of flora and fauna where all animals have rights and they are acknowledged. Everyone has fresh food and water and everyone has an equal education no matter where they live. There are no wars and everyone feels safe and equal. In our diverse world we have achieved sustainability."

Day Two
SYDNEY NORTHERN BEACHES ACTION PLANS
Media awareness campaign: write articles for school magazines and council newsletter (the Mayor already offered that!) and liaise with local media and national magazines like Dolly and Girlfriend to promote being green = trendy for young people.

Hold a series of 'green workshops' for kids aged 12 - 16, where children learn about the environment in a fun way and get hands-on tips on how to be more sustainable. Pittwater Mayor liked the idea and offered her support ("Come and visit me any time and I'll help you make it happen.")

Beach clean ups: Hold regular clean ups at local beaches with YLTW-crew plus their family and friends and grow it from there.
Have an environmentally friendly festival with a local band at Mona Vale, an information stall with info on sustainability and a raffle to win a solar panel.

Set up a sustainability group Facebook site ("The Climate Pool") and also develop a sustainability website with facts and stats on the environment; links to websites/videos with more information; event calendar of eco activities; tips on how to be sustainable; a forum to exchange ideas etc."

Photos by Michael Mannington; Michael Mannington's Volunteer Photography Public Gallery

Narrabeen 2050 Forum - 26th of November, 2012

L to r: Tony Carr, President of the Friends of Narrabeen Lagoon Catchment, Neil Evers of the Aboriginal Support Group - Manly Warringah Pittwater, who gave a passionate Welcome to Country, and Hon. Brad Hazzard. Member for Wakehurst and Minister for Planning and Infrastructure, as well as Minister Assisting the Premier on Infrastructure NSW. He also is Leader of the House (Legislative Assembly). Photo by A J Guesdon.

On Monday 26th of November a well attended public forum was addressed by the Hon. Brad Hazzard who discussed what Narrabeen Lagoon and its catchment may be like by the year 2050. The discussions and question and answer session raised a wide scope of issues regarding what needs to be done now to keep this iconic lake at its most pristine and how to bring this about. Warringah and Pittwater Council speakers explained how the community could be involved in local planning for the future. Learn more about the scope of what is involved here.

Baby Birds In Our Backyards - Bush Turkey Fledgling

This young Bush Turkey was scratching around in our backyard on Friday afternoon. This year's birds are leaving their nests now to wander further afield. Although these birds grow quite large this one was only half a handful in size. Please keep your own animals leashed if a canine when out and about and bring all felines inside at night to protect our native wildlife. Photo by A J Guesdon.

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Articles This Week:

Youth Leading the World 2012

Avalon Sailing Club - Brave Enough to Teach A Novice to Sail

Narrabeen 2050 Forum

Baby Birds In Our Backyards - Bush Turkey Fledgling

Reflections by George Repin: **A GEM ON THE QUAY**

Artspot 2013 - The Ceramicists: 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 ceramicists and the artworks to be featured at **Artspot** exhibition.

All Previous Articles

Profile: December Ladies 2012.; Nina Curtis, Australian Olympian 2012, is down to earth, kind and a passionate sailor.

Previous Profiles:

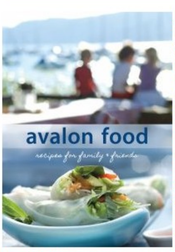
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

History: **Summer Houses:** December brings a celebration of beach houses, weekenders, guest houses and those who have built or occupied them. To open the season: Florida House, Palm Beach.

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

Park Bench Philosopher: **Ella McFadyen (local poet of 20's and 30's x 2; *REST* (summer) and *SONG AT MORNING***



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 Beer Season, Sea Lights, Study Abroad Australia 2012, Real Spirit, For Animal Lovers, Biggest Rabbit, Inter-Galatic Oceans, The Nutcracker HD, Bellingen Revolt, **Health Information and Study Papers released this week**: Improved patient outcomes from innovative research; Possible Trigger for Multiple Sclerosis Nerve Damage; Compound Found in Rosemary Protects Against Macular Degeneration in Laboratory Model; Sonar Vision System for Congenitally Blind; Protein Injection Points to Muscular Dystrophy Treatment; Chemical 'Switches' for Neurodegenerative Diseases Discovered; Common Canine Virus May Lead to New Vaccines for Deadly Human Diseases

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Community News: **Christmas Notices**, Healthy Waterways - Join the clean up, Maria Regina Debating Team win PCCS Debating Competition, One week to close of entries for Club Marine Pittwater & Coffs Harbour Regatta 2013, Mona Vale Christmas Carols, Responsible Pet Ownership, Councils continue push for transport action, TRANSPORT VOLUNTEERS SOUGHT, Families to benefit as privacy reforms pass, Ferry Puzzler, Friends of Northern Beaches Palliative Care UHA NSW Inc - Christmas Tea Invite, Rotary Club of Pittwater's Christmas Tree Of Joy, "UNIVERSAL CHILD" - "LOOSELY WOVEN" gives FREE XMAS CONCERT in AVALON, Have your say on Australian fisheries policy, Families need to update details to get the Schoolkids Bonus, Our Council's Notices, Fed. Govt. Media and more

Environment; Identifying Overland Flow Affected Properties in Pittwater, Independent Expert Scientific Committee to advise on Coal Seam Gas and Large Coal Mining, Ways for consumers to green their holiday celebrations, Increasing Drought Stress Challenges Vulnerable Hydraulic System of Plants, FISH STORY OF THE WEEK; Fish ear bones point to climate impacts, 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: NBI's Family Fun Day 2012 by Michael Mannington

Youth: More than 50% of Aussie kids expected to write wish lists to Santa this Christmas - Help How To from Aust. Post, Kids on the Coast - Summer School Holiday Program and RPAYC School Holiday Program, Hallelujah Chorus - Quinhagak, Alaska, Songfish Choir, Safe Schools are Smart Schools Competition, Pipe Dream, Jack in the box, Priorities set for action plan to protect Australia's children, Health Benefits of Reducing Sibling Rivalry **The Royal Prince Alfred Yacht Club Teaches over 600 Children a Year to sail**, **School Holidays Art Workshop**, Mother Goose's nursery rhymes: a collection of alphabets, rhymes, tales, and jingles (1877), Cool Tools - Tree of Life Branches out Online, New online tool for students from Fed. Govt., Library Story-times for Littlies.

Seniors; 2013 SENIORS ROAD SAFETY CALENDAR, People with dementia in NSW more than twice as likely to be hospitalised, Father – Daughter Love, Up A Lazy River, How to stop church gossip, Instructions for giving your cat a pill, Brief Exercise Immediately Enhances Memory, Alzheimer's Disease in Mice Alleviated: Promising Therapeutic Approach for Humans, Council is SEEKING EVENTS FOR SENIORS WEEK, Australians living longer, 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: Ronald Ossory Dunlop *Sailing at Itchenor* painting; a man with a passion for seascapes

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: PFOS Special Screening of Bloodshot and Timor Furak Dancers to Perform, Ian Moss and Reindeer @ The Arms, Margaret Olley Exhibit, Carols, Carols Carols, MONATONES @ Narrabeen, NBO Xmas Concert, Loosley Woven, Piitwater to Coffs REGATTA - Last week to enter, WPYC Xmas Picnic, PBL Brekkie for SLSC, Roger Woodward Concert, Magnificat at Manly, Market Days 2012, Tom Burlinson at PBGC and more

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Avalon Sailing Club Teaches a Novice to Sail

Last Sunday, 25th of November, your intrepid reporter was invited to go sailing by Norm Field, Avalon gent and past Commodore (1998-1999) of the family focused Avalon Sailing Club, a great Pittwater sailing club at Clareville. After explaining a state of 'novice' exists, and that they (Norm and sailing partner Geoff) would have to keep the instructions constant, this brave man said quietly,

"We might get going now..."

We went downstairs, through the large cool storage room below, to the boat which would take us out to Mr Field's *Young Generation*, a Young 88, to take part in the family race, held every fourth Sunday.

While Geoff raises (hoists) sails Norm explains a bit about the various parts of his yacht, what they're called and what they're for. This is much better then looking at diagrams...

I asked about the races Avalon Sailing Club runs.

Apart from the family race, which is around three hours in length, the club also runs the Blue Water Shield (4-5 hours); A handicap series raced on courses which include a mark laid approximately one mile off shore from Lion Island; the Quartet Bowl; A handicap series raced on courses that include a mark laid off Juno Point, Twilight Races: Individual handicap races sailed on alternate Fridays during Daylight Saving, and the Van Den Bosch Trophy; For perseverance in fair weather and foul; awarded to the yacht competing in the most events during the year, providing it has not been a prize winner in any series, among others.

Insight done, Norm looks at me worriedly;
"Have you brought a hat?"
Yes, donned. "Should I put the camera away now?"
"Yes, stow it on one of the benches below. Make sure it won't roll around."
"Done."
"Ok, now I may have to throw a bucket of water over you at some stage; she's weight sensitive."

Blink of confusion; bucket of water?...weight sensitive???

As soon as we are clear of the moored vessels Norm turns the engine off and we use the sails to get to the start boat off Taylors point. We are racing Course 35, one of many courses that form part of the racing calendar, and would sail to and around the markers at Stokes Point to Towlers Bay, back to Stokes and then to Rocky Point before heading back to cross the line where we began and head back to the club.

Under the patient tutelage of these two gentlemen one learns what a beam is, a mainsail, a jib, the various kinds of tacks such as a fast tack, how to release the sail and when and how it's best to pull it back on fully if you're on the side of the yacht and responsible for straightening the jib or letting it slacken slightly so it fills with breeze.

What you learn as an extra is these men knew what wind was running, from what direction and when it is due to arrive. Norm knew where on Pittwater you tack, turn and which points to head towards to catch a small breeze if the air is stilling (We'll head to Longnose for a tack). It was all about how to establish, keep and increase momentum.

"See those red bits of wool on the sail? My job is to keep them straight, to keep the sails filled with air."

And as we turned from Towlers to head back to Stokes again, running alongside the racing course of the 20th HARKEN International Youth Match Racing Championships finals;

"See how we've just turned; this is called a 'Port Tack'; Port tack gives way to Starboard tack (when the paths of two boats on opposite tacks cross, the boat with its port side to windward must give way)."

And Geoff; "Ok, lesson number one; when you're not on sail keep the rope looped twice around the winch. That will make it faster when bringing the jib back on." And also; "See when we turn the jib a point where it begins to flutter, that's when you can pull it back on...fast."

While Geoff patiently untangles the rope I've crocheted Norm, always polite, affable and calm, asks me to shift to the opposite side of the yacht and lean. As soon as I have he smiles...may be time for that bucket of water. *Young Generation* **is** a weight sensitive boat and moving crew to add extra thrust or balance works better if the crew have a bit of weight to begin with. Obligingly, feet are dipped into nearby brine but this doesn't help much. Leaning further does, a bit. She's a beautiful craft and the smallest shift from smaller sailors *does* cause her to also shift.

As always we here at Pittwater Online News, who hear from our young folk how there's, "nothing to do and nowhere to go", assessed how sailing would appeal and how they may benefit against a standard checklist and found positives on all levels, physical, mental and emotional;

Sailing and Learning to Sail
Gives grounding and allows children and young adults to learn discipline and perseverence; can use this everywhere else in their lives thereafter and continue to develop this in themselves to achieve dreams.
Establishes a connection with the environment, which is great to have and know ever after if only for the ability to 'exhale and go sail'
Establishes the knowledge and skills of sailing and parallels how knowledge and skills are important to acquire, maintain and further in every other aspect of their lives ever after.
Promotes physical well being and fitness; a person must stay alert, be ready to move and you sleep very well after a day's sailing.
Memories created are great to reflect on or refer back to in times of stress ever after; as well as for the big smile they will ever bring.

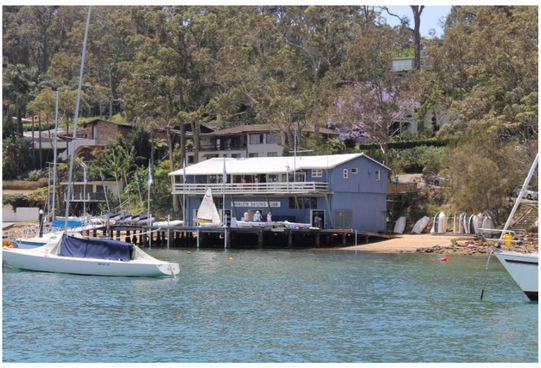
There's something about sailing, a kinship with yacht as though you become part of its rhythms that waylays the possibility of seasickness and fills you with Pittwater's, on this day, both warm and cool and soothing hot foreheads salt dense breezes. Or perhaps it's simply that Norm's *Young Generation*, sailed by him for 22 years now, has carried many a Pittwater resident out for their first ever sail and seemed to be smiling with us, happy to have one pretty excited vegemite on board.

Either way it was pure bliss, a revelation and a privilege to learn from men whose knowledge of the estuary, its winds and where to catch them, allowed a novice to experience a few basics of 'how to sail'. The parts of a beautiful yacht were no longer names for apparatus but living parts of something that *moves*. The various points, bays and beaches of the estuary are clearly just as well known and well loved by others and salute you as you salute them. A whole new world has opened... the estuary, and those who sail on her, has a water ruled side you can't imagine by looking at it and those who sail on her!

Somehow Norm and Geoff won even with 'the novice' on board; a testament to their own skills and decades on the estuary. Back at the clubhouse a winner's bottle of port to be imbibed with the customary BBQ that follows these family races was in order. Sunburnt, aching and exhilarated despite exhaustion from loading that Sunday's Issue until dawn, this imbibing was deferred for the next time they win with this novice on board. I'll be back, for sure. Longnose, Stokes Point, Towlers, Taylors and Rocky Point all have added presence now, only it is the water and the wind that murmer their names... In short, it was one of the best afternoons of my life.

Avalon Sailing Club is at the beginning of Hudson Parade (you can see the sign pointing in just as you head down the hill) and welcomes new members. They have a great Centreboard program for youngsters. Website with full details here.

Report and photographs by A J Guesdon, 2012. All Rights Reserved.



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Artspot 2013 – The Ceramicists

Lawler the Supertrawler By Michele Petrie.

Spiked by Blue Stuart.

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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 ceramicists and the artworks to be featured at **Artspot** exhibition.

Michele Petrie, Karen (Blue) Stuart and Christine Mackinnon all reside on the northern beaches and have a profound joy in creating works of art from clay that is manipulated and spun through their precious hands emerging to a variety of incredible creations.

Michele Petrie's diverse range of work reflects her nomadic life. She has set up over 13 studio practices in Australia and the United States including temporary raku studios on remote islands whilst enjoying her passion for sailing with her husband, Hamish. Michele uses several different techniques and clays to produce her sculptural works which include raku and porcelain totems, delicate "polyp form" porcelain table sculptures and life-sized figurative works. Michele shared that her Artspot works are "*a series of Beach Dudes who reflect the diverse ways people enjoy and employ the coastal environment*". Her eclectic group of swimmers, triathletes and beach goers all have a special story to share with the viewer. Superbly entertaining!

Blue's hand built sculptural vessels are manipulated and textured using a variety of clays, firing temperatures, dry glazes, oxides, slips and under glazes to create signature pieces. She says she is "*inspired by the ocean, from childhood memories of swimming in East Africa amongst deep rock pools abundant with life, to continued snorkelling adventures in Australia.*" A graduate of Northern Beaches TAFE ceramic department, which has purchased and archived five of these amazing series of pieces, Blue was also awarded in March 2012 the Pittwater Ceramicist Award.

The final **Artspot** ceramicist exhibitor is Christine Mackinnon who has lived in Palm Beach for 12 years and also attended Northern Beaches TAFE completing an Advanced Diploma in Ceramics. Her works have evolved around the discovery and diversity of sea creatures she has sighted while walking her dogs along Pittwater. "*During my time I have noticed a major decline in the number of species that are washed up onto the beach after storms*" says Christine, which led her to develop works that express her concern for the depletion of biodiversity while highlighting the value of each of the species that are washed up onto the shore. Christine hand builds 'trap' forms in clay and adds found objects selected from nature. Together these elements bring attention to the beauty and vulnerability of the natural world, highlighting the need to protect it.

Artspot will feature 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.
Opening Times: 10.00am – 5.00pm.
Exhibition closes: Sunday 13th January 2013

Camouflage Wall Trap by Christine MacKinnon

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REST.

Blue seas above my head-blue seas of sky,
Margined with shores of thin translucent leaves --
Green coats of fancy! An adventurer I,
In a high world where nothing stays nor grieves
The full-blown sail of happy fantasy,
For toil lets slip what idleness retrieves.
My head on earth's kind pillow, and my soul
Loosed like a bird. The fretted irtaies lean
Across the gulf where never cloudy shoal
Troubles the zeniths deep of blue serene,
But with slack tiller ships of fancy roll
From shore to shore of the inverted scene.
Above me. . . But is there beneath, above,
Or past or present, in this deep still pool,
Where thoughts, like fishes through the coral-grove,
Dart Instant, and are drunk into the cool
Deep shadows of rest, bright filaments that rove,
Fanciful shoals, a vaguely glimmering school.
The quiet hath confessed me and aneals
My blindness, till the soul with walls of glass
The immanent crowding life beholds, and feels
Birth, marriage-flight and burial come to pass,
(Where death is but the shade life's light reveals)
Each hour amid the immeasured, murmurous grass.
Somewhere a bird tells beads of golden song
The silence takes and in her bosom lays,
Their tremulous, golden mystery to prolong,
And utter peace translated is to praise,
As minutes pass, a velvet-footed throng-
Ah, God be thanked for length of summer days.
Ella McFadyen.
(Irtaies-i.e., in aboriginal dialect, the giant nettle-trees of the Big Scrub.)
REST. (1932, March 5). The Sydney Morning Herald (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article16845815

SONG AT MORNING.

Blue skies are calling
Or is it a bird? Far notes falling
Through the bush, hall heard; Singing of the mating time,
Singing of the Spring,
Singing Love is In his prime,
And Time is on the wing.
Blue skies are calling
Or is it the sea? Old, enthralling,
Deep in mystery.
White wings are faring
Out against the blue, Tall sails daring,
And deeds are to do.
Blue skies are calling
Or Is It my heart? Winter's chain falling
Link by link apart;
Bird calls are mocking,
Waves kiss the shore. Hope's hand knocking.
And Love al the door
Ella McFadyen.
SONG AT MORNING. (1934, October 6). The Sydney Morning Herald (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article17109792

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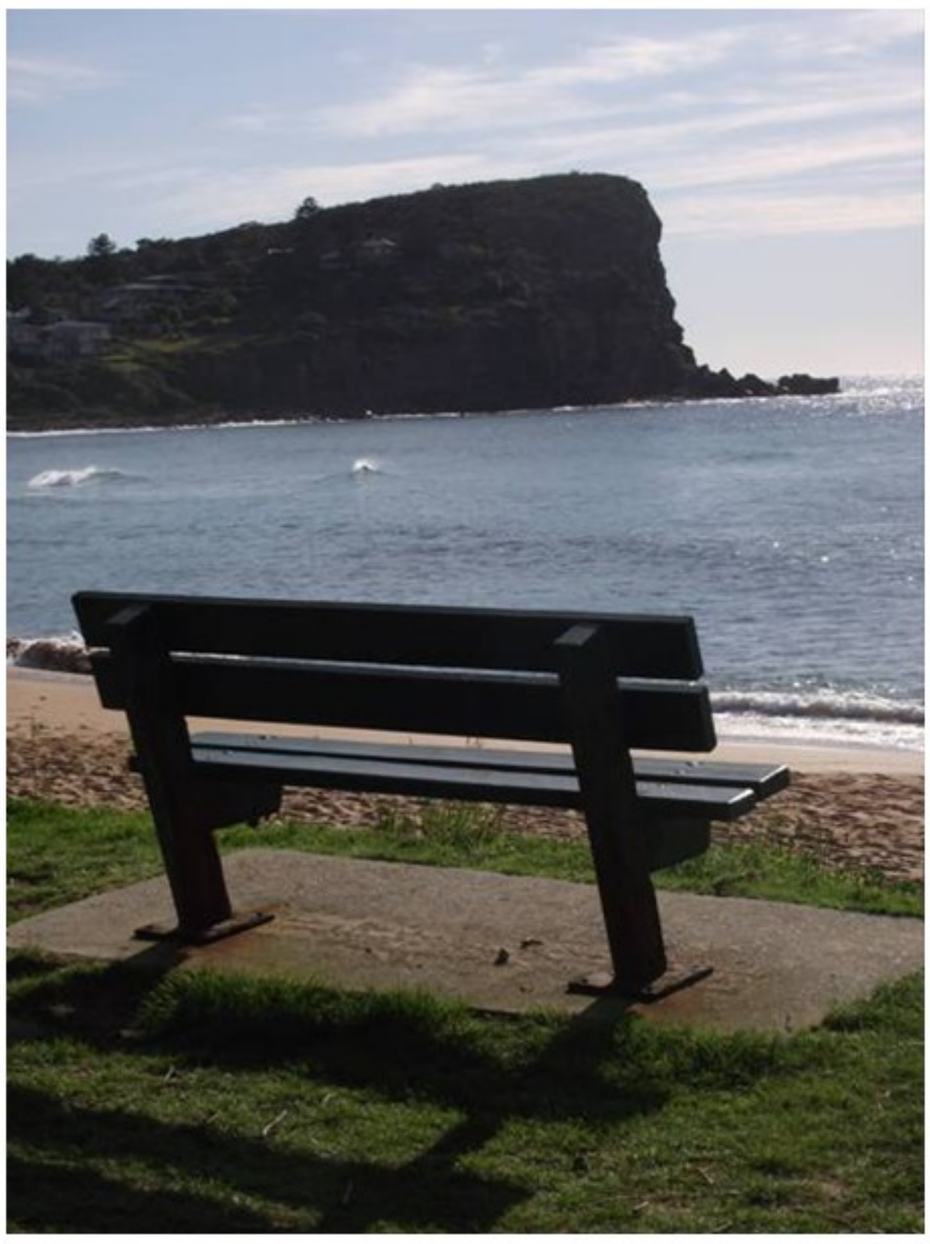

Park Bench Philosophers

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.

Pittwater Online News

Pittwater's Community Newspaper

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Artizone This Week

Youth Leading The Way 2012

Pittwater Council Community Grants Ball

Mackellar MP's Column

Reflections on Olympic Glory - A VIEW FROM THE QUAY

Bangalow Bowls Club Wins Pittwater Pairs

Bangalow Bowls Club Wins Pittwater Pairs

Tourism Australia Launches Campaign to Encourage Australians to Explore Their Backyard

Tourism Australia Launches Campaign to Encourage Australians to Explore Their Backyard

Sydney Lord Mayor Visits Pittwater

Sydney Lord Mayor Visits Pittwater

Warria Regime Debuting Team with PCYC

Warria Regime Debuting Team with PCYC

Christmas Notices

Christmas Notices

Join our clean-up...

Join our clean-up...

Time Capsule to close all entries for Save Narrow Pittwater & Coffs Harbour Jetties

Time Capsule to close all entries for Save Narrow Pittwater & Coffs Harbour Jetties

Pittwater Offshore Newsletter Update 2012/2013 - 2014 at a glance - Are You in Business

Pittwater Offshore Newsletter Update 2012/2013 - 2014 at a glance - Are You in Business

Pittwater Offshore Newsletter Update

Pittwater Offshore Newsletter Update

Pittwater Council's CODE Newsletter December

Pittwater Council's CODE Newsletter December

Pittwater Friends of Scholarly Activity Awards Dinner 2012 - Celebrating Excellence and Lifelong Learning

Pittwater Friends of Scholarly Activity Awards Dinner 2012 - Celebrating Excellence and Lifelong Learning

Bowlcare Notices - November 2012

Bowlcare Notices - November 2012

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Nina Curtis

Pittwater and sailing are synonymous, the points, the ponds, areas where winds and breezes may catch, shift and change, the bays where wind may suddenly drop away to nothing make our estuary a world with a hidden inner core unless you get out there, on deck and under sail. A great place to sail naturally produces great sailors. If you began chanting the names of all those who have sprung from Pittwater sailing clubs onto National and International sailing arenas at dawn, along with their accomplishments, you may be done by midnight…

One of these who began at BYRA then moved to the equally community and youth minded Avalon Sailing Club sailing Manly juniors before joining the Youth Development Program at the RPAYC is recent silver medallist, and first time Olympian, Nina Curtis. There could be no better way to open a month of Summer Ladies then sharing a small insight into one of Pittwater's most genuine, down to earth and generous young women…

Nina began sailing with her parents on Pittwater as a toddler. By the age of eight her competition years had begun. Her national team debut was in the Harken International Match Racing Regatta at fifteen years of age. A competitor in the Sydney to Hobart in both 2007 and 2008, this girl has earned her stripes. In 2009 Nina won the gold medal at the Women's Match Racing World Championships in Lysikil, Sweden. In 2010 and again this year, along with team mates for the Olympics Lucinda Whitty and Olivia Price, Nina was named Australian Female Sailor of the Year.

None of this seems to faze this young lady. Nina is an inspiration to all the children at the RPAYC and clearly adores them back. With bright clear eyes, a ready smile and a calmness that must come from being on the water, this lady is what Pittwater is all about.

Please describe your ultimate sailing vessel (no budget restraints, sky's the limit, and you have a magic wand);

Olympic class foiling catamaran with spinnaker and all the extras

Training off the water and on the water in all weather conditions equips you to do well physically anywhere in the world; what accompanies this as mental and emotional training to back it up ?

For our last Olympic campaign we put a lot of time and effort into a communication method on board the boat where every aspect of the race was accounted for. I would spend time off the water updating data and communication loops to enhance this system, I found it a balancing thing to do leading into the regattas.

As for emotional well being it was important for all three of us to balance our lives as best we could leading up to the Olympics. Running or surfing were activities that I would do to switch off from sailing and get some mental rest. Watching sailing video or chatting with my coach helps me tune into racing mode.

Please share your three most memorable moments from sailing;
a) When not Competing;
My brother surprised me by coming to watch the Olympics. He lived overseas and I had not seen him for 8 months. I went to see him on a morning off and it was so good to give him a hug and catch up, it was a very special morning!

b) When Competing;
Winning our semi finals in the Olympics against the Finnish team. It was in super light conditions and it took incredible mental strength from every member of our team to come from behind on the last downwind of the deciding race. So proud of the girls (Olivia and Lucinda) and surprised myself in those moments.

c) When by yourself
I had been struggling with a issue with my role for a month or so leading up to the Olympics. I was in Germany just before sail for gold, the last of the world cup series (that we went on to win) and something in my brain fell into place. I found a very mental solution for a technical problem and it was very satisfying within myself to solve it on my own with a mind set that was so simple.

What is your future Program for your sailing?

I am hoping to go for the Rio 2016! I am experimenting in some classes at the moment and I'm looking forwards to challenging myself in fleet racing in a new class.

Summer is here; what do you want to do this Summer?

I am so excited to be home I will be making the most of this summer! I can't wait to catch up with friends and family, hold lots of BBQs and spend many days at the beach or on the water with some fun sailing! These are the things I have missed most while busy with an Olympic campaign.

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

Probably be a eagle, it looks like so much fun soaring around and you could see so much more from the sky.

You clearly have a strong family association and passion for sailing; who was the first Curtis to take to sails and where did he or she sail?

Yes; both my grandparents on my mum and my dad's side loved to be on the water and sail so it's in my blood! Both grandparents sailed on Pittwater, so my brother and I are third generation Pittwater sailors!!

What is your favourite place/s in Pittwater and why?

There is something special about sailing north of Scotland island and playing with the tricky wind conditions that Pittwater is famous for, I think it creates very talented sailors! I also love to have a night in Towlers Bay, it's so peaceful you could be a million miles from anywhere!!!

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

'The greater the obstacle the more glory there is in overcoming it'

And I try to live by staying true to myself regardless of the pressures that come and go.

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Florida House

81 Florida Road, Palm Beach

Once a three storey building now with four-storeys (including basement and turret) beachside mansion the block for this building was purchased by Laurence Gallagher in 1915 when Palm Beach was being sold as the 'Palm Beach' of Australia to attract buyers by likening this beautiful Pittwater beach to the Palm Beach in Florida, USA. Naming the house, stated by some sources to have been built early in 1916 by this gentleman, a stonemason of Scottish birth, 'Florida House' must have seemed in keeping with the intentions of those selling land. Working for one of the main builders of premises in this hilly area after this initial land sales, Albert Verrills, made have added extra impetus considering the success of marketing this beach and its land in this way. Laurie, sometimes spelt 'Lawrie' was employed building roads and structures around Palm Beach.

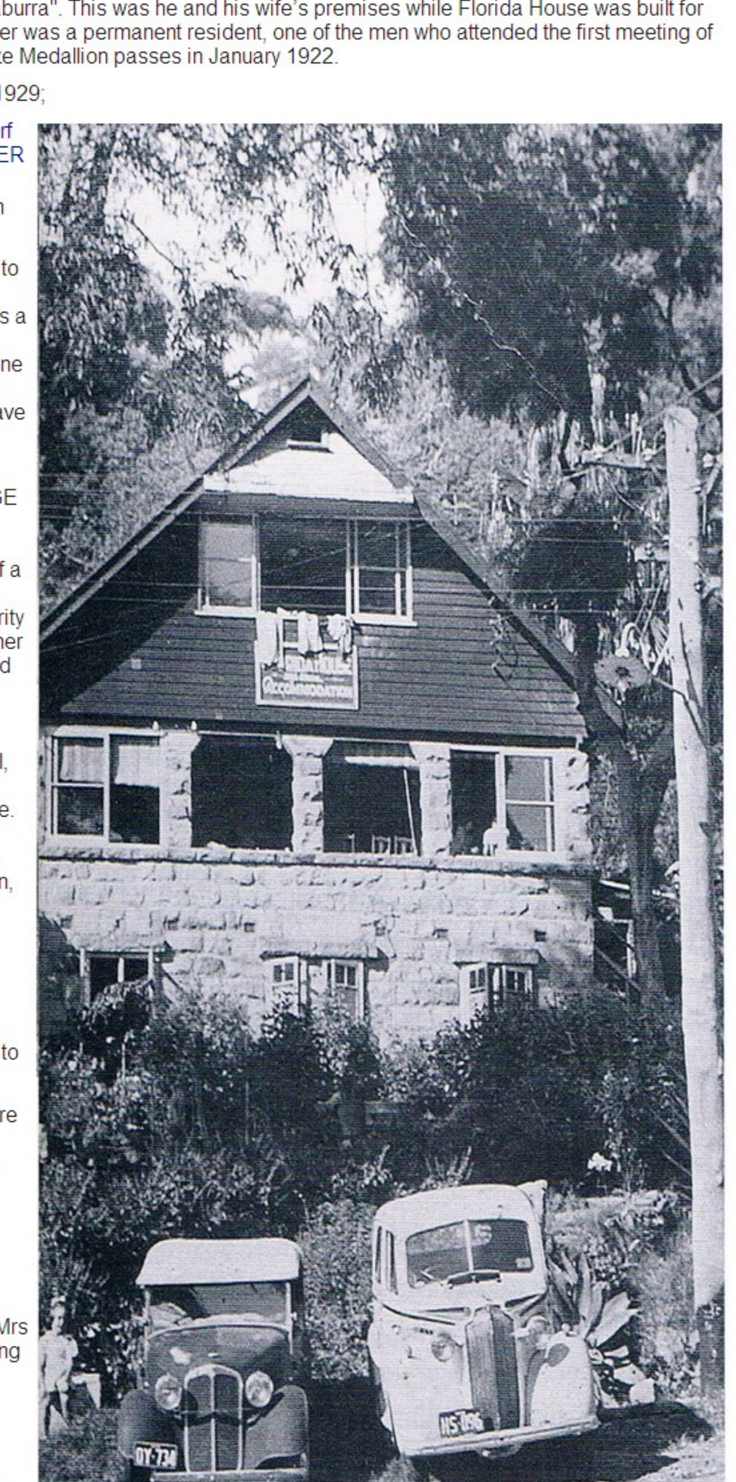
There was also a Florida House at Vaucluse which was utilised by many 'coming of age' young gentlemen and ladies and end of school celebrations or for wedding receptions a few decades later.

Laurie Gallagher was born in Linlithgow Scotland, 1891. He enlisted in the AIF in August 1915, aged 24 years and two months and left Australia on board HMAT A32 *Themistocles* on 5 October 1915. He returned to Australia 2 June 1919. He served in the 1st Battalion, 11th Reinforcement SIF WWI and was then moved to the 53rd Battalion, an extension of the 1st. Raised in 1916 for service during World War I the battalion served on the Western Front until the end of the war, before being briefly amalgamated with the 55th Battalion and then eventually disbanded in 1919. This Battalion fought in some of the battles of WWI on the Western Front and suffered heavy casualties. Photographs of PBSLSC founding members which include him show a wiry man with a cigarette perpetually in his mouth.

Laurie is second from right in row of gents kneeling.

Mr Gallagher also built a house at 79 Florida road, "Kookaburra". This was he and his wife's premises while Florida House was built for accommodating expected summer guests. Laurie Gallagher was a permanent resident, one of the men who attended the first meeting of the Palm Beach SLSC founders and among the first Bronze Medallion passes in January 1922.

The first advertisement, under the Gallaghers, appears in 1929;



PALM BEACH -FLORIDA HOUSE, close to beach and surf 1st class table all modern conveniences Mrs L GALLAGHER P B 48 Advertising. (**1929, December 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article16614042

Current owner Gretel Pinniger, who generously allowed us to photograph this grand old building, stated that when she reonvated the premises several years ago the top floor was a series of ten small rooms all with dormer windows with a passageway down the center. The National Trust listed stone walls, quarried from the site itself, are 40cm thick. A water catchment trap, on the northern border of the block, may have been installed after this incident;

QUEENS-SQUARE JURY COURT.
(Before Mr. Justice Stephen and Jury.)ALLEGED DAMAGE BY FLOODING.
Hinds v Warringah Shire Council.
The plaintiff in this action, who is the owner and occupier of a dwelling and grounds adjoining Florida-road, Palm Beach, sued the Council of the Shire of Warringah, the local authority controlling the area, to recover£400 damages for Injury to her property, alleged to have been caused by overflows of flood waters from the street. Plaintiff alleged that by unskillful alterations of the levels and formation of Florida-road, rainwater accumulated in certain parts of the road, and, encroaching upon her property, caused wash aways of soil, damage to a tennis court, and pollution, which rendered occupation of thedwellings and buildings on the land unsafe. The defendant council, in addition to statutory defence, pleaded not guilty of the negligence alleged. Mr. Monahan, K.C., and Mr.Alan Lloyd (Instructed by Messrs. Bradley,Son, and Maughan) appeared for the plaintiff; and Mr. Maxwell, K.C., and Mr. Henry(instructed by Messrs. J. W. Maund andKelynack) for the defendant council. **Jun 17th 1930, smh.**
The case Is part heard.
The jury returned a verdict for the plaintiff for £40. An application for an injunction was adjourned, to be restored to the list if desired on notice. **June 20th 1930**

This wasn't the Gallaghers only contact with Warringah Shire Council. FRom their minutes; *'That, as recommended a notice be served on L. Gallagher to render his premises,, "Florida House" boarding-house, Palm Beach, fit and sanitary.* **18/03/1929**

The problems with water running through the land were inherited by the current owner and perhaps contributed to those she purchased it from disposing of the property. Another Warringah Minutes item of 1938 refers to Dr and Mrs Dansay, having a premises opposite Florida House, offering to contribute to kerbing and guttering costs.

In 1931 new light was shed on the world inside Florida House;

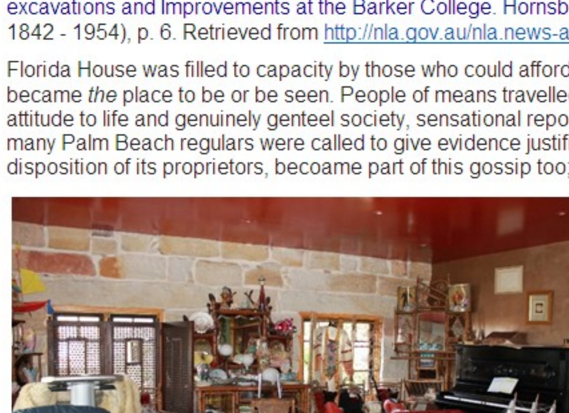
FOR SALE 32 Volt Delco Lighting Plant In good running order complete with Battery 50 Globes, 50ft of Lead £35 No further use, through power being Installed GALLAGHER Florida House Palm Beach PB 48 Advertising. (**1931, October 24**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 18. Retrieved from http://nla.gov.au/nla.news-article16804324

The Gallaghers problems with 'fit' premises continued also;

INSPECTOR'S SUPPLEMENTRY REPORT was dealt with as follows:. 1. Reporting on a nuisance existing at the boarding house "Florida House", Palm Beach
. Resolved, - That the Proprietress, Mrs. Gallagher, be severely reprimanded, that she be warned a repetition of the offence will be followed by prosecution, and she be required to make provision immediately for the removal and disposal of the garbage from her premises. (Crs. Butcher; Batho) **07/03/1939**

Mrs Gallagher, sometimes listed in advertisments throughout the 1930's as Mrs B Gallagher, must have been running the boarding house business while Laurie worked; CONTRACTS LET. Architects have let contracts, as follows: and to L. Gallagher, Palm Beach, for excavations and Improvements at the Barker College. Hornsby. CONTRACTS LET. (**1937, June 1**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article27983742

Florida House was filled to capacity by those who could afford the tarriffs. During the 1930's Palm Beach as a preferred holiday destination became *the* place to be or be seen. People of means travelled from all over Australia to spend 'the season'. Despite a down to earth attitude to life and genuinely genteel society, sensational reports in media, notably about the now infamous Field Vs. Field divorce, in which many Palm Beach regulars were called to give evidence justified notable prying envy. Florida House, already colourful due to the disposition of its proprietors, becoame part of this gossip too;



FIELD V FIELD. The hearing was-continued of the consolidated suit In which Ivy Gladys Field and her husband. Sydney John Field, are both petitioning for divorce on the ground of adultery, the wife adding the issue of cruelty.... During the first week in January, continued witness, he went to see the Powells at FloridaHouse, Barrenjoey. Mrs. Field was there, and declined to return his salutation. She said he had told her husband something, but re-fused to say what it was. Then she remarked, "Well, anyway, please get this into your mind, I am not for sale." Witness said, "You seem just as crazy as your husband." IN DIVORCE. (**1931, December 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article16804010

Florida House stayed open during WWll, experiencing wartime necessities and the Australian climate:

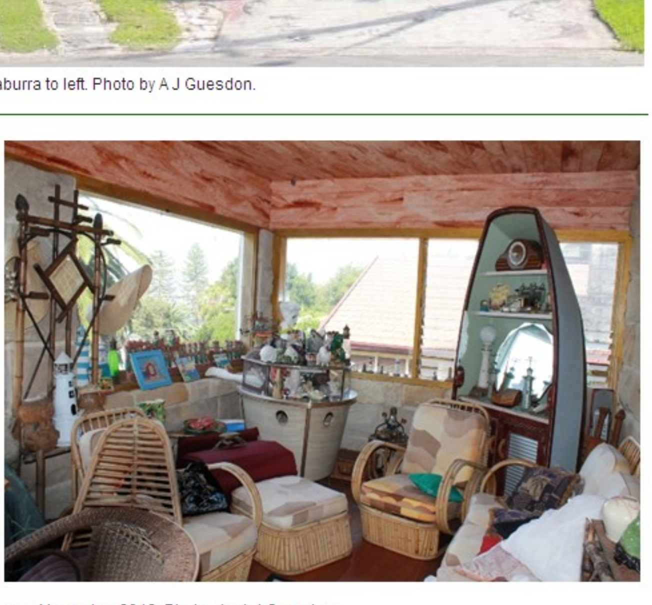
GENERAL HELP Wtd for guest house woman over 45 no objection to child. Write Florida House Palm Beach Advertising. (**1944, February 16**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article17882249

HOUSES IN DANGER Several homes were in danger when bush and grass fires reached their height in Florida Road, Palm Beach Brigades from Headquarters, Avalon and Narrabeen were, called out. Assisted by police and civilians, they burned the fire back into the wind to save the houses. Brigades Fight More Than 30 Scrub Fires. (**1944, December 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article17932772

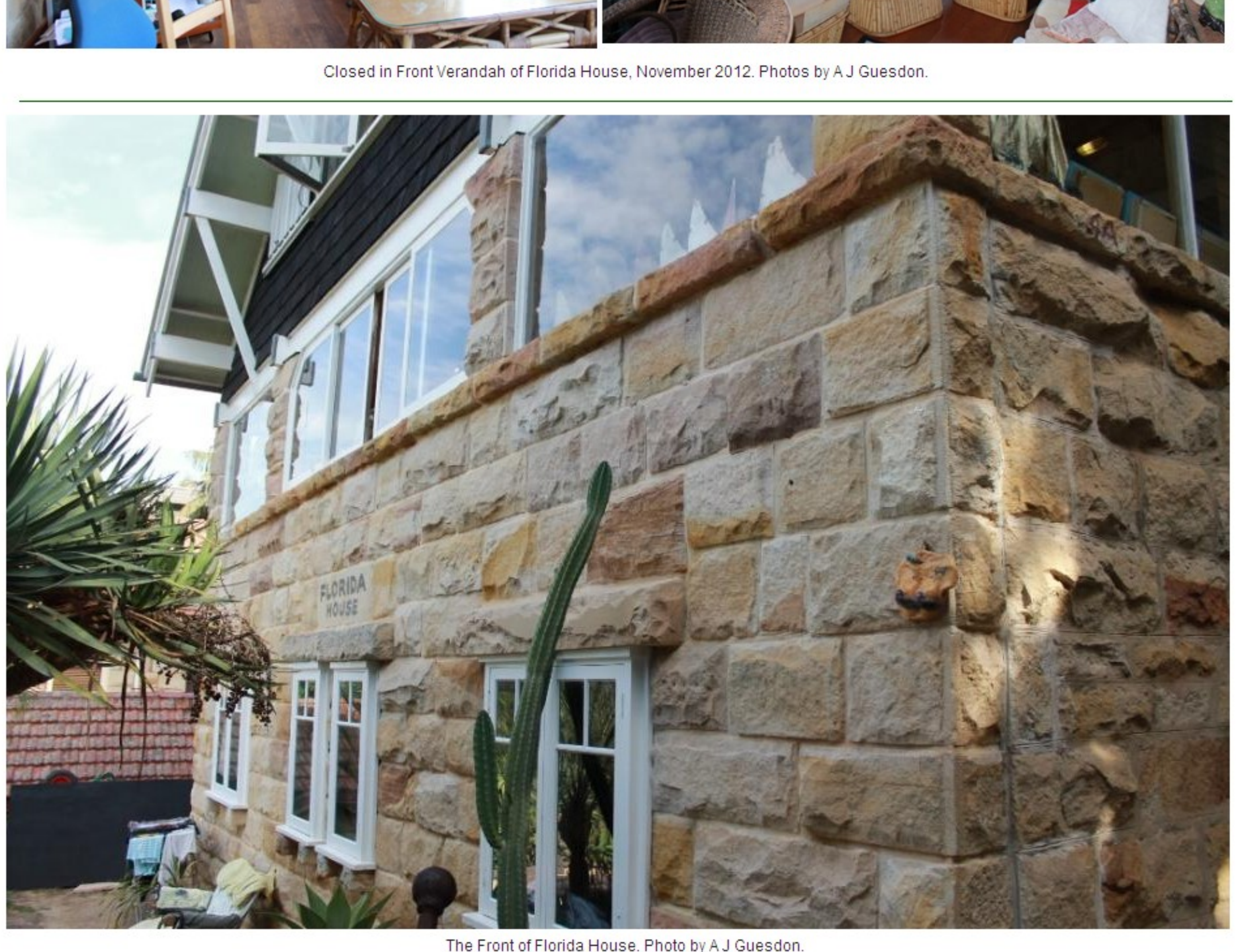
Besides accomodating those who could afford the tariffs, which had risen by 1954: PALM BEACH (Metropolitan) FLORIDA Guest House. "**A home from Home**. Tariff £6/6/ wkly. Children half. P.B. 4448. Advertising. (**1954, March 27**). The Sydney Morning Herald(NSW : 1842 - 1954), p. 33. Retrieved, from http://nla.gov.au/nla.news-article18416916 the property has been owned by both colourful and private people who, outside of renting the premises to others during Summer, also lived there. The current owner has resided at Florida House for 21 years.

*'Home away from home' was a term used by PBSLSC and Pacific Club members who were guests during the late 1940's and 1950s.

Florida House, 2012; Kookaburra to left. Photo by A J Guesdon.



Closed in Front Verandah of Florida House, November 2012. Photos by A J Guesdon.



The Front of Florida House. Photo by A J Guesdon.

East facing wall of Florida House, external, November 2012. Photo by A J Guesdon.

Back external of Florida House showing Turret. Photo by A J Guesdon.

West Facing wall, external, of Florida House, 2012. Photo by A J Guesdon.

View from Attic Room of Florida House, November, 2012. Photo by A J Guesdon.

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Pittwater Online News

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

Posties 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 leading Santa wish list item from almost 60 per cent of Australian children this Christmas, followed closely by electronic games/consoles (40%) and bikes/scooters (22%).

"Our posties 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 busing some gifts online this year so our Santa Mail service is also available for children to send their letters across the country, which is why it's important to start sending your 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 clean, label the envelope with a 69 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 72 per cent of parents encouraging their children to send Santa Mail this festive season. The Australia Post survey also found that 30% of children will write their letter to Santa before bed, eight, with the majority sent to children aged 5 - 8 years. Letters to Santa can be posted in any red domestic posting box or over the counter at your local Australia Post retail outlet, many of which will be open regular 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

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

Safe Schools are Smart Schools

Schools across the country are taking action against bullying and the Gillard Government wants to recognise their hard work by offering a $500 voucher to schools in the country. School Education Minister Peter Garrett has launched a new competition for schools to highlight what they are doing to make their school a 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 interest in the Safe Schools are Smart Schools Competition, download the entry form and find out more at www.safeschools.deewr.gov.au

To enter, schools will be encouraged to form a working group of students, staff and parents, to answer a series of questions relating to how their school's initiatives align with the National Safe School Framework. They will also be encouraged to rate the activities that address any one of the following issues: bullying, cyberbullying, violence, discrimination, harassment or mental health. **The primary school and one secondary school in each state and territory will win a $5000 voucher for school resources.**

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

Pipe Dream (2001) by Wayne Lytle

In this SINGLE frame from a VIDEO ALBUM, all instruments are played to their stalls out of PVC tubing. From the producer of the original "musical triumph" in Store Bells (Sydney Harbour) comes "Pipe Dream" - a video album of 12 tracks, each one comprised of 12 pieces, each by a completely different instrument configuration. Proprietary animation software analyses the music, and automatically drives the instruments. Simple refinements for Highly accurate and efficient animation. Essentials in traditional fine tuning is used.

Jack in the box

Jack in the box (ca. 1990) 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

Priorities set for action plan to protect Australia's children - 23 November 2012 - from Federal Government Media Release

Australia's Community and Disability Services Ministers have today set the priorities for the action plan during the first year of the national plan working for the better protection and safeguarding of our children. Ministers Minister for Community Services, Jenny Collins, thanked the State and Territory Ministers for their input at the Standing Council on Community and Disability Services meeting in Darwin today. The meeting agreed on the priorities across all of the Governments for the 2012-13 of the National Framework for Protecting Australia's Children 2009–2020.

The Second Action Plan is a significant milestone and is taking us closer to ensuring that Australia's children grow up safe and well" Ms Collins said. 'It is an ongoing commitment by all Australian governments and the non-government sector to continue working together to reduce child abuse and neglect. The protection of children is our number one priority. It is the responsibility of all governments and the sector to do as much as possible to make sure all children have the safe and healthy childhood they deserve," Ms Collins said.

Priority areas for the first year of the Second Action Plan include: Further work on implementing the National Standards for Out-of-Home Care

Building stronger partnerships with service sectors such as domestic and family violence, and mental health and health to support vulnerable children and families

Continued work on improving outcomes for Indigenous children

"A survey of out-of-home carers will also take place in year one to help us learn more about them and the support they need," Ms Collins said.

The First Action Plan 2009-2012 established a firm foundation for the National Framework. The Australian Government provided over $300 million to improve outcomes for vulnerable children the First Action Plan, including the establishment of the first National Standards for Out-of-Home Care and the development of National Standards for Child Protection Workforce.

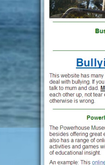
The plan is available at www.fahcsia.gov.au

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

National Geographic online fun For little kids

Online Fun, games and a magazine that is subscribe to, all vetted by experts on this award winning website

HERE.



Australian Clearing House for Youth Studies

ACYS provides support youth organisations, youth workers, youth researchers and young people themselves, as well as policymakers, researchers and practitioners in other sectors working with youth. The clearinghouse focuses on information about early adolescence to the early adult years (10 to 25 years).

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

Great Website with daily Updates HERE

Bus Pass Replacement

HERE

Bullying; NO WAY !!!

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

Powerhouse Museum Online Fun

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

An example. This online skittles game is based on a Victorian table game of skittles, c. 1850, made of wood and coloured paper, from the Powerhouse Museum's collection (object number A7575). Games which combined an element of chance while developing hand-eye coordination were very popular as family entertainment during the later part of the 19th and early 20th century. More HERE.

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

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

Send In Your Stuff

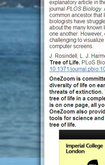
Pittwater Online News is not only For and About you, it is also **BY** you. We cannot survive sweeping or the maligning of others (this is the opposite of what we stand for!) If you have a poem, story or something you want to see addressed, let us know or send to: pittwateronlinenews@live.com.au

All are Welcome, All Belong !

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

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

Cool Tools - Tree of Life Branches out Online



You'll love this one. Exploring the evolutionary tree of life is now as easy as navigating an online map, thanks to a new interactive website called OneZoom, which went live Wednesday, Oct. 17th. Australian time at www.onezoom.org/. The launchis accompanied by an

explanatory article in the 'Cool Tools' series of the open access journal *PLOS Biology*: All living species on Earth descended from a common ancestor that lived in the distant past. Since Darwin, biologists have struggled to draw a 'tree' showing important details about the many known living organisms and how they are related to one another. However, even relatively small trees have been challenging to visualize without huge sheets of paper or multiple computer screens.

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

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

Share ▼ More into

Word of the Week

write; verb to form (as characters or symbols) on a surface with an instrument (as a pen) to form (as words) by inscribing the characters or symbols of on a surface to spell in writing <words written alike but pronounced differently: to cover, fill, or fill in by writing <wrote ten pages> <write a check> - To set down in writing: aka · draw up, draft <write a will> or b (1): to be the author of: compose <write poems and essays> - 2): to compose or transmit in form <write a strong quartet> c (1): to express in literary form <if could write a book about it> (2): to write a book about <if could write about> b) letter <wrote that they are coming> e : to use or exhibit a specific script, language, or literary form or style) in writing <write Braille> f (1): to write characters on <pen> (2): to write characters in <cursive> especially : underwrite <write life insurance

Word Origin: from Old English writan to scratch, draw, inscribe.

Kids on the Coast - Summer School Holiday Program

Share in the sizzling hot 'Kids on the Coast' activities this summer at the Coastal Environment Centre in Palm Beach. **Monday 7 January until Friday 18 January** with activities including 'Rock Pattern Printmaking', 'Underwater Art', 'Rockpool Dioramas' and back by popular demand, the Junior Fishing Clinic. A new activity this summer is 'Nature Biological Art'. Bookings are essential as early to avoid missing out!

Session times are 10am-12pm and 1pm-3pm. The CEC also offers full-day activities and supervision from 10am-3pm daily, including Holiday Entertainment and activities supervised by experienced CEC staff.

Cost:
Single Sessions $22 per child (age 5-12yrs) Full-Day $55 per child (age 5-12yrs) NB: for additional sessions
Fishing Clinic $44 per child (age 8-12yrs)

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

The Royal Prince Alfred Yacht Club Marina now 600

Children a Year to sail and hire great School Holiday Programs. Have a look here.

Hallelujah Chorus -Quinhagak, Alaska - Hallelujah Chorus - Kumerarmut Eliharvaut **5th Grade** - Quinhagak, Alaska www.kumerarmut.com

Messiah is an English-language oratorio composed in 1741 by George Frideric Handel, with a libretto compiled by Charles Jennens from the King James Bible, and from the Psalms included with the Book of Common Prayer (which are quoted together with those of their King James counterparts). It was first performed in Dublin on 13 April 1742, and received its London premiere in 1743 later. After an initially mixed public reception, the oratorio gained in popularity, eventually becoming one of the best-known and most frequently performed works in classical music. At its debut, Messiah was actually titled *A Sacred Oratorio* and all its proceeds were donated to local charities and hospitals. For the remainder of its premiere season of Jonathan Swift, Dean of St. Patrick's Cathedral and author of *Gulliver's Travels*.

Messiah is more often than not referred to as *The Messiah* although it is officially incorrect. Handel's manuscript bears the title *Messiah*, it is widely accepted and used. Handel's *Messiah* was first performed in Dublin's New Music Hall on Fishamble Street. It became more of a Christmas time tradition.

The creative wanted to create a Scriptural anthology of his music by Handel. Jennens' desire quotes turned into reality when Handel composed the entire work in only twenty-four days.

Jennens divided Messiah into three acts, giving the audience a better understanding of the music, while simultaneously retaining its opera-like qualities. The most famous and recognizable piece from Handel's *Messiah* is the "**Hallelujah**" Chorus which begins with the Above portrait of George Friedrich Handel circa 1726–1728, oil on canvas, by Balthasar Denner.

Reducing Sibling Rivalry In Youth Improves Later Health and Well-Being

Sibling conflict represents parents' number one concern and complaint about family life, but a new prevention program - designed and carried out by researchers at Penn State and Pennsylvania State University and published in the December issue of *Child Development* - can improve their future health and well-being.

Negative sibling relationships are strongly linked to aggressive, anti-social and delinquent adjustment, including substance use," said Mark Feinberg, research professor in the Prevention Research Center for the Promotion of Human Development at Penn State. "Our program has been demonstrated effective in all kinds of positive adjustment, including improved peer and romantic relationship quality, academic adjustment and success, and positive well-being and mental health. With this program, we're teaching siblings basic how to manage their conflicts before they more into a brain as a way to improve their well-being and avoid engaging in troublesome behaviors over the time."

The researchers recruited 174 families living in both rural and urban areas to participate in the study. The families had two children, with the younger child in second child in the second, third or fourth grade. To obtain background information about the families, the researchers collected questionnaire data from the parents, teachers and children. Trained observers visited the homes of families. The team also videotaped the siblings as they planned a park together.

The team also gave a popular book on how to parent siblings to each of the families - including both the treatment and the intervention groups - to see if the mere act of providing parents with basic information about how to handle sibling conflict participated in the study were randomly assigned to take part in SIBS or to be a control condition.

The program included a series of 12 afterschool sessions in which the researchers used games, role-playing activities, art activities and discussions to teach small groups of children in the intervention condition how to get along with their siblings. Key to come up with win-win solutions and how to see themselves as part of a team, rather than as competitors. The program also included three "family fun nights" to which the children's parents were invited to show their parents what they had been doing in the afterschool sessions.

"We found that the siblings who were exposed to the program showed more self-control and social confidence, performed better in school, according to their teachers, and showed fewer internalizing problems, such as depressive symptoms, than the children in the control group," said Feinberg.

Not only did the program help the siblings, it helped their parents too.

"The program also helped parents communicate more appropriately when parenting their kids," said Feinberg. "In addition, intervention mothers reported significantly fewer depressive symptoms after the program than mothers in the control group. Fewer two kids were doing better and they were less worried about them. No effects of the program were found for intervention fathers."

The results appeared this month in the journal *Child Development*.

Who else in the family should be involved in the study?

"We think that encouraging siblings to feel like they're a part of a team, by giving them tools to discuss and resolve issues, parents can help their kids develop more positive relationships," said Feinberg. "Parents can also help their kids by not getting involved in sibling conflicts as a mediator or referee. Instead, parents can help their kids learn to resolve conflicts on their own, which in turn, will help them feel confident and competent in their ability to handle social problems."

Feinberg's efforts to find out what parents and teachers think about sibling conflict and to resolve issues will go off over time, according to Feinberg. The intervention materials are now available for use by other researchers.

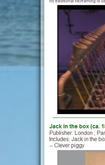
"Sibling conflict is the most frequent source of conflict in families, and it's also the most frequent source of violence in families," said Feinberg. "Our findings suggest that we can improve their future health and well-being."

Keep children safe online

The Easyguide to Socialising Online is available here

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

More information about the ACMA's Cybersmart program is here



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

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

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

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

"This award is the vocational equivalent of the Academic Australian Prize and I am pleased that we have added this category to the achievements of students and their schools," Mr Garrett said. "It is a great opportunity to celebrate the achievements of students who have chosen a practical pathway through their senior studies and gained invaluable skills that make them more employable. Developing industry-specific skills through avenues such as these helps students with planning and pursuing their chosen career path, and the AVSP is a great way to recognise their achievements."

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

New online tool for students

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

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

Recent updates to the website include a chatbot to access the Study Assist website on a range of electronic devices as well as information about social media.

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

Star Texts - CSIRO

Move over Comic Sans, we've found a stellar typeface. Galaxy Zoo lets you "gesture" text, forming galaxies to match letters. Enjoy playing with the universe. www.myplaces.co.uk

Australian Stories Online

Project Gutenberg Australia, has a great list of old legends and books, filled with stories, that you may not be able to find on your own. Some are available as .pdf files, which you can print out either a part print or of course you can read them on more difficult to read these words. You can access them online though. Project Gutenberg Australia is at http://gutenberg.net.au/

Share ▼ More into

Headspace 'We've got your back' campaign

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

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

Love Food, Hate Waste Cookbook

Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This is a great way to get children into the kitchen and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book HERE

December 2 - 8, 2012: Issue 87

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.

Father – Daughter Love

One day my mum was out and my dad was in charge of me. Someone had given me a little 'tea set' as a get-well gift and it was one of my favourite toys.

Dad was in the living room engrossed in the evening news when I brought him a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Mum came home.

My Dad made her wait in the living room to watch me bring him a cup of tea, because it was "just the cutest thing!". My Mum waited and, sure enough, I came down the hall with a cup of tea for Dad. My mum watches him drink it up, and then she says (as only a mother would know):

"Did it ever occur to you that the only place she can reach to get water is the toilet?"

How to stop church gossip

Mildred, the church gossip and self-appointed monitor of the church's morals, kept sticking her nose into other people's business. Several members did not approve of her extra-curricular activities, but feared her enough to maintain their silence.

She made a mistake, however, when she accused Frank, a new member, of being an alcoholic after she saw his old pickup parked in front of the town's only bar one afternoon.

She emphatically told Frank (and several others) that everyone seeing it there would know what he was doing.

Frank, a man of few words, stared at her for a moment before turning and walking away. He didn't explain, defend, or deny. He said nothing.

Later that evening, Frank quietly parked his pickup in front of Mildred's house, walked home... and left it there all night.

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.

GRAND TEA PARTY

Calling all seniors without grandchildren….
Families without grandparents….
Seniors and families wanting to connect….
Join us for a Grand Tea Party!

Families:
- Do your children have limited or no access to grandparents?
- Would you like to add richness to the life of a senior?

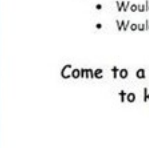
Seniors:
- Would you like to share your stories with families in our community?
- Would you like to connect with a family and be a 'grandfriend'?

Come to a free morning tea, do some Christmas craft and get to know each other as a 'grandfriend' and family

Thursday 6 December 2012
10.30am - 12.30pm
Pittwater RSL
82 Mona Vale Road, Mona Vale

For more information and to RSVP:
Phone: Community Builders Pittwater: 1300 734 120
Email: cbpittwater@ransw.org.au

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**

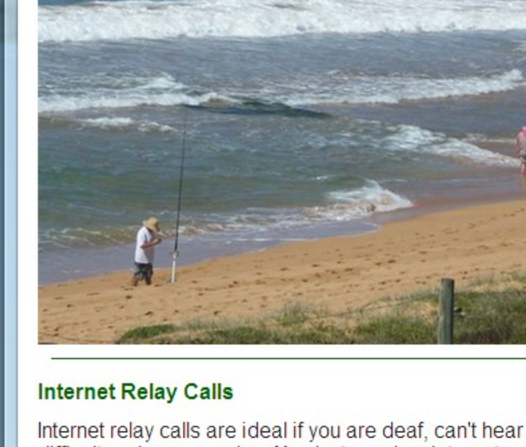
Keep your Wits About You

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

The Senior Newspaper Online

Click on logo:

Australian Senior Publications



Internet Relay Calls

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

Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community CONNECT

Tweet | Like | +1

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

Super Seniors Directory

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

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

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

U3A Lectures on Wednesday Afternoons at Newport -

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

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

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

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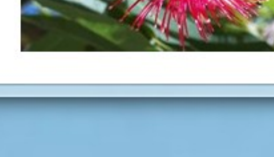


2013 SENIORS ROAD SAFETY CALENDAR

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.

People with dementia in NSW more than twice as likely to be hospitalised

People with dementia in NSW have much higher hospitalisation rates than those without dementia, according to a report released today by the Australian Institute of Health and Welfare (AIHW).

'People with dementia tend to be older than people without dementia and are also more likely to be women, but we have allowed for this in our analysis,' said AIHW spokesperson Brent Diverty.

The report, People with dementia in hospitals in New South Wales 2006-07, examines the characteristics of the 252,700 people aged 50 years and over who had at least one night in a New South Wales public hospital in 2006-07. About 8% of these patients (20,800 people) had dementia.

"Around 26% of people with dementia aged 50 and over in New South Wales had at least one overnight stay in hospital that ended in 2006-07," Mr Diverty said. "This compares with 12% of people aged 50 and over without dementia."

Hospital patients with dementia were more likely to have had more than one multiple-day hospital stay in a 12-month period than patients without dementia (62% and 43% respectively). These stays were also generally longer than for patients without dementia-an average of 18 days compared to 9 days. Admission to hospital due to non-dementia mental and behavioural disorders or conditions of the nervous system was more common among people with dementia than those without (14% compared with 5%). People with dementia were also more likely to be admitted because of injury or poisoning (14% compared with 11%).

'A lower proportion of patients with dementia than those without dementia returned to living in the community on discharge from hospital-59% compared with 88%', Mr Diverty said.

Patients with dementia were more likely to return to living in residential care (22% versus 4%) or enter residential aged care (11% versus 2%). The report is part of the Hospital Dementia Services Project. This project uses detailed data from NSW public hospitals to explore how hospital based aged care and dementia services can influence outcomes for people with dementia who are admitted to hospital. The AIHW is a major national agency set up by the Australian Government to provide reliable, regular and relevant information and statistics on Australia's health and welfare.

Canberra, 29 November 2012

Full publication: *People with dementia in hospitals in New South Wales 2006-07*

Instructions for giving your cat a pill

1. Pick cat up and cradle it in the crook of your left arm as if holding a baby. Position right forefinger and thumb on either side of cat's mouth and gently apply pressure to cheeks while holding pill in right hand. As cat opens mouth, pop pill into mouth. Allow cat to close mouth and swallow.

2. Retrieve pill from floor and cat from behind sofa. Cradle cat in left arm and repeat process.

3. Retrieve cat from bedroom, and throw soggy pill away. Take new pill from foil wrap, cradle cat in left arm holding rear paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold cat's mouth shut for a count of 10.

4. Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse from garden.

5. Kneel on floor with cat wedged firmly between knees, holding front and rear paws. Ignore low growls emitted by cat. Get spouse to hold cat's head firmly with one hand while forcing wooden ruler into mouth. Drop pill down ruler and rub cat's throat vigorously.

6. Retrieve cat from curtain rail, get another pill from foil wrap. Make note to buy new ruler and repair curtains. Carefully sweep shattered figurines from hearth and set to one side for gluing later.

7. Wrap cat in large towel and get spouse to lie on cat with its head just visible from below spouse's armpit. Put pill in end of drinking straw, force cat's mouth open with pencil and blow down drinking straw.

8. Check label to make sure pill not harmful to humans, drink glass of water to take taste away. Apply band-aid to spouse's forearm and remove blood from carpet with cold water and soap.

9. Retrieve cat from neighbor's shed. Get another pill. Place cat in cupboard and close door onto neck to leave head showing. Force mouth open with dessert spoon. Flick pill down throat with elastic band.

10. Fetch screwdriver from garage and put door back on hinges. Apply cold compress to cheek and check records for date of last tetanus shot. Throw t-shirt away and fetch new one from bedroom.

11. Ring fire brigade to retrieve cat from tree across the road. Apologize to neighbour who crashed into fence while swerving to avoid cat. Take last pill from foil wrap.

12. Tie cat's front paws to rear paws with garden twine and bind tightly to leg of dining table. Find heavy duty pruning gloves from shed. Force cat's mouth open with small spanner. Push pill into mouth followed by large piece of fillet steak. Hold head vertically and pour 1/2 pint of water down throat to wash pill down.

13. Get spouse to drive you to emergency room; sit quietly while doctor stitches fingers and forearm and removes pill remnants from right eye. Stop by furniture shop on way home to order new table.

14. Arrange for vet to make a house call.

Health Papers Published this week we may interest you:

Brief Exercise Immediately Enhances Memory: Results Apply to Older Adults Both With and Without Cognitive Deficits

A short burst of moderate exercise enhances the consolidation of memories in both healthy older adults and those with mild cognitive impairment, scientists with UC Irvine's Center for the Neurobiology of Learning & Memory have discovered.

Most research has focused on the benefits of a long-term exercise program on overall health and cognitive function with age. But the UCI work is the first to examine the immediate effects of a brief bout of exercise on memory.

In their study, post-doctoral researcher Sabrina Segal and neurobiologists Carl Cotman and Lawrence Cahill had people 50 to 85 years old with and without memory deficits view pleasant images - such as photos of nature and animals - and then exercise on a stationary bicycle for six minutes at 70 percent of their maximum capacity immediately afterward.

One hour later, the participants were given a surprise recall test on the previously viewed images. Results showed a striking enhancement of memory by exercise in both the healthy and cognitively impaired adults, compared with subjects who did not ride the bike.

"We found that a single, short instance of moderately intense exercise particularly improved memory in individuals with memory deficits," Segal said. "Because of its implications and the need to better understand the mechanism by which exercise may enhance memory, we're following up this study with an investigation of potential underlying biological factors."

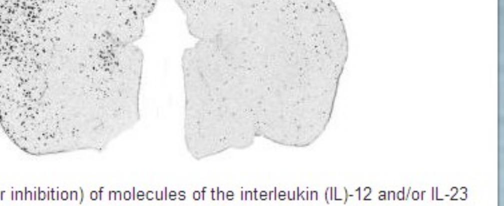
She believes the improved memory may be related to the exercise-induced release of norepinephrine, a chemical messenger in the brain known to play a strong role in memory modulation. This hypothesis is based on previous work demonstrating that increasing norepinephrine through pharmacological manipulation sharpens memory and that blocking norepinephrine impairs memory.

In the more recent research, Segal and her colleagues discovered that levels of salivary alpha amylase, a biomarker that reflects norepinephrine activity in the brain, significantly increased in participants after exercise. This correlation was especially strong in people with memory impairment.

"The current findings offer a natural and relatively safe alternative to pharmacological interventions for memory enhancement in healthy older individuals as well as those who suffer from cognitive deficits," Segal noted. "With a growing population of the aged, the need for improvement of quality of life and prevention of mental decline is more important than ever before."

Sabrina K Segal, Carl W Cotman, Lawrence F Cahill. **Exercise-Induced Noradrenergic Activation Enhances Memory Consolidation in Both Normal Aging and Patients with Amnestic Mild Cognitive Impairment.** Journal of Alzheimer's Disease, 2012 DOI: 10.3233/JAD-2012-121078

Alzheimer's Disease in Mice Alleviated: Promising Therapeutic Approach for Humans



Pic; Deficiency (or inhibition) of molecules of the interleukin (IL)-12 and/or IL-23 signal pathway reduces Alzheimer-like pathological changes – depicted here as so-called ²-amyloid plaques (spot-like areas, stained in black) – substantially. Left: Brain hemisphere of an Alzheimer's mouse; right: Brain hemisphere of an Alzheimer's mouse without IL-12 receptor. (Credit: Image courtesy of University of Zurich)

Pathological changes typical of Alzheimer's disease were significantly reduced in mice by blockade of an immune system transmitter. A research team from Charité - Universitätsmedizin Berlin and the University of Zurich has just published a new therapeutic approach in fighting Alzheimer's disease in the current issue of Nature Medicine. This approach promises potential in prevention, as well as in cases where the disease has already set in.

Alzheimer's disease is one of the most common causes of dementia. In Germany and Switzerland alone, around 1.5 million people are affected, and forecasts predict a doubling of the number of patients worldwide within the next 20 years. The accumulation of particular abnormal proteins, including amyloid-ß (Aβ) among others, in patients' brains plays a central role in this disease. Prof. Frank Heppner from the Department of Neuropathology at Charité and his colleague Prof. Burkhard Becher from the Institute for Experimental Immunology at the University of Zurich were able to show that turning off particular cytokines (immune system signal transmitters) reduced the Alzheimer's typical amyloid-ß deposits in mice with the disease. As a result, the strongest effects were demonstrated after reducing amyloid-ß by approximately 65 percent, when the immune molecule p40 was affected, which is a component of the cytokines interleukin (IL)-12 and -23.

Relevant for human therapy

Follow-up experiments also relevant for humans showed that substantial improvements in behavioral testing resulted when mice were given the antibody blocking the immune molecule p40. This effect was also achieved when the mice were already showing symptoms of the disease. Based on the current study by Prof. Heppner's and Prof. Becher's team, the level of p40 molecules is higher in Alzheimer's patients' brain fluid, which is in agreement with a recently published study by American colleagues demonstrating increased p40 levels in blood plasma of subjects with Alzheimer's disease, thus showing obvious relevance for human therapy.

The significance of the immune system in Alzheimer's research is the focus of current efforts. Prof. Heppner and Prof. Becher suspect that cytokines IL-12 and IL-23 themselves are not causative in the pathology, and that the mechanism of the immune molecule p40 in Alzheimer's requires additional clarification. However, they are convinced that the results of their six-years of research work justify the step toward clinical studies in humans, for which they plan to collaborate with a suitable industrial partner.

lln the context of other illnesses, such as psoriasis, a medication that suppresses p40 in humans has already been applied. "Based on the safety data in patients," comment Profs. Heppner and Becher, "clinical studies could now be implemented without delay. Now, the goal is to bring the new therapeutic approach to Alzheimer patients quickly."

Johannes vom Berg, Stefan Prokop, Kelly R Miller, Juliane Obst, Roland E Kälin, Ileana Lopategui-Cabezas, Anja Wegner, Florian Mair, Carola G Schipke, Oliver Peters, York Winter, Burkhard Becher, Frank L Heppner. **Inhibition of IL-12/IL-23 signaling reduces Alzheimer's disease–like pathology and cognitive decline.** Nature Medicine, 2012; DOI: 10.1038/nm.2965

Reading, Writing and Playing Games May Help Aging Brains Stay Healthy

Mental activities like reading and writing can preserve structural integrity in the brains of older people, according to a new study presented November 25 at the annual meeting of the Radiological Society of North America (RSNA).

While previous research has shown an association between late-life cognitive activity and better mental acuity, the new study from Konstantinos Arfanakis, Ph.D., and colleagues from Rush University Medical Center and Illinois Institute of Technology in Chicago studied what effect late-life cognitive activity might have on the brain's white matter, which is composed of nerve fibers, or axons, that transmit information throughout the brain.

"Reading the newspaper, writing letters, visiting a library, attending a play or playing games, such as chess or checkers, are all simple activities that can contribute to a healthier brain," Dr. Arfanakis said.

The researchers used a magnetic resonance imaging (MRI) method known as diffusion tensor imaging (DTI) to generate data on diffusion anisotropy, a measure of how water molecules move through the brain. In white matter, diffusion anisotropy exploits the fact that water moves more easily in a direction parallel to the brain's axons, and less easily perpendicular to the axons, because it is impeded by structures such as axonal membranes and myelin. "This difference in the diffusion rates along different directions increases diffusion anisotropy values," Dr. Arfanakis said. "Diffusion anisotropy is higher when more diffusion is happening in one direction compared to others."

The anisotropy values in white matter drop, however, with aging, injury and disease.

"In healthy white matter tissue, water can't move as much in directions perpendicular to the nerve fibers," Dr. Arfanakis said. "But if, for example, you have lower neuronal density or less myelin, then the water has more freedom to move perpendicular to the fibers, so you would have reduced diffusion anisotropy. Lower diffusion anisotropy values are consistent with aging."

The study included 152 elderly participants, mean age 81 years, from the Rush Memory and Aging Project, a large-scale study looking at risk factors for Alzheimer's disease. Participants were without dementia or mild cognitive impairment, based on a detailed clinical evaluation. Researchers asked the participants to rate on a scale of 1 to 5 the frequency with which they participated in a list of mentally engaging activities during the last year. Among the activities were reading newspapers and magazines, writing letters and playing cards and board games.

Participants underwent brain MRI using a 1.5-T scanner within one year of clinical evaluation. The researchers collected anatomical and DTI data and used it to generate diffusion anisotropy maps.

Data analysis revealed significant associations between the frequency of cognitive activity in later life and higher diffusion anisotropy values in the brain.

"Several areas throughout the brain, including regions quite important to cognition, showed higher microstructural integrity with more frequent cognitive activity in late life," said Dr. Arfanakis. "Keeping the brain occupied late in life has positive outcomes."

According to Dr. Arfanakis, diffusion anisotropy drops gradually beginning at around age 30. "Higher diffusion anisotropy in elderly patients who engage in frequent cognitive activity suggests that these people have brain properties similar to those of younger individuals," he said.

The researchers will continue to follow the study participants with an eye toward comparing the diffusion anisotropy results over time.

"In these participants, we've shown an association between late-life cognitive activity and structural integrity, but we haven't shown that one causes the other," Dr. Arfanakis said. "We want to follow the same patients over time to demonstrate a causal link."

The above story is reprinted from materials provided by Radiological Society of North America.

Coauthors are Anil K. Vasireddi, B.S., Shengwei Zhang, B.Eng., David A. Bennett, M.D., and Debra A. Fleischman, Ph.D.

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

December 2 - 8, 2012: Issue 87

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

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.

Independent Expert Scientific Committee to advise on Coal Seam Gas and Large Coal Mining - Media release, 27 November 2012- The Hon Tony Burke MP; Minister for Sustainability, Environment, Water, Population and Communities

Environment Minister, Tony Burke, today announced the membership of the new Independent Expert Scientific Committee on Coal Seam Gas and Large Coal Mining Development. The membership brings together a strong group of experts who will play an important role in reviewing coal seam gas proposals and large coal mining developments and their potential impact on water resources when referred by the Commonwealth and state regulators.

"Many community groups and individuals have raised concern about the potential impacts of coal seam gas and coal mining activities on water resources," Mr Burke said. "That's why the Gillard Government created the Independent Expert Scientific Committee to provide advice on coal seam gas proposals and large coal mining developments. The work of this committee will give communities reason to be confident that future decisions about coal seam gas and large coal mining development are informed by the best possible science."

The Committee's advice is expected to substantially improve the collective scientific understanding of the water related impacts of coal seam gas and coal mining developments through a transparent process that builds public confidence.
The legislation to amend the Environment Protection and Biodiversity Conservation Act 1999 to establish the Independent Expert Scientific Committee on Coal Seam Gas and Large Coal Mining Development was passed by Parliament in October and was proclaimed on 9 November 2012.

"The new members of this expert committee bring a range of scientific skills and expertise in areas such as hydrogeology, hydrology, ecology, geology, ecotoxicology and natural resource management," he said. "The committee will advise me on research priorities that address critical gaps in scientific understanding of the actual and potential water related impacts associated with coal seam gas and large coal mining activities, and scope what research is needed to reduce these knowledge gaps."

The Australian Government has provided $150 million to establish the committee and fund scientific research on the potential water-related impacts of coal seam gas and large coal mining activities. A further $50 million has been provided for a new National Partnership Agreement with the states through the Council of Australian Governments, under which the Australian Government and states agree to take the committee's advice into account in their assessment and approvals decisions. Queensland, New South Wales, South Australia and Victoria have all signed this agreement.

"I am pleased to announce that the chair of the committee will be Ms Lisa Corbyn who has a wealth of experience in managing environment and water regulation matters at a senior level," Mr Burke said. "Ms Corbyn brings a strategic and practised expert eye after a long career guiding environmental decisions. I am appointing a mix of members with expertise over a broad range of disciplines that are critical to the important work of this committee. I consulted with the Premiers that are signatories to the National Partnership Agreement as well as my ministerial colleagues to ask for their input into the membership of this committee."

Prior to the passage of the legislation and the establishment of a statutory committee, an interim committee has been providing the government with its scientific perspective on key projects.

"I would like to acknowledge and thank all members of the interim committee for their commitment and assistance," Mr Burke said. "Their work ensured that research was being undertaken and expert scientific advice was offered, whilst the government embarked on what can be a lengthy process of enacting legislation."

Increasing Drought Stress Challenges Vulnerable Hydraulic System of Plants, Professor Finds

The hydraulic system of trees is so finely-tuned that predicted increases in drought due to climate change may lead to catastrophic failure in many species. A recent paper finds that those systems in plants around the globe are operating at the top of their safety threshold, making forest ecosystems vulnerable to increasing environmental stress.

In the current issue of the journal *Nature*, Dr. Zanne and lead authors from the University of Western Sydney in Australia and Ulm University in Germany, report that the hydraulic system trees depend on is a unique but unstable mechanism that is constantly challenged.

"Drought is a major force shaping our forests," said Dr. Zanne, a faculty member within the Columbian College of Arts and Sciences. "Over the last century, drought has been responsible globally for numerous large-scale forest diebacks. To make effective predictions of how forest landscapes may change in the future, we need to first understand how plants work."

The primary challenge plants face during drought is how to keep their plumbing working. Drought stress creates trapped gas emboli in the water system, which reduces the ability of plants to supply water to leaves for photosynthetic gas exchange and can ultimately result in desiccation and death.

"Vulnerability to embolism is one of the main factors determining drought effects on trees," Dr. Zanne said. "However, plants vary dramatically in their resistance to drought-induced embolism, which has made predictions of how forests might be altered under future climates more difficult."

While the research findings are alarming, plants do have a few other tricks up their sleeves. They may have some flexibility of changing their plumbing or new species of trees may replace species no longer capable of persisting in a given place.
An international team consisting of Dr. Zanne and 23 other plant scientists organized via the ARC-NZ Research Network for Vegetation Function at Macquarie University in Sydney, Australia, analyzed existing measures of plant hydraulic safety thresholds in forest species around the world.

The surprising result that the group discovered is that while plants vary greatly in their embolism resistance, they are sitting at similar safety thresholds across all forest types. The team found these thresholds are largely independent of mean annual precipitation. The findings explain why drought-induced forest decline occurs in arid as well as wet forests, which had historically not been considered at risk.

Brendan Choat, Steven Jansen, Tim J. Brodribb, Hervé Cochard, Sylvain Delzon, Radika Bhaskar, Sandra J. Bucci, Taylor S. Feild, Sean M. Gleason, Uwe G. Hacke, Anna L. Jacobsen, Frederic Lens, Hafiz Maherali, Jordi Martínez-Vilalta, Stefan Mayr, Maurizio Mencuccini, Patrick J. Mitchell, Andrea Nardini, Jarmila Pittermann, R. Brandon Pratt, John S. Sperry, Mark Westoby, Ian J. Wright, Amy E. Zanne. Global convergence in the vulnerability of forests to drought. Nature, 2012; 491 (7426): 752 DOI:10.1038/nature11688

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

Tweet | Like | +1

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

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

FISH STORY OF THE WEEK; Fish ear bones point to climate impacts – 28 November 2012 from CSIRO

Magnified thin section taken from the otolith of a five year old tiger flathead caught in eastern Bass Strait.

Scientists believe that fish ear bones and their distinctive growth rings can offer clues to the likely impacts of climate change in aquatic environments. The earbones, or 'otoliths', help fish detect movement and orient themselves in the water. Otoliths set down annual growth rings that can be measured and counted to estimate the age and growth rates of fish.

"Otoliths can form the basis of new techniques for modelling fish growth, productivity and distribution in future environments," said Dr John Morrongiello of CSIRO's Wealth from Oceans Flagship, lead author of a paper published online in Nature Climate Change yesterday. "They are widely used to support fishery stock assessments, and are beginning to be used to measure and predict ecological responses to ocean warming and climate change. Millions of otoliths are archived in research laboratories and museums worldwide, and many fish species live for decades and some, such as orange roughy, live for up to 150 years.

"Their otoliths record variations in growth rates that reflect environmental conditions. Longer-lived fish and older samples take us back as far as the 1800s."
The paper, co-authored by Dr Ron Thresher and Dr David Smith of CSIRO, builds on earlier research by Dr Thresher that identified the potential of using fish 'hard parts' (such as otoliths) and deep ocean corals to understand environmental change. It outlines a framework in which Australian research institutions can analyse hard parts and assess past and future impacts on a range of species.
In the next research phase, scientists at CSIRO, the Australian Institute of Marine Science and the University of Adelaide will study selected species of commercial interest, including tiger flathead, black bream, blue gropers, barramundi and tropical snappers.

"We will use otoliths to investigate the environmental drivers of fish growth for many species around Australia," Dr Morrongiello said. "This will allow us to generate a continental-scale evaluation of climate change impacts on Australia's fishes and help to guide the conservation and management of our aquatic environments into the future."

Dr Thresher said there had already been extensive use of hard part archives from corals to reflect on climate variability, such as El Niño events, and to reconstruct environmental histories.

"Any change identified in growth and age maturity, especially of commercially-important species, clearly has implications for forecasting future stock states and the sustainable management of fisheries," Dr Thresher said. "A better ability to predict such change will greatly enhance our ability to forecast, manage and adapt to the impacts of climate change in marine and freshwater systems."

Aquatic biochronologies and climate change John R. Morrongiello, Ronald E. Thresher & David C. Smith *Nature Climate Change*, 27 November 2012.

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.

Tweet | Like | +1

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

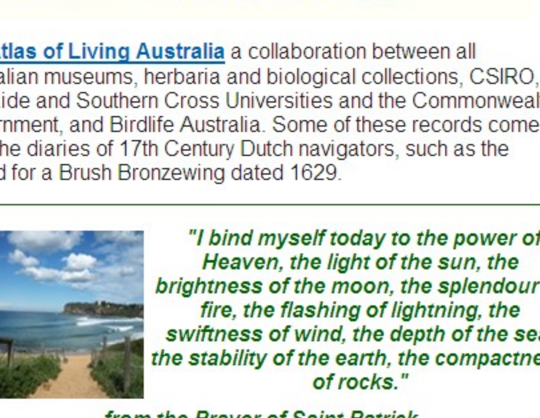
What Does PNHA do?

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

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

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

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Eggs – Soufflés

Considered a 'meat' by many nutritionists due to their high energy and high protein values in any diet, the humble egg, eaten by humans for thousands of years, tastes great served plainly, becomes gourmet when coddled, poached and part of Eggs Benedict or Florentine and becomes even snazzier as the basis of a soufflé. A soufflé is a lightly baked cake made with egg yolks and beaten egg whites combined with various other ingredients and served as a savory main dish or sweetened as a dessert. The word soufflé is the past participle of the French verb souffler which means "to blow up" or more loosely "puff up"—an apt description of what happens to this combination of custard and egg whites. Now don't be put off by thinking this is too difficult. If you follow the steps and use the hints provided below, you will come up with something that shall leave you and your dining guests beaming. This is a relatively cheap and easy way to provide something spectacular and is one of those dishes you can whip in a thrice when you haven't been shopping but have a few basic ingredients and want to serve something a wee bit special. Once you have the the method you can adapt to most ingredients.

Every soufflé is made from two basic components: a) a French crème pâtissière base/flavored cream sauce or purée and b) egg whites beaten to a soft peak meringue. The base provides the flavor and the whites provide the "lift". Foods commonly used for the base in a soufflé include cheese, jam, fruits, berries, chocolate, banana and lemon .

Goats Cheese Soufflé (easy; serves 6)
We've been making this as Christmas Fare for years now. There are a variety of versions out there. This is the 'fool proof' one that works for us. Goat cheese, or chèvre (from the French for goat), is cheese made out of the milk of goats. It too has been made for thousands of years, and may be one of the earliest made dairy products. Goat milk is often consumed by young children, the elderly, those who are ill, or have a low tolerance to cow's milk due to being very similar to human milk.

Ingredients
100g unsalted butter
100g plain flour
600ml full-fat milk , warmed
2 tbsp grated Parmesan (or vegetarian alternative)
1 tbsp Dijon mustard
2 tbsp chopped thyme leaves
4 large eggs , separated, plus 1 large egg white (use the yolk, see below)
175g rindless goat's cheese , crumbled
50ml double cream
25g grated Parmesan (or vegetarian alternative)
1 large egg yolk
Melt the butter in a large saucepan and use about 1 tbsp to grease 6 x 200ml soufflé dishes. Place the remaining butter back on the heat, then scatter over the flour and mix well. Cook for 5 mins, stirring constantly, then gradually whisk in the warm milk, a little at a time, until you have a thick, smooth mixture. Stir in the Parmesan, mustard and thyme, then set aside to cool slightly. Beat in the egg yolks, fold through the goat's cheese, season with salt and pepper, then transfer to a large bowl.
In a clean bowl, whisk the egg whites until they just start to stiffen and hold peaks. Use a metal spoon to fold them into the cheesy mixture, in 3 additions.
Heat oven to 200C/180C fan/gas 6. Spoon the mix into the soufflé dishes, then sit them in a roasting tin. Pour boiling water into the tin to reach halfway up the sides of the dishes. Bake the soufflés for 20 -25 mins until they are risen and coloured. Remove the dishes and set aside for 10 mins. Run a knife around the edges, then turn out onto an ovenproof tray. The soufflés can now be kept covered in the fridge overnight or frozen for up to a month. Defrost fully before reheating as below. To make the Parmesan glaze, whisk the cream, Parmesan and egg yolk until combined.
About 15 mins before you are ready to eat, heat oven to 200C/180C fan/gas 6. Drizzle the tops of the soufflés with the glaze. Bake for 10 mins, then finally flash under the grill until the tops are golden.
Serve with a crisp green salad. Perfect for steamy Summer days.

Classic Chocolate Soufflé (serves 6)
Melted butter, to grease
4 1/2 tbscaster sugar
60g butter
2 tbs plain flour
160ml (2/3 cup) milk
210g good-quality dark chocolate, chopped
3 eggs, separated
125ml (1/2 cup) thin cream
2 tbs brown sugar
1 tsp vanilla essence
Icing sugar, to dust

Preheat oven to 180°C. Brush six 160ml (2/3-cup) ovenproof soufflé dishes with melted butter to grease (using upward strokes on side). Sprinkle the inside with 1 1/2 tbs of caster sugar, shake out any excess. Melt 30g of the butter in a saucepan over medium heat. Add flour and use a wooden spoon to stir for 1 minute or until mixture is smooth and begins to bubble. Remove from heat, gradually add milk, stirring until smooth and combined. Return to medium heat, stir until mixture thickens and comes to the boil. Boil for 1 minute, stirring. Remove from heat. Stir in 125g of the chocolate and remaining caster sugar until combined. Transfer to a bowl. Add egg yolks and stir until well combined. Use an electric beater to whisk egg whites in a clean, dry bowl until firm peaks form. Use a metal spoon to fold one-third of the egg whites into chocolate mixture. Fold in remaining egg whites until just combined. Spoon the mixture evenly into prepared dishes. Place on a baking tray. Bake in preheated oven for 15-20 minutes or until well risen. Meanwhile: combine remaining chocolate, remaining butter, brown sugar, cream and vanilla essence in a saucepan over low heat. Cook, stirring, for 2 minutes or until chocolate melts and mixture is well combined. Simmer, uncovered, for 1 minute. Remove from heat. Place in a jug. To serve, place ramekins on plates. Dust with icing sugar. Use a spoon to make a hole in top of each souffle, pour in a little chocolate sauce.

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History
Bird eggs have been valuable foodstuffs since prehistory, in both hunting societies and more recent cultures where birds were domesticated. The chicken was probably domesticated for its eggs from jungle fowl native to tropical and subtropical Southeast Asia and India before 7500 BCE. Chickens were brought to Sumer and Egypt by 1500 BCE, and arrived in Greece around 800 BCE, where the quail had been the primary source of eggs. In Thebes, Egypt, the tomb of Haremhab, built about 1420 BCE, shows a depiction of a man carrying bowls of ostrich eggs and other large eggs, presumably those of the pelican, as offerings. In ancient Rome, eggs were preserved using a number of methods, and meals often started with an egg course. The Romans crushed the shells in their plates to prevent evil spirits from hiding there. In the Middle Ages, eggs were forbidden during Lent because of their richness. The word mayonnaise possibly was derived from moyeu, the medieval French word for the yolk, meaning center or hub.
Egg scrambled with acidic fruit juices were popular in France in the 17th century; this may have been the origin of lemon curd.
The dried egg industry developed in the 19th century, before the rise of the frozen egg industry. In 1878, a company in St. Louis, Missouri started to transform egg yolk and white into a light-brown, meal-like substance by using a drying process. The production of dried eggs significantly expanded during World War II, for use by the United States Armed Forces and its allies.
In 1911, the egg carton was invented by Joseph Coyle in Smithers, British Columbia, to solve a dispute about broken eggs between a farmer in Bulkley Valley and the owner of the Aldermere Hotel. Early egg cartons were made of paper.

Nutritional value
Eggs add protein to a person's diet, as well as various other nutrients.
Chicken eggs are the most commonly eaten eggs. They supply all essential amino acids for humans (a source of 'complete protein'), and provide several vitamins and minerals, including retinol (vitamin A), riboflavin (vitamin B2), folic acid (vitamin B9),vitamin B6, vitamin B12, choline, iron, calcium, phosphorus and potassium. Although not as abundant as red meats, eggs are a source of CoQ10 depending on how they are prepared.
All of the egg's vitamin A, D, and E are in the egg yolk. The egg is one of the few foods to naturally contain vitamin D. A large egg yolk contains approximately 60 Calories (250 kilojoules); the egg white contains about 15 Calories (60 kilojoules). A large yolk contains more than two-thirds of the recommended daily intake of 300 mg of cholesterol (although one study indicates the human body may not absorb much cholesterol from eggs.) The yolk makes up about 33% of the liquid weight of the egg. It contains all of the fat, slightly less than half of the protein, and most of the other nutrients. It also contains all of the choline, and one yolk contains approximately half of the recommended daily intake. Choline is an important nutrient for development of the brain, and is said to be important for pregnant and nursing women to ensure healthy fetal brain development.
The diet of the laying hens can greatly affect the nutritional quality of the eggs. For instance, chicken eggs that are especially high inomega 3 fatty acids are produced by feeding laying hens a diet containing polyunsaturated fats and kelp meal. Pasture-raised free-range hens which forage largely for their own food also tend to produce eggs with higher nutritional quality in having less cholesterol and fats while being several times higher in vitamins and omega 3 fatty acids than standard factory eggs

Varieties

The most commonly used bird eggs are those from the chicken. Duck and goose eggs, and smaller eggs, such as quail eggs, are occasionally used as a gourmet ingredient, as are the largest bird eggs, from ostriches. Gull eggs are considered a delicacy in England, as well as in some Scandinavian countries, particularly in Norway. In some African countries, guinea fowl eggs are commonly seen in marketplaces, especially in the spring of each year. Pheasant eggs and emu eggs are perfectly edible, but less widely available.

Egg (food). (2012, November 30). *In Wikipedia, The Free Encyclopedia*. Retrieved from http://en.wikipedia.org/w/index.php?title=Egg_(food)&oldid=525726963

Soufflé Tips from TASTE:
1. Volume boost: To give your soufflé maximum volume and a lighter texture, it's best to use week-old eggs that have been brought to room temperature.
2. Equipment essentials: Before beating the egg whites, make sure your equipment is clean and dry. Any grease or moisture on the mixing bowl prevents the egg white reaching maximum volume.
3. Peak performance: Beat the egg white until firm peaks form. To test this, lift the beater - the egg white should come to a slight point. If the tip of the point folds over, beat a little longer. Overbeating the egg white makes it more difficult to incorporate into the soufflé mixture and may result in overmixing, which in turn affects the height of the soufflé.
4. Easy does it: Working in batches, gently fold the beaten egg white into the soufflé mixture - vigorous mixing destroys the air bubbles, which are crucial for the soufflé to rise.
5. That sinking feeling : Fold in the egg white until it's just incorporated. If the mixture starts to soften and lose volume towards the end of the folding process, stop immediately or the soufflé may not rise.
6. Straight talking: Cook your soufflé in a straight-sided ovenproof dish. The straight side helps the soufflé rise. You could also use an ovenproof saucepan or heatproof mugs. Dust the greased dish with breadcrumbs or caster sugar to help the soufflé grip the side and rise evenly.
7. Stand tall: Before cooking, run your finger around the inside rim of the soufflé dish, slightly inside the mixture. This helps the soufflé rise evenly and gives it the distinctive "top hat" appearance.
8. Setting standard: Soufflés are best when they're still slightly runny in the centre. To check if a soufflé is set, gently tap the dish - it should wobble just a little bit. If the centre seems too fluid, cook for a few more minutes.
9. Draught dodger: Don't worry if the soufflé sinks slightly when you open the oven door to check its progress. Close the door and the soufflé will rise when it heats up again. If a soufflé starts to deflate while you're waiting to serve it, pop it back into the oven for 1-2 minutes and it should puff up again.
10. Cover the cracks: If a sweet soufflé cracks on the top, dust it with icing sugar or cocoa powder.

December 2 - 8, 2012: Issue 87

NBI Family Fun Day 2012 - 1st of December

Northern Beaches Interchange organisation (NBI) celebrates 30 years of operation in 2012. The annual Family Fun Day, one of a wide range of activites and events many enjoy each year, saw children and parents enjoying a wide range of activities, great food and this year, a band.

NBI is a not-for-profit community based organisation. NBI's purpose is to support and strengthen families caring for children and young people who have a disability, and to enable these young people to participate more fully in the community.

Volunteers have a valued role within NBI in helping out with their varied programs.

Carolyn McKay CEO at NBI recently stated NBI is looking for people who have empathy with children and young adults.

"**You may have a special skill say in art or music that you might like to share with them,**" said Ms McKay. "**Or just having a sense of humour and being able to relate to children is welcomed.**"

NBI's range of programs; a playgroup for children with additional needs; regular recreation activities; family support events for siblings and parents and one-to-one support for families are rewarding and 'joy making' for all involved. This year's family fun day, held at Narrabeen North Public School, is always a day filled with laughter, contact with animals, face painting and even a visit from Santa.

For more information about Northern Beaches Interchange Services or to find out about volunteering opportunities visit www.nbi.org.au

Sarah Owen from Kinder Farm in Dural provided the baby animals which were a great attraction for the kids.

Tweet Like +1

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

Emily Smith from Ponies for Parties gives assistance dismounting the hard working 'Sunny'.

The local 'Snake Gully Band' featuring David England, Steve Stewart, Pete McMahon and Peter Tesorieo.

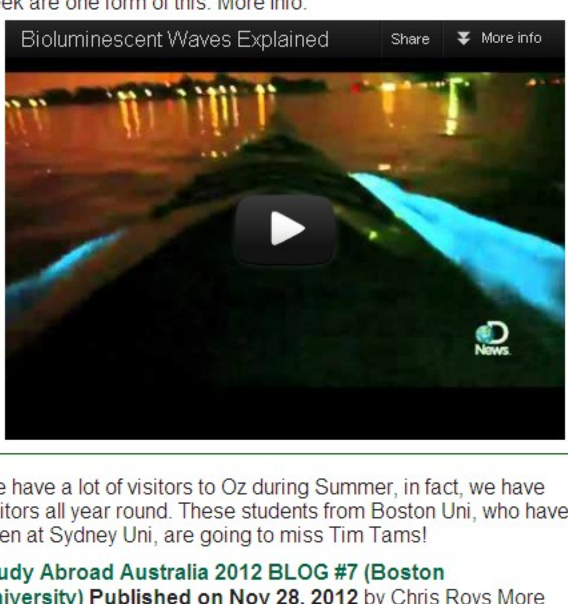
Pittwater Online News

December 2 - 8, 2012: Issue 87

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

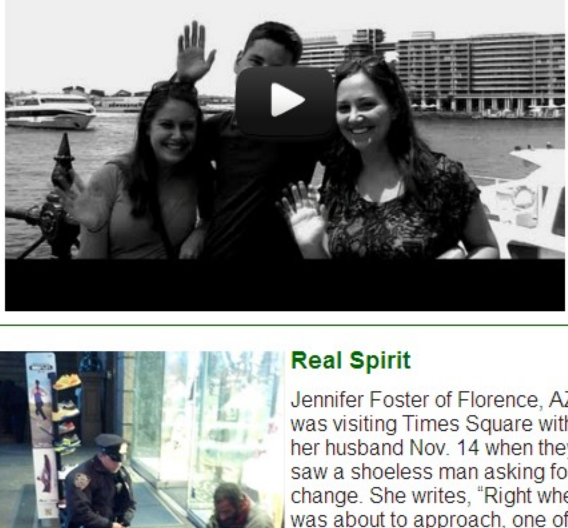
Sea Lights

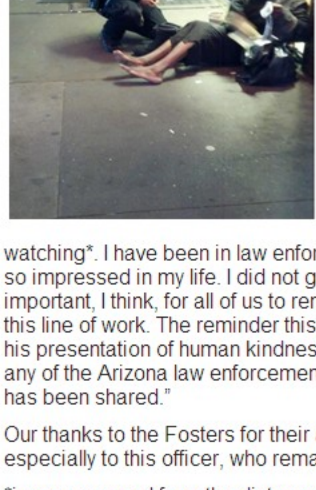
A few years ago a Staffer was swimming on the middle bank at Whaley at night, after a storm, and kept getting covered with bright green sparks of light on surfacing. This is known as Bioluminescence. The red Algae blooms shown in the news this week are one form of this. More Info:



We have a lot of visitors to Oz during Summer, in fact, we have visitors all year round. These students from Boston Uni, who have been at Sydney Uni, are going to miss Tim Tams!

Study Abroad Australia 2012 BLOG #7 (Boston University) Published on Nov 28, 2012 by Chris Roys More at: twobiddiesandabloke.wordpress.com





Real Spirit

Jennifer Foster of Florence, AZ was visiting Times Square with her husband Nov. 14 when they saw a shoeless man asking for change. She writes, "Right when I was about to approach, one of your officers came up behind him. The officer said, 'I have these size 12 boots for you, they are all-weather. Let's put them on and take care of you.' The officer squatted down on the ground and proceeded to put socks and the new boots on this man. The officer expected NOTHING in return and did not know I was watching*. I have been in law enforcement for 17 years. I was never so impressed in my life. I did not get the officer's name. It is important, I think, for all of us to remember the real reason we are in this line of work. The reminder this officer gave to our profession in his presentation of human kindness has not been lost on myself or any of the Arizona law enforcement officials with whom this story has been shared."

Our thanks to the Fosters for their attention and appreciation, and especially to this officer, who remains anonymous.

*image cropped from the distance at which it was taken

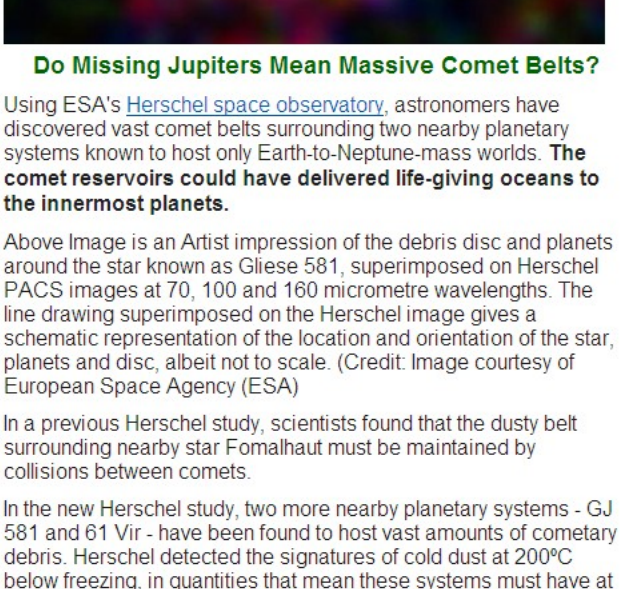
For Animal Lovers

Biggest Rabbit in the World

The Flemish Giant is the largest breed of domestic rabbit (*Oryctolagus cuniculus*).The Flemish Giant originated in Flanders. It was bred as early as the 16th century near the city of Ghent, Belgium. It is believed to have descended from a number of meat and fur breeds, possibly including the Steenkonijn (Stone Rabbit – referring to the old Belgian weight size of one stone or about 3.76 kg (8 lb 5 oz) and the European "Patagonian" breed (now extinct). The minimum show weight for a Senior (older than 8 months) doe is 14 lbs (about 6.4 kg), and the minimum weight of a Senior buck is 13 lbs (about 5.9 kg) (ARBA Standards of Perfection). A senior doe can take 1 year to reach full maturity. A senior buck can take 1.5 years to reach full maturity. It is not unusual to see a 10 kilo (22 pound) Flemish Giant, with the largest weighing as much as 50 pounds; although these species technically constitute Continental and German Giants.

Flemish Giants can be docile and tolerant of handling; frequent interaction with humans is a requirement for this to occur. Flemish Giants, like all rabbits, can become fearful, and sometimes violent, if handled incorrectly or irresponsibly.

Photo A sandy Flemish Giant male 'Runt' napping beside a sable and white Shetland Sheepdog 'Paxie' by Stamatisclan



Do Missing Jupiters Mean Massive Comet Belts?

Using ESA's Herschel space observatory, astronomers have discovered vast comet belts surrounding two nearby planetary systems known to host only Earth-to-Neptune-mass worlds. **The comet reservoirs could have delivered life-giving oceans to the innermost planets.**

Above Image is an Artist impression of the debris disc and planets around the star known as Gliese 581, superimposed on Herschel PACS images at 70, 100 and 160 micrometre wavelengths. The line drawing superimposed on the Herschel image gives a schematic representation of the location and orientation of the star, planets and disc, albeit not to scale. (Credit: Image courtesy of European Space Agency (ESA)

In a previous Herschel study, scientists found that the dusty belt surrounding nearby star Fomalhaut must be maintained by collisions between comets.

In the new Herschel study, two more nearby planetary systems - GJ 581 and 61 Vir - have been found to host vast amounts of cometary debris. Herschel detected the signatures of cold dust at 200ºC below freezing, in quantities that mean these systems must have at least 10 times more comets than in our own Solar System's Kuiper Belt.

GJ 581, or Gliese 581, is a low-mass M dwarf star, the most common type of star in the Galaxy. Earlier studies have shown that it hosts at least four planets, including one that resides in the 'Goldilocks Zone' - the distance from the central sun where liquid surface water could exist.

Two planets are confirmed around G-type star 61 Vir, which is just a little less massive than our Sun.

The planets in both systems are known as 'super-Earths', covering a range of masses between 2 and 18 times that of Earth.

Interestingly, however, there is no evidence for giant Jupiter- or Saturn-mass planets in either system.

The gravitational interplay between Jupiter and Saturn in our own Solar System is thought to have been responsible for disrupting a once highly populated Kuiper Belt, sending a deluge of comets towards the inner planets in a cataclysmic event that lasted several million years.

"The new observations are giving us a clue: they're saying that in the Solar System we have giant planets and a relatively sparse Kuiper Belt, but systems with only low-mass planets often have much denser Kuiper belts," says Dr Mark Wyatt from the University of Cambridge, lead author of the paper focusing on the debris disc around 61 Vir.

"We think that may be because the absence of a Jupiter in the low-mass planet systems allows them to avoid a dramatic heavy bombardment event, and instead experience a gradual rain of comets over billions of years."

"For an older star like GJ 581, which is at least two billion years old, enough time has elapsed for such a gradual rain of comets to deliver a sizable amount of water to the innermost planets, which is of particular importance for the planet residing in the star's habitable zone," adds Dr Jean-Francois Lestrade of the Observatoire de Paris who led the work on GJ 581.

However, in order to produce the vast amount of dust seen by Herschel, collisions between the comets are needed, which could be triggered by a Neptune-sized planet residing close to the disc.

"Simulations show us that the known close-in planets in each of these systems cannot do the job, but a similarly-sized planet located much further from the star -- currently beyond the reach of current detection campaigns -- would be able to stir the disc to make it dusty and observable," says Dr Lestrade.

"Herschel is finding a correlation between the presence of massive debris discs and planetary systems with no Jupiter-class planets, which offers a clue to our understanding of how planetary systems form and evolve," says Göran Pilbratt, ESA's Herschel project scientist.

M. C. Wyatt, G. Kennedy, B. Sibthorpe, A. Moro-Martín, J.-F. Lestrade, R. J. Ivison, B. Matthews, S. Udry, J. S. Greaves, P. Kalas, S. Lawler, K. Y. L. Su, G. H. Rieke, M. Booth, G. Bryden, J. Horner, J. J. Kavelaars, D. Wilner. **Vir: implications for the prevalence of debris in low-mass planetary systems Herschel imaging of 61.**Monthly Notices of the Royal Astronomical Society, 2012; 424 (2): 1206 DOI: 10.1111/j.1365-2966.2012.21298.x

J.-F. Lestrade et al. **A DEBRIS disk around the planet hosting M-star GJ 581 spatially resolved with Herschel.**Astronomy & Astrophysics, (accepted) HERE.

The Nutcracker HD - Valery Gergiev / Mariinsky Ballet & Orchestra (OUT DECEMBER) -Published on Nov 16, 2012 by classicalmusictv

TRAILER: Mariinsky Theatre Musical Director, Valery Gergiev, conducts Tchaikovsky's eternal classic ballet 'The Nutcracker' in an enchanting, traditional Russian production from the world renown Mariinsky (formerly Kirov) Ballet. Released in the UK (Dec 3rd), USA (Dec 10th) and elsewhere (TBC) on Blu-Ray and DVD. Blu-ray available on Amazon: www.smarturl.it/NutcrackerBlu-ray DVD available on Amazon: www.smarturl.it/NutcrackerDVD or www.warnerclassics.com/latest.htm

Transport In Australia: Ships At Work- Uploaded by FILMAUSTRALIA on May 15, 2011

Made by The Commonwealth Film Unit 1967. Directed by Christopher Cordeaux. A young boy is invited aboard a tug boat and is shown around the harbour by the Captain of the tug, who explains what the various ships are doing in Sydney harbour, where they're going, what they're carrying and the importance of marine transport in Australia.

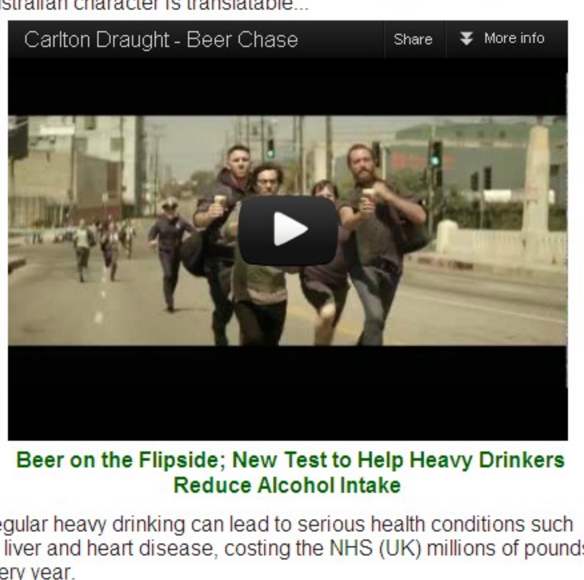
Sydney Opera House Big Moments

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

Tweet | Like | +1

Beer Season Commenceth (?!):

Not sure why they have Oz dollars in America, or how they learned to run without spilling a drop, but good for a giggle... and proves the Australian character is translatable...



Beer on the Flipside; New Test to Help Heavy Drinkers Reduce Alcohol Intake

Regular heavy drinking can lead to serious health conditions such as liver and heart disease, costing the NHS (UK) millions of pounds every year.

Methods of restraint: Research at Liverpool has shown that the habit of consuming alcohol can be interrupted when people practice methods of restraint whenever they see images of alcoholic drinks.

The team developed a computer test that required participants to press particular buttons when an image of alcohol or soft drink appeared on screen. They were asked to perform this task at speed, but when they heard a tone sound they were expected to stop immediately.

In one group the tone was presented at the same time as alcohol pictures appeared on screen, and in another group the tone was not matched up to images of alcoholic drinks.

Following the task, participants were given the option of drinking beer. Researchers found that participants who learned to exercise restraint when alcohol images were shown subsequently drank less beer than the control groups that did not practice the same method.

The team aim to develop the computer intervention for online use as part of a wider Medical Research Council (MRC) funded project on computerised interventions to boost self-control in heavy drinkers.

Andrew Jones, Matt Field. The Effects of Cue-Specific Inhibition Training on Alcohol Consumption in Heavy Social Drinkers.. Experimental and Clinical Psychopharmacology, 2012; DOI: 10.1037/a0030683

Health Information and Study Papers released this week:

Improved patient outcomes from innovative research

The creation of knowledge through research underpins improvement in Australia's health service delivery and intervention. However, there is a significant 'valley of death' gap between discovery and implementation of knowledge from research. This gap slows the uptake of the benefits from research, for patients and for the operation of the health system.

To reduce the gap, NHMRC CEO, Professor Warwick Anderson has launched an independent report on the Development Grants Scheme at the Innovation Translation Forum in Melbourne today. The report, Evaluation of Development Grants Scheme, analyses the economic, health and industry outcomes.

Development Grants provide funding support to individual researchers and research teams to undertake research at the early proof-of-principle or pre-seed stage. The Scheme supports the commercial development of a product, process, procedure or service that can improve health care, disease prevention or provide health cost savings.

All completed and current Development Grants funded between 2000 to 2008 were analysed with 40 grants sampled for more in-depth assessment. Of the 40 grants, the majority had secured a commercial partner and more than half were under possible commercial development. Others had a product to market or were awaiting regulatory approval.

"The report recommended that the scheme's current design should be retained and that NHMRC should increase consultation with investors and industry on incorporation of commercial milestones in grant approvals and reporting," Professor Anderson said.

NHMRC is working on a number of fronts to improve preventative approaches based on evidence, to introduce new treatments and to identify improvements to the functioning of the health system

Recent initiatives include creating the Research Translation Faculty (RTF), a major strategic initiative for health and medical research translation in Australia and the Australian Clinical Trials website that is improving access to clinical trials of new drugs, treatments and medical procedures.

Possible Trigger for Multiple Sclerosis Nerve Damage

"We have shown that fibrinogen is the trigger," said Katerina Akassoglou, Ph.D., an associate investigator at the Gladstone Institute for Neurological Disease and professor of neurology at the University of California, San Francisco, and senior author of the paper published online in Nature Communications.

Multiple sclerosis, or MS, is thought to be an autoimmune disease in which cells that normally protect the body against infections attack nerve cells in the brain and spinal cord, often leading to problems with vision, muscle strength, balance and coordination, thinking and memory. Typically during MS, the immune cells destroy myelin, a protective sheath surrounding nerves, and eventually leading to nerve damage. The immune attack also causes leaks in the blood-brain barrier, which normally separates the brain from potentially harmful substances in the blood.

"Dr. Akassoglou has focused on the role of the blood-brain barrier leak in MS and has discovered that leakage of the blood clotting protein fibrinogen can trigger brain inflammation," said Ursula Utz, Ph.D., M.B.A., a program director at NIH's National Institute of Neurological Disorders and Stroke (NINDS).

Microglia are cells traditionally thought to control immunity in the nervous system. Previous studies suggested that leakage of fibrinogen activates microglia. In this study, Dr. Akassoglou and her colleagues used a cutting-edge imaging technique called two-photon laser scanning microscopy to watch what happens in an animal model of MS.

"Our results provide the first evidence linking leakage of fibrinogen to neuronal damage," said Dr. Akassoglou, "Vascular changes are the instigator of neurotoxicity."

Using a mouse model of MS, the researchers found that leakage of fibrinogen and microglial activation occurred days before nerve damage began, suggesting they occur in an early, pre-clinical stage of the disease.

During this period, microglia changed shapes and clustered around blood vessels along with other immune cells. Further experiments suggested that fibrinogen activated microglia by binding to a receptor, called CD11b/CD18, which caused the microglia to release reactive oxygen molecules that, in turn, damaged neurons. Inhibiting the binding of fibrinogen to the receptor prevented microglial activation and nerve damage.

Current treatments for MS are designed to suppress autoimmunity. The results from this study suggest that targeting the interaction between fibrinogen and microglia may be an effective alternative. In the mice, blocking fibrinogen's blood clotting activity prevented microglial activation and nerve damage.

"Current drugs target primarily downstream events. This interaction could be an upstream target that suppresses immunity and neurodegeneration," said Dr. Akassoglou.

In 2006, Dr. Akassoglou received a Presidential (USA) Early Career Award for Scientists and Engineers, which honors and supports the finest and most promising researchers early in their careers.

Dimitrios Davalos, Jae Kyu Ryu, Mario Merlini, Kim M. Baeten, Natacha Le Moan, Mark A. Petersen, Thomas J. Deerinck, Dimitri S. Smirnoff, Catherine Bedard, Hiroyuki Hakozaki, Sara Gonias Murray, Jennie B. Ling, Hans Lassmann, Jay L. Degen, Mark H. Ellisman, Katerina Akassoglou. Fibrinogen-induced perivascular microglial clustering is required for the development of axonal damage in neuroinflammation. Nature Communications, 2012; 3: 1227 DOI: 10.1038/ncomms2230

GENE THAT CAUSES TUMOR DISORDER LINKED TO INCREASED BREAST CANCER RISK – 27.11.2012

Johns Hopkins researchers call for early and frequent screening of women with neurofibromatosis-1. New Johns Hopkins research showing a more than four-fold increase in the incidence of breast cancer in women with neurofibromatosis-1 (NF1) adds to growing evidence that women with this rare genetic disorder may benefit from early breast cancer screening with mammograms beginning at age 40, and manual breast exams as early as adolescence.

In a small study of 126 women with NF1 at the Johns Hopkins Comprehensive Neurofibromatosis Center, the Johns Hopkins scientists identified four cases of breast cancer. The study showed a four-fold increased risk for breast cancer in women with NF1 compared to the general population of women under the age of 50. NF1 is characterized by the uncontrolled growth of mostly non-cancerous tumors along the body's nerves, often resulting in pain and disfigurement.

Beyond their implications for breast cancer screening guidelines for women with NF1, the findings may also shed light on the origins and nature of breast cancer in those without the syndrome, the researchers say, because other recent studies suggest that some women without neurofibromatosis-1 had breast cancers fueled primarily by an NF1 mutation. A recent study, for example, described in the journal Nature, estimated that 3 percent of all breast cancers in the general population are caused by NF1 mutations that arise spontaneously.

"When we study rare populations intensively, we learn things that also may be factors in very common diseases, like breast cancer," says Jaishri Blakeley, M.D., an assistant professor of neurology, neurosurgery and oncology at the Johns Hopkins University School of Medicine, and leader of the new study described online in the American Journal of Medical Genetics. "What we learn from this population will help us learn more about the subtleties of different types of breast cancers."

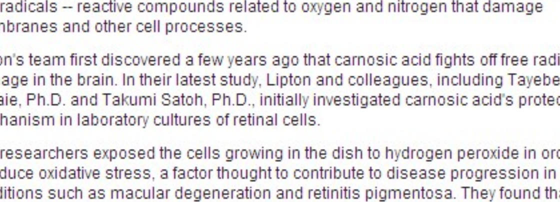
The major implication of their study, Blakeley says, is the need for medical specialty societies to develop guidelines recognizing NF1 patients under the age of 50 as a group at increased risk for breast cancer. Guidelines developed by medical societies would change clinical practice and, just as importantly, encourage insurance companies to pay for potentially lifesaving screening in younger women with the debilitating disease, the researchers add.

"There are guidelines for how to care for women at high risk for breast cancer because of a family history of the disease, or because they have the BRCA genetic mutations, but there are no guidelines for women with NF1," Blakeley says. "Women with NF1 haven't even been on the radar as a high-risk population. Now that we increasingly understand the risk, we have to make sure doctors are talking to their patients about the benefits and risks of early screening."

Read more here.

Compound Found in Rosemary Protects Against Macular Degeneration in Laboratory Model

Herbs widely used throughout history in Asian and early European cultures have received renewed attention by Western medicine in recent years. Scientists are now isolating the active compounds in many medicinal herbs and documenting their antioxidant and anti-inflammatory activities. In a study published in the journal Investigative Ophthalmology & Visual Science, Stuart A. Lipton, M.D., Ph.D. and colleagues at Sanford-Burnham Medical Research Institute (Sanford-Burnham) report that carnosic acid, a component of the herb rosemary, promotes eye health.



Pic; Left: This shows control cells exposed to hydrogen peroxide. Right: This shows cells treated with carnosic acid are protected from hydrogen peroxide. Live cells are stained green, dead cells are stained red. (Credit: Sanford-Burnham Medical Research Institute)

Lipton's team found that carnosic acid protects retinas from degeneration and toxicity in cell culture and in rodent models of light-induced retinal damage. Their findings suggest that carnosic acid may have clinical applications for diseases affecting the outer retina, including age-related macular degeneration, the most common eye disease in the U.S.

Age-related macular degeneration

Age-related macular degeneration likely has many underlying causes. Yet previous studies suggest that the disease might be slowed or improved by chemicals that fight free radicals -- reactive compounds related to oxygen and nitrogen that damage membranes and other cell processes.

Lipton's team first discovered a few years ago that carnosic acid fights off free radical damage in the brain. In their latest study, Lipton and colleagues, including Tayebeh Rezaie, Ph.D. and Takumi Satoh, Ph.D., initially investigated carnosic acid's protective mechanism in laboratory cultures of retinal cells.

The researchers exposed the cells growing in the dish to hydrogen peroxide in order to induce oxidative stress, a factor thought to contribute to disease progression in eye conditions such as macular degeneration and retinitis pigmentosa. They found that cells treated with carnosic acid triggered antioxidant enzyme production in the cells, which in turn lowered levels of reactive oxygen and nitrogen species (cell-damaging free radicals and peroxides).

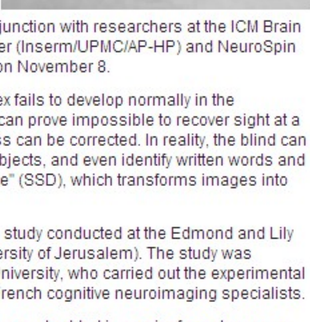
Rosemary's therapeutic potential

Lipton, Rezaie, Satoh and colleagues next tested carnosic acid in an animal model of light-induced damage to photoreceptors - the part of the eye that converts light to electrical signals, enabling visual perception. As compared to the untreated group, rodents pre-treated with carnosic acid retained a thicker outer nuclear layer in the eye, indicating that their photoreceptors were protected. The carnosic acid-treated rodents also exhibited better electroretinogram activity, a measure of healthy photoreceptor function.

What's next for carnosic acid? "We're now developing improved derivatives of carnosic acid and related compounds to protect the retina and other brain areas from a number of degenerative conditions, including age-related macular degeneration and various forms of dementia," said Lipton, director of Sanford-Burnham's Del E. Webb Neuroscience, Aging, and Stem Cell Research Center and an active clinical neurologist.

T. Rezaie, S. R. McKercher, K. Kosaka, M. Seki, L. Wheeler, V. Viswanath, T. Chun, R. Joshi, M. Valencia, S. Sasaki, T. Tozawa, T. Satoh, S. A. Lipton. **Protective effect of carnosic acid, a pro-electrophilic compound, in models of oxidative stress and light-induced retinal degeneration.** Investigative Ophthalmology & Visual Science, 2012; DOI: 10.1167/iovs.12-10793

Sonar Vision System for Congenitally Blind



A "sonar vision" system that enables people who are blind from birth to perceive the shape of a face, a house or even words and letters, is being developed by a team at the Hebrew University of Jerusalem. Using this device, the researchers have shown that, in people that are blind from birth, the areas of the cerebral cortex normally devoted to reading become activated in response to stimulation.

RIGHT: A "sonar vision" system that enables people who are blind from birth to perceive the shape of a face, a house or even words and letters, is being developed by a team at the Hebrew University of Jerusalem. (Credit: CEA)

The results of this study, conducted in conjunction with researchers at the ICM Brain and Bone Marrow Institute Research Center (Inserm/UPMC/AP-HP) and NeuroSpin (CEA-Inserm), were published in *Neuron* on November 8.

It is generally accepted that the visual cortex fails to develop normally in the congenitally blind, to such an extent that it can prove impossible to recover sight at a later point -- even in cases where blindness can be corrected. In reality, the blind can indeed access a kind of vision, describe objects, and even identify written words and letters, using a "sensory substitution device" (SSD), which transforms images into sound.

These are the results demonstrated in the study conducted at the Edmond and Lily Safra Neuroscience Center (Hebrew University of Jerusalem). The study was conceived by researchers at the Hebrew University, who carried out the experimental components, with scientific support from French cognitive neuroimaging specialists.

The device consists in a small video camera embedded in a pair of eyeglasses, a laptop (or Smartphone) which transforms images into sounds, and stereo headphones to hear the sounds produced. For example, an oblique line is transformed into an increasingly high-pitched sound (or increasingly lower-pitched sound). The same principle is used to encode much more complex images in auditory form.

Using this system, the blind can achieve greater "visual" acuity than that defined as blindness according to WHO criteria.

After only 70 hours of specialized training, the blind are able to correctly classify images into different categories (faces, houses, etc.). They can also perceive other important information, such as where people are located in a room and certain facial expressions. They can even read words and letters (see videos at http://brain.huji.ac.il/).

In addition to the performance enabled by this sensory substitution system, the researchers at the Hebrew University wanted to understand what happens in the brain when a blind person learns to "see" through sound. To this end, they have developed a functional MRI study based on a specific paradigm.

In particular, they have shown that the regions of the cortex normally devoted to visual perception, which seem to serve no apparent use in the blind, become highly activated in response to the "sonar vision" of faces, houses and words, etc.

Not only is the visual cortex activated, it also demonstrates a "normal" functional selectivity of different categories of objects. Thus, in a sighted person, a very specific region of the visual cortex in the left hemisphere (known by the acronym VWFA), is known to become more activated when perceiving a string of letters than when perceiving any other kind of object. It is exactly this same region that is activated when a blind person reads letter using the "sonar vision" device.

"The fact that this specialization for reading develops after just a few hours of training shows a remarkable degree of cerebral plasticity," explained Stanislas Dehaene (NeuroSpin brain imaging center). These results back up the idea that that the so-called visual cortex is selective in analyzing the shape of objects, and can perform this function based on visual input (as is generally the case), but also, if necessary, based on auditory or tactile input.

"These results suggest that it may be possible, with the right technology and rehabilitation, to 'wake up' certain areas of the brain and access certain aspects of the visual world, even after years, or even a lifetime of blindness," concluded Laurent Cohen (ICM Research Center).

Ella Striem-Amit, Laurent Cohen, Stanislas Dehaene, Amir Amedi. **Reading with Sounds: Sensory Substitution Selectively Activates the Visual Word Form Area in the Blind.** Neuron, 2012; 76 (3): 640 DOI:10.1016/j.neuron.2012.08.026

Protein Injection Points to Muscular Dystrophy Treatment

Scientists have discovered that injecting a novel human protein into muscle affected by Duchenne muscular dystrophy significantly increases its size and strength, findings that could lead to a therapy akin to the use of insulin by diabetics. These results were published November 27 in the Proceedings of the National Academy of Sciences by Dr. Julia von Maltzahn and Dr. Michael Rudnicki, the Ottawa scientist who discovered muscle stem cells in adults.

"This is an unprecedented and dramatic restoration in muscle strength," says Dr. Rudnicki, a senior scientist and director for the Regenerative Medicine Program and Sprott Centre for Stem Cell Research at the Ottawa Hospital Research Institute. He is also a Canada Research Chair in Molecular Genetics and professor in the Faculty of Medicine at the University of Ottawa.

"We know from our previous work that this protein, called Wnt7a, promotes the growth and repair of healthy muscle tissue. In this study we show the same types of improvement in a mouse model of Duchenne muscular dystrophy. We found that Wnt7a injections increased muscle strength almost two-fold, to nearly normal levels. We also found that the size of the muscle fibre increased and there was less muscle damage, compared to mice not given Wnt7a."

Biotechnology partner, Fate Therapeutics is currently developing Wnt7a-based therapeutic candidates for treatment of muscular dystrophy and atrophy. Preclinical assessments are ongoing and the company plans to initiate clinical trials in the near future.

J. von Maltzahn, J.-M. Renaud, G. Parise, M. A. Rudnicki. **Wnt7a treatment ameliorates muscular dystrophy.** Proceedings of the National Academy of Sciences, 2012; DOI: 10.1073/pnas.1215765109

Chemical 'Switches' for Neurodegenerative Diseases Discovered

By using a model, researchers at the University of Montreal have identified and "switched off" a chemical chain that causes neurodegenerative diseases such as Huntington's disease, amyotrophic lateral sclerosis and dementia. The findings could one day be of particular therapeutic benefit to Huntington's disease patients. "We've identified a new way to protect neurons that express mutant huntingtin proteins," explained Dr. Alex Parker of the University of Montreal's Department of Pathology and Cell Biology and its affiliated CRCHUM Research Centre.

A cardinal feature of Huntington's disease - a fatal genetic disease that typically affects patients in midlife and causes progressive death of specific areas of the brain -- is the aggregation of mutant huntingtin protein in cells. "Our model revealed that increasing another cell chemical called progranulin reduced the death of neurons by combating the accumulation of the mutant proteins. Furthermore, this approach may protect against neurodegenerative diseases other than Huntington's disease."

There is no cure for Huntingdon's disease and current strategies show only modest benefits, and a component of the protein aggregates involved are also present in other degenerative diseases. "My team and I wondered if the proteins in question, TDP-43 and FUS, were just innocent bystanders or if they affected the toxicity caused by mutant huntingtin," Dr. Parker said. To answer this question, Dr. Parker and University of Montreal doctoral student Arnaud Tauffenberger turned to a simple genetic model based on the expression of mutant huntingtin in the nervous system of the transparent roundworm C. elegans. A large number of human disease genes are conserved in worms, andC. elegans in particular enables researchers to rapidly conduct genetic analyses that would not be possible in mammals.

Dr. Parker's team found that deleting the TDP-43 and FUS genes, which produce the proteins of the same name, reduced neurodegeneration caused by mutant huntingtin. They then confirmed their findings in the cell of a mammal cell, again by using models. The next step was then to determining how neuroprotection works. TDP-43 targets a chemical called progranulin, a protein linked to dementia. "We demonstrated that removing progranulin from either worms or cells enhanced huntingtin toxicity, but increasing progranulin reduced cell death in mammalian neurons. This points towards progranulin as a potent neuroprotective agent against mutant huntingtin neurodegeneration," Dr. Parker said. The researchers will need to do further testing this in more complex biological models to determine if the same chemical switches work in all mammals. If they do, then progranulin treatment may slow disease onset or progression in Huntington's disease patients.

A. Tauffenberger, B. P. Chitramuthu, A. Bateman, H. P. J. Bennett, J. A. Parker. **Reduction of polyglutamine toxicity by TDP-43, FUS and Progranulin in Huntington's Disease models.** Human Molecular Genetics, 2012; DOI: 10.1093/hmg/dds485

Man's Best Friend: Common Canine Virus May Lead to New Vaccines for Deadly Human Diseases

Researchers at the University of Georgia have discovered that a virus commonly found in dogs may serve as the foundation for the next great breakthrough in human vaccine development.

Although harmless in humans, parainfluenza virus 5, or PIV5, is thought to contribute to upper respiratory infections in dogs, and it is a common target for canine vaccines designed to prevent kennel cough. In a paper published recently in *PLOS ONE*, researchers describe how this virus could be used in humans to protect against diseases that have eluded vaccine efforts for decades.

"We can use this virus as a vector for all kinds of pathogens that are difficult to vaccinate against," said Biao He, the study's principal investigator and professor of infectious diseases in UGA's College of Veterinary Medicine. "We have developed a very strong H5N1 flu vaccine with this technique, but we are also working on vaccines for HIV, tuberculosis and malaria."

PIV5 does not cause disease in humans, as our immune system is able to recognize and destroy it. By placing antigens from other viruses or parasites inside PIV5, it effectively becomes a delivery vehicle that exposes the human immune system to important pathogens and allows it to create the antibodies that will protect against future infection.

This approach not only ensures full exposure to the vaccine but also is much safer because it does not require the use of attenuated, or weakened, pathogens. For example, an HIV vaccine delivered by PIV5 would contain only those parts of the HIV virus necessary to create immunity, making it impossible to contract the disease from the vaccine.

Zhenhai Chen, Pei Xu, Gregory W. Salyards, Stephen B. Harvey, Balazs Rada, Zhen F. Fu, Biao He. **Evaluating a Parainfluenza Virus 5-Based Vaccine in a Host with Pre-Existing Immunity against Parainfluenza Virus 5.**PLoS ONE, 2012; 7 (11): e50144 DOI:10.1371/journal.pone.0050144

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

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Pittwater Online News

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December 2 - 8, 2012: Issue 87

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

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 lorriemay@bigpond.com

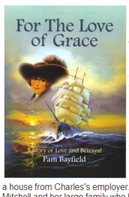
'Avalon Food' Cookbook

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 many 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 by reading about the sinking of the *Dunbar* and then the *Catherine Adamson*, both not far from Wedding Heads. When she read that half the lives were lost on the latter vessel she began wondering if she could imagine characters coming to Sydney on that ship, amongst the survivors.



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

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

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

Purchase at Humphries in Manly, Dymocks at Warringah Mall, Bookoccino at Avalon 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 then 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 bevlews2009@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

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

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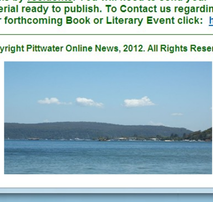

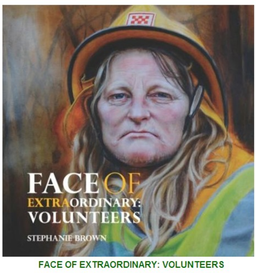

FACE OF EXTRAORDINARY: VOLUNTEERS

Art Project featuring Book Launch and Portrait Exhibition

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

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

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

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

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

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

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

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

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

Artspot Art Exhibition

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

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. Theirs 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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Pittwater Online News

Old Books: we will change these monthly.

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

Fox, Sir Frank Ignatius (1874–1960) by Martha Rutledge

Sir Frank Ignatius Fox (1874-1960), journalist and Imperialist, was born on 12 August 1874 at Kensington, Adelaide, second son of Charles James Fox, journalist, and his wife Mary Ann, née Toole. He moved to Hobart in 1883, when his father became editor of the *Tasmanian Mail*, and was educated at Christ's College. At an early age he wrote paragraphs for his father's paper.

Stranded in Sydney about 1891, Fox abandoned the idea of reading for the Bar, and became an office-boy on the *Australian Workman*. He became a shareholder in the staff co-operative that took over ownership from the Trades and Labor Council; as its editor in 1893-95 Fox opposed the efforts of the 'outside' Labor men to impose on the parliamentary party 'an impossible & silly pledge'. On 13 June 1894 he married, with Congregational forms, Helen Clint (d.1958); they had a son and two daughters.

Next year Fox became editor of the *Bathurst National Advocate* and supported Federation. In 1898 he could not pay debts incurred by the illness of his wife and himself; he was released from bankruptcy in July 1900. Meanwhile he had returned to Sydney and worked for the *Daily Telegraph* and *Truth*. Fox joined the staff of the Bulletin in 1901. Next year, as 'Frank Renar', he published Bushman and Buccaneer, a memoir of Harry 'the Breaker' Morant.

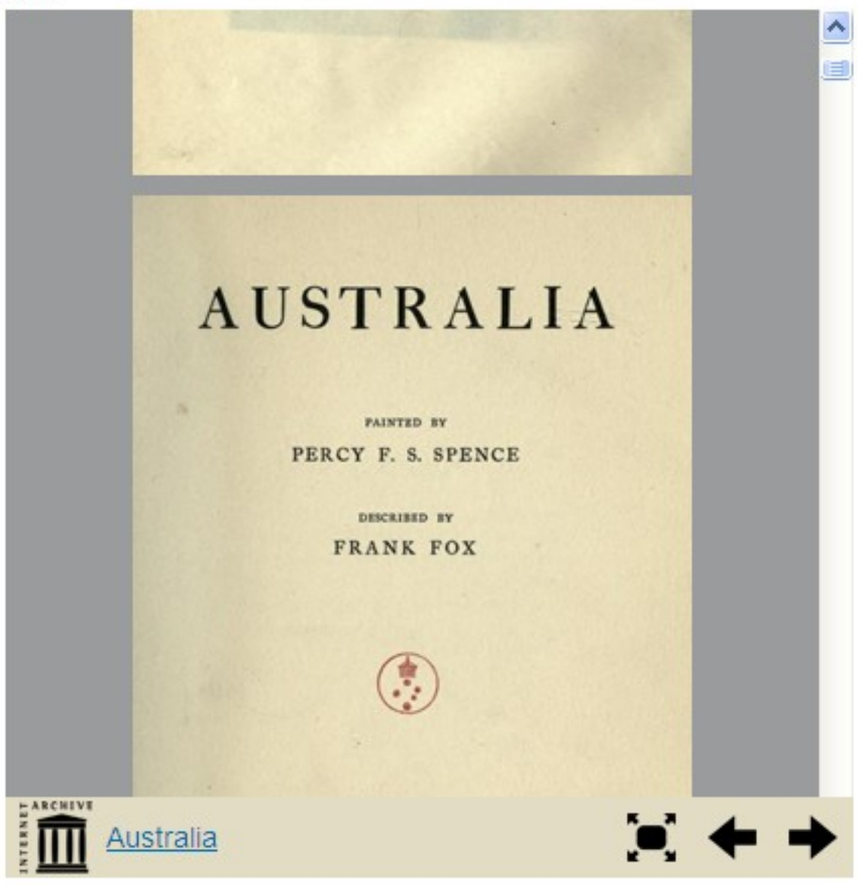
A 'Radical-Protectionist' and Deakinite liberal, Fox cautioned Alfred Deakin against (Sir) George Reid, urged him to reach an understanding with John Christian Watson, warned him against 'fusion' in 1909, and above all advocated a citizen army and an Australian navy. Fox was commissioned in the Australian Field Artillery on 1 September 1905 and was an early member of the Australian National Defence League; with Gerald Campbell he edited its quarterly journal, the Call. He was influenced by Imperialist writings of Richard Jebb, whom he met in Sydney about 1906.

While still working for the *Bulletin*, Fox was appointed in 1907 first editor and manager of the *Lone Hand*. Fox dreamed of editing an independent daily newspaper. In 1909, after visiting Canada, he went to London where he sought financial backing. Meanwhile he wrote for the *Morning Post*, *The Times*, the *Daily Mail* and 'a swarm of other papers', and spoke on behalf of the National Defence League from Plymouth to Middlesbrough, warning of the menace of war. 'A man of strikingly handsome appearance and great enthusiasms', he was accepted in London as a 'wild young Australian'. He visited All Souls College, Oxford, and found it 'very charming to get into the inner political circle'. He discovered that 'one must be a Unionist [Conservative] even if it involves keeping political company with Dukes & other disgraceful people'.

Appointed assistant editor on the Morning Post in December, Fox late in 1910 was promoted news editor. His wife and family had joined him, but he confessed to Deakin: 'I still look on life here as an exile: but must stick it out until my big plan is achieved'. A prolific writer, he published Ramparts of Empire (1910) about the navy, Australia (1910), illustrated by Percy Spence, Problems of the Pacific (1912), The British Empire (1914) and many travel books.

Martha Rutledge, 'Fox, Sir Frank Ignatius (1874–1960)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/fox-sir-frank-ignatius-6229/text1071

Photo of Frank Fox by Lionel Lindsay, circa 1905, courtesy State Libray of south Australia.



Internet Sacred Text Archive

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

Australia (1908) by W H Lang of Australia; Lambert, George W., ill

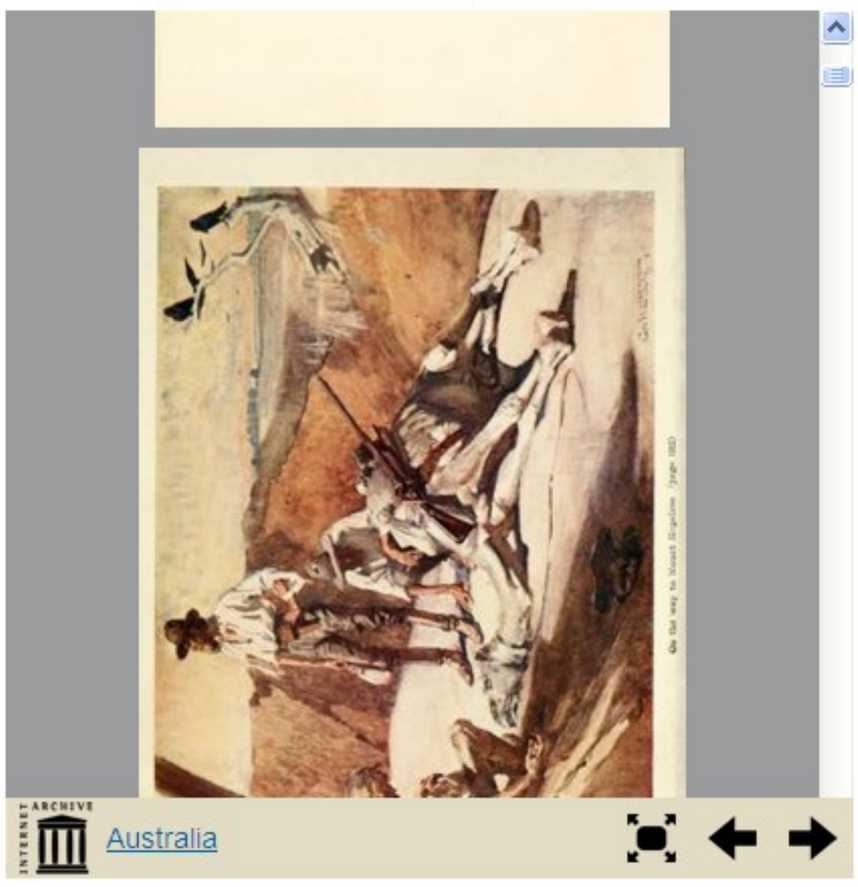
Subject: Australia - Discovery and exploration. Publisher: London and Edinburgh : T. C. & E. C. Jack

William Henry Lang (1859-1923), born Selkirk, Scotland, a medical practitioner and brother of the Scottish scholar and poet Andrew Lang, was editor of the *Pastoralists' Review* for a time. He published a descriptive account, *Australia* (1908), with drawings by G.W. Lambert; and a novel, *The Thunder of the Hoofs* (1909), which is set partly in Scotland and partly in the Riverina and deals extensively with such sports as cricket, racing and hunting. He also edited Racehorses in Australia (1922) with K. Austin and S. McKay.

Dr. Lang was born at Selkirk, in Scotland, in 1859, and came to Australia when about 34 years of age. He was the son of Mr. John Lang, of Selkirk; one of his brothers was the famous Andrew Lang, essayist, poet, litterateur, and anthropologist, who died in 1912. He settled at Corowa, on the New South Wales-Victoria border, and there built up a big practice, and as always, made himself beloved by everyone whom he came in contact with. He was ever a great lover of horses and student of thoroughbred breeding. Soon after he arrived at Corowa he formed the Brocklesby stud, and bred many good horses, but in 1903 he relinquished the hobby and gave up all his time to his practice. Upon being appointed handicapper to the Victoria Amateur Racing Club he sold his practice and came to Melbourne, where he has lived ever since. In 1916 he was appointed to the V.R.C. Only two years ago he suffered a terrible loss in the sudden death of his dear wife, who was a real mate to him in all things, and this seemed to break him up; he never really recovered from the effects. He leaves a daughter, Nancy, and two sons, the elder being the well-known Capt. A. Lang, air force officer, who did good war work in France, and the younger, Tom, being an officer in the Merchant Marine Service.

For 27 years, without a break, he has contributed, under the name of "*Fife and Drum*," a regular monthly summary of horse racing, and also frequently on coursing and big cricket matches to the Pastoral Review. Other matters might be laid aside, but he was always up to the scratch in his Review contributions. His delightful writings have given pleasure to thousands of our readers all over the globe, and it was quite a common thing for him to receive inquiries on various subjects from people in South Africa, South America, and other parts of the world, whether they were racehorse followers or otherwise. His series of articles which have appeared in our columns constitute a classic.

Photo of W. H. Lang, n.d. from *Pastoral Review*, 15 December 1923



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CAROLS in the PARK

Presented by The Rotary Club of Pittwater

Saturday
8 December
5.30 - 7.30 pm
Village Park
Mona Vale

- Fun for the whole family
- Free entry and parking
- Free activities
- Bring a picnic dinner
- Gold coin donation for Rotary

Celebrating 50 Years

Entertainment by Pittwater Performing Arts Company, Pittwater Choral Society, Pittwater Rotary Concert Band, Pittwater Rotary Youth Orchestra, Mona Vale Public School Choir, Pittwater Christian Choir, Pittwater Rotary Barbershop Quartet, Pittwater Rotary Ukulele Band

Proceeds of the Rotary Barbecue, Raffle & Cake Stall will be donated to Rotary Charities

Enquiries: Ian Hall 0412 ... Graham Lee 0412 ...

BloodShot

Starring Vin Diesel

Rated M

Coming to cinemas 15 March 2012

Join our clean-up...

Christmas Raffles & Big Hoopy Bombs

Wednesday 5 December

Sunbaker's

Tickets on sale at the above link.

Christmas Raffles & Big Hoopy Bombs

Wednesday 5 December

Sunbaker's

Tickets on sale at the above link.

Ian Moss

Free Entry

Tuesday 4 December

Vintage Cellars Mona Vale

Marquet Cilley Home

Sat 22nd Dec

Carols by the Lake

Sat 22nd Dec

Lake Kawana

Santa's Reindeer

Santa's Reindeer

Art on Show

An exhibition of 17 artists on the northern beaches

9th January – 19th January 2012

Opening Night Thursday 5th January 6pm

Kids on the Coast - Summer School Holiday Program

Dates for the Diary

Pittwater Council's Kids on the Coast Summer School Holiday Program is now on. Activities are available for children aged 5 to 12 years and run from Monday 19 December 2011 to Friday 27 January 2012 (excluding Christmas Day and New Year's Day).

Activities include Craft, Water Activities, Sport and Games, Excursions and Incursions, Performing Arts and Special Events.

Visit Pittwater Council's website for more information.

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Pittwater Council

Kids on the Coast - Summer School Holiday Program

Dates for the Diary

Pittwater Council's Kids on the Coast Summer School Holiday Program is now on. Activities are available for children aged 5 to 12 years and run from Monday 19 December 2011 to Friday 27 January 2012 (excluding Christmas Day and New Year's Day).

Activities include Craft, Water Activities, Sport and Games, Excursions and Incursions, Performing Arts and Special Events.

Visit Pittwater Council's website for more information.

Pittwater Council

Santa's Reindeer

Santa's Reindeer

The Manly Art of Modern Portraiture

Art Galore

Pittwater Council

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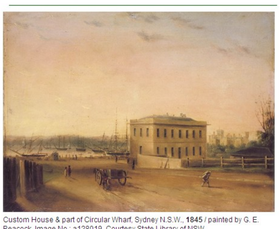

Custom House & part of Circular Wharf, Sydney N.S.W., **1845** / painted by G. E. Peacock; Image No.: a128019, Courtesy State Library of NSW.

Customs House, Circular Quay, Date of Work: **Nov 1870**, Image No.: d1_05642 Courtesy State Library of NSW.

Customs House, Circular Quay Dated: **c.1900**, Courtesy State Library of NSW.

Underfloor model of the Sydney CBD photo by and courtesy of Michael Zimmer

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A GEM ON THE QUAY

By George Repin

The Customs House was built in 1845 on the site of the landing of the First Fleet in Sydney Cove. Unfortunately Circular Quay, an area of great significance in the history of European settlement in Australia, has been disfigured by the Cahill Expressway which separates the ferry wharves from buildings which in earlier times were on the waterfront. Designed by Colonial architect Mortimer Lewis in the Greek Revival style Customs House was originally two-stories high. It was partially dismantled and then expanded to three levels under the supervision of the then Colonial Architect James Barnet in 1887. Over the years major additions have resulted in changes to the Classical Italianate and later French Neoclassical styles.

Early pictures show the Customs House much closer to the water than now. The original shoreline of Sydney Cove was heavily wooded and deeply indented at the south western corner by the Tank Stream. To overcome problems of tidal influence and large mudflats sea walls were constructed in the early nineteenth century and the mud dredged. Walking around Circular Quay today markers can be seen set in the pavement indicating where the shoreline was at various times.

For many years the Customs House was dwarfed by the Mort and Company wool store (now replaced by the AMP Building) across Young Street to the East.

For 150 years it was not only the primary trade gateway for goods and people flowing into Sydney but it, and the square in front, provided a focus for many national celebrations. It is one of Sydney's historic landmark buildings and has featured in the working and cultural life of the city.

A writer in 1896 made the following observation about Circular Quay:

"This is one of the busiest sights of the New South Wales capital, and has accommodation for the largest vessels. It is also provided with piers and pavilions for the ferry steamers which present an animated appearance in the early morn and evening with their cargoes of human freight plying to and from the city'

Until 1990 Customs House was occupied by the Australian Customs Service. In 1994 it was given by the Federal Government to the City of Sydney which refurbished it to create an exciting new role for what is one of the City's most treasured heritage buildings.

The refurbished grand entrance atrium provides a ground floor open place where people can meet, peruse books, look at magazines, read local and international newspapers and access the internet. A feature which fascinates children and many adults, is a 4.2m. by 9.5m. model of the Central Business District of Sydney set under a glass floor. The model weighs one tonne.

The flagship Sydney City Library, which in the past was in the Queen Victoria Building, is now in Customs House with a spacious reading room on an upper floor.

Upper floors also feature an exhibition area and private function spaces for hire. The first exhibition held in the exhibition space was *Coffee Customs* in 2005 which proved a great success. It was followed successfully in 2006 by *Memory Lane – Recollecting Rowe Street*. Changing programmes now promote greater awareness of how Sydney's future is planned and include multimedia displays, audio and video presentations and architectural models.

Customs House is well worth a visit. There is a coffee shop on the ground floor and *Café Sydney* a restaurant offering *haute cuisine*, with outstanding views over the harbour, on the roof. It is easily accessible by trains, buses and ferries – and is open seven days each week (until midnight on weekdays and Saturdays).

The Customs House today by and courtesy of Enoch Lau

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Custom House & part of Circular Wharf, Sydney N.S.W., **1845** / painted by G. E. Peacock; Image No: a128019. Courtesy State Library of NSW.

The Customs House by Hall & Co, Image No: hall_34787, Courtesy State Library of NSW

Circular Quay, Sydney [showing wharves and Alfred Street buildings] / Star Photo Co. **Circa 1900-1910**, Image No: a116161h, Courtesy State Library of NSW

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DIY Blackboard

With Christmas coming up one of the best gifts you can give is one you make yourself. Children will soon be starting their Summer holidays with only a few more weeks of school to go. Soon after school finishes for the year the younger ones will begin to miss all the activity. One way to keep a bit of school at home, and keep it fun for when it is holidays, is to make a blackboard. A range of coloured chalks to go with this will see some great creations appear and disappear when a new one is begun. Simple, personal and even decorated around the rim to suit a young girl or boy, this will make a gift worth giving that will provide enjoyment to whom it is given for years to come.

You don't have to restrict this to children either; simple objects such as old tin plates or enamelled dishes or even the tops of old tables can be adapted for adults and make quirky and original gifts.
Simply choose what size you want, what kind you want and begin.
Johnson Brothers Mitre 10 has a wide range of timbers at their Mona Vale store should you want to build one yourself using a simple easel design.
Three do-it-yourself skills are needed for this simple chalkboard project: making straight cuts with a saw, hammering, and rolling on paint.

Materials Required:

2 panels of MDF board: 600mm x 600mm x 10mm
4 lengths of untreated pine: 1metre x 40mm x 25 mm (for the legs)
30mm panel pins
2 x 40mm Back flap hinges and screws
Blackboard paint
Rope (approx 400mms)

How to put it together
Lay the MDF panels on a flat surface, place the lengths of timber (for the legs) with the 40mm side onto the panel sides and glue and pin them in place.
Do this for both panels.
Now join these two panels together with the hinges.
Use a piece of coloured rope or a piece of lightweight brass chain to keep the boards from collapsing.
Now all you have to do is sand back and paint the panel surfaces with a blackboard paint. Ask in the paint department of your local JBH Mitre 10 store for the blackboard paints available.

Blackboard Paint
Prep the surface by lightly sanding it to help the chalkboard paint go on smoothly. Paint will not adhere to glossy or dirty surfaces. Use painter's tape along the edges to ensure the paint goes only where you want it to. In Australia White Knight Chalkboard Paint easily transforms surfaces into a chalkboard an is sold in spray or paint versions. DULUX Design Chalkboard is also a great product and a quick convenient way of turning most surfaces into an instant chalkboard. Apply two coats of paint using a small sponge applicator or roller, as the fibres in regular paintbrushes tend to leave behind streaks. If you try the spray, be sure to cover the surrounding area carefully to prevent spatter. When spraying, spray across object, starting and finishing off to the side. It is better to spray a few light coats than one heavy coat.

Chalkboard Paint is a great way to add fun to children's bedrooms and play areas. It is also great for use in kitchens, offices, schools, cafes and on table tennis table tops. For more tips on DIY Blackboards as gifts pop into your Johnson Brothers Hardware and Mitre 10 stores at either Mona Vale or Avalon and ask one of their friendly trained staff for a few tips.

Click on logo to visit their website

JOHNSON BROS MITRE 10
ABN: 12 000 668 966