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Nina Curtis of RPAYC Wins Silver at Olympics

L to R - Nina Curtis, Olivia Price, Lucinda Whitty on the podium after winning gold at the 2012 Skandia Sail for Gold in Weymouth - photo courtesy of OnEdition photography

RPAYC last night photo by Michael Mannington

North Narrabeen Shivering Sharks Win Northside Shield 2012

North Narrabeen Shivering Sharks (left to right, top row to front row), Steve Everett(coach) Graeme Jephcote, Rob Jack, Terry Taylor, Michael Whittaker, Ian Thompson, Steve SeeHoe, Alan Rose, Rod Tucker, Brandon Ockelford, Bruce Sweeting.

Last Sunday at Dee Why pool the Dee Why Ice Picks hosted the annual Winter Swimming competition for the Northside Shield. Competing were Winter Swimming Groups the Merewether Mackerals, the only invitees, the Pittwater Pirates, North Narrabeen Shivering Sharks, North Curl Curl Cool Cats and hosts the Dee Why Ice picks.

All swimmers seemed to know each other from past meets and exchanged friendly jibing prior to the races commencing. The handicappers went first, handicappers in each club have a role in keeping the times straight for each member and help bring about consistent swimming not just fast swimming. In the 50 metre dash for the under 50's one team member, clearly there for the fun, decided to 'run' through the pool, a tactic known to result in instant disqualification.

The ten member relay team finished the meet before all headed off to the Curl Curl Bowling club for the annual BBQ, presentation and a few well earnt ales. The Northside Shield is a celebration of Winter Swimming, of people getting together to catch up and have some fun more then rivalry.

When we spoke to Alan Rose, handicapper for the Shivering Sharks during the week, he said he was 'ecstatic' they had won. The shield was in at the engravers as we spoke. The North Narrabeen Shivering Sharks, formed in 1966, have now won the Northside Shield for the fifth time. The Sharks also hold the Australian record of 0.06 for the ten member relay. They, like the Pittwater Pirates, are community minded and contribute to the North Narrabeen SLSC, which is celebrating its 100th anniversary this year. Members play in a 100 Club (where people nominate a number, purchase a ticket, and if their number is drawn they win a prize). Last year they contributed $4000.00 this way.

Winter Swimming is clearly as much about fun and social interaction as it is keeping fit and having a warming 'brew' afterwards. You win just by joining in.

Northside Shield 2012 Team Pictures Here

Michael Manningtons Volunteer Photography Public Gallery: Here

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Past Features Archives

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Pittwater Online News will feature a special Pittwater Council Election edition on **2nd September, 2012, Issue 74**.

Candidate groups or individuals are invited to submit basic information to assist our readers. Please contact editor@pittwateronlinenews.com.au for further information.

Images by Micahel Mannington of Volunteer Photography, 2012. All Rights Reserved.

London Olympics 2012: Sailing - Women's Match Racing Team Win Silver

A thrilling Women's final, taking it to the last of five races, occurred at 1.44am our time as Royal Prince Alfred Yacht Club member Nina Curtis, competing in the London 2012 Olympic Games in the Women's Match Racing with Olivia Price and Lucinda Whitty, as part of the Australian sailing team in Weymouth, won silver. The girls were 2-1 before winning the next to make the fifth race the decider.

On Friday they raced in the semi finals against Finland to decide what colour medal they would race, winning 2-1 in the three matches. The girl's win, at their first Olympic Games, brings Australia's tally to three gold and a silver in the sailing, their best yet.

The women's match racing team successfully won all 11 matches in the round robin to advance to the quarter finals as the number one seed. They defeated the Dutch team (3-1) in the quarter finals to advance through to the semi-finals. Nina is the daughter of Rob Curtis, the Commodore of the RPAYC who is currently in Weymouth to support Nina.

A big crowd of enthusiastic supporters assembled at the RPAYC who televised the medal races against Spain live on the big screen in the Pittwater Room, including six time Olympian Colin Beashel OAM, who won Bronze in the Star class at the Atlanta 1996 Olympic Games and carried the Australian Olympic Team flag at the Athens 2004 Olympic Games.

Colin Beashel, Daniel Fitzgibbon, Leisl Tesh

Also there to cheer the girls on were Daniel Fitzgibbon Para Olympic silver medallist 2008, James Wilmot (Dragon class Olympian 1976 and 1984), Leisl Tesch (Wheelchair basketball silver medal 2000 and 2004, bronze 2008). Daniel and Leisl leave shortly for the London Para Olympics.

Daniel Fitzgibbon Para Olympic silver medalist 2008, James Wilmot (Dragon class Olympian 1976 and 1984) Tom Spithill Club coach, Leisl Tesch (Wheelchair basketball silver medal 2000 and 2004, bronze 2008).

RPAYC club coach Tom Spithill, close friend of Nina's and brother of James Spithill, the defending America's Cup skipper and champion match racer, was on hand to conduct some light commentary and help out with match racing questions.

What do you think makes this club special in being able to produce so many Olympians?

I think it's the facilities here; they're a major factor. It's a world class facility, you can do everything from centreboard to keel boat racing, sports boat racing, cruising; the Pittwater to Coffs race as well. We've got quite a diverse range of activities that the club supports. A big part of it is from the training from youth up; the Development Program which Nina went through here; she started in the sixes and progressed to the centreboards. The club has the right stepping stones to help anyone who wants to be in the sport and go forward. That's a big part of it. There must be something in the water in Pittwater. The club is all about putting on quality sailing and trying to the best it can to support its sailors here.

The Royal Prince Alfred Yacht Club (RPAYC) has had a representative in sailing at every Olympic Games since 1964 except in 1980 when the sailing team withdrew from the Moscow games. The girl's race closed the fifteen days of the Olympic regatta on a high note for Australia and Pittwater.

Rob Curtis - RPAYC Commodore

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Northside Shield 2012 - Winter Swimming Groups

North Curl Curl Cool Cats

Front; Rob Moore, Ray Hurnel, Second Row; Les Bulmer, Michael Kember, Ken Sparks, Top; Peter Cox, Pat Kember

You must swim, not run, through the water

Tweet Like +1

Winners: North Narrabeen Shivering Sharks (left to right, top row to front row)

Steve Everett(coach),Graeme Jephcote, Rob Jack, Terry Taylor, Michael Whittaker, Ian Thompson, Steve SeeHoe, Alan Rose, Rod Tucker, Brandon Ockelford, Bruce Sweeting.

Images by Michael Mannington, August 2012, Volunteer Photography.

Hosts: Dee Why Ice Picks (Gold Medal Winners at Wagga Wagga Nationals in 2011) and sponsored by Dee Why RSL

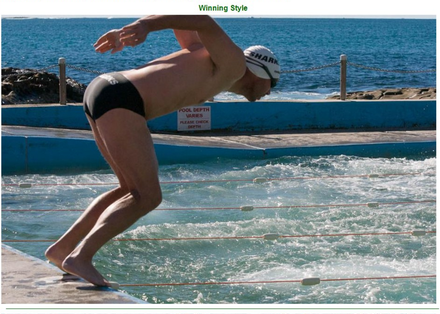
left to right, top row to front row: Geoff Jones, Denis Lewis (President), Martin Lyall, Brian Tyte, Tony Buchan, Michael Berridge, Alex Grant, Jon Thomson, Tom Dickenson, Gary Yabsley, Joe Candrick, Dick Hatherly, Peter Sheehan, Paul Jaffe, Dave Cole, Paul Candrick, John Taylor, Lloyd Smerdon, Russell Parkes, David Sinclair, Bruce Chave, Lionel Frankum

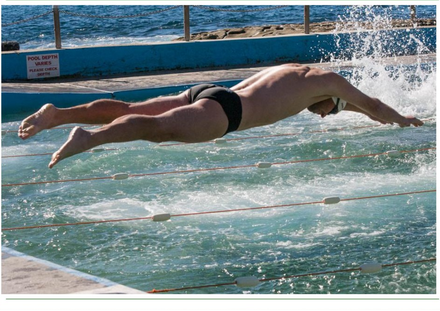
Pittwater Pirates here

Merewether Mackerals

Mark Cavonough(captain), Steven Weller, Joel Wales, Phil Callendar, Chris Pfeiffer, Al Pickles (president), Peter Bruce, Michael Jones, Tony Walsh, Helen Cullen, Billie Holmes-Fairfull, Darren Taylor, Elise Jones, Heath Proctor

Winning Style





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Pictures: Ornella Tomaino High Tea for Mona Vale Hospital Auxiliary by Karen Draddy and Michael Mannington

All Previous Articles

Profile: Pittwater Organisations that invest in people, culture and health: Mona Vale Hospital Auxiliary

Previous Profiles:

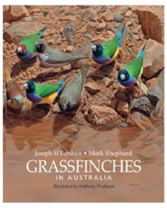
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

History: Fields of Dreams I; Golf, Camping, for Food and Enterprise, how did economic, cultural and aspirations figure in our own dreaming paddocks: Bayview Koala Sanctuary

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

Park Bench Philosopher: Over the Sea our Galleys Went by Robert Browning; lyrical extract from Paracelsus Part IV, *Paracelsus Aspires.*



Books: The Hunter by Scott Bevan. On Shakespeare by John Bell plus details of Berkelouws Talk, MVPS 100 Year History, CSIRO August Releases

Old Books: The poetical works of Percy Bysshe Shelley by Shelley, Percy Bysshe, 1792-1822; **1875**

The poetical works of Coleridge, Shelley, and Keats : complete in one volume 1846, Coleridge, Samuel Taylor, 1772-1834; Shelley, Percy Bysshe, 1792-1822; Keats, John, 1795-1821. Publisher: Philadelphia : Crissy & Markley

Events: Bobbysox at AvRSL, Birdwatching with PNHA,Lifeline August BookFair, RMYC Ladies Lunch, MVH Auxiliary Fashion Parade, Train Museum Celebrating 50th this year, Winemakers Dinner, U3A Events, BURNT Exhibition, New AvPals Courses, Learn How to Weed Botham Beach, Dive into the Deep Ocean, Jane Rutter and NBO Rotary Spring Concert TICKETS, FoNLC Paddles and Walks, Dance in Chicken Town, Poetry, Books & Playreading @ MV Library, Council Events and more.

News From our Inbox National New Media Art Award, Konrads; swimming champions, Artisans of Australia; Timbercraft, Live for Today, Proofread your CV, We Love Kids, Tadpole Waxed Coke

Tweet Like +1

Community News: Reg Angus Trophy for Nature Photography 2012,Council Election Candidates 2012, Vietnam Veterans Day (Nthn.) Today, VALE; Neville Bayfield and Max Watt honoured, Maria Regina New Deck, Bungaree Room, One Voice A Success, University for Pittwater?, Maritime Policy Agenda and Maritime Medal, Elanora Masterplan Adopted, 2013 Pittwater to Coffs Entries Open, Author Talk on MVPS 100 Year History, Palliative Care petition, Loosely Woven Return, Dog Day by The Bay 2012, Artfest 2012, MVPS Centenary, Our Council's Notices, Fed. Govt. Media and more

Environment; Super Trawler on its way to Australian waters, Eastern Tern and another *Ancient Mariner* - Seabirds, Birdwatching with PNHA, Going Solar on Sustainable House Day Workshop, Deep Oceans opens at Australian Museum, Cooee August Issue, local Environment groups and orgs.

Lynda Hill: Update 30.7.12: In A Silent Hour, A New Inspiration That May Change Your Life: August's Full Moon In Aquarius

Pictures: Ingleside Lady's High Tea for Mona Vale Hospital Auxiliary.

Youth: Science Week 2012: Online Activities, Moon Eclipse, Grow your Own Grasshead, Children's Poetry, **BL's Blast Off 2012 Entries OPEN**, Mona Vale Library Photo and Short Story Comp, RUOK?Day 2012, Are We There Yet Competition, Children's Book Week 2012, Reading Hour Challenge, Study Tools 101 - Mind Maps, Enter the BackMeUp anti-cyberbullying Comp, Library Story-times for Littlies, ArtFest 2012.

Seniors; New Report - Balance and Strength Training Prevents Falls - 'how to' in your everday tasks, Friendship - the original Free Love, A Few giggles for you, NSW Govt. Smoke Alarm Subsidy, New AvPals Courses, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: August 2012: Scotland Island lady June Lahm's stunning and beautiful works are '***painting with pixels***'

Reflections by George Repin. **This week; DURHAM HALL**

DIY Hints: Cleaning Outdoor Furniture settings; soon we'll be dwelling in our gardens again, a headstart for Spring.

Collector's Corner: WL1895 Thinking Monkey figurine; Chinese symbolism and enlightenment

Food: ginger, winter harvested, great health benefits and a ginger ale recipe from CSIRO, also one for gingernuts

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Pictures: Ornella Tomaino High Tea for Mona Vale Hospital Auxiliary by Karen Draddy and Michael Mannington

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DIY Hints: Cleaning Outdoor Furniture settings; soon we'll be dwelling in our gardens again, a headstart for Spring.

Vietnam Veterans Day 2012 for Vietnam Veteran's (Northern) Service is being on **Sunday 12th of August** at Palm Beach this year. The Veterans shall assemble at Palm Beach ferry wharf park at 10.30am before their March to the Palm Beach RSL Club for an 11.00am Service.

Candidates Standing in Council Elections 2012 - Local Government Elections 2012 - Saturday, 8 September 2012

Central Ward:

COLBECK Jim	MONA VALE	
FERGUSON Kylie	NEWPORT	Independent
WHITE Ian	SCOTLAND ISLAND	Independent
YOUNG Sue	MONA VALE	Independent
DUNBAR Bob	WARRIEWOOD	Independent
MIDDLETON Peter	NEWPORT	Independent
RICHMOND Stephen	CHURCH POINT	Independent
CATCHLOVE David	NEWPORT	Independent
GYE Bill	SCOTLAND ISLAND	Independent
HILL Kyle	NEWPORT	Independent
ILLINGSWORTH Lynette	BAYVIEW	Independent

South Ward:

HEGARTY Julie	BAYVIEW	Independent
MILLAR Kay	WARRIEWOOD	Independent
TOWNSEND Jacqui	ELANORA HEIGHTS	Independent
BOYLE Michael	BILGOLA PLATEAU	Independent
GORDON Angus	NORTH NARRABEEN	Independent
SIMMONDS Cathy	WARRIEWOOD	Independent
CORRIGAN Adam	ELANORA HEIGHTS	Independent
HEGARTY Monique	BAYVIEW	Independent
HORNSBY Chris	WARRIEWOOD	Independent

North Ward:

GRACE Bob	PALM BEACH	Independent
GRIFFITH Selena	NEWPORT	The Greens
MATTHEWS Stewart	AVALON	Independent
McTAGGART Alex	AVALON	Independent
BIBBY Laurence	CLAREVILLE	Independent
MILHAM John	NEWPORT	Independent
REY Pip	CLAREVILLE	The Greens
WENDEN David	BILGOLA	Independent
LANGFORD Peter	AVALON	Independent
SLOPER Graham	AVALON	Independent
WARING John	AVALON	Independent
WAWN Pru	AVALON	The Greens
FRIEND Brian	AVALON	Independent

Maria Regina Primary School Avalon Deck Official Opening – 7 August 2012

Today is the Feast Day of St Dominic and we are blessed to have a Dominican, Bishop Bernard O'Grady here today, to bless the deck and Mr Stokes, Member for Pittwater in the NSW Government, to officially open the deck.

I will give a brief history of the deck. The deck was conceived as an idea by the P&F Team last year and it was born in July this year. The birthing plan went slightly longer than originally expected (4 instead of 2 Saturdays) because it turned out to be bigger and better than first imagined - thanks to the great vision of Year 1 Dad at the School and project manager of the deck, Alex Stritt. It involved a lot of hard labour.

Alex Stritt and Hon. Rob Stokes

Work on the deck began on the first Saturday of the July School holidays when around 32 post holes were dug and secured by Alex, Abraham Philipose of Bunnings and five other Dad volunteers – Luigi, Danny, Matt, Dean and Francis from around 7am to dark. There were a few blisters for some of the non-builder Dads at the end of that day.

The following Friday, Alex and some of the Dads returned to prepare for the next Saturday's work, when Alex, a work colleague, Danny, Matt and a team of 9 volunteers from Bunnings led by Moe Chaker, came and did another day's work, sustained by a BBQ lunch generously supplied and manned by Bunnings. Alex returned again during the following week, to prepare for the 3rd full Saturday's work on the deck, and on that 3rd Saturday, Alex was assisted by work colleagues, Kurt & Joel and Radek and two of the Dads, Matt and Francis.

The deck was brought to completion on the 4th Saturday, when Alex, Kurt, Joel, Radek and Matt worked the finishing touches. Everyone will agree that the result is more than just a deck. It's a masterpiece. There are even panels that can be unscrewed for below deck entry. With its 32 posts, it is as secure as a tank, a wonderful safe-haven in the event of strong Northerly winds!

Hon. Rob Stokes, school captains Bernadette Kelly and Marcus Oates, Principal Kathy Gee.

But on a serious note, the amphitheatre structure of the deck is perfect for outdoor classes, for reading groups, for students to sit at morning tea or lunchtime and talk and enjoy their food and for play and performances. The deck was a great School and community joint effort for the benefit of the children at the School here today and in the future and we are celebrating that today.

Thank you.

Joanne Seve, P&F President, Maria Regina Catholic Primary School, Avalon

Photos courtesy of Peta Wise

A University Campus in Pittwater

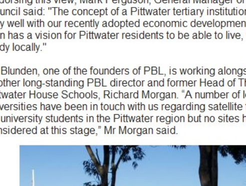
***'Local universities have expressed interest,'* says PBL's Richard Morgan**

Pittwater Council's Economic Development Plan supports a community-based initiative to invite a world-class university to establish a campus in Sydney's northeast. The University in Pittwater project is enthusiastically supported by local business groups in the Pittwater region and is being led by not-for-profit community business organisation Pittwater Business Limited (PBL).

Steering Committee member and local businessman, Andrew Blunden, said: "One of the key philosophies of Pittwater Business Limited is to encourage a sustainable community where there is an opportunity to live, buy, work … and study locally".

Endorsing this view, Mark Ferguson, General Manager of Pittwater Council said: "The concept of a Pittwater tertiary institution fits in very well with our recently adopted economic development plan. The plan has a vision for Pittwater residents to be able to live, work and study locally."

Mr Blunden, one of the founders of PBL, is working alongside another long-standing PBL director and former Head of The Pittwater House Schools, Richard Morgan. "A number of local universities have been in touch with us regarding satellite facilities for university students in the Pittwater region but no sites have been considered at this stage," Mr Morgan said.



Richard Morgan

A university campus has several major economic benefits for Pittwater: employment of permanent and part-time workers, incubation of ancillary retail, accommodation and service businesses and the reduction in commuter numbers heading south and west. It will support the growing population of Sydney's Northern Beaches, provide an intellectual incubator and facilitate a healthy local economy.

Since university semesters run outside the busy summer holiday season, it provides a win-win for local retailers and service providers. Students demand food, drink and accommodation during term time – currently a slow period for the region's businesses. Core teaching disciplines may include health services, science and coastal studies, economics, commerce and education. Each of these fulfils a demand for courses that blend well with the Pittwater environment and employment priorities.

According to ABS Census data the Pittwater region represents a highly educated, wealthier and professional workforce. However, students have to commute or move outside the region to obtain their tertiary education.

Richard Morgan will outline the progress of the university project to members and guests at the **PBL breakfast seminar** to be held on **Wednesday, August 22 from 7.00am at The Terrace on Pittwater Restaurant, Newport Arms Hotel, 2 Kalinya Street, Newport**. For information visit www.pittwaterbusiness.com.au.

For further information about a University in Pittwater please contact: **Paul William-Smith**, Pittwater-Warringah Regional Economic Development Coordinator on 9942 2233, or **Richard Morgan**, Pittwater Business Limited Project Steering Committee on 0412 016 117

About Pittwater Business Limited

PBL is a not-for-profit company formed to support the growth and development of sustainable and successful businesses in Pittwater. It began as an initiative of local executives and Pittwater Council when they saw the need to help support and encourage local businesses. This initial concept has now evolved to become an organisation that operates independently of Council.

Pittwater Business Limited assists businesses through providing meetings, presentations and newsletters. It is committed to growing and developing successful businesses in Pittwater. To learn more about PBL, visit www.pittwaterbusiness.com.au.

Bungaree Gets His Own Room

Descendants of Bungaree Gai Rowling (in pink) and Neil Evers (in suit) thanked the Department on behalf of the Guringai Tribal Link Aboriginal Corporation.

In May this year, David Walsh, NSW State Director for the Department of Immigration and Citizenship, and also the Department's Reconciliation Champion formally requested permission from The Guringai Tribal Link Aboriginal Corporation as Bungaree's descendants for the use of Bungaree's name for a conference room at their offices at 26 Lee Street, Sydney.

The Department has an Indigenous Employees Network (IEN) and a Reconciliation Action Plan (RAP) and an initiative of the RAP is to rename the Department's significant meeting rooms and conference rooms with Indigenous names and words.

The Plaque reads:

Bungaree Room

Bungaree (1775-1830) was an Australian Aborigine from the Broken Bay Tribe who moved to Sydney from the Central Coast of New South Wales. He was known as a diplomat and mediated between the English colonists and the Aboriginal people.

Bungaree was also an explorer who sailed with Matthew Flinders on his circumnavigation of Australia, acting as an interpreter, guide and negotiator with local Aboriginal groups.

He also circumnavigated Australia with Phillip Parker King, 14 years after his journey with Flinders.

This room was officially renamed on 28 May 2012 during National Reconciliation Week by Reconciliation Champion and NSW State Director David Walsh. The artwork was by Lyndy Delian, Three Stories.

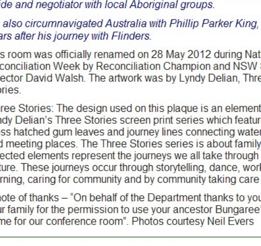
"Three Stories: The design used on this plaque is an element of Lyndy Delian's Three Stories screen print series which features cross hatched gum leaves and journey lines connecting waterholes and meeting places. The Three Stories series is about family. The selected elements represent the journeys we all take through culture. These journeys occur through storytelling, dance, work, learning, caring for community and by community taking care of us."

A note of thanks – "On behalf of the Department thanks to you and your family for the permission to use your ancestor Bungaree's name for our conference room". Photos courtesy Neil Evers

Loosely Woven Concert: "ONE VOICE" in aid of Amnesty International

From Kath Moody

"If you can walk you can dance
If you can talk you can sing"



Wayne and Loosely Woven

These words from a song by Bruce Watson express the philosophy of Wayne Richmond and his troupe and the way they encourage others to get joy from music. They certainly had the audience dancing and singing at the concert given in Avalon at the Baptist Church last Sunday evening. Aspiring musicians and singers are always given encouragement by Loosely Woven.

Everyone joins in

It was a great night and the enthusiastic performers spread happiness and delight as well as stirring our feelings. The title song "One Voice" could be a theme for those who work for Amnesty – joining together to ask for justice for those who suffer rights abuse around the world. We loved the Judy Small song "You Don't Speak for Me", and Wayne's arrangement of I'm Gonna Be (walk500 miles) by the Reids brought lots of applause and memories. Many other great songs were featured as well. Thank you Wayne - Thank you Loosely Woven musicians - the concert hit the jackpot!

More funds for palliative care - Support our campaign

Last year we started a campaign to have funds restored for palliative care in the Northern Sydney Local Health District. Our petition also asked the NSW government to improve services throughout NSW. We collected over 24,000 signatures from supporters mainly in northern Sydney. The Government responded by restoring funds to northern Sydney and committed to increasing palliative care services across the state. However the June 2012 State Budget only allocated $5M to palliative care.

Due in part to our ageing population the demand for palliative care services is increasing. Over the 10-year period from 1999 to 2009, the number of admissions for palliative care in Australian hospitals increased by 56%. Yet state funding has not increased since 2007 until the tiny $5M boost this year. We need more than ten times this to adequately care for palliative care needs of the people of NSW.

This year we will be collecting signatures from all over NSW, in hospitals and palliative care units, in doctors' surgeries and chemist shops, support groups and clubs. We will present the 2012 petition to the NSW Government before Parliament starts budget discussions in November. Last year's campaign collected 24,000 signatures; imagine what we can do in 2012!

Please help those living and dying without adequate palliative care in NSW by supporting our campaign. Download the petition here and start collecting signatures. Please return signatures by 24 October 2012

Many thanks for your support,
Dr Yvonne McMaster
Retired palliative care doctor and palliative care campaigner

Dr McMaster was a Key speaker at the PBL/Pittwater Rotary breakfast to raise funds for MVH Palliative Care: here

Bushcare Notices - August 2012

Bushcare at Warriewood

The Warriewood bushcare group managed by Pittwater Council needs more volunteers on 4th Wednesday morning of the month – Can you help? Please contact Mary Johnsen at 9999 2020.

Bushcare at Careel Bay

Every 4th Saturday 8:30am - 11:30am: supported through a Caring For Our Country Grant and Hawkesbury-Nepean Catchment Management Authority.

From Cooee;
WELCOME to Council's new Bushcare Officer
Helena Dewis has been appointed as Pittwater Council's Bushcare Officer. Some of you will already know Helena, who was a supervisor at Toongari, Bilgola Beach, Algona, McCarrs Creek, Coopers Point and other sites.
Helena worked in contract bush regeneration throughout Sydney before moving to Melbourne in 2011 for an environmental consulting position. She missed Pittwater bushland and volunteers so much that she has come back to work with us. We extend her a warm welcome and wish her all the best in the position!
Please feel free to contact her and introduce yourself on 9970 1367. Helena is hoping to visit Bushcare groups over the next few months.

Sun August 12
Bangalley 9-12pm
Catherine Park 10-12:30pm

Thu August 16
Mona Vale Dunes 8:30-11:30am

Fri August 17
Bilgola Beach 9-12pm

Sat August 18
Toongari 9-12pm
Old Wharf 8-11am
Nth Palm Beach 9-12pm
Pathilda Reserve 9-12pm

Sun August 19
Angophora 8:30-11:30am
Crescent 9-12pm
McCarrs Ck 8-11am

Tue August 21
Porters Reserve 9-12pm

Wed August 22
W'wood Bch 8-11am

Sat August 25
North Newport 8:30-11:30am
Pindari 8-11am
Careel Creek 8:30-11:30am
Kywong 8:30-11:30am

Sun August 26
Win Bay 9-12pm
Bungan Beach 9-12pm

For further information on bushcare and/ or to check if your group is working this month, please contact our bushcare officer below. Bushcare is a great way to help your local bushland and make new friends!
Helena Dewis 9970 1367

Pittwater Council's COOEE Newsletter AUGUST 2012

PITTWATER COUNCIL

ELANORA HEIGHTS MASTERPLAN ADOPTED

The Elanora Heights Masterplan was adopted by the Council at its meeting this week and will now be incorporated into the Pittwater 21 Development Control Plan. The Elanora Heights Masterplan has earmarked up to $1 million to be spent on the first stage of improvements to the Elanora Heights shopping centre over the next five years.

The main improvements to the centre include a pedestrian crossing and landscaped median strip to improve safety in the village centre. New landscaping, lighting and paving and opportunities for alfresco dining will complete Stage 1 of the improvements. Stage 2 of the upgrade includes a village square, another pedestrian crossing and new planting, lighting and paving along Kalang Road, south of St Andrews Gate.

Planning Director Steve Evans said local residents and business-owners had been closely involved in developing the masterplan. "The feedback from the community during the planning workshops we held last year was that they wanted more pedestrian access, landscaping and retention of the 'village' feel in the centre," he said.

He said commercial development had recently been kick-started in Elanora Heights with two new shop-top housing developments at 69 and 54 Kalang Road. The Elanora Heights upgrade will start with the construction of a landscaped median strip and the raised pedestrian crossing within the next 18 months.

GO SOLAR AND SAVE!

Pittwater Council's Coastal Environment Centre at North Narrabeen will hold a **free 'Solar Energy Options' workshop** as part of **Sustainable House Day on Sunday 9 September from 1pm**. Council's Natural Environment Manager Mark Beharrell said with energy prices rising steeply, it was a great time to explore your options and consider going solar.

"Installing solar energy can save you money as well as reduce carbon emissions, but it can often seem a confusing option," said Mr Beharrell.

The workshop which will be presented by Greg Harris from Smart Water and Energy Solutions and Council's Joanne Tulau will shed light on both solar water heating and solar electricity (PV) panels.

"There are many systems available and the workshop will explain the differences between them, the advantages and disadvantages of each, and associated costs," said Mr Beharrell. "The prices of solar systems are becoming more competitive all the time and government financial incentives are still available to help offset the cost of your investment," Mr Beharrell added.

The workshop will be followed by an optional tour of the sustainability features at the multi-award winning environment centre. On display will be the centre's solar panels, solar hot water system, energy efficient lighting and water tanks that flush the toilets and water the veggie garden.

The workshop will run from 1pm to 3pm. Bookings are essential for the workshop; to book online visit www.pittwater.nsw.gov.au/cecbookings or for more information call 1300 000 232. The Coastal Environment Centre is located at Lake Park Road, North Narrabeen.

A BIRD'S EYE VIEW

In a must for bird lovers, the Coastal Environment Centre is hosting an all-day **Birding Essentials Workshop on Sunday 21 October 2012.** The comprehensive workshop will include field trips and presentations from birding experts Dr Tony Saunders and Marita Macrae.

The workshop is suitable for all levels of birding enthusiasts including beginners and will cover topics such as birding skills; feather colours; nesting and camouflage as well as tips on creating bird habitat in an urban environment. The field trips will visit local birding hotspots on the northern beaches including the Warriewood Wetlands, Deep Creek Reserve and Jamieson Park on the foreshore of Narrabeen Lagoon.

The Council's Natural Environment & Education Manager Mark Beharrell said the field trips would show the diversity of local birdlife along with an understanding of the impacts of climate change. The cost for the all-day workshop, which includes morning and afternoon tea is $65 per person. A resource folder and guidebook is also included with the cost.

Participants are asked to bring their own picnic lunch, a sunhat, sunscreen, insect repellent, sturdy shoes and comfortable clothes. They should also bring a notepad and pen, water, a small backpack, towel, as well as a camera and binoculars if preferred.

Registration is at 7.30am at your chosen field trip site. Details will be given on booking.

To book visit www.pittwater.nsw.gov.au/cecbookings or call 1300 000 232 for further details.

SHORT STORY AND PHOTO COMPETITION

Pittwater residents with a flair for writing or photography are invited to enter a competition to celebrate History Week. The competition which is run by Mona Vale Library is open to children as well as adults and asks participants write a short story, submit a photograph or both.

Competition organiser Sharelle Ravenscroft said entries should be based on the broad interpretation of the word 'threads'. "Which, for example may include vintage clothing and textiles; the thread of a story, or a spider's web," added Ms Ravenscroft.

Entrants need to submit their short story with a 500 to 1000 word limit, or one photograph to be submitted per entry. Ms Ravenscroft said that the competition was open to three age groups, including 8 to 12 years, 13 to 17 years and 18 years plus.

"Prizes, including book vouchers, will be awarded to entrants in the three age groups," she said.

The competition will open on Monday 20 August, with entries closing on 16 September.

All entries must be brought to the library on a USB. These will be available for collection at the library after the competition ends. All entries must be accompanied by an entry form.

For more information about the competition and to download an entry form visit www.pittwater.nsw.gov.au/library

AUTHOR DELVES INTO SCHOOL'S 100 YEAR HISTORY

Get a glimpse of history on our doorstep as local teacher and 'unofficial' archivist Beverley Lewis presents her book Mona Vale Public School, Celebrating 100 Years on **Tuesday 14 August at Mona Vale Library**. A Pittwater resident, Beverley Lewis is a former teacher and student of Mona Vale Public School. After completing teachers college and service in country NSW, Beverley returned to teach at Mona Vale for 32 years before retiring in 2005.

Events librarian Catherine Buddin said Ms Lewis had put together a collection of stories and photographs for a pictorial history published to celebrate the school's centenary.
"Beverley has created the book with another 'unofficial' archivist and ex-teacher Bev Harvey. Together they have worked on the project since 1987," Ms Buddin said.

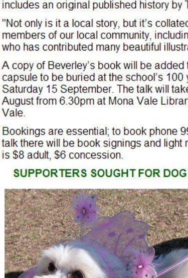
Pittwater Mayor Harvey Rose praised Ms Lewis for bringing together significant moments in the school's history which also includes an original published history by Thomas Le Sueur.

"Not only is it a local story, but it's collated and illustrated by members of our local community, including artist Noela Cunningham who has contributed many beautiful illustrations," said Cr Rose.

A copy of Beverley's book will be added to the school's time capsule to be buried at the school's 100 year festival day on Saturday 15 September. The talk will take place on Tuesday 14 August from 6.30pm at Mona Vale Library 1 Park Street, Mona Vale.

Bookings are essential; to book phone 9970 1600. Following the talk there will be book signings and light refreshments. Admission is $8 adult, $6 concession.

SUPPORTERS SOUGHT FOR DOG DAY BY THE BAY



Pittwater Council will host their popular Dog Day by the Bay sponsored by PetO at **Rowland Reserve Bayview on Sunday 23 September** and are looking for stall-holders and sponsors for the event. Organiser Rennae Projceski from the Council said that stallholders should be providers of products and services for dogs.

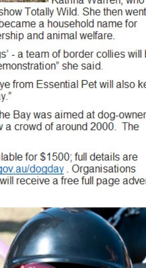
"The day will have a mix of fun events and talks on interesting topics relevant to dog owners. Highlights of the day include TV vet Dr Katrina Warren, who first appeared on the children's show Totally Wild. She then went on to co-host Harry's Practice and became a household name for promoting responsible pet ownership and animal welfare.

Dr Katrina and 'The Wonderdogs' - a team of border collies will be performing tricks and training demonstration" she said.

"The popular MCs Brian and Kaye from Essential Pet will also keep us entertained throughout the day."

Ms Projceski said Dog Day by the Bay was aimed at dog-owners and their pets and regularly drew a crowd of around 2000. The event is now in its 12th year.

Sponsorship packages are available for $1500; full details are available at www.pittwater.nsw.gov.au/dogday . Organisations donating prizes at $100 or over will receive a free full page advert in the event guide.



Dog Day by the Bay runs from **10am to 3pm** and activities include agility demonstrations, education talks, children's activities in the kids' corner and competitions to enter including the Canine Fancy Dress Parade. A variety of food & drink stalls will also be at the event and proceeds raised donated to local branches of the Animal Welfare League. Entry and parking are free.

The popular "PetO Dog of the Year" photo competition is also on again with entries to the competition opening on **Monday 6 August**. The winner and two runners up will receive a prize and photos will be displayed at Mona Vale customer service in the lead up to the event.

For more information visit www.pittwater.nsw.gov.au/dogday

For more information about becoming a stall holder or sponsor of Dog Day by the Bay contact Pittwater Council's environmental education team on 9970 1194. Photos by Michael Mannington.

Reminder – Send In Your Ticks !

Dr Ann Mitrovic of the University of Sydney is still asking for assistance from our bushcare volunteers to collect ticks for a research project being conducted at the University of Sydney.

The University of Sydney researchers are currently investigating the presence of Borrelia bacterium in Australian ticks. They have already received support from several veterinary clinics and WIRES carers and would really appreciate your continued assistance. This collection should only occur within your normal volunteer activities. Do not put yourself at deliberate risk of tick bite. Continue to take preventative measures to avoid tick bite such as using DEET containing insecticides, wearing appropriate clothing and conducting thorough inspections for ticks on return from outdoor activities. For more information about the project please contact Lavinia Schofield on 9970 1365

New Season Begins in September

Sailability Pittwater is a volunteer organisation which provides sailing for people with a disability. Our main recreational sailing activities are at Rowland Reserve, Bayview, and we run competitive sailing for people with a disability out of RPAYC Newport.

We are currently looking for new volunteers for our Saturday morning program at Rowland Reserve and Tuesdays at RPA. Visit our website for more information at www.sailability.org/au/pittwater or call John on 99825656 / 0409391065

LEGO AT THE LIBRARY

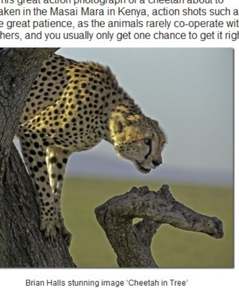
Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood from May. Mona Vale Library is starting up a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is September 2nd, 2012.**

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

Pittwater Camera Club – Reg Angus Trophy for Nature Photography 2012 - From John Taylor

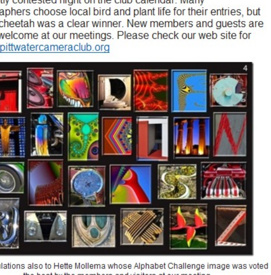
Winner of Reg Angus nature Trophy, Brian Hall, is on the right and the judge of the evening, Doug Carley is on the left.

Local photographer Brian hall has won the Reg Angus Nature Trophy for his great action photograph of a cheetah about to pounce. Taken in the Masai Mara in Kenya, action shots such as this require great patience, as the animals rarely co-operate with photographers, and you usually only get one chance to get it right.



Brian Halls stunning image 'Cheetah in Tree'

Pittwater Camera Club runs this competition annually and it is the most hotly contested night on the club calendar. Many photographers choose local bird and plant life for their entries, but Brian's cheetah was a clear winner. New members and guests are always welcome at our meetings. Please check our web site for details. pittwatercameraclub.org



Congratulations also to Hette Mollema whose Alphabet Challenge image was voted the best by the members and visitors at our meeting.

VALE

Neville William Bayfield OAM

From Avalon Bulldogs
http://www.avalonbulldogs.com.au/
Last Saturday (4.8.2012), a minutes silence was held before the main game at Hitchcock Park, Avalon beach in remembrance of Neville Bayfield, a wonderful man who supported the community in all facets. He was a generous sponsor of the Warringah Rats, Newport Breakers and our club Avalon Bulldogs. Last Saturday at our last home game before the semi finals, a minutes silence was held in respect for this man before the 'main game' between Valley United and Josh Stuarts A Grade from the mighty Avalon Bulldogs. Two young children sang the National Anthem prior to the match.

From Newport Broken Breakers
http://www.newportrugby.com.au/
Neville was a great supporter of Rugby in our area and we honoured him with a minutes silence prior to our game against Lindfield last Saturday (4.8.2012). The game was a draw.

First grades of Lindfield (left) and Newport (right) honour Neville Bayfield with a minute's silence.

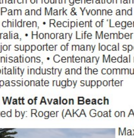
• Medal of the Order of Australia – official citation "In recognition of service to the Royal Life Saving Society and to raising standard and awareness of life saving education"

• Vice Patron of Royal Life Saving Australia – Vice Patron of Royal Life Saving Society Australia – over 40 year's service in many capacities including Deputy President of RLSS Commonwealth from 1995-2009 and was RLSS Australia National President from 1988-94. Recipient of highest RLSS Award, The King Edward VII Cup and others including Companion Award (1986), Recognition Badge (1979) and was their 1st Honorary Life Member (1995)

• Chairman of Board of Directors of Liquor Marketing Group Limited – 1980 to 2012, • Prominent Hotelier and licensee on Sydney's Northern Beaches since 1976, • CEO and owner of Bayfield Hotels Pty Ltd – operating Newport Arms Hotel, Dee Why Hotel, Belrose Hotel, Caringbah Hotel, Newport Mirage Hotel and Bayfields Liquor Superstores., • Benefactor and strong advocate for Children's Cancer Institute Australia fundraising over $1.8m, • Leader in the liquor industry for over 35 years and strong advocate for independent operators and in Oct 2012 was recognised as one of "21 Most Influential Liquor Identities of the last 21 Years" – Drink Trade – Oct 2010, • Chairman / Director & Deputy Director – Western Suburbs Rugby Leagues Club Ltd,
• Patriarch of fourth generation family hospitality business alongside wife Pam and Mark & Yvonne and Wayne & Sharon Bayfield and their children, • Recipient of 'Legend' Award from Tourism Training Australia, • Honorary Life Member of the Warringah Rugby Club,
• Major supporter of many local sporting clubs, of local charities and organisations, • Centenary Medal recipient - service to the hospitality industry and the community – Jan 2001, • Sports lover and passionate rugby supporter

Max Watt of Avalon Beach

Posted by: Roger (AKA Goat on August 1st, 2012)



Max Watt, a truly original Aussie Waterman, passed away yesterday aged 82 after a long period of fighting heart problems. He was well known to anyone, young and old, who's spent anytime in the surf or on the beach at Avalon - surfing, swimming, fishing, skin diving or just having a yarn about all and any of these. His knowledge and expertise was sought after and respected by all. A Life Member of Avalon Beach SLSC, he hauled out literally hundreds of swimmers who got into trouble in notorious rips at Avalon, Palm Beach and vicinity over the years, both on and off duty. Despite his health problems he was still doing these things into his eighties!

Still doing surf patrols for the club into his seventies he dropped patrolling in recent years, as the annual proficiency run-swim-run became a bit harder to do in the allotted time. Nevertheless, he was still saving lives after that. If someone was calling for help and he was fishing off the rocks he would calmly talk to them and direct them from the rocks, telling them what to do to get back to shore safely.

Max was an inspiration to anyone who knew him. Over the years he won numerous surf competitions, ski, swim and boats, had various Surf Life Saving Australia and community awards, including SLSA's 50 years service award, Pittwater Citizen of the Year, and was one of only 100 Northern Beaches recipients of the Manly Daily Centenary Medal for outstanding service to the community.

A memorial ceremony, scattering of the ashes in his beloved Avalon surf, and wake will be held at the Avalon Beach SLSC at midday Sunday 19 August 2012. A fellow proud Avalon Beach SLSC Life Member, my next door neighbour for over twenty years, and a bloody good mate. I will miss him.

Condolences to his wife Norma, son John, daughters Julie and Margaret, and brother Jack. He would be thrilled to see the size of the surf today! Catch plenty of great waves up there mate. Roger (aka The Goat) posted on www.realsurf.com

Pittwater Offshore Newsletter Update 7/8/2012: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Western Shores - Morning Bay
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

MARITIME POLICY AGENDA LAUNCHED

NSW Minister for Ports Duncan Gay has launched the Maritime Policy Agenda to guide the work of Transport for NSW agencies over the next three years. Minister Gay made the announcement at the official opening of the Sydney International Boat Show before more than 500 boating and marine industry representatives.

"I'm pleased to be able to launch the Maritime Policy Agenda, which reflects 12 months of consultation and engagement with the maritime community," said Mr Gay.
The Maritime Policy Agenda has three main themes:
• Boating Safety
• Boat Storage and Safe Waterways Access Strategy
• Reducing Red Tape

"From all the feedback and advice, the outcome is a focus on boating safety, improving boat storage and waterways access, and cutting red tape in maritime property and planning. It is time to deliver on a list of initiatives which reflect calls for support and for action." Mr Gay said it's estimated that more than 1.5 million people go boating each year, making the safe use of our waterways a priority. Over the past 10 years, 167 lives have been lost in boating incidents in NSW and while the overall trend in the fatality rate is improving, there remains much to do," he said. "Too often the person who has lost their life while boating was not wearing a lifejacket. Our focus in the next few years will be to encourage more awareness of the difference a lifejacket can make."

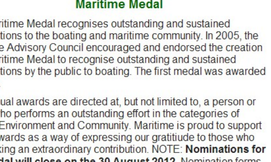
Mr Gay said that boat ownership was forecast to increase at almost 3 per cent a year in NSW which created a challenge in vessel storage and access to our waterways.
"Transport for NSW agencies will focus on delivering new and improved vessel storage solutions and waterway access statewide," he said. "Industry feedback suggests a frustration with some maritime regulations and policy. The NSW Government is determined to listen to industry and community on these sorts of issues. The State Government will review processes and work to deliver improvements in efficiency and responsiveness, especially in the maritime property area."

Mr Gay said the Maritime Policy Agenda consultation included feedback from a dedicated Maritime Stakeholder Forum in April and expert advice from the peak consultative group, the Maritime Advisory Council. The NSW boating sector generates about $2 billion annually for the State's economy and supports thousands of jobs and businesses which form the backbone of our communities. The Maritime Policy Agenda identifies 16 specific actions which can be viewed at
http://www.maritime.nsw.gov.au/docs/maritime-policy-agenda.pdf

Maritime Medal

The Maritime Medal recognises outstanding and sustained contributions to the boating and maritime community. In 2005, the Maritime Advisory Council encouraged and endorsed the creation of a Maritime Medal to recognise outstanding and sustained contributions by the public to boating. The first medal was awarded in 2006.

The annual awards are directed at, but not limited to, a person or group who performs an outstanding effort in the categories of Safety, Environment and Community. Maritime is proud to support these awards as a way of expressing our gratitude to those who are making an extraordinary contribution. NOTE: **Nominations for the medal will close on the 30 August 2012**. Nomination forms are available for download in .doc and .pdf format: Here:
http://www.maritime.nsw.gov.au/wh/medal.html



Sunday 12th August - AVALON BOWLING CLUB - 3 - 6pm

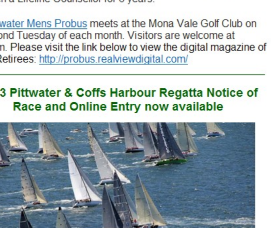
Next Tuesday 14th August - Speaker: Beverley Yakich

Grameen Foundation - Grameen Foundation's mission is to empower the world's poor, not with hand-outs, but by giving people access to work training, financial services, and marketing support. The Australian Foundation has been inspired by the ideals of Grameen's founder, 2006 Nobel Peace Laureate Muhammad Yunus. We are an independent organisation and directly fund our own projects.

The word Grameen means *'rural'*, to indicate Yunus's goal of empowering village people, for whom it was impossible to gain a small loan with a regular bank. Our speaker, Beverley Yakich is a retired school teacher who has helped with projects in organizations such as Oxfam and Save the Children Fund. She is also the National Patient Support Coordinator for Restless Legs Syndrome has been a Lifeline Counsellor for 6 years.

The Pittwater Mens Probus meets at the Mona Vale Golf Club on the second Tuesday of each month. Visitors are welcome at 10.30am. Please visit the link below to view the digital magazine of Active Retirees: http://probus.realviewdigital.com/

2013 Pittwater & Coffs Harbour Regatta Notice of Race and Online Entry now available



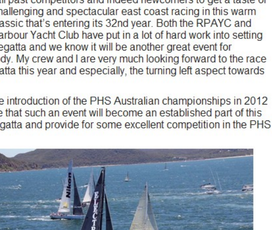
The Start of the 2012 Pittwater to coffs race by Gavin Ward

The Royal Prince Alfred Yacht Club, the organising authority for the 32nd edition of the Pittwater & Coffs Harbour Regatta, has announced the release of the Notice of Race and invites applications for entry. The five race regatta starts with the first ocean race of the New Year, the category 2, 226nm Pittwater to Coffs Harbour ocean race on January 2, 2013 followed by four category 4 races in Coffs Harbour over two consecutive days on January 5 & 6. The five races shall count for the overall regatta score with no discards and points awarded for race one, shall be doubled in value.

There will be five entry categories including IRC, PHS, ORCi, Cruising and Shorthanded. All boats can enter the Australian PHS Championships, a new element introduced to the regatta in 2012. The five race Championship will see boats challenging for a trophy to become the National champion, won for the first time by the Sydney 41 Coffs Harbour entrant, Paul d'Olier 'B52' in 2012. The Shorthanded Division was introduced in 2011 and was warmly welcomed by the shorthanded sailors who don't get many long offshore racing opportunities in Australia. The RPAYC invite and welcome shorthanded sailors to join in the regatta in 2013.

RPAYC Commodore Robert Curtis who will be competing once again in the regatta with his co-owned Murray 42 'Secret Men's Business #1' commented, "The Royal Prince Alfred Yacht Club invites all past competitors and indeed newcomers to get a taste of some challenging and spectacular east coast racing in this warm water classic that's entering its 32nd year. Both the RPAYC and Coffs Harbour Yacht Club have put in a lot of hard work into setting up the regatta and we know it will be another great event for everybody. My crew and I are very much looking forward to the race and regatta this year and especially, the turning left aspect towards Coffs."

"With the introduction of the PHS Australian championships in 2012 we hope that such an event will become an established part of this great regatta and provide for some excellent competition in the PHS arena."



2012 Pittwater to Coffs race line honours and PHS Handicap winner Future Shock - photo by Gavin Ward

2012 Pittwater to Coffs race IRC handicap winner Exile, a DK46 - photo by Damian Devine

The 2012 Pittwater to Coffs race offered up a new line honours winner in Craig Ellis' Elliot 57 'Future Shock' in a time of 35hrs 53mins 9secs, the slowest in 16 years, and also picked up the PHS handicap crown in a tough, uphill battle that had the fleet beating into a Nor' Easterly all the way. MHYC's Rob Reynolds DK46 *'Exile'* won both the IRC and ORCi divisions for the race.

The former *'Shogun'*, Rob Reynolds acquired her in 2009 and has configured her to achieve the highest performance IRC cruiser/racer. Reynolds has already declared his intention to defend his title and race in 2013.

The 2012 overall regatta winners were the RPAYC's Mark Griffiths Sydney 38 *'Old School'* in IRC, another Sydney 38 Mark Hinchey's *'Wizzard'* in ORCi representing NCYC and the Coffs Harbour based Sydney 41 Paul d'Olier's 'B52' in PHS.

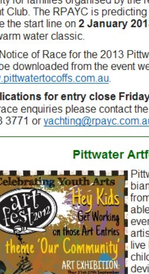
Competitors will only be able to submit their entry online via the event website at www.pittwatertocoffs.com.au and the race will once again feature the Yellow Brick yacht tracking system to assist competitors, spectators, media and families onshore to follow the race with 15 minute updates. You can also follow the race via Twitter and Facebook with frequent updates.

Renowned as a fun, family event there will also be plenty of onshore activity for families organised by the receiving Club, Coffs Harbour Yacht Club. The RPAYC is predicting a fleet of around 60 yachts will make the start line on **2 January 2013 at 1pm**, for the race dubbed the warm water classic.

The Notice of Race for the 2013 Pittwater & Coffs Harbour Regatta can be downloaded from the event website
www.pittwatertocoffs.com.au.

Applications for entry close Friday 7 December 2012.
For race enquiries please contact the RPAYC Sailing Office on (02) 9998 3771 or yachting@rpayc.com.au.

Pittwater Artfest 2012



Pittwater Artfest is now in its 7th biannual year and with support from local businesses has been able to remain a free community event celebrating our area and the artistic pursuits of the children who live here. The festival encourages children to put down their digital devices, turn off their televisions, get off the computer and pick up a paint brush, pencil, pen or musical instruments and create something based on this year's theme.

Pittwater Artfest encourages self esteem by exhibiting the work of every child that enters. It not only encourages children but engages families and local artists to participate together in the local community. Pittwater Artfest attracts thousands of people to the area during its two week duration. There are two parts to the event:

Art Prize and Exhibition: Opening night Friday 21st September 6pm-9pm - Exhibition runs until 27th September Avalon Recreation Centre. All entries must be received by 6pm, 8th September at Avalon Recreation Centre. An art exhibition where kids get to have their paintings hung and judged.

The theme for 2012 is 'Our Community'

You may submit any 2-D Media including Painting, Drawing, Collage, Printing, Digital Arts, Photography and Mixed media in the following sections:
Pre-school,
Infants – Kindergarten, yrs 1, 2 (open to Pittwater Schools Only)
Primary – 3, 4, 5, 6 (open to Pittwater Schools Only)
Junior High – years 7, 8, 9, 10 (open to all High Schools)
Senior High – Years 11, 12 (Open to all High Schools)
Group – Work by 10 or more students.
Conditions of Entry:
• Pre-school, infants and primary entrants must live or go to school in the Pittwater area.
• The high school section is open to all students from any geographical area.
• All works to be submitted framed (no clip frames excepted).
• Paintings can be submitted on canvas stretcher that can be hung.
• Individual artwork no bigger than 90 x 70cm.
• High School & Group artwork no bigger than 90cm x 120cm
• One entry per child.
Entry fee $10 per entry payable on delivery of work to collection point. Entry forms will be available for download end of July.

Art in the Park: Saturday 22 September 9am-1pm Dunbar Park Avalon

A free community event in Dunbar Park Avalon, where local artists give up there time and expertise to teach children across all mediums, including painting, music, sculpture, illustration, mosaics, chalk, print making craft, knitting, and much more. If you would like to get involved and help out with Artfest please let us know. For further information contact: Artfest Coordinator Stephanie Brown Mob: 0407 270 365 email: pittwaterartfest@gmail.com
www.pittwaterartfest.com.au https://www.facebook.com/PittArtFest

Mona Vale Public School Centenary Celebrations- Share Your Stories and Photos

Mona Vale Public School is celebrating 100 years with a Festival Day to be held in September this year. They are currently asking people to share their stories and photos and memories of their school years at MVPS. Detials HERE

Federal Government Media Releases this week:

Chris Craigie SC thanked for 5 years service as Commonwealth Director of Public Prosecutions - PORTFOLIO: Attorney-General's

SNIPPET: Attorney General Nicola Roxon today thanked Chris Craigie SC for his distinguished service as the Commonwealth Director of Public Prosecutions (CDPP) following his announcement that he would not seek re-appointment when his term expires in October. Mr Craigie has made a significant contribution to the Commonwealth's criminal justice system and the Australian community since he was appointed as CDPP in October 2007. The Government will shortly advertise for the appointment of the next Commonwealth Director of Public Prosecutions.

$11 million investment thanks to the NBN creates 50 new jobs in North Sydney | Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy - PORTFOLIO: Broadband, Communications and the Digital Economy

SNIPPET: Deputy Leader of the Government in the Senate. &raquo $11 million investment thanks to the NBN creates 50 new jobs in North Sydney. The Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, today announced that thanks to the National Broadband Network up to 50 new jobs will be created in North Sydney, following an $11 million investment by Prysmian fibre company.

Learning the lessons: Halving homelessness in Helsinki -

SNIPPET: Minister for Housing and Homelessness Brendan O'Connor has visited the Finnish capital Helsinki to see first-hand how the country has halved homelessness over the past 25 years. Mr O'Connor toured the Helsinki Deaconess Institute's Aurora-talo housing complex with the Institute's Housing Services Director Heli Alkila overnight. The funding is part of the **Government's unprecedented $20 billion investment** in affordable housing and homelessness projects through schemes including the Social Housing Initiative, the National Rental Affordability Scheme, the Housing Affordability Fund and the Building Better Regional Cities initiative.

Tourism Australia "Shorter and sharper" format for ATE 2013 - PORTFOLIO: Resources, Energy and Tourism

SNIPPET: Tourism Australia and host organisation, , have today announced changes to the format of next year's Australian Tourism Exchange (ATE), due to be held in Sydney in April 2013. For Eastern buyers and sellers only attending the East component, the ATE 2013 format will extend the event from three days of appointments to four. &copy Tourism Australia 2012.

Air Force tanker conducts its first Exercise Pitch Black - PORTFOLIO: Defence

SNIPPET: Air Force tanker conducts its first Exercise Pitch Black: Making its debut in a multi-national exercise, the Royal Australian Air Force (RAAF) has deployed its KC-30A Multi-Role Tanker Transport to RAAF Base Townsville for Exercise Pitch Black 12. More information about Exercise Pitch Black is available from .

Frontline training to stop job seekers living with mental illness falling through the cracks - PORTFOLIO: Education, Employment and Workplace Relations

SNIPPET: Disability employment workers will be given the skills to identify and support people living with mental illness as a part of a new training program announced by the Australian Government today. Withincreased awareness, understanding and training when it comes to mental health, through this new training package, we canhelp frontline staff to connect people with the services and support they need. It's important that this training has been developed with input from a wide range of mental health organisations, leading psychiatric rehabilitation services and employment service provider peak bodies to ensure the training can make a practical difference for both people with mental illness and employment workers.

More Australian families will be supported by In Home Care placements - PORTFOLIO: Education, Employment and Workplace Relations

SNIPPET: The Australian Government continues its strong record delivering on its commitment to improving access to flexible child care options. In Home Care is a flexible form of child care where an approved carer provides care in the child's home, while Occasional Care is a centre based form of child care. These new places will also mean that more Australian families will be entitled to child care fee assistance through Child Care Benefit and Child Care Rebate when accessing diverse types of caring arrangements.

Wage Connect finds jobs for more than 5000 people with disability | - PORTFOLIO: Education, Employment and Workplace Relations

SNIPPET: More than 5,000 Australians with disability who had been unemployed for at least two years have found jobs, thanks to the Australian Government's $94 million Wage Connect initiative. Since it began, Wage Connect has helped over 9,000 people into paying jobs, with over 5,000 of these being people in receipt of a Disability Support Pension or identifying themselves as having a disability, Ms Ellis said. In 2009, the Australian Bureau of Statistics found that the workforce participation rate of people with disability was 54 per cent, compared to 83 per cent for people with no reported disability.

Students to Learn Mental Health Crisis Signs - PORTFOLIO: Health and Ageing

SNIPPET: THE HON MARK BUTLER MP. Minister for Mental Health and Ageing. Minister for Mental Health Mark Butler and Member for Grayndler Anthony Albanese today launched the new R U OK? at School program to raise awareness of mental health issues.

New appointments to Cancer Australia's Advisory Council - PORTFOLIO: Health and Ageing

SNIPPET: THE HON TANYA PLIBERSEK MP. The new members of the Cancer Australia Advisory Council are Professor Jim Bishop AO, Associate Professor Jacinta Elston, and Mr Michael Milton OAM. 'The members of Cancer Australia's Advisory Council bring a breadth of expertise, skills and experience to Cancer Australia including in oncology, general practice, medical education, cancer research, nursing, Indigenous health, palliative care, international cancer control and personal experience of cancer including childhood cancer,' Ms Plibersek said.

Bringing Antarctic pioneer diary to life at Arc Cinema for Aurora Passage // National Film and Sound Archive, Australia - PORTFOLIO: Regional Australia, Local Government, Arts and Sport

SNIPPET: Douglas Quin collecting soundscapes in Antarctica. This is the final of a series of live events to mark the National Film and Sound Archive of Australia's (NFSA) Extreme Film and Sound exhibition celebrating 100 years of Australasian Antarctic Expeditions. The Aurora Passage expands this original work from 30 to 52 minutes, incorporating subsequent research into the Antarctic audiovisual and documents held at the NFSA , the National Library of Australia, the Mitchell Collection at the State Library of New South Wales, and holdings in the Mawson Centre at the South Australian Museum, integrating additional materials into a broader understanding of the Aurora and her role in Antarctic expeditions.

NBN Co Corporate Plan 2012-2015 released - PORTFOLIO: Broadband, Communications and the Digital Economy

SNIPPET: Deputy Leader of the Government in the Senate. &raquo NBN Co Corporate Plan 2012-2015 released. Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, and Minister for Finance and Deregulation, Senator Penny Wong, today released NBN Co's Corporate Plan 2012-15, which confirms that the National Broadband Network is on track to be delivered to all Australians.

Students benefit as NBN rolls out - PORTFOLIO: Education, Employment and Workplace Relations

SNIPPET: Students across Australia will soon have access to innovative online education and training programs via the National Broadband Network (NBN). These projects will give Australian students the learning tools they need for success in today's digital world, Mr Garrett said. This is a great example of how students will benefit from the NBN-Enabled Education and Skills Services program, providing more students with access to digital learning through the high-speed connectivity of the NBN.

Minister welcomes How Australia is faring report - PORTFOLIO: Health and Ageing

SNIPPET: THE HON MARK BUTLER MP. The Minister for Social Inclusion, Mark Butler, says the Australian Social Inclusion Board's 2012 How Australia is faring report tells a compelling story about our progress as a nation. The Minister for Social Inclusion, Mark Butler, was in Brisbane today for the launch of the Australian Social Inclusion Board's 2012 How Australia is faring report.

Revamped Tamworth Airport Opens its Doors - PORTFOLIO: Infrastructure and Transport

SNIPPET: A newly revamped Tamworth Regional Airport will make the flying experience safer and more comfortable for passengers travelling to and from one of Australia's biggest regional centres. Tamworth Regional Airport is Australia's largest regional airport and plays a hugely significant role in the local community and economy. Passenger travel through Tamworth Regional Airport has doubled since 2003, with an annual average increase of over 10 per cent per year - about twice the national annual average for regional aviation.

$42.5 million for stormwater and reuse projects - joint media release 8 August 2012 - PORTFOLIO: Sustainability, Environment, Water, Population and Communities

SNIPPET: Parliamentary Secretary for Sustainability and Urban Water. The third round of funding for stormwater harvesting and reuse projects forms part of the Australian Government's National Urban Water and Desalination Plan , which is a key component of the Australian Government's Water for the Future initiative and supports urban areas to secure water supplies and reduce reliance on traditional water sources. As a result of this third round, the Australian Government has now committed more than $200 million towards stormwater harvesting and reuse projects across the nation.

ATO warns of exploitative GST arrangements using inflated valuation of intangibles- PORTFOLIO: Treasury

SNIPPET: The Australian Taxation Office (ATO) today issued a taxpayer alert warning people to be cautious about non-commercial arrangements where large input tax credits are claimed on acquisitions of intangible items (such as rights) at grossly inflated values. Payment or the existence of a presently existing obligation to pay GST is required for an input tax credit entitlement under the GST Act. 'The ATO is investigating whether valuations used are appropriate, whether the participants have a presently existing liability against which a GST credit can be claimed, whether the GST anti-avoidance provisions apply and whether the arrangement is a sham at general law,' Mr D'Ascenzo said.

Australian support helping Nepal build a strong future, media release, 7 August 2012, Australian Parliamentary Secretary for Pacific Island Affairs - PORTFOLIO: Foreign Affairs and Trade

SNIPPET: Parliamentary Secretary for Foreign Affairs Richard Marles has called on Nepalese Prime Minister Baburam Bhattarai and Foreign Minister Narayan Kaji Shreshta during his two day visit to Nepal. Mr Marles said he hoped political parties in Nepal would soon agree on a new roadmap for democracy. Mr Marles said discussions during his visit focussed on Australian aid and support for Nepal.

Moneysmart Teaching Package to Improve Young People's Financial Literacy [07/08/2012] - PORTFOLIO: Treasury

SNIPPET: Parliamentary Secretary to the Treasurer, the Hon Bernie Ripoll MP, will this week (Thursday 9 August) launch a new teaching resource that will help young Australians become more confident, informed and responsible financial consumers. The MoneySmart Teaching Primary Package, developed by the Australian Securities and Investments Commission (ASIC), will be unveiled in Adelaide on Thursday at a national MoneySmart teachers conference for primary schools. A suite of online professional learning modules for teachers will supplement the package extending the reach of MoneySmart Teaching beyond those schools in the trial.

$7.4M for Three Mental Health Research Centres | National Health and Medical Research Council - PORTFOLIO: Health and Ageing

SNIPPET: Suicide prevention, substance abuse and better mental health planning will be the focus of research at three new Centres of Research Excellence. Minister for Mental Health Mark Butler said the new Centres have been funded by the Australian Government and will be based at the University of New South Wales and the University of Queensland. 'I am delighted to announce the funding of these research centres, which are part of our Budget commitment of $26.2 million for strategic investment in mental health research priorities through the National Health and Medical Research Council,' Mr Butler said.

Submit your Event

Name of Event

Date of Event

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Description of Event

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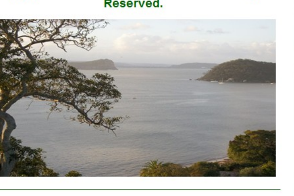

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Over the Sea our Galleys Went

Robert Browning (7 May 1812 – 12 December 1889) was an English poet and playwright whose mastery of dramatic verse, especially dramatic monologues, made him among the foremost of Victorian poets. His work Paracelsus, written in 1835, his second work and based on legends about the renowned doctor and alchemist who authored the Doctrines of Signatures theory, contains five 'songs'. The one below is extracted from Part IV, Paracelsus Aspires. You may download or read all of this work online at: http://ebooks.adelaide.edu.au/b/browning/robert/paracelsus/

For our younger readers; A galley is a type of ship propelled by rowers that originated in the Mediterranean region and was used for warfare, trade and piracy from the first millennium BC.

Over the Sea our Galleys Went
by Robert Browning

Over the sea our galleys went,
With cleaving prows in order brave,
To a speeding wind and a bounding wave,

A gallant armament:
Each bark built out of a forest-tree,

Left leafy and rough as first it grew,
And nailed all over the gaping sides,
Within and without, with black bull-hides,
Seethed in fat and suppled in flame,
To bear the playful billows' game:
So, each good ship was rude to see,
Rude and bare to the outward view,

But each upbore a stately tent
Where cedar-pales in scented row
Kept out the flakes of the dancing brine,
And an awning drooped the mast below,
In fold on fold of the purple fine,
That neither noontide nor star-shine
Nor moonlight cold which maketh mad,

Might pierce the regal tenement.
When the sun dawned, oh, gay and glad
We set the sail and plied the oar;
But when the night-wind blew like breath,
For joy of one day's voyage more,
We sang together on the wide sea,
Like men at peace on a peaceful shore;
Each sail was loosed to the wind so free,
Each helm made sure by the twilight star,
And in a sleep as calm as death,
We, the voyagers from afar,

Lay stretched along, each weary crew
In a circle round its wondrous tent
Whence gleamed soft light and curled rich scent,

And with light and perfume, music too:
So the stars wheeled round, and the darkness past,
And at morn we started beside the mast,
And still each ship was sailing fast!

Now, one morn, land appeared!--a speck
Dim trembling betwixt sea and sky:
"Avoid it," cried our pilot, "check

The shout, restrain the eager eye!"
But the heaving sea was black behind
For many a night and many a day,
And land, though but a rock, drew nigh;
So, we broke the cedar pales away,
Let the purple awning flap in the wind,

And a statue bright was on every deck!
We shouted, every man of us,
And steered right into the harbour thus,
With pomp and paean glorious.
A hundred shapes of lucid stone!

All day we built its shrine for each,
A shrine of rock for every one,
Nor paused we till in the westering sun

We sat together on the beach
To sing because our task was done.
When lo! what shouts and merry songs!
What laughter all the distance stirs!
A loaded raft with happy throngs
Of gentle islanders!
"Our isles are just at hand," they cried,

"Like cloudlets faint in even sleeping;
Our temple-gates are opened wide,

Our olive-groves thick shade are keeping
For these majestic forms"--they cried.
Oh, then we awoke with sudden start
From our deep dream, and knew, too late,
How bare the rock, how desolate,
Which had received our precious freight:

Yet we called out--"Depart!
Our gifts, once given, must here abide.

Our work is done; we have no heart
To mar our work,"--we cried.

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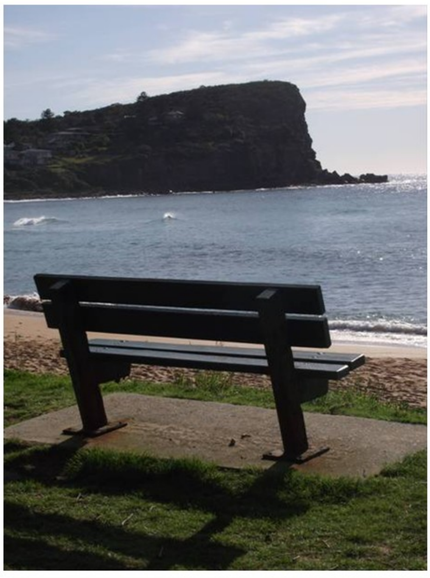

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Mona Vale Hospital Auxiliary

www.monavalehospitalauxiliary.org/

Eileen Gordon (President MVHA), Karen Draddy(Vice President MVHA), Cr. Patricia Giles and Anthony Domblkins at a recent High Tea held by Ornella Tomaino

Waverney Perman, Yvonne Parsons, Eileen Gordon

Elizabeth Flood with Lyn Smith

Helen Shaw

Joyce Staniford

This week we are privileged to present an insight into a vital community organisation that has been ensuring essential health services are supported and maintained in our community. With over fifty years of contributing to all facets of Mona Vale Hospital, the MVH Auxiliary, and local Auxiliary groups prior to MVH Auxiliary's formation, this group of dedicated people have amassed, through community support, any item needed or required to be updated. In 2011, at the 78th United Hospital Auxiliaries Inc. conference in Ballina, the Mona Vale Hospital Auxiliary was presented with Edith Edwards MBE Trophy for the most money raised by a N.S.W. Metropolitan Auxiliary in the past year. Our thanks go to the Current President of the Mona Vale Hospital Auxiliary and stalwart in no small terms, Eileen Gordon, for kindly assisting us with the answers.

How did the MVH Auxiliary begin?

In March, 1961, the Minister for Health announced that tenders were being invited for the construction of the Mona Vale District Hospital. The community had lobbied for this for years and showed their support by forming Auxiliaries throughout the district:
Newport Auxiliary inaugurated 6th June, 1961 (Closed June, 2002)
Mona Vale/Bayview/Church Pt July, 1962 (Closed Sept, 2000)
Narrabeen/Collaroy/Elanora October, 1962 (Closed June, 2007)
Avalon/Whale Beach/Palm Bch Nov., 1962 (Closed June, 2007)
Southern Districts (Brookvale) July, 1963 (Closed 1989)
In the first Annual Report of the Hospital, the Board of Directors reported on the great participation and financial support contributed by the Hospital Auxiliaries. On 23rd March, 1964, one Ward and the Emergency Department opened.
In anticipation of the opening, the Auxiliaries established the Combined Auxiliary, made up of two representatives from each of the five auxiliaries for the purpose of establishing and running a Hospital Kiosk. When the Hospital opened, SO DID the Kiosk!
The Mona Vale Hospital Kiosk was established in March, 1964, using a six hundred pound loan from the Hospital Board. Ten months later —31st January, 1965— the Kiosk showed a trading surplus of nine hundred and fourteen pounds, fourteen shillings and ninepence. The set-up loan was then repaid to the Hospital Board.
The Kiosk later moved to the present location(near main entrance), which was built and equipped with funds raised by the Auxiliaries.
The Kiosk continues to be maintained from Kiosk funds. The aim is to provide a service for staff, patients and visitors while keeping our charges as low as possible. The Auxiliary staffs the kiosk with volunteers, oversees its maintenance and management and allocates any profits to purchasing equipment for the hospital.

What are the main changes that have occurred during this time?

Over the years, the foundation auxiliaries closed one by one as membership decreased until, by June, 2007, only two remained. It was decided to combine these. So, on 30th of June, 2007, both Avalon and Narrabeen were closed and on 1st of July, 2007, a new Auxiliary - Mona Vale Hospital Auxiliary - was inaugurated. Total membership was 24. As at 30th June, 2012, membership had increased to 70. Our members are all adults (>18), most are women + a few men, many are retired from a variety of occupations and that means a wide variety of skills.

What we have in common is a desire to make our Hospital the best it can be. We try to achieve this by fund-raising for much-needed medical equipment, providing a Kiosk service for staff and patients, helping staff if required, and being advocates for services in Mona Vale Hospital.

Who are the members ?

The Mona Vale Hospital Auxiliary is a Branch of United Hospital Auxiliaries of NSW Inc. We work under that umbrella and comply with the Constitution of U.H.A. The branch has a President, two Vice-Presidents, Secretary and Assistant, Treasurer and Assistant. In addition, MVHA has A Kiosk committee to direct the day to day organization of the Kiosk in consultation with the Kiosk Manager, A Website manager and Publicity officer. All positions are voted on at AGM in early July each year.

What have been some of the most memorable achievements so far ?

Last financial year (2010/11) the Auxiliary and Kiosk raised $250,000 which enabled the purchase of new electric beds for most of the hospital, plus self-locking medical trolleys for all wards, and medical equipment for Theatres and Intensive Care Unit.

This year (2011/12) we have been able to supply new bedside cabinets, overbed tables and stackable visitors chairs for the WHOLE hospital and medical equipment for Medical Assessment Unit and Level 3 Medical Ward and special cots ($5,300ea) for the Children's ward. This is great, but MORE memorable was achieving the release of $240,000 from the dormant Hospice Trust Fund for extensions to the Palliative Care Day Hospital. The Auxiliary spent nearly four years satisfying various government departments that these funds, donated by our community via the auxiliaries, should be released for palliative care. And, recently, the re-opening of our Maternity Unit, due to community pressure. The Auxiliary had purchased approx. $60,000 worth of equipment for maternity shortly before the "temporary" closure (thanks to a fund-raising dinner organised by Hon. Bronwyn Bishop), and was very involved in the community pressure to restore equity of access to the public health system for the women of Pittwater.

What is slated for your future projects ?

In earlier years, most of the fund-raising was done with large annual fetes in the Hospital grounds, concerts and dinners. With changing times, we have found that stalls, raffles, fashion parades and individual Charity days seem to be the best way to involve our very supportive community. With our enlarged membership, we are able to have a stall in the Hospital foyer once a month, on the third Friday of the month. There is a stall in Avalon for Mother's Day and Father's Day, occasional stalls in Pittwater Place and a stall outside Memorial Hall when there is an election - Council, State or Federal.

What do we sell?? There is a wide variety of craft made by our members and friends - e.g baby ware (matinee jackets, bootees, pram and cot covers, soft toys), childrens jumpers, cardigans, dresses, shorts,etc coat-hangers, crocheted towels, tea cosies, aprons, various types of bags, toys, $2 pre-loved books and,ofcourse, CAKES and JAMS.

We have recently added a bric-a-brak table with lots of beautiful china, crystal etc at very low prices. And, with a stall, there is always a raffle.

Once a year, we have a fashion parade and Newport Bowling Club has allowed us to use their clubhouse FREE of charge - this is an indication of how supportive our community is Our fashion parade this year is on 23 August at NBC 10.30am to 2pm. All welcome. $10 entry, raffles and lucky door prizes. Affordable fashions by Donna Lou. Fathers Day Stall at Avalon is on Friday, 31 St August outside ANZ Bank from 9am to 3pm Council Elections are on 8th September and the Auxiliary will have a stall outside Mona Vale Memorial Hall from 8.30am to 4pm
On 14th September, we will have a small stall at Centro Shopping Centre, Warriewood.

Projects:

1. Our chapel is a beautiful building and we are working to bring it up to scratch with new carpet, cleaning curtains and general housework
2. Working with management and palliative care clinicians to build an extension to day hospital.
3. Fundraising to purchase new beds for Day Surgery and Children's Wards.

Community support:
The auxiliary is very indebted to the local community who are so generous in their support. In addition, there are groups in the community who hold fund-raisers for us, including Long Reef Ladies Golf Club (who have had a charity day for us every year for 20 years), Pub to Pub Fun Run (organised by Newport Arms and Brookvale Rotary Club),Open Gardens, Peninsula Bridge Club, Mona Vale Garden Club, Mona Vale Library and recently, Pittwater RSL who held a Charity Golf Day at Mona Vale Golf Club on 27th of July.

What is the MVH's Auxiliary's motto ?

"Let us hold high the lamp of service for the welfare of our hospital."

What is the MVH's Auxiliary's favourite place in Pittwater and why ?

While we work for the Hospital, we do not meet there. We meet on the 1st Tuesday of each month at Pittwater RSL in the Sunset Lounge at 10.30am. After the formal meeting, most of us stay for lunch or coffee. The Club is very good to us and I guess this is our favourite place.

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Mona Vale Hospital Auxiliary Meeting Tuesday 7th of August, 2012

Mona Vale Hospital July 2012

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Previous Articles:

Great News on Palliative Care Funding.

Palliative Care at Mona Vale Hospital April 2012 Update

Friends of Northern Beaches Palliative Care by Jo-Ann Steeves

The best way to support this Community organisation is to attend events run on their behalf, buy goods from stalls and keep them in mind when raising funds through your own sports, cultural or community events. Details of l upcoming Events by or for Mona Vale Hospital Auxiliary, and how to book, are on their website and our Events page.

Pittwater Online News

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Bayview Koala Sanctuary

At Mona Vale a farm of 40 acres known as the 'Zoo Farm' produced feed for the creatures of Taronga Zoo. The farm was managed by Charlie Bishop with other workers including Stan Wenman and Brian Godwin. The land was purchased in 1947 by Sir Edward Hallstrom (1886-1970) solely for this purpose. A member of the Taronga Zoo Park Trust from 1941 to 1959, its president from 1948 to 1959 and honorary director until 1967, an animal lover from an early age, Mr Hallstrom thought the farm would ensure the animals in his keeping would have the fresh food they required.

Overlooking Bayview Golf Course, with Annam Road and Beaumont Crescent as its perimeters, E J Hallstrom had a private zoo that came to be known as a Koala Sanctuary. On these acres Mr Hallstrom nursed koalas back to health and reintroduced them to their natural habitats. Mr Hallstrom also had one of the most extensive collections of birds, particularly parrots, and here too albino kangaroos from Tasmania and two sets of twin white wallabies were given a home. This was not his first venture in Pittwater. Edward Hallstrom was among those involved in helping George Taylor get airborne from North Narrabeen's sand dunes in 1909.

It is for his many philanthropic works and large monetary donations to medical facilities that this gent is now known. He sought publicity for the plight of koalas and other animals incessantly. In the koala, adorable to look at even if a testy at times, he found a large crowd of instant and curious admirers. Most of those he cared for were given names, like pets. Stories regarding his Koala Sanctuary and those whom he introduced to the bear ran from the 1930's until 1960.

Perhaps, the writers of the letters do not know that both in my private capacity, and at Taronga Park, I am continually having birds and animals sent to me or placed under my care because of their ill-health or injury. These birds and animals are restored to health, returned to their owners, or returned to their natural habitats. From injured koala bears sent to me, I have built up a sanctuary where these injured creatures are now breeding, and are under the jurisdiction of the Fauna Board. E.J.L. HALLSTROM (F.R.Z.S.). Mosman. Letters. (1950, September 5). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article18176586

Mr. Hallstrom has two zoos of his own-one of 40 acres and another of three acres. He breeds koalas, and he owns what is acknowledged to be the finest private collection of parrots in the world. His favourite bird? The black cockatoo. A star patient a few years ago was a koala with two broken legs. It was to have been destroyed, but Mr. Hallstrom had it brought in for special treatment. Plaster splints were made, and the koala was nursed back to health. Today it nibbles happily at the gum tips in one of Mr. Hallstrom's private zoos. Doesn't know how much. (1951, October 22). *Barrier Miner*(Broken Hill, NSW : 1888 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article48658529

More Than 50 Injured Koalas Saved At Coastal Sanctuary By A STAFF CORRESPONDENT: A CAR sped along the Pacific Highway towards Sydney late one summer night. There was a bump against the front mudguard, so slight that it was hardly noticed by the driver. Anyone watching closely, however, would have noticed a grey ball of fluff, lit up for a moment by the headlights, bounce on to the side of the road. After a time they would have seen it crawl away into the bush. That injured animal was a koala. A number of koalas, which sleep during the day and move around at night, have been hit by cars. Some have been killed.

The more fortunate of the injured ones find their way to the private sanctuary run by Mr. E. J. Hallstrom, industrialist and naturalist, at Mona Vale. Mr. Hallstrom is president of the Taronga Park Trust. There they are joined by others of their kind, who have got into fights among themselves, been caught in traps, fallen from trees, been burned in bush fires, and suffered a variety of injuries. During the past five years 50 to 60 koalas have been treated there, mainly for fractures and burns. Over 80 per cent, have regained normal health.

Mr. Hallstrom deals with cases of simple fracture himself. He calls in a vet. for compound fractures and other difficult cases. It was found that koalas strongly objected to being treated lying down. So a special apparatus was devised to enable them to recover in their natural sitting-up position. It consists of an upright wooden post, mounted on a rubber cushion. The bear sits with its legs straddled each side of the post, and clings to the wood with its claws. After its broken limbs have been set, they are strapped into a suitable position around the post.

How They Are Fed: If the animal is capable of feeding itself, a box of leaves and a canister of water are left within easy reach. Otherwise it is fed with milk from a spoon. A young koala which was picked up in a gutter at Vaucluse had two fractured limbs and a broken pelvis. The injured parts of its body were set in plaster, and it was carefully nursed for nearly three months. It is now well and the mother of a baby at Taronga Park.

I drove out with Mr. Hallstrom to see the 20-odd koalas at present convalescing at Mona Vale. The sanctuary is in typical bush scenery, on a hillside overlooking the sea. **More than 5,000 young trees, mostly grey gums, have recently been planted to ensure a good supply of natural feed**. Injured koalas spend their time in a shed during wet weather, and in a small paddock "hospital" clear of trees (to avoid further injuries from falls) when it is dry.

When they, are well enough to climb and take care of themselves, they are released into a 15-acre paddock, where they live in completely natural surroundings. The paddock is also used for breeding purposes. I saw several of the convalescents perched in the trees. Some were sleeping peacefully in the forks of branches. Others, with their young in pouches or on their backs, were crawling precariously amongst the thick foliage after food.

"Mac," a bush veteran who helps Mr. Hallstrom look after the animals, nodded at one young mother who was working her way obstinately along a particularly slender branch. "If it snaps." he said, "she'll be back in hospital. Mostly they send the young ones out on the tricky branches after they're a few months old. Two months in the pouch, a month being carried piggy-back, and they're ready to fend for themselves. I've seen them hanging on as cool as cucumbers with a westerly blowing the branches all over the place."

I asked "Mac" how he dealt with burns, and how the animals behaved when they were hurt.

"Burns," he said, "I treat with salt and water solution and special emulsions. Where their eyes are closed up I use silver nitrate drops to take off the scum. Most of them sit still during treatment and don't make any fuss. They're not overburdened with brains, but they seem to realise we're trying to help. I've known them scratch and nip a bit at first, but they soon get tame enough to be handled. Once they get well and back in the trees again it doesn't take long before they forget 'civilisation'."

Mr. Hallstrom explained that most of the koalas get injured "on nocturnal prowlings after food and females," or during bush fires when they curl up in the trees and refuse to budge. "Although their fur is close-knit and highly resistant to water," he continued, "they have been known to die of pneumonia. Twenty-odd years ago hundreds of thousands died of a disease rather similar to sinus. "With pneumonia and septic conditions setting in around fractures, I usually give a few shots of penicillin." More Than 50 Injured Koalas Saved At Coastal Sanctuary. (1950, September 6). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article18181334

The Sanctuary, a place of healing, was also offered as a place of study; Koala Study Centre For N.S.W.. The Chief Secretary, Mr. C. H. Matthews, said last night that, the deputy chairman of the Fauna Protection Panel, Mr. E. J. Hallstrom, had offered to make his property at Mona Vale available for research into the conservation of koala bears. He said Mr Hallstrom would put up any buildings required and would provide labour for the care of the animals. He said that he and the panel appreciated Mr. Hallstrom's generosity. It was intended, to use the property as a centre for scientific investigation into the breeding, feeding, and diseases of koalas.

EXPERT ADVICE: The panel would-have the advice of experts, including Professor P.D. F. Murray, Challis Professor of Zoology at the University of Sydney. Mr. Matthews said the panel was making a State-wide survey to find out about-how many koalas there are. He appealed to the public to give the chief guardian of fauna. Mr. F.J. Griffiths, any information about the location of koala colonies in New South Wales Mr. Griffiths is in the Chief Secretary's. Department. Koala Study Centre For N.S.W. (**1949, October 18**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 2. Retrieved August 11, 2012, from http://nla.gov.au/nla.news-article27577048

The Koala sanctuary was also used as a breeding place with some koalas being sent to the United States of America, despite a ban on exporting these creatures, in 1952 to be part of a film 'Botany Bay'. Released in 1953 this American drama directed by John Farrow and starring Alan Ladd, James Mason and Patricia Medina was based on a novel of the same name by Charles Nordhoff and James Norman Hall. Two kagaroos were also flown in to appear the film.

Hollywood "limit" on koalas Sydney, Thursday: Four koala bears being flown to Hollywood on Sunday for the film "Botany Bay" must be returned within six months, an official of the N.S.W. Chief Secretary's Department said today. Any young born to the bears, two males and two females, also must be re-turned, he added. About 56lb. of gum leaves will be on the plane to feed the bears on their 40-hourtrip. Mr. E. J. Hallstrom, Sydney philanthropist, said today the State Government had issued a' special permit for the bears to leave Australia for the first time since their export was banned 25 years ago. "Probably about 2,000,000 people will see the bears during their stay at San Diego Zoo, where they will be expertly cared for," Mr. Hallstrom said. Hollywood "limit" on koalas. (**1952, January 4**). *The Argus*(Melbourne, Vic. : 1848 - 1956), p. 3. Retrieved from http://nla.gov.au/nla.news-article23155540

These koalas came from the Mona Vale Sanctuary and recognised Hallstrom when he visited them at the San Diego Zoo late in January 1952. Sir Hallstrom ran into controversy during this episode which he resolved with customary logic:

We Might Lose Our 4 Koalas; Canberra. - Four koala bears flown to America for a film, "Botany Bay," don't know all the fuss they're causing back home. Mr. Clive Evatt, N.S.W. Chief Secretary, who authorised the bears' departure, wants them returned to Australia. But Sir Earle Page, Federal Health Minister, says the Commonwealth will not allow the animals to return by air, because disease might be introduced. He doesn't mind if they come by sea, spending a quarantine period on the way. Mr. E. J. Hallstrom, from whose private sanctuary the bears were taken, says they could not survive a sea trip, and wants them to stay in America. Unless they return to Australia in the form of a skin rug, the bears look like forming the first permanent koala colony outside Australia. We Might Lose Our 4 Koalas. (**1952, February 12**). Barrier Miner (Broken Hill, NSW : 1888 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article49235794

However, they will remain in the zoo on indefinite loan from the Taronga Park Zoological Gardens in Sydney. This loan from the 'land of living fossils' is expected to last as long as the small marsupials do well in San Diego. 'It is purely an experiment,' Mr. Hallstrom said. There are not likely to be any other koalas exported because of the strict embargo imposed by the Government when they almost became extinct a quarter of a century ago. The need for Mr. Hallstrom's brief visit arose, he explained, after Mrs. Benchley directed so many fineries to him about the koalas' care that answers would have become encyclopaedic if he tried to write them down. He said he examined the bears this morning and they appear to be adjusting quite well to California's varieties of eucalyptus, the koala's only diet. He added he was satisfied with Mrs. Benchley's plans for a spacious koala enclosure. | Four Koalas Loaned to America. (1952, March 14).*Centralian Advocate* (Alice Springs, NT : 1947 - 1954), p. 15. Retrieved from http://nla.gov.au/nla.news-article59835828

SOMETHING TO BEAT THE CHEST ABOUT: "I can 'sell' the Zoo like nobody else," says 71-year-old Mrs. Belle Benchley, director of the San Diego Zoo, who describes herself as "rather a plain person-always the most inconspicuous person aboard a plane, and no relation of Robert's." An old friend, Sir Edward Hallstrom, was there to meet Mrs. Benchley and they drove straight from Rose Bay to Taronga Park. "We have many more monkeys and apes than you have, but only two rhinos-you have five or six-and your trees full of koalas. I'd like to pick me up another koala. "Our zoo," she added, "is the only zoo in the world, outside Australia, with koalas. Now isn't that something to beat your chest about'? SOMETHING TO BEAT THE CHEST ABOUT. (**1954, April 6**).*The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article18418704

Although the koalas appeared at first to be adapting well to their new environment and diet they did not live as long as they may have at home. In 1959 this gentleman was able to send more koalas from his Mona Vale Koala sanctuary to zoos in the US:
AMERICAN ZOOS GET SIX KOALAS-PLUS; Californians considered themselves lucky when, despite many Australian protests, they recently got six koalas from Sydney. Now, in San Francisco, Sir Edward Hallstrom has announced that two of the bears will soon have babies. LEAVING for the U.S., Blinky Bill, one of the six koalas, had a last look at Sydney from the arms of air hostess Audrey Bailey.
SIR EDWARD, chairman of Sydney's Taronga Park Zoo Trust, travelled with the six koalas on their flight to America earlier this month. They are the only koalas in captivity outside Australia. Soon after their arrival in San Francisco he said that two of the females had been mated. The city's Fleishacker Zoo could expect more "teddy bears" soon. **The bears-two males and four females-come from Sir Edward Hallstrom's animal sanctuary at Mona Vale, N.S.W.** Three will be kept in the San Francisco zoo and three will go to San Diego, where the last koala in America died a few months ago.
Enormous crowds of men, women, and children queued for the first sight of the furry little animals in San Francisco. Sir Edward Hallstrom was pleased to note the koalas' appetites, and predicted a long and happy life in California for them. A local newspaper is running a contest for children, offering prizes for the best names for the koalas. Sir Edward, who has received the key to the city for his gift, made a careful inspection of the elephant house and pronounced it "very fine temporary accommodation." He suggested, however, that 15ft. be trimmed from the eucalyptus tree to forestall the bears jumping on to a nearby roof. San Francisco Zoo director Mr. Clarey Baldwin said the permanent site for the koalas would be modelled closely upon the facilities at Taronga Park. AMERICAN ZOOS GET SIX KOALAS — PLUS. (**1959, April 29**). *The Australian Women's Weekly* (1933 - 1982), p. 5. Retrieved from http://nla.gov.au/nla.news-article51774539

During the 1960's the food from the farm was analysed and found to be lacking in Vitamin E and the lucerne far too rich for the animals it had been grown for. By the 1970's the Western Plains Zoo began producing hay for the Taronga zoo and the farm was subdivided and sold from 1976 until the last parcel had been bought in 1984. The Koala Sanctuary was known as the Bellbird Estate by 1977 and although used for 'orientation' runs by local schoolchildren, who recall lots of koalas in the trees there, the sanctuary was gone.

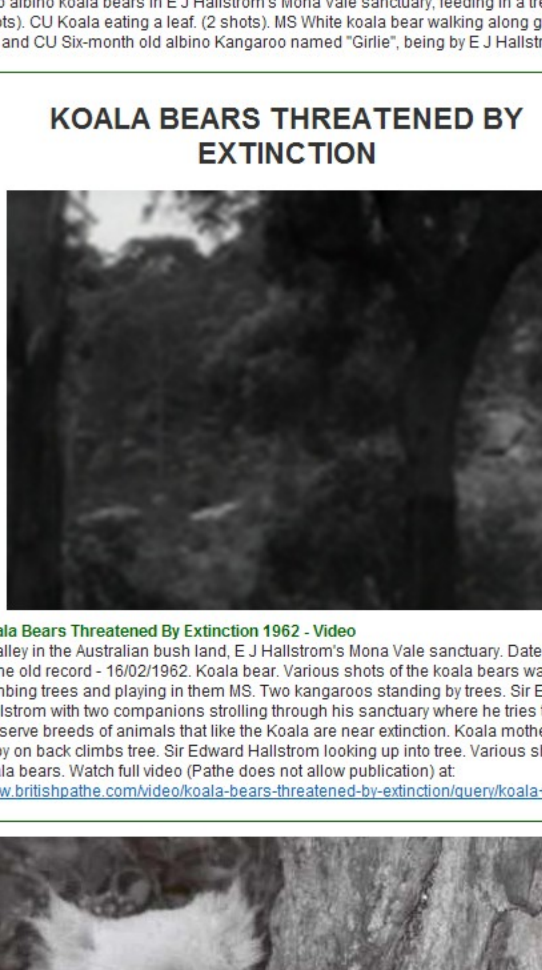
GEORGE, the four-year-old koala, was the guest of honor at a naval reception given by Rear-Admiral Buchanan. Sir Edward Hallstrom sent the bear after hearing Lady Mountbatten had never seen one. SEA LORD'S VISIT. (**1956, April 18**). *The Australian Women's Weekly* (1933 - 1982), p. 24. Retrieved from http://nla.gov.au/nla.news-article51776056

INJURED KOALA AS PATIENT); Koala being fed on milk by Mr J. Hallstrom, of Willoughby (NSW), who is nursing it back to health despite two broken hind legs and a broken forefoot. The bear is tied to a rubber cushion, has its injured limbs in plaster, and supports itself by the upright post. INJURED KOALA AS PATIENT. (**1943, December 1**). *The Mercury* (Hobart, Tas. : 1860 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article25981748

ALBINOS BEARS AND KANGAROO KOALA + KANGAROO ALBINOS

Australian newsreel item, title reads: "Rare Albinos". 1940 or 1949? **Watch full video** (Pathe does not allow publication) at: www.britishpathe.com/video/albinos-bears-and-kangaroo-aka-koala-kangaroo/query/koalas
Two albino koala bears in E J Hallstrom's Mona Vale sanctuary, feeding in a tree. (2 shots). CU Koala eating a leaf. (2 shots). MS White koala bear walking along ground. MS and CU Six-month old albino Kangaroo named "Girlie", being by E J Hallstrom.

KOALA BEARS THREATENED BY EXTINCTION



Koala Bears Threatened By Extinction 1962 - Video
A valley in the Australian bush land, E J Hallstrom's Mona Vale sanctuary. Date found in the old record - 16/02/1962. Koala bear. Various shots of the koala bears walking climbing trees and playing in them MS. Two kangaroos standing by trees. Sir Edward Hallstrom with two companions strolling through his sanctuary where he tries to preserve breeds of animals that like the Koala are near extinction. Koala mother with baby on back climbs tree. Sir Edward Hallstrom looking up into tree. Various shots of koala bears. Watch full video (Pathe does not allow publication) at: www.britishpathe.com/video/koala-bears-threatened-by-extinction/query/koala+bears

Two white koala bears [i.e. koalas] which Sir Edward Hallstrom has bred. [picture]. Sir Edward, of the Taronga Zoo Trust had taken almost six years to develop the pure white strain of koala. [ca. 1935] Argus Newspaper Collection of Photographs, State Library of Victoria. Date on reverse of photograph. This work is out of copyright

Sir Edward Hallstrom, with a Koala at Taronga Park Zoo 1964. Sir Edward grows the special variety of eucalypt leaves needed for koalas diet PRINCIPAL CREDIT: photographer J Fitzpatrick. From and Courtesy of Australian National Archives Image no. : A1200, L47870.

Incidentally:

Kuring-gai Reserve For Koalas
The Chief Secretary, Mr. Clive Evatt, announced last night that the Government had granted £7,500 to establish a koala reserve in Kuring-gai Chase. Mr. Evatt said the president of the Kuring-gai Chase Trust, Mr. Colin Burnside, other members of the trust, and the Fauna Protection Panel had chosen a suitable site.
It was between Bobbin Head and Mount Colah, and covered about 100 acres. The site had every advantage needed to make an ideal home for koalas and other native animals. HELP OFFERED Mr. E. .J. Hallstrom, well known philanthropist and deputy chairman of the Fauna Protection Panel (established 1948), had offered to help the trust in any way possible. Mr. Evatt commended the trust on its public spirit in establishing the reserve. He said he hoped other trusts and authorities would follow its good example. Kuring-gai Reserve For Koalas. (1950, July 22). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article27573919

New Boat For Rescue Men
Sydney philanthropist Sir Edward Hallstrom will buy a new surfboat for North Narrabeen lifesavers to replace the one they lost on Friday night in a rough weather rescue. Sir Edward said last night that the lifesavers showed great courage in rowing four miles at night through mountainous seas. He told a "Sunday Herald" reporter: "Tell the surf club to get in touch with me. I'll get them a new boat."
The president of the North Narrabeen Surf Club, Mr. J.King, said: "We'll get in touch with him immediately."
Towed Five Miles Out To Sea
The surfboat-which cost' £400 two years ago-was lost when six lifesavers went to rescue Mr. and Mrs. Rupert Kathner from their 27ftauxiliary yacht Alcyone 11, in danger of being smashed on rocks near Mona Vale. The yacht, with its rudder smashed, was only 30 yards from the rocks when the surf-boat reached it.
One of the lifesavers, KenHodges, dived from the surf-boat and swam with lines to the yacht, which was towed five miles out to sea.
Twice the line snapped and. both boats were in peril when the police launch Nemesis took the Kathners and the lifesavers on board.
The surfboat, leaking badly, sank. Other lifesavers who took part in the rescue were Jim Mason, Norman Ambrose, Ron Well, Les Brown, and R. Noonan.
They were at a dance at North Narrabeen Surf Club when Sergeant Adams, of Narrabeen police, sought their help. Mrs. Kathner, of Rose Bay said last night: "All concerned in the rescue did a colossal job.
Could See Rocks Looming Up: "We could see the rocks looming up when Ken Hodges dived from the surfboat and passed us a line. It was a nightmare when the line broke. "I don't know how the surf-boat battled through the seas. It was the most courageous feat of endurance I have ever seen. "Time and time again I thought it would sink before other help arrived."
Towed by the Nemesis, the yacht reached its mooring at Rose Bay shortly after 4 a.m. yesterday. The rescue operations had lasted for more than seven hours.
TAILPIECE.-A new surf-boat will cost about £450. New Boat For Rescue Men. (**1952, December 28**). *The Sunday Herald* (Sydney, NSW : 1949 - 1953), p. 3. Retrieved from http://nla.gov.au/nla.news-article18504886

GOVERNMENT NOTICES - REAL PROPERTY ACT NOTICE
Applications have been made to bring the undermentioned lands under the Real Property Act. Plans may be inspected and caveats lodged at the Land Titles Office. Sydney, until the respective dates mentioned
5th MARCH 1954
No 38027 Edward John Lees Hallstrom 5 a 2'/_ p lot 54 sec1 Mona Vale Est Darley St, Mona Vale.
Advertising. (1954, January 29). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 18. Retrieved from http://nla.gov.au/nla.news-article18407097
No 38028 Edward John Lees Hallstrom 3 a 1 r 25'A p lot,56 sec 1 Mona Vale Est Bassett St. Mona Vale
No 38029 Edward John Lees Hallstrom 2 a lr 393i p pt lot57 sec 1 Mona Vale Est DarleySt, Mona Vale
Advertising. (1953, August 14). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article18379617

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August 12 - 18, 2012: Issue 71

Science Week August 11-19, 2012 at: http://www.scienceweek.net.au/

National Science Week is the annual celebration of science in Australia, an opportunity to join together to enjoy and explore the wonders and benefits of science. It's been running for 15 years! There are loads of ways to get involved – go to an event, visit your local museum, take part in the online national project, organise your own event or get your school involved in an activity. Science Week goes from August 11-19, 2012 and you'll find tonnes of Science Week happenings around that time.

Students at a Sydney Infant School are growing a Grass Head: All students at Mount Lewis Infants School will be making a grass head using a stocking, potting mix and grass seeds. Students will be required to hypothesise, analyse and collect data relevant to the growth of their 'Grass Heads' through an integrated unit of work on living things. Each class will submit the 'grass head' that has grown the tallest and a school winner will be decided. The winning class will be allocated a number of plants to be planted in our school vegetable patch and other areas around the school.

Stuff you can do ONLINE: with the recent landing on Mars some may be more curious about our solar system. The Big Aussie Star hunt will take you on a virtual tour and teach you how to spot constellations, stars and planets. You may also be curious about our Indigenous Australian's Astronomy and the dreamtime stories connected to these.

The Australian Science Teachers Association have published the National Science Week 2012 Resource eBook. You can download it from them for free.

Locally Pittwater High School's focus during Science Week is themed "Astronomy: Science without limits" and has loads of cosmic activities. There are science festivals, music and comedy shows, interactive hands-on displays, online activities and open days. The Zoomobile is visiting Loquat Valley School.

Federal Govt. Media Releases for YOU this week:

National Youth Week 2012 competition winners congratulated | Ministers&#039 Media Centre - PORTFOLIO: Education, Employment and Workplace Relations

SNIPPET: More than 20 young people across Australia have been recognised for their creative talents in the 2012 National Youth Week National Talent Competition and Win Free Stuff competition. Minister for Youth Peter Garrett today congratulated the winners of the National Talent Competition, which asked young Australians to showcase their talent in writing, short film, photography, music or design for their chance to win a share in almost $50,000 worth of prizes. This year's National Talent Competition was held during National Youth Week in April, which is Australia's largest celebration of young people aged 12 to 25 years.

Students to Learn Mental Health Crisis Signs - PORTFOLIO: Health and Ageing

SNIPPET: THE HON MARK BUTLER MP. Minister for Mental Health and Ageing. Minister for Mental Health Mark Butler and Member for Grayndler Anthony Albanese today launched the new R U OK? at School program to raise awareness of mental health issues.

Simple, fast, mobile - new iPhone app helps students | Minister for Human Services - PORTFOLIO: Human Services

SNIPPET: Students no longer have to call or visit Centrelink to update or check their payments, thanks to a new app launched today for iPhone and iPod touch. Minister for Human Services Senator Kim Carr said the app - the first developed by the Department of Human Services- will help make life easier for up to 350,000 students who receive Youth Allowance, Austudy or ABSTUDY. The app - Express Plus Students - also helps prevent debt by sending Push Notifications when students have to report and keeps payments accurate by helping to calculate work hours.

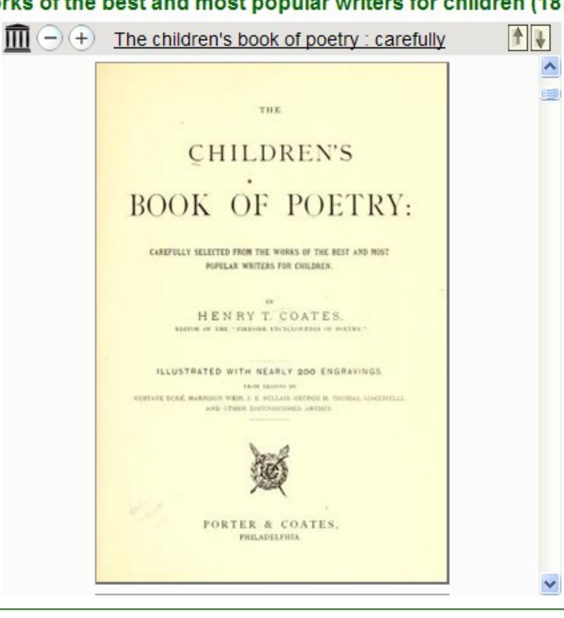
Moneysmart Teaching Package to Improve Young People's Financial Literacy [07/08/2012] - PORTFOLIO: Treasury

SNIPPET: Parliamentary Secretary to the Treasurer, the Hon Bernie Ripoll MP, will this week (Thursday 9 August) launch a new teaching resource that will help young Australians become more confident, informed and responsible financial consumers. The MoneySmart Teaching Primary Package, developed by the Australian Securities and Investments Commission (ASIC), will be unveiled in Adelaide on Thursday at a national MoneySmart teachers conference for primary schools. A suite of online professional learning modules for teachers will supplement the package extending the reach of MoneySmart Teaching beyond those schools in the trial.

Shaping the Australian Economics and Business Curriculum | Ministers&#039 Media Centre - PORTFOLIO: Education, Employment and Workplace Relations

SNIPPET: Australian students in Years 5 to 12 will have the opportunity to learn vital consumer and financial skills under a new national economics and business curriculum currently in development. Minister for School Education Peter Garrett today welcomed the release of the draft paper prepared by the Australian Curriculum Assessment and Reporting Authority (ACARA): Shape of the Australian Curriculum: Economics and Business. ACARA will use feedback on the paper to guide the writing of the draft Australian Business and Economics Curriculum, which will be released for public consultation next year.

The children's book of poetry : carefully selected from the works of the best and most popular writers for children (1879)



Are We There Yet ?

Children's Book Week this year is August 18-24, 2012 and the theme is '***Champions read***'. Book Week is the longest running children's festival in Australia, celebrating its 67th birthday in 2012. This year is also the National Year of Reading. Sharing a book with your child for 10 minutes a day, an hour a week is our aim for **The Reading Hour on the 25 August 2012**. The Reading Hour is for everyone and there will be events and activities for all age groups all day, all around the country. Find out more about The Reading hour and all the local events happening at www.thereadinghour.org.au. See all details at www.love2read.org.au/

Alison Lester's book *Are We There Yet?* tells the story of her family's journey around Australia in a camper van. This great adventure captures the essence of the country – the cities and the countryside; the European settlements and the special places of the First Australians. Now it's your turn to tell us about your home town or a special place you have visited in Australia. Just send us a short story or a letter or a drawing of your favourite place (get your parents or a teacher to help) and you could win a fabulous prize. Enter the *Are We There Yet*? competition for your chance to share in $40,000 worth of prizes, including author visits, books, games and more.

Award winning author and illustrator, Alison Lester 's artwork from her book *Are we there yet?* will be part of a beautiful exhibition. The exhibition shows both the original illustrations as well as the preliminary and developmental stages in the making of the book – from Alison's children's actual travel diaries, through text, illustration and design drafts, to the final published book - including a number of folios of developmental drawings.

We want to find out about your favourite place. So please send us your description as a short story, in 200 words or less, or as a picture (your own original work). Our judges will choose the ones they like best and your story or picture could be part of our National Year of Reading children's gallery (and you could win one of our very special prizes!)

There's a separate competition for each state and territory and there are prizes for different ages, so there are lots of opportunities to win.

Our age categories are:

Pre-school (for under five-year-olds);

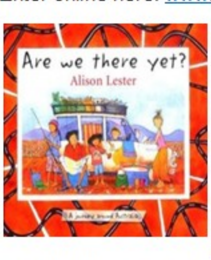
Early primary school (five to eight years);

Later primary school (eight to 12 years).

You can enter by yourself, or you can be part of a school or kinder class entry. Enter the Are We There Yet? competition for your chance to share in $40,000 worth of prizes, including author visits, books, games and more.

	Start and finish dates	Prize announcement
NSW	**16 August - 21 September**	**19 October**

Enter online here: www.love2read.org.au/awty-form.cfm



Are We There Yet? by ALISON LESTER $24.95 from Penguin: HERE

The year I turned eight, Mum and Dad took us on a trip around Australia. Luke, Billy and I missed school for the whole winter term.

Join Grace and her family on their adventurous and sometimes funny expedition. A warm, heartfelt story based on an actual journey undertaken by the much-loved, award-winning author and illustrator, Alison Lester.

Summer vacation scholarships: make a positive impact

Dreaming of summer? This year, you can spend your summer break working on real problems and make a positive impact. Applications have opened for CSIRO's undergraduate vacation scholarships in engineering, computer science, mathematics, statistics and astronomy around Australia. More information here: http://ow.ly/cq7hC

Australian Clearing House for Youth Studies

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

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

Great Website with daily Updates HERE

Lime Cordiale – July 2012

New EP out 6/7/2012. NEXT LOCAL GIG: Mona Vale Hotel: **Saturday July 28th, 2012**. More at: **www.limecordiale.com/**

LaunchPad Gymnastics Australia

A new initiative of Gymnastics that includes all age groups from KinderGym to Professional development is seeking to instill more exercise and access to this through promoting gymnastics. Their Launch Pad website can be found at: www.launch-pad.org.au/

Get Involved!: To get involved or learn more about any of the information above, register your interest here.

Headspace 'We've got your back' campaign

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

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

Australian Stories Online

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

Send In Your Stuff

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

All are Welcome, All Belong !

Love Food, Hate Waste Cookbook

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

Love food hate waste book: HERE

Bus Pass Replacement

HERE

IN 2012 BL'S BLAST OFF WILL RUN FROM **MONDAY 24TH TO THURSDAY 27TH OF SEPTEMBER**. THIS IS OUR TRADITIONAL FIRST WEEK OF THE NSW SCHOOL HOLIDAYS AND THERE ARE SOME GREAT PLANS AND NEW IDEAS FOR THIS YEARS EVENT. **Entries close September 7th, 2012.** To enter BL's Blast Off 2012 just download and print out this entry form, sign and mail with your entry fee to PO Box 458 Narrabeen 2101 NSW. You will receive confirmation via your email so please make sure you fill out all sections of the form.

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

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

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

Bullying; NO WAY !!!

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

Word of the Week

star: noun

(Astronomy) any of a vast number of celestial objects that are visible in the clear night sky as points of light. (Astronomy) a. a hot gaseous mass, such as the sun, that radiates energy, esp as light and infrared radiation, usually derived from thermonuclear reactions in the interior, and in some cases as ultraviolet, radio waves, and X-rays. The surface temperature can range from about 2100 to 40 000°C . (Astrology) a celestial body, esp a planet, supposed to influence events, personalities, etc. (History / Heraldry) an emblem shaped like a conventionalized star, usually with five or more points, often used as a symbol of rank, an award, etc. (Zoology) a small white blaze on the forehead of an animal, esp a horse.

(Clothing, Personal Arts & Crafts / Jewellery) Also called star facet any of the eight triangular facets cut in the crown of a brilliant. (Culture) a distinguished or glamorous celebrity, often from the entertainment world

(Communication Arts / Printing, Lithography & Bookbinding) another word for asterisk.

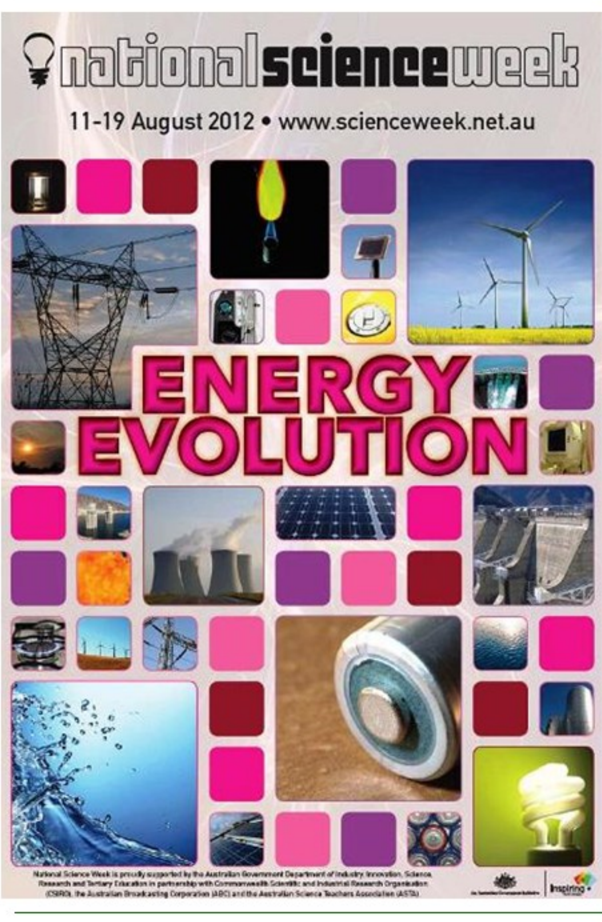
see stars to see or seem to see bright moving pinpoints of light, as from a blow on the head, increased blood pressure, etc.

Origin From: Old English steorra; related to Old Frisian stēra, Old Norse stjarna, German Stern, Latin stella

BIG SCIENCE WEEKEND - Saturday, August 25 2012 till Sunday, August 26 2012, 10:30 AM to 4:00 PM

The Powerhouse Museum will buzz with fabulous science action for everyone all day long!: 500 Harris Street, Ultimo, NSW. Cost: Most activities FREE with entry to Powerhouse Museum. $30 family, $12 adult, $6 child.

The Powerhouse Museum will buzz with fabulous science action for everyone all day long! Watch exciting science shows, participate in hands-on workshops and meet Cogs the Robot. ABC's Surfing Scientist, Ruben Meerman from Catalyst and Rollercoaster, will perform mind-boggling science tricks from his books. Hands-on activities throughout the day include: Sydney Observatory daytime telescope viewing, Molecule making with the Royal Australian Chemical Institute and Mystery Investigators with the Australian Skeptics Association. Take home slime that you've made yourself in the Super Silly Slime workshop. Exciting and entertaining science shows will be performed throughout the day including WipeOut! from Perform Educational Musicals. Join in a lively discussion between Matt Boyd author of I,Wolf and the Museum of Human Disease on the Genetics of becoming a werewolf. Recommended for ages 4 to 104. Most activities free with Museum entry. Avoid the queues and pre-purchase your tickets online. www.ultimosciencefestival.com



Time Lapse Moon Eclipse from 2004

R U OK?Day 2012

R U OK?Day is a national day of action on the second Thursday of September (**13 September 2012**), dedicated to inspiring all people of all backgrounds to regularly ask each other 'Are you ok?'

By raising awareness about the importance of connection and providing resources throughout the year, the R U OK? Foundation aims to prevent isolation by empowering people to support each other through life's ups and downs.To help you start a conversation or to find the courage to ask for help, we've a range of programs and resources. Help stop little problems becoming bigger by getting involved.

Asking 'Are you ok?' or stepping forward to say 'I'm not ok' requires courage but can lead to inspiring stories of friendship and recovery. R U OK?Day does not provide crisis intervention or counselling. For crisis support call 1800 RUOKDAY (1800 7865 329)

Share your story of connection to help others start conversation to change lives. See More at: www.ruokday.com.au/

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

SHORT STORY AND PHOTO COMPETITION

Pittwater residents with a flair for writing or photography are invited to enter a competition to celebrate History Week. The competition which is run by Mona Vale Library is open to children as well as adults and asks participants write a short story, submit a photograph or both.

Competition organiser Sharelle Ravenscroft said entries should be based on the broad interpretation of the word 'threads'. "Which, for example may include vintage clothing and textiles; the thread of a story, or a spider's web," added Ms Ravenscroft.

Entrants need to submit their short story with a 500 to 1000 word limit, or one photograph to be submitted per entry. Ms Ravenscroft said that the competition was open to three age groups, including 8 to 12 years, 13 to 17 years and 18 years plus.

"Prizes, including book vouchers, will be awarded to entrants in the three age groups," she said.

The competition will open on **Monday 20 August, with entries closing on 16 September.** All entries must be brought to the library on a USB. These will be available for collection at the library after the competition ends. All entries must be accompanied by an entry form.

For more information about the competition and to download an entry form visit www.pittwater.nsw.gov.au/library

Murder under the Microscope by Lesley Stevens

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

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

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

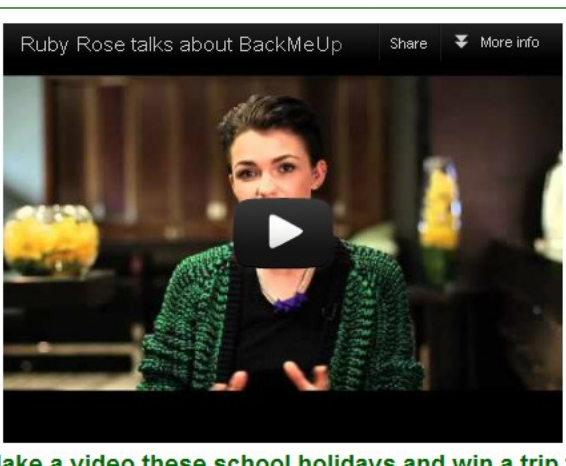
Study Tools 101 - Mind Maps

If you decide to go to a University once you've finished your High School studies one of the first studt tools you will be introduced to is what is called a 'Mind Map'. These are great tools for every other subject you wish to apply them to in your life, especially as a way of putting all into perspective. A mind map is a diagram used to represent words, ideas, tasks, or other items related to a central key word or idea. Mind maps are used to generate, visualize, structure, and classify ideas, and as an aid to studying and organizing information, solving problems, making decisions, and writing.

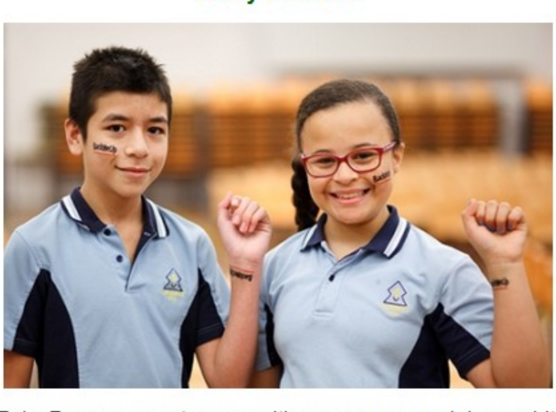
The constituent elements of a mind map are arranged according to the importance of the concepts. Elements are classified into groupings, branches, or areas, with the goal of representing semantic or other connections between portions of information. Mind maps may also aid recall of existing memories. By presenting ideas in a radial, graphical, non-linear manner, mind maps encourage a brainstorming approach to planning and organizing tasks.

Author Tony Buzan suggests the following guidelines for creating mind maps:

Start in the center with an image of the topic, using at least 3 colours.
Use images, symbols, codes, and dimensions throughout your mind map.
Select key words and print using upper or lower case letters.
Each word/image is best alone and sitting on its own line.
The lines should be connected, starting from the central image. The central lines are thicker, organic and thinner as they radiate out from the centre.
Make the lines the same length as the word/image they support.
Use multiple colors throughout the mind map, for visual stimulation and also to encode or group.
Develop your own personal style of mind mapping.
Use emphasis and show associations in your mind map.
Keep the mind map clear by using radial hierarchy, numerical order or outlines to embrace your branches.
This list is itself more concise than a prose version of the same information and the mind map of these guidelines is itself intended to be more memorable and quicker to scan than either the prose or the list.



Make a video these school holidays and win a trip to study at NIDA!



As Ruby Rose says, get snazzy with your camera and do your bit to stop cyberbullying these school holidays. The Australian Human Rights Commission wants 13-17 year olds to join the national BackMeUp Campaign and be in the running to win an all-expenses paid trip to Sydney for a NIDA film-making course or some juicy JB HiFi vouchers.

"Our message to young people is don't stand by when you see someone being cyberbullied, it could be you," Commission spokesperson Dr Helen Szoke. "These school holidays are the perfect time for young people to get creative and make a short two minute film about how they back-up someone who has been cyberbullied.

"We are encouraging young people to grab their phone or a video camera and make a simple short video showing how you can back someone up who has been cyberbullied," she said. "Not only are there cool prizes up for grabs like the opportunity to learn filmmaking at the world famous National Institute of Dramatic Art and stay at the award winning Sydney Harbour YHA but the videos will be played on the special BackMeUp site and used in education programs by the Commission and our partners and stakeholders.

"Young people have great stories to tell and are the digital natives of the 21st century – that's why we want parents to encourage their kids and young people to encourage each other to come up with an idea, film it and enter it in the BackMeUp campaign," Dr Szoke said.

Dr Szoke said research shows someone else knows or sees cyberbullying in 87 per cent of bullying situations among young people, and can be 'part of the problem or part of the solution' according to whether their actions support or discourage bullying.

"Although research indicates that most students dislike and disapprove of bullying and would like to see it stop, less than 20 per cent of students intervene to help the person being bullied," Dr Szoke said. "This is a fantastic opportunity for young people to get creative and use their skills and talents over the school holidays and show others how you can back someone up who has been cyberbullied.

"There are many positive and safe ways that bystanders can support someone who has been bullied - Bystanders can ask a teacher or trusted adult for help, or they can let the bully know that what they are doing is bullying. They can refuse to join in and walk away, and comfort the student who has been bullied," she said. **"Most of all we want young people to just be there for each other, because doing nothing is wrong."**

Ten places for a week long film-making course at NIDA are up for grabs with accommodation for winners and their parents at the award winning Sydney Harbour YHA. JB HiFi Vouchers will also go to weekly winners.

Entering the comp and join the movement at facebook.com/2012backmeup and somethingincommon.gov.au/backmeup

Join BackMeUp and take a stand against bullying. BackMeUp is a video competition to help eliminate cyberbullying in Australia! If you're 13-17, then get snazzy with your camera and enter the competition to win an all-expenses paid trip to Sydney for a NIDA film-making course or some juicy JB HiFi vouchers. Goodbye cyberbullying, hello Hollywood!

What you need to do:

1. Make a video—up to 2 minutes long—on how you would backup someone who has been cyberbullied.

2 Create an account and upload your video.

3. Like the BackMeUp Facebook timeline to join the discussion, comment on videos and get competition updates.

4. Impress the judges by getting your friends and family to vote for your video.

Opening date; 19 June 2012. Closing date; 15 August 2012

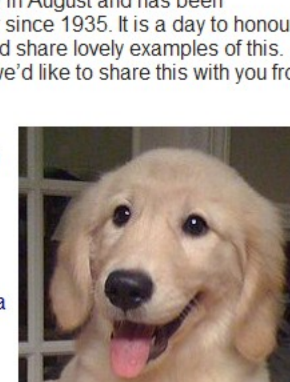
Term and conditions and Website; https://backmeup.somethingincommon.gov.au/home

Tweet | Like | +1

August 12 - 18, 2012: Issue 71

National Friendship Week
From Irene Anderson

Friendship day is the first Sunday in August and has been celebrated in America every year since 1935. It is a day to honour friendships, make new friends and share lovely examples of this. Even though it ended yesterday we'd like to share this with you from one of our regular contributors:



A farmer had some puppies he needed to sell. He painted a sign advertising the 4 pups and set about nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he felt a tug on his overalls.
He looked down into the eyes of a little boy.
"Mister," he said, "I want to buy one of your puppies."
"Well," said the farmer, as he rubbed the sweat off the back of his neck, "These puppies come from fine parents and cost a good deal of money."
The boy dropped his head for moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer.
"I've got thirty-five cents.. Is that enough to take a look?"
"Sure," said the farmer. And with that he let out a whistle. "Here, Dolly!" he called.
Out from the doghouse and down the ramp ran Dolly followed by four little balls of fur.
The little boy pressed his face against the chain link fence. His eyes danced with delight. As the dogs made their way towards him. The little boy noticed something else stirring inside the doghouse.
Slowly another little ball appeared, this one noticeably smaller. Down the ramp it slid. Then in a somewhat awkward manner, the little pup began hobbling toward the others, doing its best to catch up...
"I want that one," the little boy said, pointing to the runt.
The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you like these other dogs would."
With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe.
Looking back up at the farmer, he said, "You see sir, I don't run too well myself, and he will need someone who understands."
With tears in his eyes, the farmer reached down and picked up the little pup. Holding it carefully he handed it to the little boy.
"How much?" asked the little boy... "No charge," answered the farmer, "There's no charge for love."
The world is full of people who need someone who understands.

A Few Giggles for you: The 18 Bottles

I had eighteen bottles of whiskey in my cellar and was told by my wife to empty the contents of each and every bottle down the sink, or else... I said I would and proceeded with the unpleasant task. I withdrew the cork from the first bottle and poured the contents down the sink with the exception of one glass, which I drank. I then withdrew the cork from the second bottle and did likewise with it, with the exception of one glass, which I drank. I then withdrew the cork from the third bottle and poured the whiskey down the sink which I drank. I pulled the cork from the fourth bottle down the sink and poured the bottle down the glass, which I drank. I pulled the bottle from the cork of the next and drank one sink out of it, and threw the rest down the glass. I pulled the sink out of the next glass and poured the cork down the bottle. Then I corked the sink with the glass, bottled the drink and drank the pour. When I had everything emptied, I steadied the house with one hand, counted the glasses, corks, bottles, and sinks with the other, which were twenty-nine, and as the houses came by I counted them again, and finally I had all the houses in one bottle, which I drank. I'm not under the affluence of incohol as some thinkle peep I am. I'm not half as thunk as you might drink. I fool so feelish I don't know who is me, and the drunker I stand here, the longer I get.

Deaf Wife
C/- I&J Anderson

Bert feared his wife Peg wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family Doctor to discuss the problem. The Doctor told him there is a simple informal test the husband could perform to give the Doctor a better idea about her hearing loss.
"Here's what you do," said the Doctor, "stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away, let's see what happens."
Then in a normal tone he asks,
"Honey, what's for dinner?" No response.
So the husband moves closer to the kitchen, about 30 feet from his wife and repeats, "Peg, what's for dinner?" Still no response.
Next he moves into the dining room where he is about 20 feet from his Wife and asks, "Honey, what's for dinner?" Again he gets no response.
So, he walks up to the kitchen door, about 10 feet away.
"Honey, what's for dinner?" Again there is no response.
So he walks right up behind her.
"Peg, what's for dinner?' (I just love this)
"For goodness sake, Bert, for the FIFTH time, CHICKEN!"

U3A Lectures on Wednesday Afternoons at Newport -
Understanding Gemmology - 5th Sep 2012, 1pm - 3pm

University of the Third Age Open Lectures 1st Wednesday of the Month starting 1st August. Learn to appreciate precious gems with presenter Sheila Catterall OAM, President Gemmological Association of Australia (NSW Division).

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

MIND YOUR MIND - REDUCE YOUR RISK OF DEMENTIA

Alzheimer's Australia NSW is the peak body for people with dementia and their families and carers. It provides advocacy, support services, education and information. **National Dementia Helpline 1800 100 500**

Mind your Mind® is Alzheimer's Australia's dementia risk reduction program. It provides advice about reducing the risk of developing dementia and promotes a 'brain healthy' lifestyle. Dementia cannot yet be prevented or cured, so it's important for us to be aware of what we can do to reduce the risk of developing dementia. Our Dementia risk reduction website provides detailed information and practical advice about dementia risk reduction. Visit our Mind your Mind website now!

We now have good evidence that adopting a 'brain healthy' lifestyle may reduce your risk of developing dementia. Mind your Mind, Alzheimer's Australia's dementia risk reduction program involves seven signposts or health messages to help keep your brain healthy and reduce your risk of dementia. There are no guarantees, but the evidence shows that people who stay active and look after their vascular health are less likely on average to develop dementia. And if they do get dementia, the onset may be delayed so they have more years of healthy life.

THE 7 MIND YOUR MIND SIGNPOSTS

Mind your Brain: Challenge your brain with new activities, e.g. learn a language, do puzzles or crosswords, read or enrol in a course.

Mind your Diet: Eat fruit and vegetables, legumes, wholegrain breads and cereals, fish, lean meats, reduced-fat dairy products, unsaturated oils such as olive, sunflower, canola, and flaxseed.

Mind your Body: Be physically active in ways you enjoy, e.g. walk, play sport, go to the gym, dance, do yoga, pilates or tai chi, gardening.

Mind your Health Checks: See your doctor to make sure your blood pressure, cholesterol, blood sugar and weight are healthy for you.

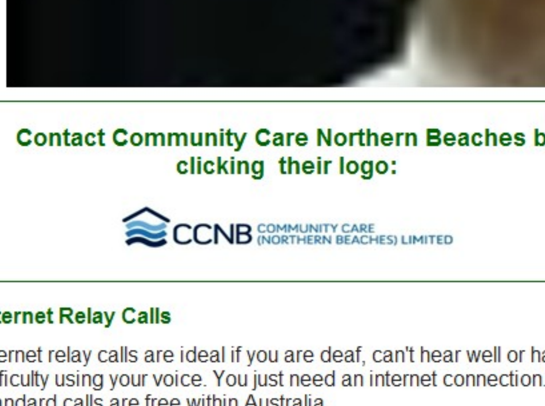
Mind your Social Life: Catch up with family and friends, join a club or group, volunteer, or go to events.

Mind your Habits: Don't smoke, and drink alcohol only in moderation.

Mind your Head: Take care not to fall, take care as a pedestrian, wear a seat belt, and wear a helmet when riding or for certain sports.

DISCLAIMER: The information provided on this website (*Alzheimer's Australia*) provides only a general summary of the subject matter covered and Alzheimer's Australia recommends any person with dementia or concerns about their memory and/or their carers seek professional and/or medical advice specific to their case. While Alzheimer's Australia makes every attempt to ensure material provided on this site is accurate, current and complete it should be considered carefully to evaluate its relevance to your purposes. Alzheimer's Australia is not liable for any error or omission on this website or for any injury, loss or damage incurred by reliance on the information or advice provided on these pages.

2012 Reports confirm that Tai Chi is a low impact exercise suited to Seniors that will enhance body balance and cognitive functions:



Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

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

The Senior Newspaper Online

Click on logo:

Australian Senior PUBLICATIONS

Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community CONNECT

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

Balance and strength training in everyday tasks can prevent falls in older people - 9 August 2012

Balance and strength training integrated into everyday routines could reduce falls in older people by almost a third, according to a new University of Sydney study. The research, published online in the *British Medical Journal* by researchers in Sydney University's Faculty of Health Sciences, found balance and strength tasks integrated into everyday activities were effective in reducing the rate of falls in older, high-risk people living at home.

"It's well known that improving balance and strength can prevent falls in older adults, but in spite of this less than 10 percent of older people routinely engage in strength training," says Professor Lindy Clemson, lead author of the study. "The figure for older adults engaging in activities that challenge balance is likely to be much lower."

In response, Professor Clemson and her team developed the Lifestyle integrated Functional Exercise (LiFE) program, which involves embedding balance and lower limb strength training into daily routines such as climbing stairs, stepping over objects, and moving from sitting to standing.

The LiFE program is the first in the world to investigate whether integrating exercise into everyday activities could prevent falls in frail older people. Rather than a prescribed set of exercises conducted several times a week, participants were encouraged to complete LiFE activities, such as walking sideways or bending knees, whenever the opportunity arose during their day.

"Participants might shift their weight from foot to foot while standing at the kitchen bench, or bend their knees to close a drawer instead of bending at the waist. They can then upgrade these everyday activities as they increase their strength and balance, for example once they've mastered closing drawers with bended knees, they could bend at the knees to pick something up from the floor," Professor Clemson says.

The study recruited 317 men and women over the age of 70 living in the community who had experienced two or more falls, or one injurious fall, in the past year. Participants were split into the LiFE group and the control group and recorded any falls over 12 months using daily calendars. Other measures such as static and dynamic balance, ankle, knee and hip strength, daily living activities, and quality of life were also measured using recognised scales. Researchers then compared results from LiFE with a control group, who performed a structured exercise program three times a week using ankle cuff weights.

"We found a significant 31 percent reduction in the rate of falls for participants in the LiFE program compared with the control group," says Professor Clemson.

Compared with control patients, LiFE participants showed improvements in both static and dynamic balance, ankle strength, and in function and participation in daily life, suggesting that this program improves both fall risk and frailty.

"The LiFE program provides an alternative for older people at risk of falls to traditional exercise programs, and it could work better for many people," says Professor Clemson. "LiFE gives participants more energy to do tasks, improves function during activities and enhances participation in daily life. In a modern world that increasingly relies on automation and doing less, the LiFE program offers some much-needed challenge and complexity."

From: http://sydney.edu.au/news/84.html?newsstoryid=9814

LiFE Participant Manual may be downloaded from HERE

Raising the alarm: Smoke alarm subsidy scheme for people who are deaf or hard of hearing – NSW Government Media Release, 1 August 2012

NSW Minister for Disability Services, Andrew Constance, today announced the Smoke Alarm Subsidy Scheme (SASS) to protect the lives of people who are deaf, deafblind or hard of hearing. The NSW Government has invested $2 million for the scheme, which aims to give people who are deaf, deafblind or hard of hearing the same protections as smoke alarms do for others.

Applications for the subsidy can be made to the Deaf Society of NSW, which provides information and services to people who are deaf, deaf-blind or hard of hearing and their families.

For information and application forms visit this website: www.deafsocietynsw.org.au/smokealarms/

The launch of the scheme also coincides with FRNSW's winter fire safety campaign. The fire service, in collaboration with its Principal Partner GIO, is encouraging householders to complete an online Home Fire Safety Audit as part of the campaign at: www.homefiresafetyaudit.com.au.

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

Newport Community Centre
New Computer Courses for Seniors
Starting 17th July

Avalon Computer Pals for Seniors has a new program of computer courses for seniors over 55 to be held at the Newport Community Centre. There are courses for a range of subjects to assist beginners or those who need to keep up with the new technologies. These include the popular topics such as:

Beginners introduction to computers, Skype, iPads, Social media - Facebook and Twitter, Apple MAC, Digital Photography (extended 5 week course), Android Tablets, Smart phones, Genealogy, Scanning and printing

iPads and tablets are todays big sellers and there are courses for beginners and also a two part course which will extend the users knowledge and working with these exciting devices. Apple MACs are becoming popular due to their ease of use and brilliant displays. If you are a PC user and are tempted by MAC then there is a course just for you. Beginners have a choice of courses with a two part course on computers for beginners and if you have a new iPad there is a beginner's course for you.
Photographers will enjoy the extensive five part Picassa Digital Photography course conducted by our resident expert Brian Hindes. Along with photography, one of the popular uses of a computer is finding your ancestors. Computers are good at genealogy and tracing your family tree can be exciting.
Learning new technologies in a small local group is productive and fun.

AVALON COMPUTER PALS NEWPORT SHORT COURSES 3rd TERM 2012 - Newport Community Centre 11-13 The Boulevarde, Newport. Bookings essential Phone 8064 3574 (for over 55's)

TUESDAY 14th AUGUST

Room 1: SKYPE – PART 2 INCLUDING OTHER WAYS TO MAKE IN EXPENSIVE PHONE CALLS (cost $10)
Google voice, -Voip Busters, -Skype to go for mobile phones
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 3

TUESDAY 21st AUGUST

Room 1: Facebook, Twitter (cost $10)
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 4

TUESDAY 28th AUGUST

Room 1: APPLE MAC COMPUTING
-how to use the hardware & software
-introducing the new Mountain Lion software
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 5

TUESDAY 4TH SEPTEMBER

Room 1: ANDROID TABLETS – SLATES &E READERS (cost $10) -how to use and obtain apps
Room 2: INTRODUCTION TO IPads part 1 (cost for 3 weeks $30)
-Different models and sizes-what size should I buy?
-set up and using control buttons

TUESDAY 11TH SEPTEMBER

Room 1: BEGINNERS INTRODUCTION TO COMPUTERS (cost $10) -hardware and attachments, -software and uses, -introduction to emailing and Goggling)
Room 2: iPad –part 2 --understanding your iPad, -downloading apps and their useage, syncing with PC's and Apple Macs

TUESDAY 18TH SEPTEMBER

Room 1: SMART PHONES AND CHEAP PHONE CALLS (cost$10)
Room 2: iPads and IPods(music) – part 3
-integrating your computer phone iPad and iPod
-photos on iPads

Media Releases concerning Seniors this week from National Seniors Australia

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

Senior Movers

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

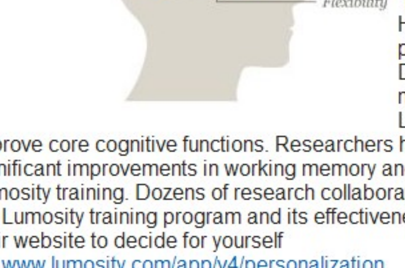
We want you to we help you gracefully downsize with our experience and care. Click on logo to visit website.

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

www.seniormovers.com.au

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

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

Tweet | Like | +1

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

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

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

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

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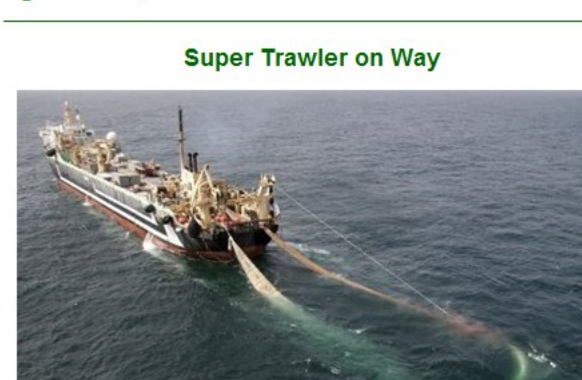
August 12 - 18, 2012: Issue 71

Super Trawler on Way



the FV Margiris

Local environment and fisher groups have expressed concerns this week about a Super Trawler, the FV Margiris being allowed to fish in Australian waters due to its record of destruction elsewhere. The Margiris is due in Tasmania at the end of August and will be based there while it trawls an 18,000-tonne quota for jack mackerel and redbait. A call to send emails to Federal Minister for Agriculture, Fisheries and Forestry, Senator Joe Ludwig and Environment Minister Tony Burke are circulating online and through emails. Since the trawler is arriving in two weeks and comments about its access to waters and fish here close in four weeks you may be wondering just what is really going on and wether this is already a fruitless effort since there's a clear discrepancy in 'timing'. Below are snippets of the Federal Government's Media Release on this matter and part of what is in these calls to action plus details of email addresses or an online petition should you feel like spending a few moments expressing your own opinion.

From Save Our Marine Life:
It's an incredible 142 metre floating freezer which carries industrial-scale fishing nets large enough to fit four 747 Jumbo Jets. The FV Margiris is the world's second largest fishing trawler and right now its on way to catch Australia's marine life, freeze it into 20 kg blocks and sell it overseas. But we have the chance to stop it.

Having been associated with fishery collapses off Africa and South America, the Super Trawler is seeking access to Australia's Southern Ocean between Hobart and Fremantle, and the Australian Fisheries Minister is considering granting it.

At the same time, but seemingly on another planet, the Australian Government has announced enormously positive and historic plans for the world's largest network of marine sanctuaries. Help us tell the Government that their sanctuaries plan is a great step forward, but that sustainable management elsewhere in our oceans is also essential.

The Super Trawler will be here in just 2 weeks. Comments on the sanctuary plan close in just 4 weeks. Grab this opportunity to stop the super trawler and start sustainability and sanctuaries.
senator.ludwig@aph.gov.au, Tony.Burke.MP@aph.gov.au, proclamationcomments@environment.gov.au
David Mackenzie
Save Our Marine Life

Federal Government Media Release on this:
Today (26.7.2012) the Government issued an update on the FV Margiris' plans to fish in Australian waters, and announced special arrangements for community consultation. The independent government regulator, the Australian Fisheries Management Authority (AFMA), today released a statement outlining the strong management of Australian fisheries and the strict regulations that would apply to the vessel should it be granted access.
Minister for Agriculture, Fisheries and Forestry, Senator Joe Ludwig, said despite detailed briefings through AFMA there continued to be confusion of the facts by some groups. "There has been lots of discussion about the possibility of the FV Margiris operating in the Small Pelagic Fishery and what that may mean for the environment and fish stocks in the area. It's important the myths are busted and the facts are made clear," Minister Ludwig said. "Australia has some of the most sustainable and best managed fisheries in the world, due in large part to AFMA's strict regulations to which fishing vessels in our waters need comply."
AFMA is the independent regulator responsible for managing our fisheries and assessing applications for vessels who wish to operate in Australian waters. AFMA today released another public statement on the controls that would apply to the FV Margiris.
"AFMA advises that, to date, no application has been made to AFMA by Seafish Tasmania to have the FV Margiris operate in an Australian fishery," Minister Ludwig said. "Regardless, their statement today clearly shows that observer coverage, quota management and by-catch provisions would all be considered and applied to the vessel."
Minister Ludwig said despite the strict regulatory system, the Government was aware that there are community concerns and is actively working with stakeholder groups and the operator of the FV Margiris, Seafish Tasmania, to address these. "Recreational fishing groups, gamefishing groups and Seafish Tasmania have each agreed to take part in a working group, which will be chaired by an independent third party and supported by the Department of Agriculture, Fisheries and Forestry and the Australian Fisheries Management Authority (AFMA), to manage local industry and community concerns," Minister Ludwig said. "The group has been formed to develop an agreement between the company and the groups on additional voluntary conditions. These measures would be on top of existing government regulations that would apply to the vessel."
The independent body, AFMA, has agreed to incorporate the parties' agreement as part of its regulatory tools where possible.
From: HERE

Further:

Online Petition: http://stopthetrawler.net/

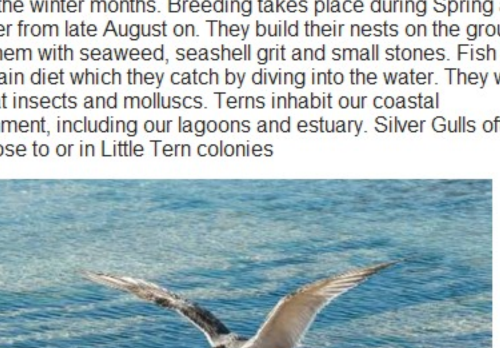
ABC Online Story of Tuna Industry supporting (8/8/2012): HERE

Tasmanian Assembly Motion to reject permit 21st of June 2012

1033 Ms O'Connor to move—That the House:—
(1) Recognises the importance of pelagic fish species to the health of the oceans and the planet's marine ecosystems;
(2) Acknowledges
(a) the potentially devastating effects of super trawlers removing entire schools of particular fish species from the marine ecosystem food chain, such as mackerel, which is important to critically endangered bluefin tuna; and
(b) the destructive effect super trawlers have had on coastal fishing communities around the world that have been devastated by the wholesale removal of fish stocks, their main source of nutrition and employment.
(3) Recognises that allowing one of the world's biggest super trawlers to operate in Australian waters off Tasmania is not sustainable for local fishing communities who have worked hard to try to sustainably manage fish stocks over generations, while super trawlers can take their entire quota in a much shorter period and then move onto the next contract; and
(4) Urges Federal counterparts of Members to demand that the Federal Minister rejects the permit for the "Margiris" super trawler in Australian waters (21 June 2012).
From Tasmania House of Assembly: http://www.parliament.tas.gov.au/ha/hanote.pdf

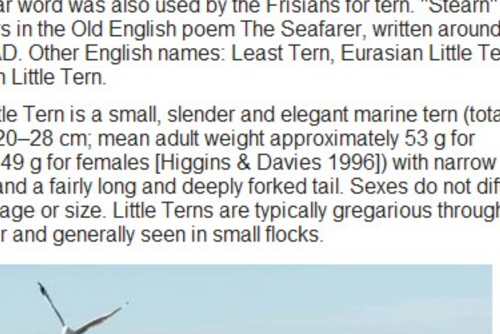
Little Eastern Tern

The plumage on this seabird, a *Sternula albifrons*, Little Tern, shows it is in its first year of life. Spotted just near a colony of Silver Gulls at Dee Why pool on Sunday its presence is also a sign of the approach of Spring. These birds migrate to Australia during the winter months. Breeding takes place during Spring and Summer from late August on. They build their nests on the ground, lining them with seaweed, seashell grit and small stones. Fish are their main diet which they catch by diving into the water. They will also eat insects and molluscs. Terns inhabit our coastal environment, including our lagoons and estuary. Silver Gulls often nest close to or in Little Tern colonies

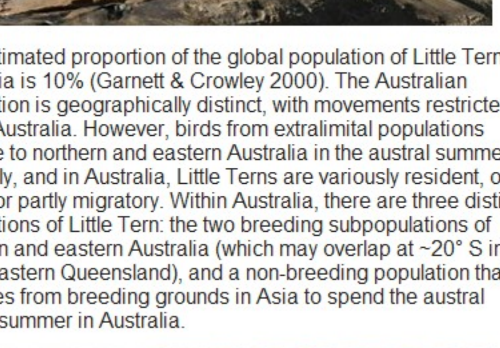


Terns are seabirds in the family Sternidae, previously considered a subfamily of the gull family Laridae. They form a lineage with the gulls and skimmers which in turn is related to skuas and auks. The common English name for this group and the original genus name, Sterna, appear to be derived from the Old English "stearn"; a similar word was also used by the Frisians for tern. "Stearn" appears in the Old English poem The Seafarer, written around 1000 AD. Other English names: Least Tern, Eurasian Little Tern, Eastern Little Tern.

The Little Tern is a small, slender and elegant marine tern (total length 20–28 cm; mean adult weight approximately 53 g for males, 49 g for females [Higgins & Davies 1996]) with narrow wings and a fairly long and deeply forked tail. Sexes do not differ in plumage or size. Little Terns are typically gregarious throughout the year and generally seen in small flocks.



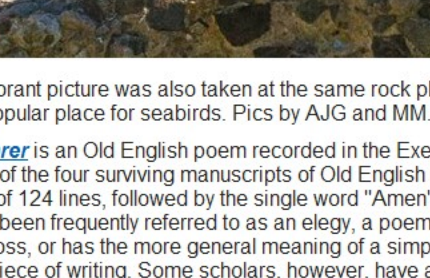
The estimated proportion of the global population of Little Terns in Australia is 10% (Garnett & Crowley 2000). The Australian population is geographically distinct, with movements restricted to within Australia. However, birds from extralimital populations migrate to northern and eastern Australia in the austral summer. Globally, and in Australia, Little Terns are variously resident, or wholly or partly migratory. Within Australia, there are three distinct populations of Little Tern: the two breeding subpopulations of northern and eastern Australia (which may overlap at ~20° S in north-eastern Queensland), and a non-breeding population that migrates from breeding grounds in Asia to spend the austral spring-summer in Australia.



This Cormorant picture was also taken at the same rock platform; clearly a popular place for seabirds. Pics by AJG and MM.

The Seafarer is an Old English poem recorded in the Exeter Book, one of the four surviving manuscripts of Old English poetry. It consists of 124 lines, followed by the single word "Amen". In the past it has been frequently referred to as an elegy, a poem that mourns a loss, or has the more general meaning of a simply sorrowful piece of writing. Some scholars, however, have argued that the content of the poem also places it in the category of Sapiential, or Wisdom, Literature. Old English Version with Translation HERE.

Coastal Environment Centre

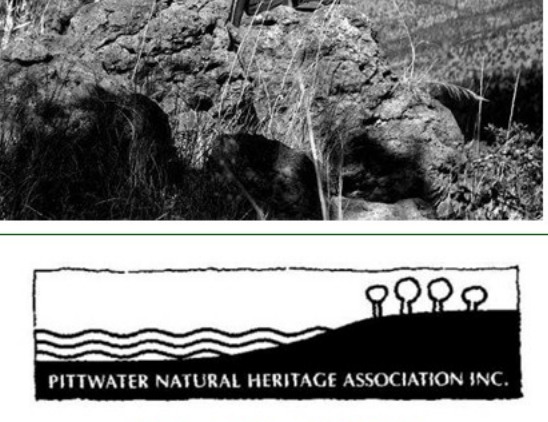


The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

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

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



PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

Great Australian Marsupial Nightstalk

Want to really get close to native animals? Come along to Pittwater's Great Australian Marsupial Nightstalk on **7 September to celebrate Threatened Species Day**. This national series of spotlight walks is conducted throughout Australia to collect information for Perth Zoo about marsupial animal numbers and their distribution.

Pittwater's Nightstalk in Warriewood Wetlands is a unique opportunity to become more familiar with local marsupials and other nocturnal animals. The night stalk is suitable for children over 8 years of age.

When: **Friday 7 September, 6 - 8pm**. Where: Warriewood Wetlands - numbers are limited so book early! What to bring: torch, comfortable footwear, appropriate clothing for weather conditions. 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)

Going Solar on Sustainable House Day

With energy prices rising, now is a great time to consider going solar. Solar energy saves money and reduces carbon emissions, but choosing the right option is vital! The workshop will focus on the two main solar options available to households - solar water heating and solar panels. It will explain the differences between them and the advantages and disadvantages of both. The prices of solar systems are becoming more competitive and government financial incentives are still available to help offset the installation cost.

The workshop will be followed by an optional tour of the sustainability features at the Coastal Environment Centre, the Council's multi-award winning environmental education centre. Features include a 5 kilowatt solar electricity system, solar hot water, energy efficient lighting retrofit and water tanks plumbed to flush toilets and water the veggie garden.

Presented by Greg Harris from Smart Water and Energy Solutions and Joanne Tulau from Pittwater Council.

When: **Sunday 9 September, 1 to 3pm.** Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. 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)

Bothams Beach Project

Botham Beach on McCarrs Creek is a little beach backed by endangered Pittwater Spotted Gum bushland. It's the first beach beyond Holmeport Marina, disappearing at high tide. Pittwater Environmental Foundation has received two grants from Hawkesbury Nepean CMA for bushcare and engaging the community with the site. The site was invaded by the usual weeds with the ground layer absolutely invisible. Pittwater Council is overseeing the work.

Stage 1 involved contract bush regeneration resulting in piles of weed material which was burnt to encourage regeneration. As expected the result has been spectacular with many dormant pea and wattle seeds germinating. Spring will be lovely here!

Stage 2, currently underway, involves maintenance weeding and the installation of five nestboxes suitable for Sugar or Squirrel Gliders. A tiny Feathertail Glider was seen last year on the balcony of a neighbouring house, so we are hoping that the regenerating bush will also benefit this little creature. Loss of tree hollows is a problem for all gliders. They nest in family groups and are quick moving as a result of their high energy diet.

This Tweed Valley Wildlife Carers site suggests how to build suitable boxes: HERE
Attracting volunteers to help with bushcare here has not been easy. Weekend parking is difficult, so our future work days will be during the week. **We'd love you to join one (or more) of our bushcare days on Tuesday 14 August, Thursday 6 September, Tuesday 18 September from 8:30am – 11:30am. Come on any day that suits. Tools and cake provided.**

Contact Marita on 0439 409 202 or marita.macrae@gmail.com for how to get there. Pittwater Environmental Foundation enables people to make tax deductible donations for environmental projects in the Pittwater LGA. For more information visit: www.pittwaterenvironmentalfoundation.org.au
Note our Glider logo!

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/

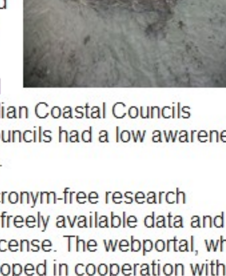
Tweet | Like | +1

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

New coastal website linking local research with local councils

From CSIRO Media Releases



The latest coastal research will now be at the fingertips of councils and developers, with today's launch of a new webportal at the Australian Coastal Councils Conference in Hobart. The CSIRO-developed website will enable coastal councils, and other coastal stakeholders, to find research easily at a national level, and then focus on regional and local research projects.

CSIRO committed to creating the Coastal Research Webportal at last year's Australian Coastal Councils Conference, when it was realised local councils had a low awareness of the range of coastal research available.

The webportal has short, plain English, acronym-free research summaries and it provides further links to freely available data and research, under the Creative Commons license. The webportal, which uses a Google Maps interface, was developed in cooperation with TERN – the Terrestrial Ecosystem Research Network, which will now manage the website. The webportal can be found at: http://coastalresearch.csiro.au/

This is an Australian Coastal Ecosystem Facility (ACEF) project under TERN, funded by ACEF and CSIRO. TERN is supported by the Australian Government through the National Collaborative Research Infrastructure Strategy and the Super Science Initiative.

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

From CSIRO Media Releases

The **Atlas of Living Australia** added its 30 millionth species occurrence record last week, making it the largest collection of rich information on Australia's plants, animals and fungi. The Atlas, a collaboration between all Australian museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, reached this milestone when over half a million records from Birdlife Australia were incorporated. Some of these records come from the diaries of 17th Century Dutch navigators, such as the record for a Brush Bronzewing dated 1629.

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Birdwatching with PNHA

Warriewood Wetland and Irrawong Reserve. Walk upstream along Mullet Creek to the waterfall for possible sightings of the Powerful Owl and Lyrebird.

When: **Sunday 26 August, 8am – 11am**. Where: Meet at the end of Katoa close (off Garden Street), Narrabeen. Bring: Binoculars, water, snack, walking shoes. Contact: pnhabirdwatching@gmail.com or call Kerry Smith on 0402 605 721.

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

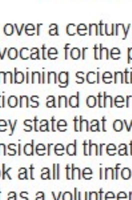
Visit us at facebook.com/pcga.org

image artwork: www.gravey.com

Birdlife Australia - New Website and Quarterly Magazine

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

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.



Marine and Freshwater Research - Volume 63 Number 7 2012

Includes: Incorporating habitat preference into the stock assessment and management of blue marlin (*Makaira nigricans*) in the Pacific Ocean , Short-term effects of a prolonged blackwater event on aquatic fauna in the Murray River, Australia: considerations for future events , Reintroduction success of threatened Australian trout cod (*Maccullochella macquariensis*)based on growth and reproduction and more

Wildlife Research Volume 39(5)

Includes: Publish or perish: why it's important to publicise how, and if, research activities affect animals, Monitoring indicates greater resilience for birds than for mammals in Kakadu National Park, northern Australia, Population dynamics of *Dasycercus blythi* (Marsupialia: Dasyuridae) in central Australia: how does the mulgara persist? And more

Environment Education For Children

An Environment Group that's been around for decades and originated in Tasmania, where you may still walk in pure wilderness, is The Wilderness Society. Apart from being at the forefront to protect many of our still pristine areas they also seek to engage the custodians of the future; our children.

Each year they hold a Children's Literature Award. The winners of the Wilderness Society's Environment Award for Children's Literature in 2012 Award are *Hairy Nose, Itchy Butt* by Elizabeth Frankel and Garry Duncan and *One Small Island* by Alison Lester and Coral Tulloch. The Wilderness Society's annual Environment Award for Children's Literature is designed to encourage children to take an interest in nature and to feel a sense of responsibility for our wild places and unique wildlife.

This year one of the works is available to download for free for parents and teachers. Should you wish to purchase a copy: "Proceeds from the sale of the book will be donated to help with on-ground work that some dedicated SA scientists are doing with wombat conservation", explains Frankel.

Hairy Nose, Itchy Butt teacher resources (free download courtesy of NRM Education)
Animal conservation awareness activity (free download courtesy of NRM Education)
Threatened species colouring-in sheets (free download)

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

CLIMATE ACTION PITTWATER

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

"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

PITTWATER COUNCIL

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.

Pittwater Council's Natural Environment and Education Manager Mark Beharrel said the calendar was a work in progress and was designed to be interactive. "We hope that the public will contribute images and other information to the calendar."
"It's a living atlas that will help us measure changes to the coastal environment and increase awareness of native birds, animals and plants throughout the seasons," he said.
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

How Green is a Spotted Gum when Wet?

August 12 - 18, 2012: Issue 71

Ginger

A winter harvested spice is fresh ginger. Packed full of nutrients, it is a good source of magnesium, potassium, vitamins A and B6, which are essential for energy production; fat and protein metabolism; and healthy skin, hair, eyes and liver. It also promotes a healthy nervous system with the copper in ginger aiding in red blood cell production and manganese and antioxidants to protect your body against end of Winter lurgies. It is not recommended for people with intestinal disorders or gallstones.

Ginger ale (CSIRO Science Recipe)
This summer, make some cool and refreshing ginger ale. It's tasty, involves great science, and really is too much fun to make.
Warning: Follow the instructions and read cautions carefully.
You will need
a clean 2 litre plastic soft drink bottle with screw cap, never use glass bottles when making ginger beer as the beer will produce gas and this can make the bottle explode
1-2 tablespoons of fresh ginger
1 cup sugar
funnel
grater
1-cup measuring cup
measuring spoons
¼ teaspoon of dried yeast
water
juice from one lemon
What to do
Wash your bottle very well with warm water and detergent, rinse and allow it to dry. Pour in 1 cup of sugar into the bottle. Add a ¼ teaspoon of dried yeast to the bottle and shake this into the sugar. Grate 1 – 2 tablespoons of ginger; use the finest blades on the grater to make the ginger as small as possible. Place this ginger in a cup or jug. Add the juice of a whole lemon to the ginger. Stir the lemon and ginger together, and then add them to the bottle. Fill the bottle with fresh water, leaving a 3 cm gap up the top so the gas can collect there. Cap and shake the bottle gently to dissolve the sugar.
Leave in a warmish place for 24 – 48 hours. When the bottle is hard to squeeze, place it in the fridge. The cooler temperatures will slow or even stop the yeast from eating the sugar and turning it into gas. Caution: Do not leave the bottle for too long in a warm place – it may explode and this is very messy. For this reason, NEVER use glass bottles when making ginger beer.
When chilled, drink and enjoy. Do not be put off by the pieces of ginger still in the brew, you can use a tea strainer to strain them out, or you can let them sink to the bottom where you can avoid them. Or glug them down and enjoy their zesty flavour hit!
Caution: There may be some alcohol in your ale, but only a very small amount. Other experimenters have found it to be around 0.35% at the most. Have an adult try the first glass. People with metabolic problems who cannot metabolize alcohol properly or religious prohibition against alcohol should avoid consumption.
From: http://www.csiro.au/helix/sciencemail/activities/gingerbeer.html

Gingernut Biscuits
Ingredients
60g (3 tbs) butter, at room temperature
220g (1 cup) caster sugar
2 tbs golden syrup
1 egg, lightly whisked
225g (1 1/2 cups) plain flour
1/2 tsp cream of tartar
1 tsp bicarbonate of soda
2 tsp ground ginger
1 tsp ground nutmeg
1/4 tsp ground white pepper
1/4 tsp salt

Preheat oven to 180°C. Line a baking tray with non-stick baking paper.
Use electric beaters to beat the butter, castersugar and golden syrup in a medium mixing bowl until well combined. Add the egg and beat for 2-3 minutes or until pale and creamy.
Sift together the flour, cream of tartar, bicarbonate of soda, ginger, cinnamon, nutmeg, pepper and salt. Add to the butter mixture and use a wooden spoon to mix until just combined. Use your hands to work the mixture into a firm dough.
Roll small spoonfuls of the mixture into balls and place on the lined baking tray about 6cm apart (the biscuits will spread quite a lot). Bake in preheated oven for 12-13 minutes or until golden brown. Leave the biscuits on the tray for 5 minutes before transferring to a wire rack to cool. Repeat in 2 more batches with the remaining mixture.
You can store the gingernuts in an airtight container at room temperature for up to 1 week.

Zingiber officinale Illustration from Kohler's Medicinal Plants (*Köhler's Medizinal-Pflanzen in naturgetreuen Abbildungen mit kurz erläuterndem* Texte : Atlas zur Pharmacopoea germanica) is a German rare medicinal guide published by Franz Eugen Köhler in **1887** in three volumes.

Ginger or ginger root is the rhizome of the plant *Zingiber officinale*, consumed as adelicacy, medicine, or spice. It lends its name to its genus and family (Zingiberaceae). Other notable members of this plant family are turmeric, cardamom, and galangal.
Ginger cultivation began in South Asia and has since spread to East Africa and the Caribbean. The English name ginger comes from French: gingembre, Old English: *gingifere*, Medieval Latin: *gingiber*, Greek: *zingíberis* . Ultimately the origin is from Tamil:'inji ver'. The botanical term for root in Tamil is ver hence inji root or inji ver.
Preliminary research indicates that nine compounds found in ginger may bind to human serotonin receptors which may influence gastrointestinal function.
Research conducted in vitro tests show that ginger extract can control the quantity of free radicals and the peroxidation of lipids. Thus it could possibly prevent or decrease the damage in the human body caused by free radicals. In a 2010 study, daily consumption of ginger was shown to help ease muscle pain associated with exercise by 25%, suggesting a new cost-effective treatment to pain associated with recent exercise.
Ginger root supplement has been identified in a study to help reduce colon inflammation markers such as PGE2, thus providing a possible cost-effective preventative measure to colon cancer.
In limited studies, ginger was found to be more effective than placebo for treating nausea caused by seasickness, morning sicknessand chemotherapy, although ginger was not found superior to placebo for pre-emptively treating post-operative nausea. Other preliminary studies showed that ginger may affect arthritis pain or have blood thinning and cholesterol lowering properties, but these effects remain unconfirmed.
Advanced glycation end-products are possibly associated in the development of diabetic cataract for which ginger was effective in preliminary studies, apparently by acting through antiglycating mechanisms.
Zingerone may have activity against enterotoxigenic Escherichia coli in enterotoxin-induced diarrhea.

Chemistry
The characteristic odor and flavor of ginger is caused by a mixture of zingerone, shogaolsand gingerols, volatile oils that compose one to three percent of the weight of fresh ginger. In laboratory animals, the gingerols increase the motility of the gastrointestinal tract and haveanalgesic, sedative, antipyretic and antibacterial properties.
Ginger oil has been shown to prevent skin cancer in mice and a study at the University of Michigan demonstrated that gingerols can kill ovarian cancer cells. [6]-gingerol (1-[4'-hydroxy-3'-methoxyphenyl]-5-hydroxy-3-decanone) is the major pungent principle of ginger. The chemopreventive potentials of [6]-gingerol present a promising future alternative to expensive and toxic therapeutic agents.
Ginger contains up to three percent of a fragrant essential oil whose main constituents aresesquiterpenoids, with (-)-zingiberene as the main component. Smaller amounts of other sesquiterpenoids (β-sesquiphellandrene, bisabolene and farnesene) and a small monoterpenoid fraction (β-phelladrene, cineol, andcitral) have also been identified.
The pungent taste of ginger is due to nonvolatile phenylpropanoid-derived compounds, particularly gingerols and shogaols, which form from gingerols when ginger is dried or cooked. Zingerone is also produced from gingerols during this process; this compound is less pungent and has a spicy-sweet aroma. Ginger is also a minor chemical irritant, and because of this was used as a horsesuppository by pre-World War I mounted regiments for feaguing. Ginger has a sialagogue action, stimulating the production of saliva, which makes swallowing easier.

Folk medicine
The traditional medical form of ginger historically was called Jamaica ginger; it was classified as a stimulant and carminative and used frequently for dyspepsia, gastroparesis, slow motility symptoms, constipation, and colic. It was also frequently employed to disguise the taste of medicines.
Some studies indicate ginger may provide short-term relief of pregnancy-related nausea and vomiting. Studies are inconclusive about effects for other forms of nausea or in treating pain from rheumatoid arthritis, osteoarthritis, or joint and muscle injury. Side effects, mostly associated with powdered ginger, are gas, bloating, heartburn, and nausea.
Tea brewed from ginger is a common folk remedy for colds. Ginger ale and ginger beer are also drunk as stomach settlers in countries where the beverages are made.
In Burma, ginger and a local sweetener made from palm tree juice (*htan nyat*) are boiled together and taken to prevent the flu.
In China, ginger is included in several traditional preparations. A drink made with sliced ginger cooked in water with brown sugar or a cola is used as a folk medicine for thecommon cold. "Ginger eggs" (scrambled eggs with finely diced ginger root) is a common home remedy for coughing. The Chinese also make a kind of dried ginger candy that is fermented in plum juice and sugared, which is also commonly consumed to suppress coughing. Ginger has also been historically used to treat inflammation, which several scientific studies support, though one arthritis trial showed ginger to be no better than a placebo or ibuprofen for treatment of osteoarthritis.
In the United States, ginger is used to prevent motion and morning sickness. It is recognized as safe by the Food and Drug Administration and is sold as an unregulated dietary supplement. Ginger water was also used to avoid heat cramps in the United States.
In Peru, ginger is sliced in hot water as an infusion for stomach aches as infusión de Kión.
In Japan it is purported to aid blood circulation. Scientific studies investigating these effects have been inconclusive.
Ginger. (2012, August 1). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Ginger&oldid=505276483

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ORNELLA TOMAINO Fund Raising Event For Mona Vale Hospital Auxiliary - High Tea at Ingleside 5th of August 2012-

Words by Karen Draddy, photos by Michael Mannington

Ornella's food and menu was truly amazing as usual, and was fully subscribed. Ornella had 16 calls from women who she had to turn away at the last moment. With Eileen Gordon, Patricia Giles and Karen Draddy attending there were three International Women of the Year for Pittwater present. This demonstrates how much we as a community support each other.

Mrs Tomaino wished to say a special thank you to everyone who attended, those who gave so generously and those who helped out on the day in the kitchen, waitressing and parking. Thank you to artist Louise Bright who donated money from the sale of her paintings as well. Mrs Tomaino especially wished to thank, along with the members of the Auxiliary, those who purchased individual items and they will have their names recorded on plaques on the equipment they have purchased. The event was a great success.

LISTED EQUIPTMENT ITEMS – REQUIRED FOR MVH
These items purchased by members of the community
Urinalysis Machine
$1,100 - Purchased by: Bombardier Real Estate
Wheel Walkers – 4 were needed between Level 2 and 3
$250 each
Purchased by: Sam Bombardier
Purchased by: John Maiolo
Purchased by: John Bombardier
Purchased by Maria-Rosa Bonanno
Wheel Chair
$550
Purchased by: Rose Bombardier
Money raised on the day will allow for these items to be purchased
Diagnostic Wall transformer with Ophthalmoscope and Otoscope (Children's Ward)
$ 1,871.53
Bed Commode
$280

With a few dollars to spare the final money handed over to Mrs Gordon the President of the Auxiliary and Waverley Perman Secretary was **$5,000**.
Michale Mannington's Volunteer Photography public gallery

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Ornella and her team

Eileen Gordon, Karen Draddy, Patricia Giles and Anthony Dombkins

Guests

Pittwater Online News

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

An Artwork to Watch Out For - Short listed for the 2012 $75,000 National New Media Art Award - 9 August 2012

In this installation, robots that have a capacity to learn and respond to their environment are embedded into the gallery's walls.

A work co-created by Rob Saunders, a lecturer in design computing in Sydney University's Faculty of Architecture, Design and Planning, was short-listed for the National New Media Art Award. The work, created with artist and lecturer Petra Gemeinboeck, looks at our society's evolving relationship with increasingly intelligent machinery, and demonstrates how machines are an integral part of our social fabric.

Their installation, titled *Zwischenräume* ("Interstitial Spaces") 2010-11, features robots that have a capacity to learn and respond to their environment embedded in the gallery's walls. When left to their own devices these robots break through the walls with a series of small holes through which they can see using their camera vision. When an audience is present the robots watch and follow their onlookers through the spaces they have made in order to enhance their knowledge and alleviate their own 'boredom'.

Occasionally they communicate, signalling to each other and working together. The robots reflect and share some human traits, demonstrating a level of autonomy that seems to suggest consciousness, or at least an ability to adapt to their surrounds.

The work will exhibited at the Queensland Art Gallery of Modern Art until 4 November, alongside the seven other works short listed for the $75,000 National New Media Art Award.

New South Wales-based artist George Poonkhin Khut was the winner for his entry *Distillery: Waveforming*, a work that consists of a clip-on heart monitor, tablet computer and a program that shows the viewer a visual interpretation of their beating heart. The National New Media Art Award is the most significant prize for new media art in the country, celebrating innovative works using a range of new technologies including digital animation, robotics, light and sound sculpture and interactive media.

From: http://sydney.edu.au/news/84.html?newsstoryid=9810

Live for Today

C/- C.S.G.

A friend of mine opened his wife's underwear drawer and picked up a silk paper-wrapped package:

"This," he said, "isn't any ordinary package."

He unwrapped the box and stared at both the silk paper and the box.

"She got this the first time we went to New York, 8 or 9 years ago. She has never put it on , was saving it for a special occasion. Well, I guess this is it." He got near the bed and placed the gift box next to the other clothing he was taking to the funeral house, his wife had just died.

He turned to me and said: "Never save something for a special occasion.
Every day in your life is a special occasion."

I still think those words changed my life. Now I read more and clean less.
I sit on the porch without worrying about anything. I spend more time with my family, and less at work. I understood that life should be a source of experience to be lived up to, not survived through.

I no longer keep anything. I use crystal glasses every day... I'll wear new clothes to go to the supermarket, if I feel like it. I don't save my special
perfume for special occasions, I use it whenever I want to. The words 'Someday....' and ' One Day...' are fading away from my dictionary.
If it's worth seeing, listening or doing, I want to see, listen or do it now....

I don't know what my friend's wife would have done if she knew she wouldn't be there the next morning, this nobody can tell. I think she might have called her relatives and closest friends. She might call old friends to make peace over past quarrels. I'd like to think she would go out for Chinese, her favourite food.

It's these small things that I would regret not doing, if I knew my time had come..
Each day, each hour, each minute, is special.

Live for today, for tomorrow is promised to no-one..

Sydney Opera House Big Moments

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

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The Konrads Swim Champions - Published on Aug 2, 2012 by FILMAUSTRALIA

As Australia's swimmers find it tough going in the Olympic pool in London this film is a reminder that it was not always so. John and Ilsa Konrads were teenage sensations in a golden time for Australian swimming. Here we see them rise through the ranks with the aid of coach Don Talbot and examine their training techniques that led them to achieve multiple world records. It also shows earlier champions Andrew "Boy" Charlton, Bonnie Mealing and Fanny Durack. Made by the National Film Board 1959.

Artisans of Australia: Timbercraft - Uploaded by FILMAUSTRALIA on Dec 15, 2010

Made by Film Australia 1984. Directed by Paul Humfress. A detailed look at the restoration of the Coolamine Homestead in the Kosciuszko National Park. The building, constructed in 1883, is a very good example of a drop slab alpine ash timber hut. The process of restoration is explained in detail, including choosing the right tree, using the tools and what were once standard bush skills. The program features axemen Bill Boyd and Mark Garner who, like their families before them, have worked in the bush all their lives.

Proofread your CV: 'My interests include cooking dogs'

A survey of CV blunders reveals that job applicants are blowing their chances with gaffes such as listing their interests as "cooking dogs". Experts found that 94% of job hunters risked missing out on vacancies through CV blunders such as poor spelling, grammar or presentation on their CVs. Failure to use the comma led to embarrassing disclosures such as: "My interests include cooking dogs and interesting people."

In some cases, applicants' attempts to impress potential employers failed through the odd missed word, with phrases such as: "I was responsible for dissatisfied customers."

For others, the omission of a single letter consigned their CV to the dustbin: "I am a pubic relations officer."

From a sample of 450 CVs, researchers found that 81% were laden with spelling and grammatical errors, while nearly half were poorly laid out. A mere six per cent were error-free, the study by career advisers Personal Career Management (PCM) concluded.

Mistakes were not confined to applicants for menial roles either - many of the CVs riddled with errors were drafted by CEOs, professionals and recent graduates, researchers said. Corinne Mills, managing director of PCM, said: "Many of the people whose CVs end up in the waste paper bin are perfectly capable of doing the job. However, a poor CV means they will not get the opportunity to prove it.

"Why would anyone want to employ a lawyer or a secretary who makes spelling mistakes or errors? If they can't pay attention to their own CV, why would you trust them to work on any of your documents?"

Lost In Translation

The Coca-Cola name in China was first read as "Ke-kou-ke-la", meaning "Bite the wax tadpole" or "female horse stuffed with wax", depending on the dialect. Coke then researched 40,000 characters to find a phonetic equivalent "ko-kou-ko-le", translating into "happiness in the mouth."

We Love Kids

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BOOK FAIR BOOK FAIR BOOK FAIR

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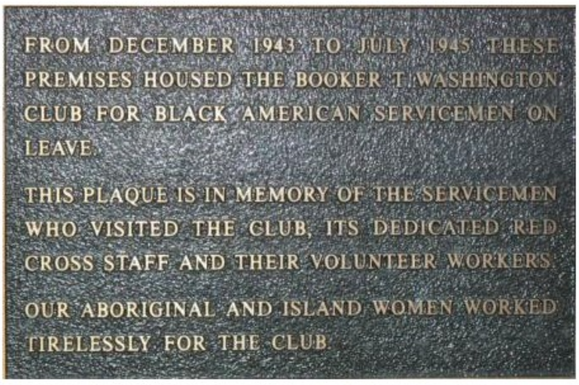
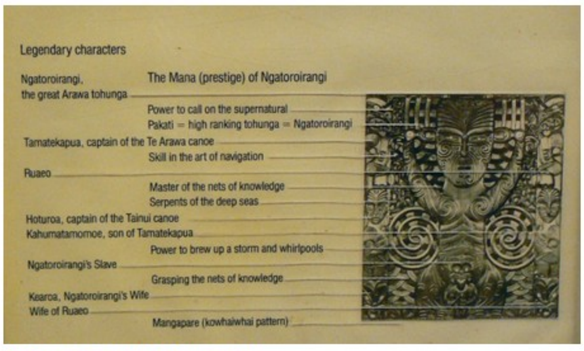
Durham Hall: Home of the Royal College of Pathologists of Australasia



Plaque commemorating the Booker T Washington Club

Carving by Tutu Honotapu of Rotarua



Key to the details of the Maori carving

Durham Hall

By George Repin

An attractive lovingly restored Georgian two storied building, Durham Hall, believed to be the oldest surviving residence in Surry Hills, stands on the south side of Albion Street just before it ends at Flinders Street. In 1979 it was classified as a Heritage Building by the National Trust.

Built in 1836, the original building was constructed of sandstock bricks on a sandstone foundation and was stuccoed. The roof was Welsh slate. Its owner was George Hill, the son of convict parents who acquired large land holdings on the Murrumbidgee River. Hill was a successful publican and butcher who was elected to the first Sydney Municipal Council, later becoming Mayor in 1850, and in 1848 was elected to the first Legislative Council of NSW. He died in 1883.

The stables and coach-house were separated from the house when Nicholls Street was cut through on the west of the building.

From 1923 the building was occupied by a German social club, the Concordia Club, which was closed at the start of World War II. In 1943, because of the substantial presence in Sydney of American military personnel it was commandeered for use by the American Red Cross as a separate recreational facility for African-American servicemen under the requirements of the then US colour segregation rules. It officially opened in December, 1943 as the American Coloured Servicemen's Club but became known as the Booker T Washington Club and soon was recognised as one of the few authentic jazz venues in Sydney. A commemorative plaque placed on the north wall in 1995 recognises this phase of the building's history.

After a period of neglect, and damage by vandals, it underwent thorough and meticulous restoration in 1982 at the time when Durham Village, a block of 75 dwellings, was built on the land behind, and overshadowing, it. All of the twentieth century additions were demolished and the interior reconstructed.

The building now houses the Royal College of Pathologists of Australasia which was fortunate to acquire it after a restaurateur forfeited his deposit on a proposed purchase. After a year of effort, he had been unable to obtain permission from the City Council and the NSW Heritage Council to convert the building for use as a restaurant, primarily because of inadequate parking facilities. In the meantime the College was forced to move from its premises in Windmill Street in the Rocks and, after imposing a levy on its Members and the launch of a special appeal, moved into its new home in April, 1984.

One of the treasures moved from Windmill Street to the new College premises in Albion Street was a Maori carving presented to the College by the Fellows in New Zealand to mark the occasion of the official incorporation of New Zealand in the title "Royal College of Pathologists of Australasia". (The College was originally registered in 1956 as "The College of Pathologists of Australia" and in 1970 was granted permission by the Queen to use the prefix "Royal".) It was unveiled at the Opening Ceremony of the Silver Jubilee Meeting of the College in October 1980. It is a significant feature of the room in which the Council of the College meets. It tells the story of the migration of the Arawa people from Hawaiki, the nebulous homeland of the Maori to the land of Aotearoa, now called New Zealand. A plaque adjoining the carving sets out the story in detail and includes an explanation of the Legendary characters.

In 1996 the College was running out of space. When Taylor's Restaurant, which was operating in what had been the stables and coach-house of Durham Hall, closed, the College bought the premises and was able to bring together the grand residence with its former out-houses (although separated by a narrow street).

Durham Hall is a heritage gem – an oasis in a noisy and busy part of Sydney.

Words and Photos by George Repin. Copyright George Repin, 2012. All Rights Reserved.

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Fully biodegradable

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30 SECONDS® Outdoor Cleaner: Can be used in a variety of surfaces & situations including wood, paint, concrete, masonry, brickwork, paving, terracotta, cloth, and plastics.

30 SECONDS® Roof Treatment: Can be used on a variety of roof surfaces including clay tile, concrete tile, decromastic, colour steel, super 6, slate, synthetic tiles, polycarbonates.

Large Rectangular Outdoor Setting Cover: Keeps your setting clean and dry. Durable. UV resistant. Self fastening straps to secure. Dark Green.

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DIY Late Winter Chores to be ready for Spring – Cleaning Outdoor Furniture

It won't be long until we'll all be spending lovely afternoons sharing good food in our gardens again. Outdoor settings, left to the elements during Winter, may need a bit of a spruce up and clean. Leaf stains, gum resin stains and the like will leave marks on guest's clothes. A few tips this week on products you can utilise to get all as you'd like it to be.

Basic Recipe for Outdoor Cushions:
1 teaspoon dishwashing detergent
600mls warm water
1 tablespoon borax

Saturate a sponge and use it to wash the cushions. You can put it in a spray bottle and saturate cushions on both sides, paying particular attention to the crevices and creases. Let the cushion sit for 15 minutes. Spray the solution off with a hose using a strong force of water. Stand each cushion on its edge out of the direct sun to dry. When almost dry, spray with a fabric protector. To remove dust between cleanings, vacuum as needed. Or, if the cushions are small enough, just shake them out.

White Plastic:
2 litres warm water
3 tablespoons automatic dishwashing detergent (contains a bleaching agent that will whiten the plastic) Use a sponge or soft brush. Leave the solution on 15 minutes, then rinse and dry. Don't use this on coloured furniture.

Cleaning Wooden Outdoor Furniture
In winter, wooden outdoor furniture should be covered and stored in a protected area. To clean, simply use a solution of dishwashing liquid and water, that is well rinsed off. Always ensure that wooden furniture is completely dry. If there are any grease or soot stains on the furniture, remove these by using one cup of trisodium phosphate in a bucket of water. Rinse off. If there are any cracks in the finish of your wooden outdoor furniture, it is important that these are taken care of, to prevent moisture or mildew from getting into the wood. A good stain to use is one that is designed for exterior use and that contains wood preservatives and a mildew inhibitor.

Cleaning other Types of Outdoor Furniture
There are other types of outdoor furniture that will require cleaning. Tips to do so include:

Wicker – simply wash with a soft scrub brush and an oil soap. Hose the furniture down to rinse it. Use vinyl covers on the furniture when it rains to prevent unnecessary wear. You can purchase these from our local Hardware suppliers, JBH Mitre 10.

Wrought Iron – wipe iron outdoor furniture with a cloth that has been dampened with a mixture of dishwashing liquid and water. Rinse well and allow to dry. To remove any rust, lightly sand the affected area and thoroughly wipe clean with a cloth before applying touch up paint.

Canvas – do not fold canvas furniture when wet as this will cause it to go mouldy. Mould can be cleaned with a simple soap and water solution.

Aluminium – use a clean cloth that has been dampened with a mixture of dishwashing liquid and water to wipe this type of furniture clean. To remove scuff marks, simply use a soft cloth that has been dampened, and a gentle scrubbing solution. Do not use abrasive cleaners. Rinse well. To protect the finish, apply baby oil every two to three months and let air dry.

Gum Resin Brown stains on pavers. Use: Glycerine, deck scrubber or stiff scrubbing brush, eucalyptus oil, old toothbrush, dishwashing liquid, 9 litre bucket, water. The brown stains are tannin marks and can be difficult to remove. Scrub with glycerine on a deck scrubber or brush, leave to soak for 20 minutes and scrub again. If there's gum sap (it looks shiny and resinous), remove with eucalyptus oil on a toothbrush. Add 1 teaspoon of dishwashing liquid to a bucket of water and scrub with a deck scrubber or stiff brush. Repeat if the stain remains. There is a proprietary product 30Seconds that removes stains from pavers which is available from JBH Mitre 10. Wear protective clothing when using it. Tannin stains become harder to remove with time so tackle them as soon as possible. If there are gum leaf stains, use eucalyptus oil on an old toothbrush to remove them.

A good idea, after going to all this effort, is to purchase an outdoor setting cover, available from JBH Mitre 10

Limitation of Liability
The information provided here is a general guideline only and is not intended to be an exclusive solution. There may be other options and products available that are suitable for your purposes too. Please discuss your product requirements with the experienced staff in JBH Mitre 10 stores. Always adhere to the manufacturer's directions and precautions when using their product.