**December 16 - 22, 2012: Issue 89**


## NEW WARRIEWOOD PARK OPENS

**From Pittwater Council**

**NEW WARRIEWOOD PARK OPENS**
**From Pittwater Council**


Warriewood Valley's new playground and park will be open to the public from Tuesday 18 December. Pittwater Mayor Jacqui Townsend said the park located at the end of Casuarina Drive, off McPherson Street had a diverse range of fun play equipment for all ages.

"The park covers an area of over 4000 square metres and gives Warriewood Valley some much-needed green space as well as a play area for local children. It is a piece of important social infrastructure for the Valley and region."

Mayor Townsend said the playground offered a challenging but safe play area, linked to a nearby cycleway and at the end of a cul-de-sac. The new park will ultimately connect to other parts of the Valley using shared paths and cycleways.

"It's a great place to come and socialise with family and friends," the Mayor said.

In addition to the playground, the park has open lawn areas, picnic shelters and shaded BBQ facilities.

The park, which cost close to $1million, was funded by developer contributions.
For more information about Pittwater's parks and reserves visit www.pittwater.nsw.gov.au/recreation/parks_and_reserves

**Photos courtesy Pittwater Council, December, 2012.**

## Woorak Reserve - Palm Beach

Spotted Yesterday, big improvements to Woorak reserve, Palm Beach. Pictures by A J Guesdon.

## Palm Beach Sailing Club - Saturday Afternoon Fun

The Palm Beach Sailing Club were trying to have a Speed Challenge yesterday afternoon but after fresh breezes late Friday evening, as all sailors experienced yesterday, the estuary was being extremely becalmed. After all waited patiently for a few hours for a promised breeze stir, everyone took to the water anyway, some mangaing to get up to 6 knots later on. Another feature of yesterday's meet was a competition for the best dressed Christmas style boat. First place in the decoration comp went to The mean machine, second place went to Dutch's entry, and third place went to the Henman's boat. Our thanks to Peter Salter for the results.

A few more images of Pittwater Becalmed, 15.12.2012

**PBSC pictures by A J Guesdon, December, 2012**

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# Pittwater Online News



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## Articles This Week:

New Warriewood Park Opens

Palm Beach Sailing Club - Christmas Fun

Reflections by George Repin: STAFFA

Pittwater Becalmed - 15.12.2012

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

All Previous Articles

**Profile: December Ladies 2012.**; Gretel Pinninger; Archibald finalist, on her 4D revelation and her own true nature.

**Previous Profiles:**

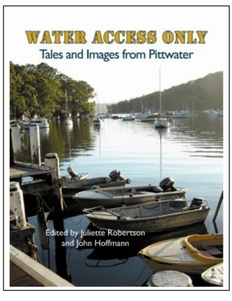
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

**History**: **Summer Houses:** December brings a celebration of beach houses, weekenders, guest houses and those who have built or occupied them. SOUTH: Billabong and the Ocean House, North Narrabeen; **WAS D H LAWRENCE inspired by the Scultz weekender at Narrabeen in his work *Kangaroo*?; THE HOUSE AT THE END OF THE ROAD By Robert Whitelaw**

**Previous History Pages:**

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

**Park Bench Philosopher**: **LAKE NARRABEEN by WILL LAWSON.**




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

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

**News From our Inbox** Ocean science robot revolution hits symbolic millionth milestone, Ancient Snow Gum, Weekend Fishing(1966), CSIRO Solar to shine on with $87 million, Cricket Videos 1950-1979, Citizen Science More Than a Century Later, Do We Live in a Computer Simulation Run by Our Descendants?, Mining Ancient Ores for Clues to Early Life, Health Papers Published this week: Prostate Cancer Now Detectable by Imaging-Guided Biopsy; Researchers Induce, Relieve Depression Symptoms in Mice With Light; Drug Helps Women Who Stop Smoking Keep Off Weight; Caffeinated Coffee May Reduce the Risk of Oral Cancers; Brain Displays an Intrinsic Mechanism for Fighting Infection; More Than 3,000 Epigenetic Switches Control Daily Liver Cycles; Mobile App Boosts Weight Loss by 15 Pounds; Blood Levels of Immune Protein Predict Risk in Hodgkin Disease

**Community News**: **COUNCIL WARNS OF SCAMMERS**, Christmas Lights Boat Parade, How to Build a Wharf, Good News for food Allergies, Protecting Yourself Online - What Everyone Needs to Know, Creative Creatures Film Festival, Great New Book by local author, **Christmas Notices**, Have your say on Australian fisheries policy, Our Council's Notices, Fed. Govt. Media and more

**Environment**: Identifying Overland Flow Affected Properties in Pittwater, Forest Land Use Change 1990-2005 Free Download from UN, Fish story of the week;From Fish to Man: Research Reveals How Fins Became Legs, Winning combination of bacteria found to combat deadly marine pathogen, SSS Sam Simon is Unveiled, Researchers develop environmental assessment model for southern Tasmanian estuaries, Nature Nurtures Creativity, Lethal Stings from the Australian Box Jellyfish Could Be Treated With Zinc, Gender Differences Found in Seasonal Auditory Changes, Cooee **December** Issue, local Environment groups, Events and orgs.

**Lynda Hill**: **Update 10.12.12**: Waking To A Brave New World - December's Sagittarian New Moon

**Pictures**: Birds at our window - earlier this year we lost our chooks to dogs allowed to roam the streets at night, since then birds small and large have arrived to sit where the girls once sat and chirrup for their seed.

**Youth**: 5, 4, 3, 2, 1 - Holidays!, The Letter, Disney Christmas, Larry Semon's 1925 film of The Wizard Of Oz, Judy Garland, Dinosaurs at Taronga Zoo, Write to Santa, Kids on the Coast - Summer School Holiday Program, School Holiday Art Workshops, Cheetah Cubs at Monarto Zoo, Christmas Comes But Once A Year - 1936, Songfish Choir, Safe Schools are Smart Schools Competition, Pipe Dream, Jack in the box, **The Royal Prince Alfred Yacht Club Teaches over 600 Children a Year to sail**, **School Holidays Art Workshop**,Cool Tools - Tree of Life Branches out Online, New online tool for students from Fed. Govt., Library Story-times for Littlies.

**Seniors**: New website to support seniors online,Teach them Patience, or at least Respect!, Look out for your Elderly Neighbours this Christmas, Volunteers Ranks built by Retirees, Health Papers Published this week that may interest you: Brain Damage Triggered by Mini-Strokes Detailed; Toxic Interaction in Neurons That Leads to Dementia and ALS Discovered; Can Going Hungry as a Child Slow Down Cognitive Decline in Later Years?, The World's Oldest Flash Mob, Inaugural Seniors Sentiment Index Report released, Council is SEEKING EVENTS FOR SENIORS WEEK, Mahjong at Avalon, U3A Lectures, Lumosity, local Support and Education Activities.

**Community Clubs**: Updates on Activities and links to sites.

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

**Reflections** by George Repin. **This week; STAFFA**

**DIY Hints:** How to Make Your Christmas Lights Flash to Music

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

**Food**: We have been eating Duck Creek Macadamias for years - they are Seriously Scrumptious high quality Australian nuts! A Recipe from their new range; Christmas Dessert – Orange Obsessions Cake

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

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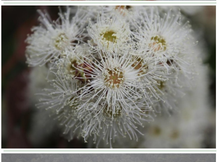
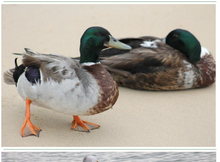
**Pittwater Becalmed - 15.12.2012**

What do you do while you're waiting to photograph sailors flying across the estuary ? Photograph sailors becalmed on the estuary, and anything else that catches your eye.





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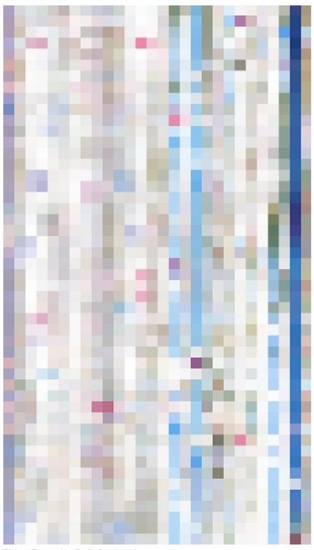

Picture Element by Emily Sandrussi

Copyright Cindy Goode Milman, Lorraine Beal, Gemma Rasdall, Emily Sandrussi and Jackson Davies, 2012. All Rights Reserved.

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## Artspot IV – Emerging Artists

Pittwater Online News continues this month with a focus on the summer art exhibition **Artspot**, coming to Avalon Recreation Centre in the New Year, open from January 5th to January 13th. Each week we will be highlighting Artists to give you a taste of the variety of artworks to be featured in **Artspot**.

This week we focus on the emerging talent participating in Artspot, three of which were featured in the 2012 Artzpace emerging artists show: Lorraine Beal, Gemma Rasdall, Emily Sandrussi and Jackson Davies.

Lorraine Beal is an artist and graphic designer living in Avalon, graduating from Deakin University in Fine Art in 1979 her involvement in coastal education and awareness projects has inspired her incredible detailed works for **Artspot**. Taking up to 4 months to paint an individual piece, her style is described as graphic painting. Her first exhibition was Artzpace 2012 at Avalon. Her works are so delicate and beautiful.

Jackson Davies is a contemporary artist completing a bachelor of fine arts at COFA who sold his first painting at age 11 and has been a finalist in the 2012 Clifton's Art Prize and participant in Sydney Art Shows. His works for Artspot draws from the beauty of nature to evoke sublime passions and emotions through gestural strokes.

Gemma Rasdall is a mixed media artist who uses a spontaneous painterly style, strong definite lines and recycled materials such as old sails to create works that explore her ambiguous relationship with the weather and its ability to alter and manipulate her emotions through the metaphor of a boat. Gemma is undertaking a Bachelor of Design at College of Fine Arts and will be studying graphic design and illustration on exchange at Hamburg University of Applied Sciences, Germany later in 2013.

Emily Sandrussi is a Sydney based photographic artist, exploring notions of mortality and memory through her work. In 2010 she graduated from Sydney College of the arts with a Bachelor of Visual Arts. For Artspot, Emily will be showing a recent series of work entitled Picture Element.

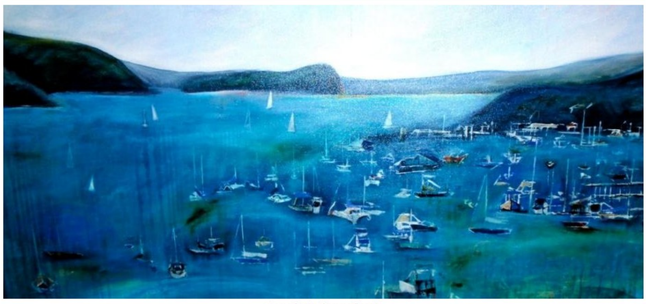
**Artspot** will feature 17 artists ranging from emerging too professional with two international guests joining us from South Africa. An array of fine arts is on show including paintings, artist prints, ceramics, photography and sculpture. Artists include Meredith & Gemma Rasdall, Diezel, Cindy Goode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

### Artspot Art Exhibition

**Location:** Avalon Recreation Centre, 59A Old Barrenjoey RD, Avalon, NSW, 2107.
**Opening Night:** Friday 4th January 2013, 6.00pm-9.00pm.
**Opening Times:** 10.00am – 5.00pm.
**Exhibition closes:** Sunday 13th January 2013
**Website:** www.artspotexhibitions.com

Flannel Flower Series No 1 by Lorraine Beal.

Autumn by Jackson Davies.



Home Port by Gemma Rasdall.

# Pittwater Online News

Pittwater's Community Newspaper

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**Activities This Week**

http://pittwateronline.com/activities.htm

http://www.facebook.com/groups/PittwaterOnline

Submissions to Sunday May 13

**Pittwater Online Marketing**

Pittwater Online Marketing Manager Sandra Worthington is now taking bookings for Christmas Boards, Social Networking, WEBSITE CLARIFIED Copywriting for your website, Facebook Pages and Boosting. **PHONE 0414 581 507 OR EMAIL SW@PITTWATERONLINE.COM**

Pittwater Online Marketing is a locally owned business which has been operating successfully since 2006. Our professional team of writers, photographers and graphic artists can help you with your marketing requirements. Visit our website at http://pittwateronline.com/marketing.htm for more information.

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## LAKE NARRABEEN.

The soft breeze blows on Narrabeen,
Bright lake of gleaming light;
The sky is deep and blue and clean.
With fleecy clouds bedight.
And steadily the slow oars beat
As drums mark time in music sweet.

The hills that hold the lake between
Their green and shining knees,
Are Jealous lest fair Narrabeen
Be won by creaming seas.
That break against the sandy bar,
Where peace and dreams and beauty are.

The sunlight shines on Narrabeen,
Prom Deep Creek to the sea;
By sandy capes the tall trees lean.
As though they long to be
Reflected where water lies,
A mirror for the summer skies.

The sunset falls on tree and tide,
The leaping fish are still;
The little elves of silence hide
By reedy reach and hill;
Only the soft sound of the oars
Wakens old dreams along dim shores.

The night wind sings to Narrabeen,
A lover tried and true;
From purple skies the white stare lean,
To light the waters through;
And slow, so slow, the timed oars beat,
Light as soft drums in music sweet.
WILL LAWSON.
LAKE NARRABEEN. (**1931, November 14**). The *Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article28036781

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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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**'Bilderslag' and 'Ocean Haven', Ocean Street, North Narrabeen**

*There almost was the open gate of the harbour, the fast breeze with the South Australian, and the pacific beyond, breaking white. On the soft sea-floats, where thermal rays had not yet come out of sight, **then the wave going to Narrabeen**, where they had their war, the land, into the great inland harbour, as blue, and Sydney rather inconspicuous on the south forts, with its one or two sky scrapers. And already, in the far north, the mountains of Barrenjoey and Pittwater.*
Extract from 'Dr. Barbara Baynton' by E.P. Fullerton (1929)
Text: http://setis.library.usyd.edu.au/ozlit/pdf/p00001.pdf

**THE HOUSE AT THE END OF THE ROAD**
**By Robert Whitelock**

Home to Narooma's earliest recorded European settlers, the Bilderslag family, On this land, Charles Dudley built his first cottage, a two storey timber structure with a shingle roof, on the north bank of the lagoon. A small stone cellar is thought to be the only remnant of that historic nomadic era erected the house through a Malcolm Campbell era (1930s) and a Bert Evans era (1940s) when considerable changes and additions were made. Many of the original timbers were used in the construction of the farms and their wealthy friends would have had visitor cars, and Bert Evans' 1928 Chevrolet Coupe and 1929 Model A Ford are just a few of the vehicles that would have graced the property.


Above: Lower of the 'Bilderslag' property (extract from Hundred Acres by Charles Dudley Bilderslag)

As the title deeds to the Dudley Bilderslag house (called 'Bilderslag' by the Dudley's) were a dark contrast to the wealthiest of "Australian" Given the name Bilderslag by Charles Dudley Bilderslag, who was experimental with wood and loved the name of his family's home in Sweden, Bilderslag. Charles Dudley Bilderslag was the first to make of sand collected from the nearby dunes. The upper floor was of a more conventional timber construction.

Set with a quarter of the acre, you can see how it might have looked in the 1930s. Of the Cornish stone and timber buildings in Narooma's Historical Precinct, the Bilderslag house is the most significant. Its unique design and construction is a testament to the skill and ingenuity of its builder, Charles Dudley Bilderslag.

The research breakthrough came in 2010 with a fresh effort to see what might be discovered about the house's construction. Over the next 12 months, a number of visits were made to the property by Mr Bilderslag and his wife Jean, and a number of interviews were conducted. This fresh effort was encouraged by the growing body of work to local history that was being undertaken by the Narooma Historical Society

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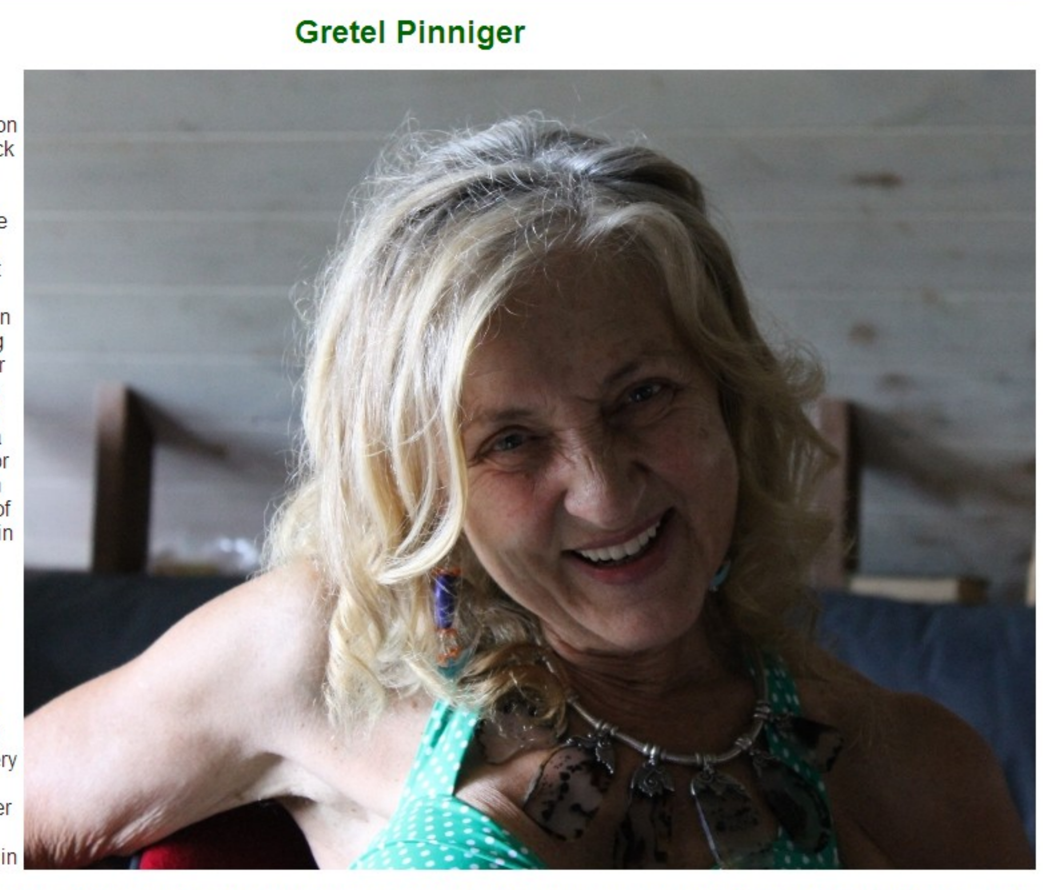
## Gretel Pinniger



A lady known for the stories told about her should also have occasion to speak for herself. Quick to laugh, a champion of women, Gretel's stride over Sydney has become the stuff of legends despite an assertion that she has always been 'vastly underestimated'. In meeting and interviewing Gretel Pinniger, Pittwater resident for decades, an energetic, warm, friendly and generous soul with a boundless enthusiasm for life is what came through most, that and a pursuit of art. An Archibald finalist in 1993 and 1994 for her portraits *Andrew Stevenson, Lawyer* and *The Enlightened Educator - Dr Bruce Carter, Headmaster of Cranbrook, with his son Nick and the artist's son Sigi,* Gretel is not only very talented but also very passionate about her art. When not painting from dawn until midnight in her studio in what was once the attic of Florida House, Gretel is called on to 'perform' in festivals, shows and the like due to an inherent eloquence. Next year she has been invited to attend a writers festival in Asia to deliver what has become a trademark monologue.

Last week I was at the Kings Cross Festival (21-25 November, 2012) to do my monologue; there were four writers and myself. They had to speak and I had to do my monologue and four costume changes in 10 minutes. It's fascinating you know, people find me interesting. I remember years ago when we opened the house and let the National Trust run a day here; they had more people turn up then they ever had had. I was out of the country and they pumped about 500 people through in two hours or something like that. Unfortunately an older lady tripped on the spiral staircase and smashed her nose and teeth and had to get these fixed, which all cost money of course, and that ruined our relationship with the National Trust. Their insurers wanted to push the blame onto me, even though I was out of the country at the time. Those spiral stairs, you can easily fall when you have space around you and you and they had hundreds of people here, it wasn't the best outcome for all really. Hopefully if they ever come back they will rope those areas off.

Where were you born Gretel?

I was born in Sydney of parents who had met on a ship on the way to the Middle East when the war started (WWII). My father had jumped from Victoria to New South Wales because he'd heard they were going earlier and my mum was in the first contingent as well. They were sent to the Middle East. She was a physiotherapist so she was a Lieutenant and he started out as a Captain at 30 years of age. He went on to be a Major and distinguished himself in the war. There's a lot of stories about my father being shot through both knees and telling the stretcher bearers to carry him forward, not to hospital.

Where did you grow up?

For the first five years I lived in Melbourne. My parents weren't suited to the domestic life. They met in romantic circumstances in the Middle East and I think nothing after that quite measured up; having a couple of kids in nappies. Mum got thrown over for somebody who fitted my father's ambitions a little more then she did. She didn't have the backing of her family who were up in New South Wales and also the Pinningers were from what they considered superior stock. My grandfather was the Surveyor General of Victoria. He'd been imported out as a new Australian. He'd married a Catholic woman bt refused to bring his children up as Catholics in the Catholic faith. My grandmother, I was the first grandchild and furthermore the first girl Pinniger in about a hundred years so while young I was very much spoilt by my dear grandmother. I remember her well.

When I was 16 I went to a convent in Tara and I went to an art school in the Christmas holidays at Armidale University. My mother got this letter saying "in view of Gretel's failure at mathematics we consider she should attempt English Honours next year." My mother said "What?! What's one got to do with the other?"
We were living in Parramatta by then, my mum was working as a physio therapist, and she had this nun from the Sisters of Mercy there at that stage…

Did she revert to her maiden name?

Oh no, she never looked at another man. She adored my father. He was the reality of Errol Flynn; he looked like him and carried on like him. Mum was always gorgeous too.

So you were an artist from an early age then?

I always had natural abilities. I think I may have been Leonardo in a previous life. I've painted a number of Mona Lisa's and it's pretty uncanny how they appear. On Saturdays mum would send me to a bloke called Raymond de Cusack who had all these housewives painting backgrounds from postcards and he'd show graduations of colour in the sky and how you can make it look very realistic. All that did have an effect on me. Then when I went to Wesley Pemberty who I modelled for when I first went down to University as an artist's model. He knew the methods and I was the model. I was always really jealous of the class to be able to learn the techniques of the old masters from him. I vowed that one day I would learn at least trhe Leonardo technique.

Quite a few years later when I found suddenly at 44 that I could be a fulltime artist I sought, and I was about 20 when I was modelling for him, and found him in Yamba. I rang him up and was invited to come and stay with him and learn the Leonardo technique. I painted this Mona Lisa in his technique. The hands… I had this amazing feeling of channelling him; I painted the hands in three hours. They were totally transparent and you could see every vein much to everybody's horror. I have now painted over this painting as I have many others but I know what's coming up, out of the paint, is going to be just as wonderful if not more so and what's more three dimensional. I'm after the big list, the people of whom You go; 'roll over Beethoven, Pollock and Picasso'.

Which University did you go to?

I went to both Sydney and Melbourne universities. I was an education junkie. I also did two years tertiary education as a dress design student and two years as an art student. The National Gallery school down in Melbourne always claims I was a student there but I never got there because I was swept into the world of artists and modelling, wild bohemians and parties. So really, the only times I ever got there was when I was modelling; they accepted me three years running and I never turned up for a class. It was probably all for the best though in light of what has developed with 4D.

What did you do when you graduated?

Well, I haven't graduated. I worked as a clerk for a solicitor, … Thomas, who employed girls. I had taken out actions against newspapers who had trashed my name due to my stage acts. If you have a look at that DVD now available you'll see…

How long have you been going on stage?

I feel like I'm always on stage; *'All the world's my stage'*, and everywhere I went I took myself and my abilities and packed bags.

So you have been overseas a fair bit?

I have, especially in the past, and I do hope these travel days will come again. But I have been hooked by what I am doing here and amazed that I am the first person to do what I am doing here with the 4D and it's happening to me, something so amazing as this happening to me. Hold on… we're putting a bit of skin tone on this painting at this point because we want to move this painting around at this point… it's getting exciting now… so I know more about what happens to colour then anyone other then scientists in doing this… I never leave home now, I'm too busy doing this…unless it's the opera.

What's your favourite opera?

I'm a Siegfried girl… so Wagner. Brünnhilde is an immortal who disobeyed her father and is sent down to earth to live as a mortal…

You seem to have a great sense of your own immortal qualities Gretel…

Oh yes, and doing this work (spoken while painting) makes it more so. Let me give you my manifesto on art and you shall see it clearer;

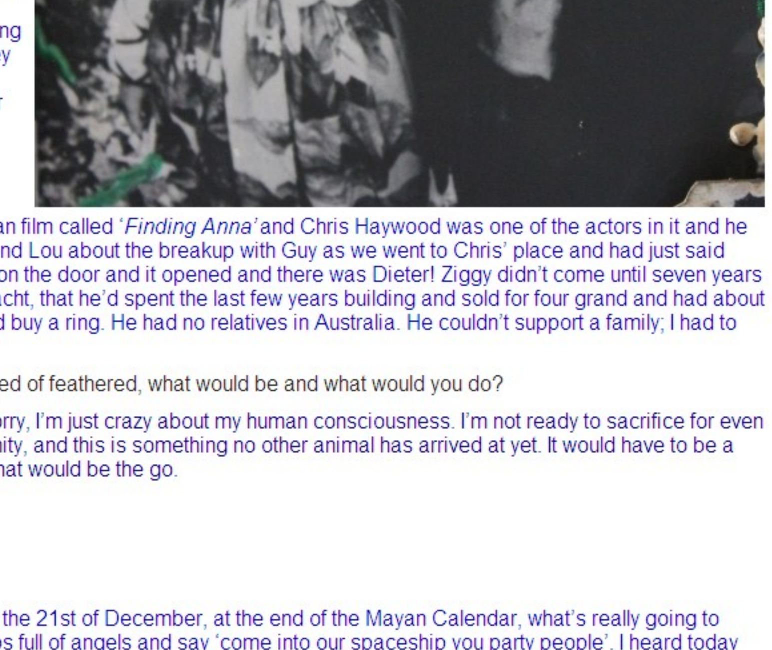
*I believe that True Art comes only from the highest source within ourselves, which we must seek and find by a process involving Faith, Focus, Discipline and constant Practice. For me this is so exhilarating, blissful and such fun, my dedicated wish is to share my views with as many people as possible.*

*I look to the example of the Greatest Masters of Art and Music to find what I seek to bring to the practice of Art. In company with them, I am concerned with only the most exalted subjects, usually themselves musicians and artists of all kinds whom I regard as being well advanced along the path of human enlightenment. I celebrate their art and personal qualities with my own abilities in the belief that I will leave behind me a work and works that will give pleasure to many generations through contemplating what I do. I hope that others may always know this person or this state as I do, through my art. Therefore for me 'art' concerned with misery, squalor and inhumanity, or portraits of unenlightened people or losers, suicides or murderers are not for me.*

*Although I have been painting for over thirty years, with a new focus in the last twenty years, I have never sold so far, and hardly ever parted with, any of my paintings. They are painted form the pure delight of doing so and my belief that that painting should exist. I intend that my works should be placed only in major public places where they will live after me. For example, opera houses and galleries. The others stay with me and are to be incorporated into my larger works in progress, the Kirk at Surry Hills and Florida House, Florida Road Palm Beach; both of these being large old stoine buildings now being transformed into living art works where I seek to attract under my roof the energies of any and all like-minded and ardent fun lovers on the basis of "The better you look, the better I look, the better we all look".*

I wrote that in 1993, lived it to the letter and spirit, for every waking moment of my artists life. It's true for me.

Where did you meet Siggy's father?



I met Dieter….I had just split up with someone and met him and we married instantly, ten days later, on the rebound. I did it for genetic reasons; you can see how beautiful he is. My relationship with this other chap, who was an old Etonian and Welsh guardsman called Guy, and he was very gorgeous, had just ended. He was identical to me. He had the same mad personality and thought the same as John Cleese. He was an exact double for it, you would mistake him for John Cleese; Guy would say and sound the same because he went to Eton, he was a guardsman and he's been around and seen it all too. He was plummeted into supporting, as a twenty something year old Captain... he was stationed at Egypt and fell in love with this Swiss woman, six years older, with twins, a boy and a girl, by what turned out to be, unbeknownst to her, a bigamist. At the time Guy met her he was a young spunk and she was a rich woman who could show him a good time. He had the landed parents who lived in the Isle of Jersey. His father had been a guardsman stationed in Spain and when he was a young man, 35, he was stricken with polio while there and they treated him with the only medicines or perhaps presumptions of guardsmen then…they treated him for syphillis; so that didn't work very well, as you can understand. Poor man.

So you met Dieter…

I was working on clothes and costumes for an Australian film called *'Finding Anna'* and Chris Haywood was one of the actors in it and he told everyone to come to his place. I was telling my friend Lou about the breakup with Guy as we went to Chris' place and had just said 'what I need is to meet another man' and we knocked on the door and it opened and there was Dieter! Ziggy didn't come until seven years later. Dieter only had the hull of a boat, a single man yacht, that he'd spent the last few years building and sold for four grand and had about two hundred dollars in the bank and eventually he could buy a ring. He had no relatives in Australia. He couldn't support a family; I had to wait. We married and Ziggy came later.

If you could be any other creature for a day, furred, finned of feathered, what would be and what would you do?

It would have to be a mythical creature because, I'm sorry, I'm just crazy about my human consciousness. I'm not ready to sacrifice for even one day what I celebrate most about myself, my humanity, and this is something no other animal has arrived at yet. It would have to be a unicorn or a seraphim or I suppose a winged human; that would be the go.

So an angel?

Yes.

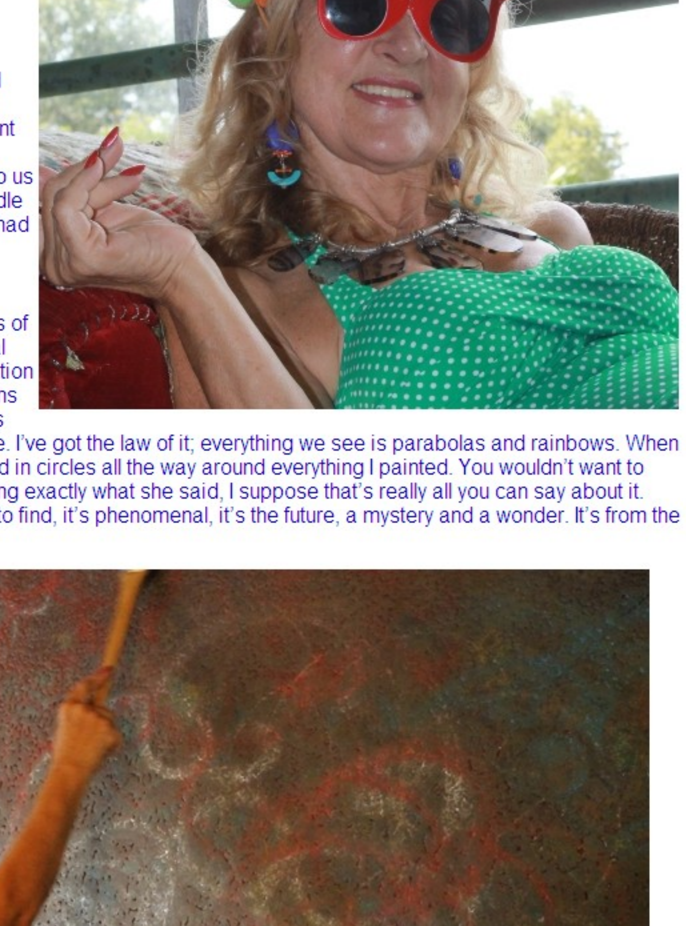
What would you do?

I'd save the world by opening their eyes. I hope that on the 21st of December, at the end of the Mayan Calendar, what's really going to happen is the guyts in space are going to land the ships full of angels and say 'come into our spaceship you party people'. I heard today that we're lucky to be here today as during the fifties the Americans wanted to detonate the moon with an atomic bomb just to show the Russians who's boss! How mad is that? Do we deserve our planet?! Manifestly I would like out for a better being, but while we are here I am trying to cut a path to the best we can be and hel;p others to get there; let's make the very most of the opportunities of being alive; let's live this life as if it's the only one we've got!

What is your favourite place in Pittwater and why?

Here, Florida House. My home is where my heart is. I have to break through a forcefield to leave this house. I go without sustenance or even a drink while painting. All my visitors enjoy the beach but I'm up here painting; it's because I've been in the grips of 4D. I am feeling like an enormous weight is being lifted off me because after 16 years of painting and belief in 4D, despite the lack of belief of each and every person I knew and loved, it's been the loneliest trip for a social being that there can ever be! I'm not really that social; I'm naturally an introvert. The personas for me have been more a case of dress up and I've tried to explain that but no one listens to me; they were characters to perform by.

What is your favourite character of those you've created?



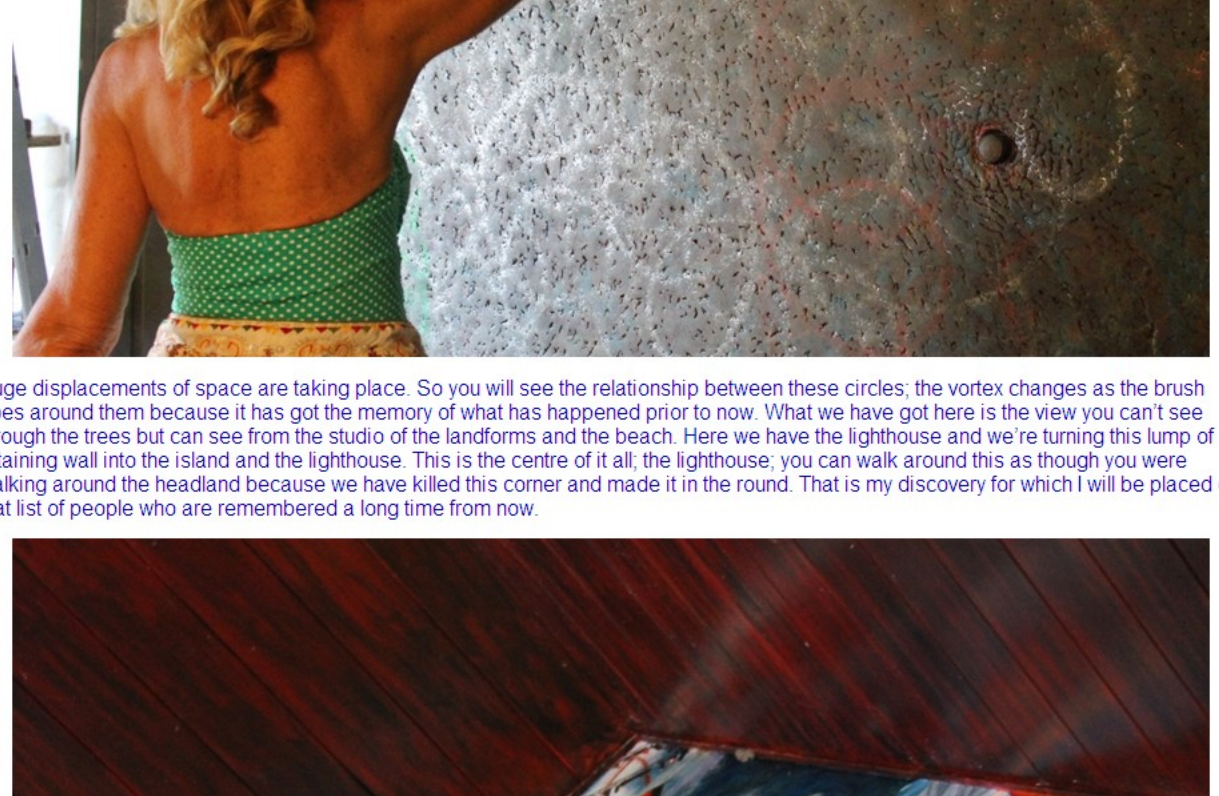
Madame Lash! Madame Lash is my chance to Miss Bossy Boots. She's my alter ego. She is an invention of mine except that I pulled the name and the look from the King's Cross *Whisperer* on the back page. I was already using this name for my stage show then. I learnt my act from a drag queen called 'Marquise De Sade' who did something similar in a bikey outfit and didn't look the way I made it look. I made it my own. I feel and think this whole 'stage life' was all fated, it's part of a journey, just like 4D is now a journey. The fact that I was apprehended as being altogether different from my real nature, which is much more like the character the Immaculate Lash, a cross between Madame Lash and Mary McKillop; when I was at school I wanted to be a nun. I fell in love with Mary McKillop years ago now.

Do you think Kings Cross has changed much since then?

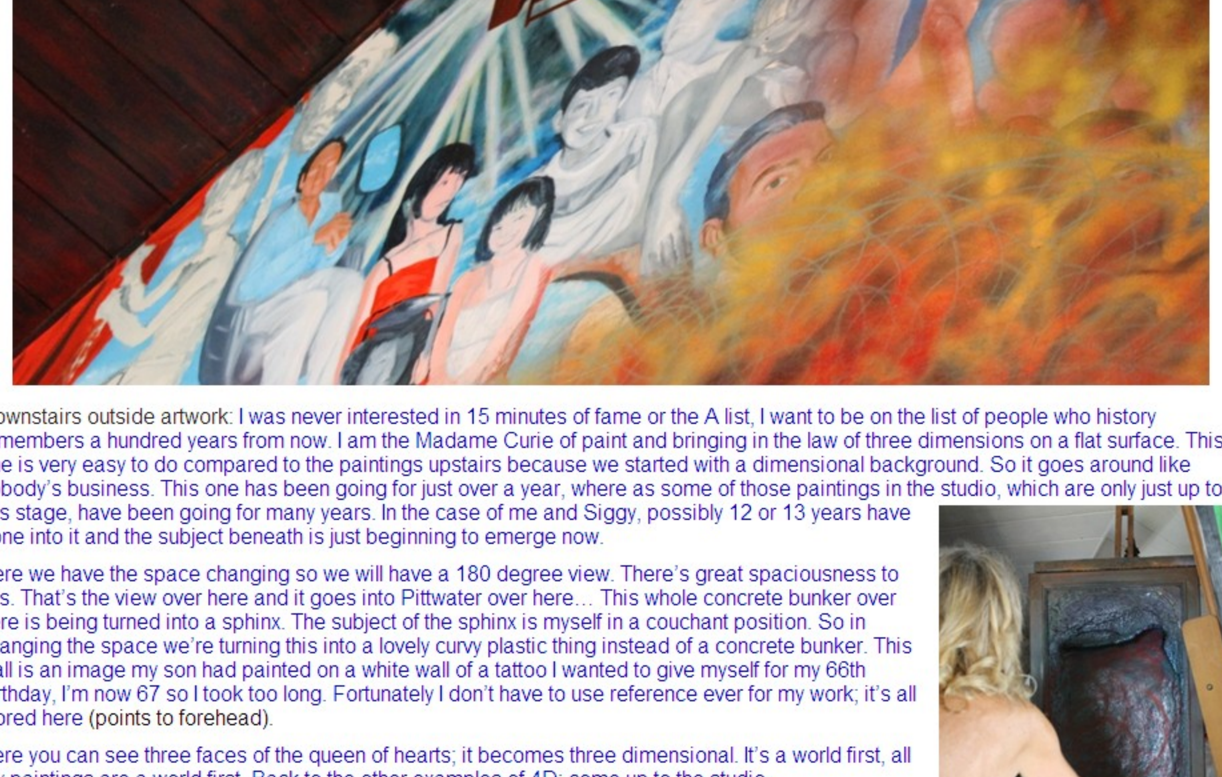
Oh yes; there was the Yellow House first time round and just amazing things happening. There isn't that culture now. It was similar to living the student life; there were Drama Societies and debate societies. I remember going to Melbourne University 30 years after I had first been there; I had been part of a charity event for a Cambodian kindergarten and had promised to return the musical equipment to the place in the University that had lent it to us in Tin Pan Alley; which as I remembered it went through the middle of the university. Now there were all these One Way signs and I had to ask ten students how to get to Tin Pan Alley.

What is 4D about Gretel?

The paint is following the path of the light rays round the surfaces of my subjects. As substantial paint follows the path of insubstantial light rays over a dimensional surface a hologramatic representation of the subject is occurring by extra dimensional channelled means to which I am party. So you see how the space is casting. This is the Holy Grail of artists, to find three dimensions on a flat surface. I've got the law of it; everything we see is parabolas and rainbows. When this is finished it will prove it. Virtual reality will have gone forward in circles all the way around everything I painted. You wouldn't want to miss this; it's indescribable except that you can say that it is doing exactly what she said, I suppose that's really all you can say about it. There's going to have to be some other words people will have to find, it's phenomenal, it's the future, a mystery and a wonder. It's from the Source and it's making me young while I do it.



Huge displacements of space are taking place. So you will see the relationship between these circles; the vortex changes as the brush goes around them because it has got the memory of what has happened prior to now. What we have got here is the view you can't see through the trees but can see from the studio of the landforms and the beach. Here we have the lighthouse and we're turning this lump of retaining wall into the island and the lighthouse. This is the centre of it all; the lighthouse; you can walk around this as though you were walking around the headland because we have killed this corner and made it in the round. That is my discovery for which I will be placed on that list of people who are remembered a long time from now.



Downstairs outside artwork: I was never interested in 15 minutes of fame or the A list, I want to be on the list of people who history remembers a hundred years from now. I am the Madame Curie of paint and bringing in the law of three dimensions on a flat surface. This one is very easy to do compared to the paintings upstairs because we started with a dimensional background. So it goes around like nobody's business. This one has been going for just over a year, where as some of those paintings in the studio, which are only just up to this stage, have been going for many years. In the case of me and Siggy, possibly 12 or 13 years have gone into it and the subject beneath is just beginning to emerge now.

Here we have the space changing so we will have a 180 degree view. There's great spaciousness to this. That's the view over here and it goes into Pittwater over here… This whole concrete bunker over here is being turned into a sphinx. The subject of the sphinx is myself in a couchant position. So in changing the space we're turning this into a lovely curvy plastic thing instead of a concrete bunker. This wall is an image my son had painted on a white wall of a tattoo I wanted to give myself for my 66th birthday, I'm now 67 so I took too long. Fortunately I don't have to use reference ever for my work; it's all stored here (points to forehead).

Here you can see three faces of the queen of hearts; it becomes three dimensional. It's a world first, all my paintings are a world first. Back to the other examples of 4D; come up to the studio.

So this painting, look at how the paint grew on that! That is a portrait of my neice; I was going to enter that in the Wynne prize for sculpture, because it is painted sculpture. The others are holograms, this is a full on sculpture. That's the mystery and wonder of 4d; look at this, how the the brush runs across it now, as if it is easy, which it is not.

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

***Let's live this life as if it was our last.***

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Florida House. Pictures by A J Guesdon, 2012. Family photos courtesy of Gretel Pinniger.

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# Pittwater Online News



December 16 - 22, 2012: Issue 89

## 5, 4, 3, 2, 1 - Holidays!

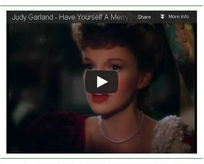
It's almost time to put those school shoes away for the long hot weeks of Summer. We here want to wish you all a great holiday, filled with things you will never forget, and we'll celebrate with you, beginning this week, with a page filled with just good fun stuff!

**Larry Semon's 1926 film of The Wizard Of Oz. Features Oliver Hardy.**

**Judy Garland** (born Frances Ethel Gumm; June 10, 1922 – June 22, 1969) was an American actress, singer and vaudevillian. Described by Fred Astaire as "the greatest entertainer who ever lived" and renowned for her contralto voice,[ the attained international stardom throughout a career that spanned more than 40 years as an actress in musical and dramatic roles, as a recording artist and on the concert stage. Respected for her versatility, she received a Juvenile Academy Award and won a Golden Globe Award as well as Grammy Awards and a Special Tony Award. She was nominated for the Academy Award for Best Actress for her role in the remake of A Star is Born and for the Best Supporting Actress for her performance in the 1961 film Judgment at Nuremberg. She remains the youngest recipient (at 39 years of age) of the Cecil B. DeMille Award for lifetime achievement in the motion picture industry.

After appearing in vaudeville with her two older sisters, Garland was signed to Metro-Goldwyn-Mayer as a teenager. There she made more than two dozen films, including nine with Mickey Rooney and the 1939 film with which she would be most identified, The Wizard of Oz.

Judy Garland. (2012, December 15). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Judy_Garland&oldid=528179125



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

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

**Safe Schools are Smart Schools**

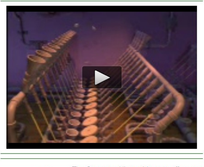
Schools across the country are taking action against bullying and the Gillard Government wants to recognise their hard work by finding the safest, smartest schools in the country. School Education Minister Peter Garrett has launched a new competition for schools to highlight what they are doing to make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

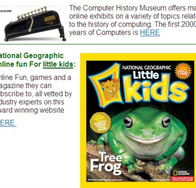
"The **Safe Schools are Smart Schools Competition** is a chance for primary and secondary schools across Australia to share how they are creating a safe environment that aligns with the National Safe Schools' framework.

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

To enter, schools will be encouraged to form a working group of students, led by a teacher, to answer a series of questions related to how their school's initiatives align with the National Safe School Framework. They can choose to focus their entry on activities that address any one of the following issues: bullying, cyberbullying, violence, discrimination, harassment or mental health. **One primary school and one secondary school in each state and territory will win a $5000 voucher for school resources.**

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



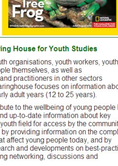


The Computer History Museum offers many online exhibits on a variety of topics related to the history of computing. The first 2000 years of Computers is HERE

**National Geographic online fun For little kids:**

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

HERE




**Australian Clearing House for Youth Studies**

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

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

Great Website with daily Updates HERE

**Bus Pass Replacement**

**HERE**

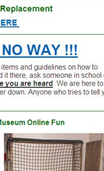
## Bullying: NO WAY !!!

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

**Powerhouse Museum Online Fun**

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

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



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

**Send In Your Stuff**

Pittwater Online News is not only For and About you, it is also **BY** you. We cannot 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 !***

## Word of the Week

**summer:** noun. A source of enjoyment, amusement, or pleasure.Enjoyment, amusement: have fun at the beach. Playful, often noisy, activity: Possibly from fore, to make a foal of, from Middle English *fonnen*, to fool, possibly from *fonne*, fool.

## Buy Tickets HERE

PITTWATER COUNCIL

**Kids on the Coast - Summer School Holiday Program**

Share in the sizzling hot 'Kids on the Coast' activities this summer at the Coastal Environment Centre! From **Monday 7 January until Friday 18 January** with activities including 'Rock Platform Investigators', 'Snappers, Stingers & Stubbers' and back by popular demand, the Junior Fishing Clinic. A new activity this summer is 'Marine Biologist for a Day'. Be sure to book early to avoid missing out!

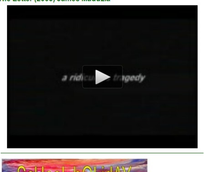
Session times are 10am-12pm and 1pm-3pm. The CEC also offers full-day activities and supervision from 10am-3pm daily, including two environmental education activities and supervision during lunch

Cost: Single Sessions $22 per child (age 5-12yrs) Full-Day $55 per child (age 5-12yrs) NB: for standard activities
Fishing Clinic $40 per child (age 8-14yrs)

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

**The Royal Prince Alfred Yacht Club Teaches** over 600 Children a Year to sail and have great School Holiday Programs.
Have a look here

**The Letter (2003) James Maduzia**



## Keep children safe online

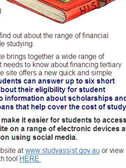
The Easyguide to Socialising Online is available here

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

More information about the ACMA's Cybersmart program is here

## New online tool for students

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

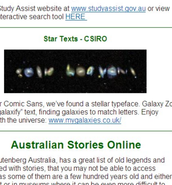


"The Study Assist website brings together a wide range of information that a student needs to know about financing tertiary study," Ms Bird said. "The site offers a new quick and simple interactive tool where **students can answer up to six short questions to find out about their eligibility for student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

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

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

**Star Texts - CSIRO**



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

## 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/

Tweet | Share 0 +1

**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.

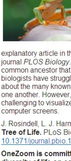
**eheadspace is a confidential, free, anonymous, secure space where you can chat, email or speak with qualified youth mental health professionals if you are 12 to 25 years**

**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

**Cool Tools - Tree of Life Branches out Online**



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

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

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

**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/**

December 16 - 22, 2012: Issue 89

**Teach them Patience, or at least Respect! C/- RR (Regular Reader)**

**A Scottish Christmas Joke**

A man in Calgary calls his son in Regina the day before Christmas Eve and says, "I hate to ruin your day but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Dad, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer", the father says. "We're sick of each other and I'm sick of talking about this, so you call your sister in Stoughton and tell her."

Frantically, the son calls his sister, who explodes on the phone, "Like hell they're getting divorced", she shouts, "I'll take care of this."

She calls Calgary immediately and screams at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Done! They're coming for Christmas - and they're paying their own way."

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

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

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

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

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

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

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

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

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

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

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

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

SENIORS CARD

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

**HERE**

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

**SEEKING EVENTS FOR SENIORS WEEK**

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

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

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

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

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

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

**2013 SENIORS ROAD SAFETY CALENDAR**

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

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

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

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

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

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

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

**MAHJONG - AVALON ACTIVE SENIORS GROUP**

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

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

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

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

In 2013 the Seniors Directory has information on:

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

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

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

**Rhythmboat Cruises**

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

**The Senior Newspaper Online**

**Click on logo:**

Australian Senior PUBLICATIONS

**Pittwater Community Hub**

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

**Click on logo to visit their website for more**

Northside Community CONNECT

Tweet | Share | +1

## Senior Movers

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

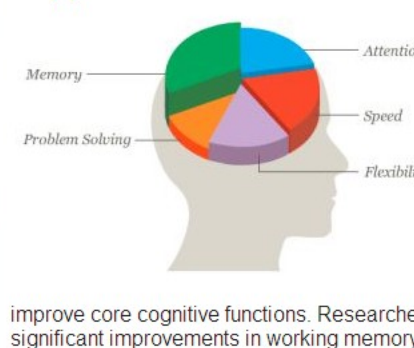
We want you to we help you gracefully downsize with our experience and care. Click on logo to visit website.

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

www.seniormovers.com.au

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

**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

Warringah Council | PITTWATER COUNCIL | Manly Council

**Super Seniors Directory**

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

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

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

**Internet Relay Calls**

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

U3A The University of the Third Age Sydney U3A

**U3A Lectures on Wednesday Afternoons at Newport -**

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

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## New website to support seniors online

**Hon. Brendan O'Connor MP**
**Acting Minister for Families, Community Services & Indigenous Affairs**

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

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

The Acting Minister for Families, Community Services and Indigenous Affairs, Brendan O'Connor, said the revamped web resource will provide seniors with more online learning tools to help them use the internet, as well as providing kiosk hosts and volunteer tutors with additional resources.

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

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

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

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

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

"Broadband for Seniors is helping older Australians to stay connected to family and friends, learn new skills and be more involved in their community. The new website will build on this and ensure our seniors are getting the full benefit of the digital age."

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

**Look out for your Elderly Neighbours this Christmas**

Christmas Day is one of the most stressful times of the year and for many seniors it can also be the loneliest. When families are gathering to exchange gifts and enjoy big meals in each others' company, many older people are just trying to get through the day.

So a visit from a friend or neighbour to an isolated elderly person in the lead-up to Christmas becomes all the more important, lobby and consumer group National Seniors Australia believes.

"It doesn't take much to check on your older, and perhaps frail, neighbour to see if they are all right," National Seniors' chief executive Michael O'Neill said. "And if the budget will stretch to it, perhaps pick up a pack of mince pies or a bit of ham the next time you are in the supermarket. Little things like that can make all the difference and help older people feel more connected to their communities."

According to the Australian Bureau of Statistics, by 2031, the number of people living alone is projected to grow to between 841,800 and 901,800, accounting for between 29% and 31% of older Australians.

"That's a lot of people spending a lonely Christmas," O'Neill said. "So in the meantime, it would help them if people in their communities could look in on them now and again. And perhaps those who visit them could find they also enjoyed the experience."

**Volunteers Ranks built by Retirees**

More than half of older Australians intend to spend their post-employment years engaged in volunteer work, a new retirement planning study released today indicates. The report titled, *Planning to be Productive: The Detailed Retirement Planning Strategies of Australian Pre-Retirees*, examined the financial, health and leisure plans of 3230 people over 50 who are approaching retirement.

Just over half of respondents plan to spend more time engaging in volunteer work (52%) once they retire, whilst other popular activities include travelling in Australia (69%), travelling overseas (47%), joining social organisations (46%) and undertaking a new hobby (45%).

The report found women are more likely than men to plan to engage in voluntary work or charitable activities, educational programs, and community or political activities in retirement.

"Whether it's volunteering, caring responsibilities or engaging with community organisations, it's good to see older Australians remaining productive in retirement," said National Seniors chief executive Michael O'Neill . "We often hear of older people facing social isolation once they have left the workforce. It's important that retirees remain relatively active and mentally engaged even after leaving employment."

The report found that the vast majority of people who have undertaken financial actions have superannuation (87%), just over half own shares (53%), approximately one-third (35%) own a residential property other than their own and one quarter have a managed fund. Just over half of respondents believe they will definitely or possibly be financially secure in retirement whilst 16% think they will definitely or possibly not be financially secure.

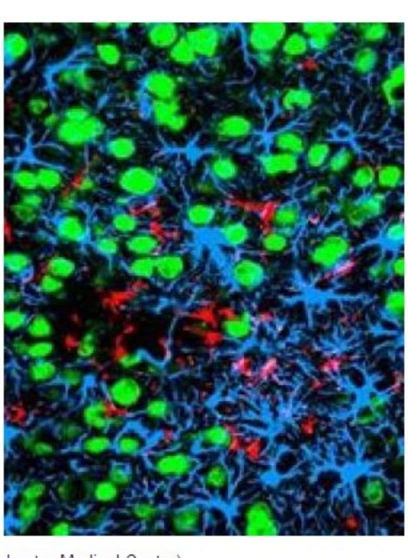
Financial planners are the most popular source of advice for making financial preparations, having been used by 45% of respondents but getting help from their partner/spouse was also common (24%). Senior Australians are preparing a range of strategies for good health in retirement. The majority are going for regular check-ups or medical screening (85%), 73% are watching their diet and 64% are undertaking regular physical exercise.

The research also found that those who do not plan for retirement tend to have limited income and job security and issues with debt. This is the second report in the National Seniors and Insuranceline series which sets out to examine the plans that pre-retirees have in place for their retirement.

To see the full report click here.

**Health Papers Published this week that may interest you:**

**Brain Damage Triggered by Mini-Strokes Detailed**



A new study appearing December 12 in the Journal of Neuroscience details for the first time how "mini-strokes" cause prolonged periods of brain damage and result in cognitive impairment. These strokes, which are often imperceptible, are common in older adults and are believed to contribute to dementia.

*In this image, the brain's immune cells – marked with a red dye – can been seen "digesting" dead neuron cells at the site of a mini-stroke.* (Credit: Image courtesy of University of Rochester Medical Center)

"Our research indicates that neurons are being lost as a result of delayed processes following a mini-strokes that may differ fundamentally from those of acute ischemic events," said Maiken Nedergaard, M.D., D.M.Sc., the lead author of the study and professor of Neurosurgery at the University of Rochester Medical Center (URMC). "This observation suggests that the therapeutic window to protect cells after these tiny strokes may extend to days and weeks after the initial injury."

The prevalence of mini-strokes, or microinfarcts, has only been recently appreciated because common imaging techniques, such as MRI, are typically not sensitive enough to detect these microscopic injuries.

Similar to severe ischemic strokes, mini-strokes are caused when blood flow is blocked to a small area of the brain, usually by particle that travelled there from another part of the body. But unlike acute ischemic strokes -- which bring about immediate symptoms such as numbness, blurry vision, and slurred speech -- mini-strokes usually pass without notice. However, it is increasingly appreciated that these smaller strokes have a lasting impact on neurological function.

Microinfarcts are far more common than previously understood; it is believed that about 50 percent of individuals over the age of 60 have experienced at least one mini-stroke. Studies have also correlated the presence of mini-strokes with the symptoms of dementia. An estimated 55 percent of individuals with mild dementia and upwards of 70 percent of individuals with more severe symptoms show evidence of past mini-strokes. This association has led researchers to believe that these mini-strokes may be key contributors to age-related cognitive decline and dementia.

Nedergaard and her colleagues were the first to develop an animal model in which the complex progression and, ultimately, the cognitive impact of mini-strokes could be observed. Her team found that, in most instances, these strokes result in a prolonged period of damage to the brain.

A small fraction of these microinfarcts unfold in a manner similar to acute strokes; cell death is immediate and the brain quickly seals off the site of the stroke and begins to "digest" the damaged tissue. However, the researchers also identified a second and far more common form of mini-stroke - which they labeled incomplete lesions - where the cell death can drag on for several weeks.

"In most microinfarcts the injury is incomplete," said Nedergaard. "There is no scar tissue to separate the stroke site from the rest of the brain and the cells that would normally support the neurons may not function properly. As a result, the neurons at the site continue to slowly die like a smoldering fire. This suggests that, unlike acute ischemic strokes where the cell death occurs in the first 24 hours, there is a longer period in which we can medically intervene and stop the neuronal death that results from mini-strokes."

The researchers then attempted to determine the cognitive impact of microinfarcts. Mice who were victims of mini-strokes underwent a series of experiments during which they had to recall objects or respond to certain audio cues. The researchers observed that the mice with mini-strokes were far more likely to fail these tasks - suggesting neurological impairment - compared to healthy mice.

M. Wang, J. J. Iliff, Y. Liao, M. J. Chen, M. S. Shinseki, A. Venkataraman, J. Cheung, W. Wang, M. Nedergaard. **Cognitive Deficits and Delayed Neuronal Loss in a Mouse Model of Multiple Microinfarcts**. Journal of Neuroscience, 2012; 32 (50): 17948 DOI:10.1523/JNEUROSCI.1860-12.2012

**Toxic Interaction in Neurons That Leads to Dementia and ALS Discovered**

Researchers at Mayo Clinic in Florida have uncovered a toxic cellular process by which a protein that maintains the health of neurons becomes deficient and can lead to dementia. The findings shed new light on the link between culprits implicated in two devastating neurological diseases: frontotemporal dementia and amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. The study was published Dec. 10 **in the online issue** of Proceedings of the *National Academy of Sciences*.

There is no cure for frontotemporal dementia, a disorder that affects personality, behavior and language and is second only to Alzheimer's disease as the most common form of early-onset dementia. While much research is devoted to understanding the role of each defective protein in these diseases, the team at Mayo Clinic took a new approach to examine the interplay between TDP-43, a protein that regulates messenger ribonucleic acid (mRNA) -- biological molecules that carry the information of genes and are used by cells to guide protein synthesis -- and sortilin, which regulates the protein progranulin.

"We sought to investigate how TDP-43 regulates the levels of the protein progranulin, given that extreme progranulin levels at either end of the spectrum, too low or too high, can respectively lead to neurodegeneration or cancer," says the study's lead investigator, Mercedes Prudencio, Ph.D., a neuroscientist at the Mayo Clinic campus in Florida.

The neuroscientists found that a lack of the protein TDP-43, long implicated in frontotemporal dementia and amyotrophic lateral sclerosis, leads to elevated levels of defective sortilin mRNA. The research team is the first to identify significantly elevated levels of the defective sortilin mRNA in autopsied human brain tissue of frontotemporal dementia/TDP cases, the most common subtype of the disease.

"We found a lack of TDP-43 disrupts the cellular process called mRNA splicing that precedes protein synthesis, resulting in the generation of a defective sortilin protein," Dr. Prudencio says. "More important, the defective sortilin binds to progranulin and as a result deprives neurons of progranulin's protective effects that stave off the cell death associated with disease."

By improving the scientific community's understanding of the biological processes leading to frontotemporal dementia, the researchers have also paved the way for the development of new therapies to prevent or combat the disease, says Leonard Petrucelli, Ph.D., chair of the Department of Neuroscience at Mayo Clinic in Florida, who led the research.

Mercedes Prudencio, Karen R. Jansen-West, Wing C. Lee, Tania F. Gendron, Yong-Jie Zhang, Ya-Fei Xu, Jennifer Gass, Cristiana Stuani, Caroline Stetler, Rosa Rademakers, Dennis W. Dickson, Emanuele Buratti, and Leonard Petrucelli. Misregulation of human sortilin splicing leads to the generation of a nonfunctional progranulin receptor. PNAS, December 10, 2012 DOI:10.1073/pnas.1211577110

**Can Going Hungry as a Child Slow Down Cognitive Decline in Later Years?**

People who sometimes went hungry as children had slower cognitive decline once they were elderly than people who always had enough food to eat, according to a new study published in the December 11, 2012, print issue of *Neurology*®, the medical journal of the American Academy of Neurology.

"These results were unexpected because other studies have shown that people who experience adversity as children are more likely to have problems such as heart disease, mental illness and even lower cognitive functioning than people whose childhoods are free of adversity," said study author Lisa L. Barnes, PhD, of Rush University Medical Center in Chicago.

The study involved 6,158 people with an average age of 75 who were living in Chicago. Participants, 62 percent of whom were African American, were asked about their health as children, their family's financial situation, and their home learning environment, based on how often others read or told them stories or played games with them. Then every three years for up to 16 years, participants took cognitive tests to measure any changes.

For the African American participants, the 5.8 percent who reported that they went without enough food to eat sometimes, often or always were more likely to have a slower rate of cognitive decline, or decline that was reduced by about one-third, than those who rarely or never went without enough food to eat. The 8.4 percent of African American participants who reported that they were much thinner at age 12 than other kids their age also were more likely to have a slower rate of cognitive decline, also by one-third, than those who said they were about the same size or heavier than other kids their age. For Caucasians, there was no relationship between any of the childhood adversity factors and cognitive decline. Barnes said researchers aren't sure why childhood hunger could have a possible protective effect on cognitive decline. One potential explanation for the finding could be found in research that has shown that calorie restriction can delay the onset of age-related changes in the body and increase the life span. Another explanation could be a selective survival effect. The older people in the study who experienced childhood adversity may be the hardiest and most resilient of their era; those with the most extreme adversity may have died before they reached old age.

Barnes noted that the results stayed the same after researchers adjusted for factors such as amount of education and health problems. The results also did not change after researchers repeated the analysis after excluding people with the lowest cognitive function at the beginning of the study to help rule out the possibility that people with mild, undiagnosed Alzheimer's disease were included in the study.

Because relatively few Caucasians in the study reported childhood adversity, the study may not have been able to detect an effect of adversity on cognitive decline in Caucasians, Barnes said.

L. L. Barnes, R. S. Wilson, S. A. Everson-Rose, M. D. Hayward, D. A. Evans, C. F. Mendes de Leon. **Effects of early-life adversity on cognitive decline in older African Americans and whites.** Neurology, 2012; 79 (24): 2321 DOI: 10.1212/WNL.0b013e318278b607

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

**Avalon Computer Pals for Seniors**

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

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

**Article on their Seminar**

**Media Releases concerning Seniors this week from National Seniors Australia**

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

**Contact Community Care Northern Beaches by clicking their logo:**

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

HEARTMOVES | Heart Foundation

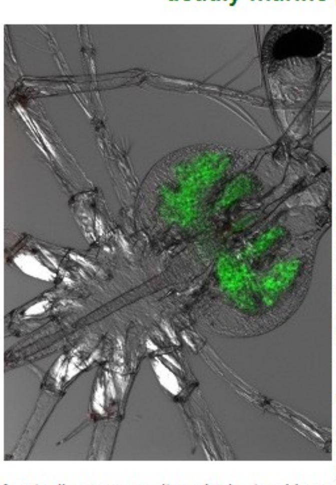
**Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmoves will help to:**

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

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

December 16 - 22, 2012: Issue 89

## Winning combination of bacteria found to combat deadly marine pathogen



Lobster larvae experimentally infected by the pathogen. The pathogen has been labelled with a green fluorescent protein. Image: Evan Goulden.

Research conducted at the Australian Institute of Marine Science (AIMS) has delivered promising results in combating Vibrio owensii - a bacterium that is responsible for mass mortalities of cultured ornate spiny lobster larvae.

The high commercial value of the ornate spiny lobster (Panulirus ornatus) means it has the potential to be an important product of the Australian aquaculture industry. However, nutritional deficits and bacterial disease during the long larval phase of the species makes captive rearing difficult.

Scientists from AIMS and the University of New England (UNE) have been able to isolate a large number of bacterial cultures – or probiotic candidates – from wild lobster larvae and their natural prey items, and from the lobster aquaculture system at AIMS in Townsville. After successive tests, they found that a combination of two probiotic bacteria, referred to as PP05 and PP107, provided the most effective protection against the pathogen Vibrio owensii, enhancing survival of the larvae by as much as 80 per cent.

AIMS Research Scientist, Dr Lone Høj, who led the project, said "Our work has uncovered a winning combination of "good" bacteria that appear to dramatically improve larval survival. In a further study we looked at how and why these two bacteria were so effective when working together against Vibrio owensii."

UNE PhD student Evan Goulden said "This research highlights the value of identifying biocontrol agents that are able to intercept the infection cycle of a serious aquaculture pathogen, as suchthe study represents a milestone in proving the value of using probiotic mixes to prevent microbial diseases."

"Disease management is critical in food production systems and this is particularly true for seafood produced in aquaculture systems. The development of alternatives to the antibiotics currently used in such systems is becoming a national priority in countries around the world" says AIMS Principal Research Scientist, Dr Mike Hall.

'Identification of an Antagonistic Probiotic Combination Protecting Ornate Spiny Lobster (Panulirus ornatus) Larvae against Vibrio owensii Infection' is published in PLoS One:

'Probiont niche specialization contributes to additive protection against Vibrio owensii in spiny lobster larvae' is published in Environmental Microbiology Reports:

The authors are Evan Goulden (AIMS/UNE), Mike Hall (AIMS), Lily Pereg (UNE), Brett Baillie (AIMS), and Lone Høj (AIMS).

## Researchers develop environmental assessment model for southern Tasmanian estuaries - from CSIRO Media Releases

Fish farm at North Bruny, Bruny Island, Tasmania (Image: Liese Coulter).

Work has begun on a new computer model which will enable communities and aquaculture industries to better assess environmental and human impacts, on estuarine and marine environments in Tasmania. The $1.5 million project will focus on estuarine and marine environments of the Derwent and Huon Rivers and around Bruny Island, particularly the management of salmon farms, a local industry currently valued at $300 million.

CSIRO's Wealth from Oceans Flagship marine scientist, Dr Scott Condie, said the computer-based tool will be a type of simulator, which allows management ideas to be tested, before being implemented in reality.

"The project will help industry, regulators and local communities to better understand how changes in the concentration of fish pens, the expansion of other industries, or new housing developments, will impact their marine and estuarine environments," Dr Condie said.

Dr Catriona MacLeod of the University of Tasmania's Institute for Marine and Antarctic Studies said the first stage of the research will be engaging with key stakeholder groups.

"We want to identify the regionally relevant environmental values, particularly with respect to their relationship to marine farming and how they relate to farm management practices and monitoring of the marine environment to tackle problems such as toxic algal blooms," said Dr MacLeod.

Scientists have identified this region as a microcosm of the issues facing coastal development and management throughout Australia. The region includes:
- a metropolitan city, Hobart
- significant coastal industries such as metal refining and paper production, commercial and recreational fisheries (flathead, lobster, abalone)
- major aquaculture production (salmon, oysters), and
- increasing development of catchments for intensive irrigated agriculture (grapes, cherries).

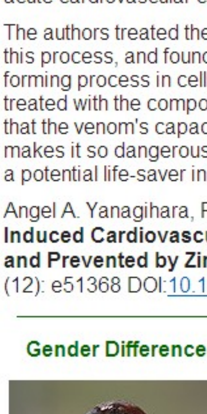
The region has also been identified by scientists as a climate change hotspot, where there are indications of a significant shift in water temperatures and nutrient levels.

"The project will develop a computer model that can be adapted for coastal communities around Australia, to assist them with issues like, how to proceed with urban development, through to addressing any effects of climate change," Dr Condie said.

The integration of community values with environmental understanding via computer modelling, will help government agencies better manage risks facing coastal marine environment and communities. The research findings will be published during the project, with a final report due in 2016.

The four year project, a collaboration between CSIRO's Wealth from Oceans Flagship and the University of Tasmania's Institute for Marine and Antarctic Studies (IMAS), is funded by the Fisheries Research and Development Corporation (FRDC).

## Lethal Stings from the Australian Box Jellyfish Could Be Treated With Zinc



Box jellyfish of the Chironexspecies are among the most venomous animals in the world, capable of killing humans with their sting. Their venom, though, which kills by rapidly punching holes in human red blood cells, can be slowed down by administering zinc, according to research published December 12 in the **open access journal** *PLOS ONE* by Angel Yanagihara from the University of Hawaii and colleagues.

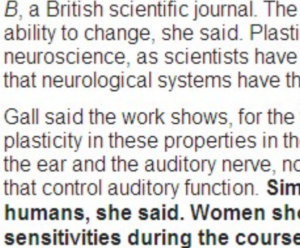
The researchers developed ways to extract venom from the jellyfish, and tested it on human blood and on mice. They found that the venom created pores in human red blood cells, making them leak large amounts of potassium, which causes cardiac arrest and death.

As Yanagihara elaborates, "For over 60 years researchers have sought to understand the horrifying speed and potency of the venom of the Australian box jellyfish, arguably the most venomous animal in the world. We have found that a previously disregarded hemolysin can cause an avalanche of reactions in cells. This includes an almost instantaneous, massive release of potassium that can cause acute cardiovascular collapse and death."

The authors treated the cells with a zinc compound which inhibits this process, and found that the treatment could slow the pore-forming process in cells, and increased survival times in the mice treated with the compound, zinc gluconate. The research suggests that the venom's capacity to increase potassium levels is what makes it so dangerous, and that rapid administration of zinc may be a potential life-saver in human sting victims.

Angel A. Yanagihara, Ralph V. Shohet. **Cubozoan Venom-Induced Cardiovascular Collapse Is Caused by Hyperkalemia and Prevented by Zinc Gluconate in Mice.** PLoS ONE, 2012; 7 (12): e51368 DOI:10.1371/journal.pone.0051368

## Gender Differences Found in Seasonal Auditory Changes



**Auditory systems differ between sexes in sparrows depending on the season**, a Georgia State University neuroscientist has found. The work adds to our knowledge of how the parts of the nervous system, including that of humans, are able to change. Megan Gall, a post-doctoral researcher with Georgia State's Neuroscience Institute, tested the peripheral auditory systems of male and female house sparrows, comparing the hearing of each gender during non-breeding seasons and breeding seasons.

Gall measured frequency selectivity - the ability to tell sounds that are close in frequency apart, and temporal resolution, the ability to tell sounds apart that are very close together in time.

"We found that males have the same frequency selectivity and temporal resolution across breeding seasons," Gall said. "In the fall, males and females aren't different. But in the breeding season, females had better frequency selectivity, but this came at the expense of worse temporal resolution."

The study was published in the *Proceedings of the Royal Society B*, a British scientific journal. The difference shows "plasticity," the ability to change, she said. Plasticity is an important concept in neuroscience, as scientists have increasingly been able to show that neurological systems have the ability to change.

Gall said the work shows, for the first time, that there's seasonal plasticity in these properties in the periphery of the auditory system, the ear and the auditory nerve, not just inside the parts of the brain that control auditory function. **Similar changes happen in humans, she said. Women show different auditory sensitivities during the course of a menstrual cycle.**

"I always like to say that if your husband says he can't hear you, it may be that he can't. His auditory system is different than yours," Gall said.

The changes might have evolved over time for different reasons, she said, with one reason being that it is harder for the body to maintain a certain kind of tissues involved in hearing.

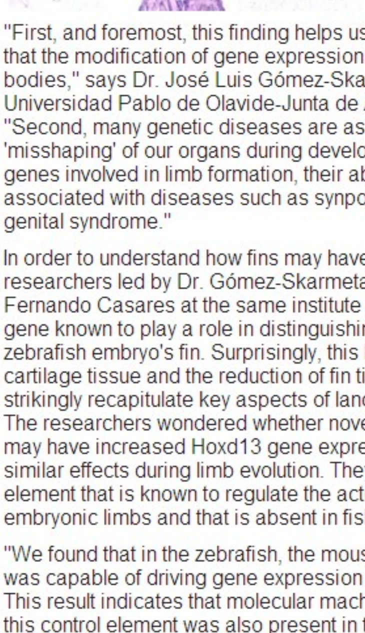
"In the ear, there are huge electrical gradients between the hair cells and the fluid that's bathing the hair cells in the ear, and that's expensive to maintain," she said. "Another possible reason is that there are other stimuli that you are concerned about during the non-breeding season. **These birds live in an environment where it gets cold, it's hard to find food and they make calls that tell other individuals where that food is. So everybody wants to hear the call in the same way so that they all respond to that signal.**"

Alarm calls, warnings that a predator or predators are coming, might also require different kinds of auditory processing.

M. D. Gall, T. S. Salameh, J. R. Lucas. **Songbird frequency selectivity and temporal resolution vary with sex and season.** Proceedings of the Royal Society B: Biological Sciences, 2012; 280 (1751): 20122296 DOI:10.1098/rspb.2012.2296

## Fish story of the week;

### From Fish to Man: Research Reveals How Fins Became Legs



Vertebrates' transition to living on land, instead of only in water, represented a major event in the history of life. Now, researchers reporting in the December issue of the Cell Press journal *Developmental Cell* provide new evidence that the development of hands and feet occurred through the gain of new DNA elements that activate particular genes.

Pic: This zebrafish embryo developed a limb that looks more like a leg than a fin, after being engineered to produce the HoxD13 protein within the cells at the tip of the developing fin. Changes in HoxD13 production likely contributed to the transition from fin to leg development, during animal evolution. (Credit: Freitas et al., Developmental Cell)

"First, and foremost, this finding helps us to understand the power that the modification of gene expression has on shaping our bodies," says Dr. José Luis Gómez-Skarmeta of the CSIC-Universidad Pablo de Olavide-Junta de Andalucía, in Seville, Spain. "Second, many genetic diseases are associated with a 'misshaping' of our organs during development. In the case of genes involved in limb formation, their abnormal function is associated with diseases such as synpolydactyly and hand-foot-genital syndrome."

In order to understand how fins may have evolved into limbs, researchers led by Dr. Gómez-Skarmeta and his colleague Dr. Fernando Casares at the same institute introduced extra Hoxd13, a gene known to play a role in distinguishing body parts, at the tip of a zebrafish embryo's fin. Surprisingly, this led to the generation of new cartilage tissue and the reduction of fin tissue - changes that strikingly recapitulate key aspects of land-animal limb development. The researchers wondered whether novel Hoxd13 control elements may have increased Hoxd13 gene expression in the past to cause similar effects during limb evolution. They turned to a DNA control element that is known to regulate the activation of Hoxd13 in mouse embryonic limbs and that is absent in fish.

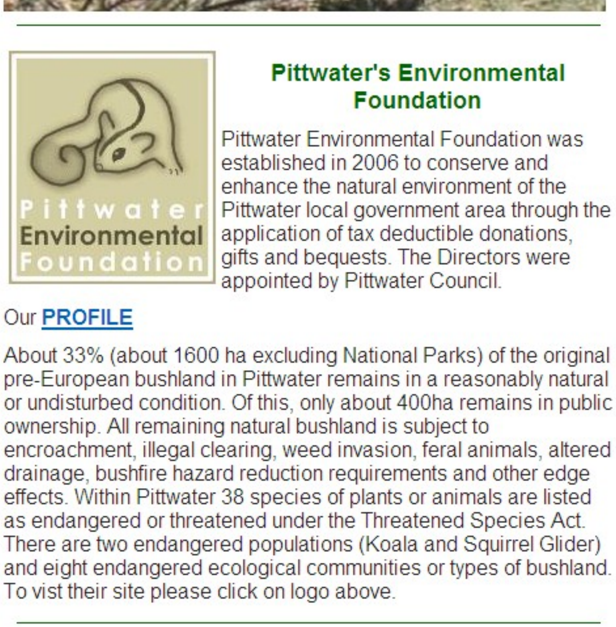
"We found that in the zebrafish, the mouse Hoxd13 control element was capable of driving gene expression in the distal fin rudiment. This result indicates that molecular machinery capable of activating this control element was also present in the last common ancestor of finned and legged animals and is proven by its remnants in zebrafish," says Dr. Casares.

Renata Freitas, Carlos Gómez-Marín, Jonathan Mark Wilson, Fernando Casares, José Luis Gómez-Skarmeta. **Hoxd13 Contribution to the Evolution of Vertebrate Appendages**. Developmental Cell, 2012; 23 (6): 1219 DOI:10.1016/j.devcel.2012.10.015

CLIMATE ACTION PITTWATER

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

**Willy Wagtail, Careel Playing Fields, October 2012.**



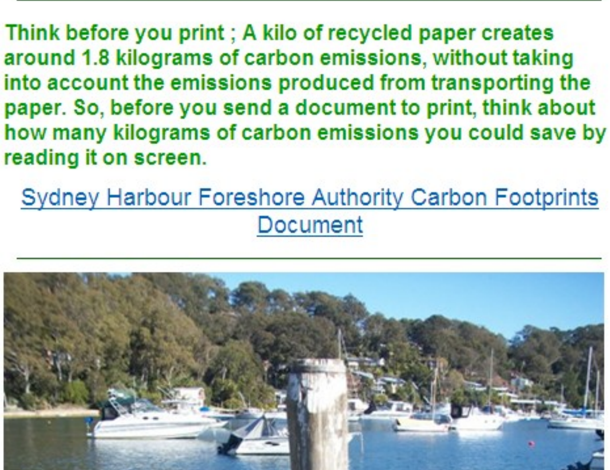
## Pittwater's Environmental Foundation

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

Our **PROFILE**

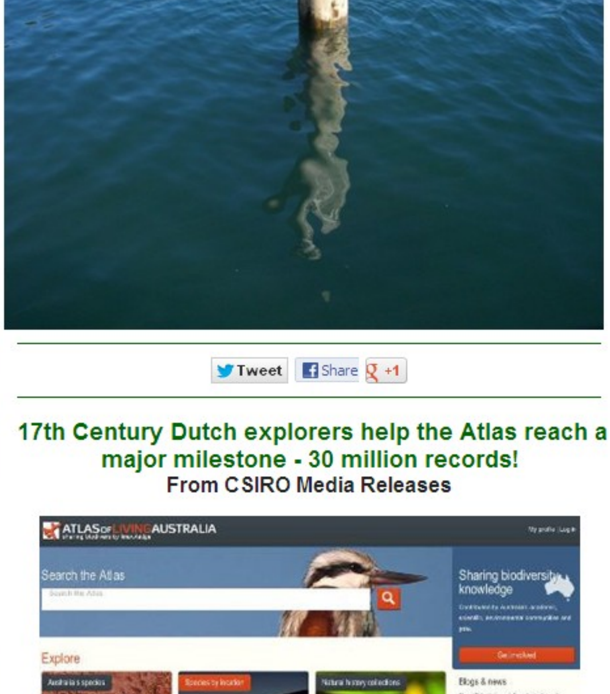
About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion,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

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



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

Sydney Harbour Foreshore Authority Carbon Footprints Document



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

**From CSIRO Media Releases**

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

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

*from the Prayer of Saint Patrick*

## Food and Agriculture Organization of the United Nations (FAO)

Out now from FAO forestry department: **Forest Land Use Change 1990-2005** – including new estimates of deforestation and afforestation trends worldwide. Download free at http://bit.ly/TQmmkM

## Ways for consumers to green their holiday celebrations.

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

**The SSS Sam Simon is Unveiled - Published on 10 Dec 2012-** The SSS Sam Simon is the newest vessel to join Sea Shepherd's fleet.

## Nature Nurtures Creativity After Four Days of Hiking

Backpackers scored 50 percent better on a creativity test after spending four days in nature disconnected from electronic devices, according to a study by psychologists from the University of Utah and University of Kansas.

"This is a way of showing that interacting with nature has real, measurable benefits to creative problem-solving that really hadn't been formally demonstrated before," says David Strayer, a co-author of the study and professor of psychology at the University of Utah. "It provides a rationale for trying to understand what is a healthy way to interact in the world, and that burying yourself in front of a computer 24/7 may have costs that can be remediated by taking a hike in nature."

The study by Strayer and University of Kansas psychologists Ruth Ann Atchley and Paul Atchley was scheduled for publication Dec. 12 in *PLOS ONE*, **an online journal** published by the Public Library of Science.

Don't the results seem obvious?
"Writers for centuries have talked about why interacting with nature is important, and lots of people go on vacations," says Strayer. "But I don't think we know very well what the benefits are from a scientific perspective."

The study involved 56 people - 30 men and 26 women - with an average age of 28. They participated in four- to six-day wilderness hiking trips organized by the Outward Bound expedition school in Alaska, Colorado, Maine and Washington state. No electronic devices were allowed on the trips. Of the 56 study subjects, 24 took a 10-item creativity test the morning before they began their backpacking trip, and 32 took the test on the morning of the trip's fourth day.

**The results: people who had been backpacking four days got an average of 6.08 of the 10 questions correct, compared with an average score of 4.14 for people who had not yet begun a backpacking trip.**

"We show that four days of immersion in nature, and the corresponding disconnection from multimedia and technology, increases performance on a creativity, problem-solving task by a full 50 percent," the researchers conclude.

However, they note that their study was not designed to "determine if the effects are due to an increased exposure to nature, a decreased exposure to technology or the combined influence of these two factors."

While earlier research has indicated nature has beneficial effects, "it's equally plausible that it is not multitasking to wits' end that is associated with the benefits," Strayer says.

The results were controlled for age differences between the groups that took the test before and during the backpacking trip, because "as you get older, you have greater verbal abilities," Strayer says.

**The 'Gentle, Soft Fascination' of Nature**
The researchers cited earlier studies indicating that children today spend only 15 to 25 minutes daily in outdoor play and sports, that nature-based recreation has declined for 30 years, and that the average 8- to 18-year-old spends more than 7.5 hours a day using media such as TV, cell phones and computers.

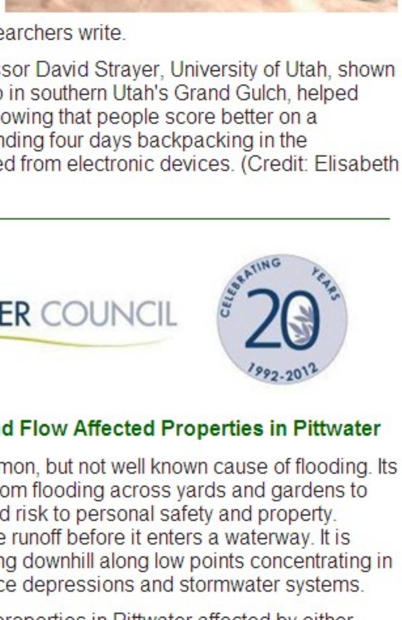
They also cite earlier work on "attentional restoration theory," which holds that modern technology and multitasking place demands on our "executive attention" - the ability to switch among tasks, stay on task and inhibit distracting actions and thoughts - and that nature is effective in replenishing such abilities.

"Our modern society is filled with sudden events (sirens, horns, ringing phones, alarms, television, etc.) that hijack attention," the psychologists wrote. "By contrast, natural environments are associated with gentle, soft fascination, allowing the executive attentional system to replenish."

**Earlier work has showed that going on a hike can improve proofreading, the ability to see a certain optical illusion and the ability to repeat digits backwards after hearing a list of digits**. But Strayer says none of those abilities provide a standard measure of executive attention or creativity.

Strayer says he and the Atchleys did a trial run for the study in May 2010 by trying a variety of creativity tests on themselves during a five-day backpacking trip in southern Utah's Grand Gulch. Outward Bound trips for the study then were conducted during the summer of 2010.

The researchers decided on a decades-old test known as the Remote Associates Test, or RAT, that is a standard measuring tool for creative thinking and problem-solving. These abilities are believed to arise in the same prefrontal cortex area of the brain that is overtaxed buy constant demands on our attention in our technological environment.



In this untimed test, participants get 10 sets of three words. For each set they must come up with a fourth word that is tied to the other three. For example, an answer to SAME/ TENNIS/HEAD might be MATCH (because a match is the same, tennis match and match head).

Unlike other studies, where subjects were tested in labs after brief periods outdoors, "the current study is unique in that participants were exposed to nature over a sustained period and they were still in that natural setting during testing," the researchers write.

Pic; Psychology Professor David Strayer, University of Utah, shown here during a hiking trip in southern Utah's Grand Gulch, helped conduct a new study showing that people score better on a creativity test after spending four days backpacking in the wilderness disconnected from electronic devices. (Credit: Elisabeth Kwak-Hefferan.)

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

## Identifying Overland Flow Affected Properties in Pittwater

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

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

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

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

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

## Coastal Environment Centre

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

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

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

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

### Sustainable Building and Renovating Workshop

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

### World Wetlands Day - Twilight Walk

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

### Narrabeen Lagoon Eco-Paddle

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

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

### February Event Alert! Ingleside Chase Reserve Walk

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

THE WILDERNESS SOCIETY

## Entries open for children's literature award

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

Enter now using our online entry form.

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

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

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

PROTECT THE LAWS THAT PROTECT THE PLACES YOU LOVE

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

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

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

birdlife AUSTRALIA

## Birdlife Australia - New Website and Quarterly Magazine

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

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

Tweet | Share | +1

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

## What Does PNHA do?

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

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

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. 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

Tweet | Share | +1

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

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

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

**December 16 - 22, 2012: Issue 89**


## Christmas Dessert – Orange Obsessions Cake- By Head Chef Gavin Hughes from Byron at Byron Resort

**"This cake is just delish!"**

**Chocolate sponge**
4 Eggs
120g Castor sugar
100g Plain Flour
20g Dutch Cocoa Powder
1 Tea spoon hot water
Extra cocoa for dusting (about 40g)
Method:
Line 2 large trays with baking paper
Whisk the eggs and sugar in machine until very thick. Sift the flour and cocoa together and fold into the egg mix-gently but enough to mix in all the dry ingredients. Add in the hot water and stir through.
Spread between 2 trays and bake at 170 0C for 8-10 mins. Lay out 2 sheets of paper and dust with some of the extra cocoa powder. Turn out the sponges onto these sheets. Leave to cool, then remove baking paper and cut into 18x7cm circles. Dust with more of the extra cocoa powder and set aside.

**Milk chocolate and orange mousse**
200g milk chocolate
40ml milk
280ml thickened cream
2 oranges –zested
Method:
Melt the chocolate with the the milk, stir until really smooth. Cool slightly.
Fold in the orange zest. Semi whip the cream and fold into the chocolate cream. Set aside.

**Chocolate sauce:**
100g dark chocolate; 40ml milk
Melt together and mix until smooth
18-20 Duck Creek Macadamias Orange Obsession roughly crushed
To assemble:
Line flat trays with baking paper.
Place metal rings on the trays.
Cut strips of paper to fit the rings (25cm x 7cm) and line each ring.
Place 1 circle of sponge in the bottom of each ring. Carefully ladle in some of the chocolate cream. Put another sponge circle into the ring (gently push in to level it). Add in another ladle of the chocolate cream. Finish with a circle of sponge (gently push in to level it).
Refrigerate for 20-30 mins
When set, cover the top piece of sponge with a tablespoon of the chocolate sauce. Sprinkle with the roughly crushed macadamias.
Return to the fridge to set for 10 mins.
Serve with crème fraiche or cream


Copyright Duck Creek Macadamias, 2012. All Rights Reserved.

### INDULGE IN ORANGE OBSESSIONS

For the chocolate connoisseur looking for that something special to 'hit the spot', look no further. Award-winning Duck Creek Macadamia's have again cracked the nut with their NEW couverture chocolate indulgence which will leave you orange with obsession.
Duck Creek's 'Orange Obsessions' are premium roasted macadamias panned in orange flavoured couverture dark chocolate and dusted in Belgium coco powder. This limited edition hand-packaged delight may have you developing a devotion bordering an obsession!

Duck Creek Macadamias is the boutique macadamia specialist with an innovative approach to delicious small indulgences.

All macadamia nuts used in Duck Creek's gourmet products are grown on their own plantations scattered across the sub tropical hinterland surrounding Byron Bay. Macadamias, native to this part of Australia, are considered the world's finest nut.
Their great flavour, versatility and crunchy texture make them a delight to eat – this uniqueness has solidified Duck Creek's award-winning reputation.

Duck Creek have won a multitude of Australian gourmet snack awards at the prestigious Sydney Royal Show and have also attracted the attention of Qantas Airlines and Channel Ten's popular show Masterchef, Live in Sydney.

All Duck Creek's products are hand-packaged in a variety of gift jars, snack packs, seasonal gift boxes and wrappings – ideal for any occasion.

'Orange Obsessions' come in a variety of ways – Limited Edition Jar: RRP $19.50 (230g); Small Jar: RRP $14.20 (230g); Large Jar: RRP $28.65 (500g).

Snacking on Duck Creek Macadamias has never been more indulgent. Available in NSW gourmet food stores Australia wide & online www.duck-creek.com.


Tweet Like +1

December 16 - 22, 2012: Issue 89

## Birds at Our Window

Earlier this year we lost our chooks to two dogs who had escaped their yard and were on a night rampage of destruction. A few months after this other birds began perching on the window ledge outside the office here chimping for seed or seed bread, or simply flapping inside after the resident Tiger's cat food.

They may not be 'the girls' but certainly have as much character as individuals and have gone a long way towards, if not *Restoring the Diamond*, at least cheering this bird lover up.

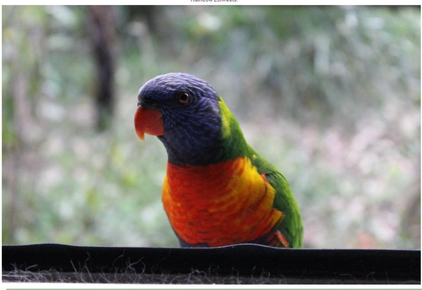
Butcher bird.

Sulphur Crested Cockatoo.

Baby Bush Turkey

Australian Magpie

Rainbow Lorikeets



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# Pittwater Online News

Front Page | Contacts | Past Back Pittwaters | Profile of the Week | Archive | Trash | Obituary | Entertainment | Food | Lyrics Of | Pictures

Commercial Notices | Boats | Events | Hall of the Mountain | Walks/Bus | Collectors Corner | Off Limits | Food Additives


**December 16 - 23, 2013: Issue #9**

**Pittwater Online News receives a lot of information from the Internet each week. For Your Interest and Amusement:**

**Ocean science robot revolution hits symbiotic relationship**

An innovative global observation network that measures the carbon cycling from the surface to the ocean mid-depths is being established by a team led by the University of Sydney. Operating like million microbial-sized robots, the autonomous Argo floats drifting robotic sensors deployed by Australia in the Indian Ocean in late 2007 are revolutionising our understanding of the ocean and its role in climate change. Argo floats are a relatively new insight into the ocean's central influence on global climate and marine ecosystems.

Argo floats are cylindrical robots that drift with the ocean currents in the free upper ocean waters, providing both real-time and higher quality delayed-mode data and advances in detection time. **The project is called Argo.**

"We're not about 50 years behind the space community and its exploration of the universe," said Dr Susan Wijffels, CSIRO's Wealth from Oceans Flagship research, Dr Susan Wijffels. "The ocean is deep, ocean environment is as hostile as that in space, but because we have a relatively thin atmosphere, the ocean is the key to our observational network is a real turning point in our ocean."

To re-start life the **Argo** data set has become an essential component of the ocean observing system, providing crucial information from earth observation satellites and providing subsurface information giving new insights into changes in the ocean's heat storage and circulation. Argo floats have a design lifetime of four years, measuring 1.8 100m long.

Although the one-millionth profile of the upper ocean, measured by Argo floats, was collected in the Indian Ocean in early December, oceanographers are already have collected just over 100 of this critical benchmark in ocean monitoring which delivers data to a global community in near real-time.

Collaboration included a series of high-level international presentations by senior scientists involving Dr Wijffels, her Argo co-chair Dr Dean Roemmich from Scripps Institution of Oceanography, oceanographer Dr Jim Gunnings from the US Naval Postgraduate School.

The Argo array has been home to more than 3 million profiles, the largest there has ever been. The average lifetime of the floats has increased to four years, and the array is now in its tenth year of operation.

Data are collected at the impressive rate of one profile approximately every 10 days from each of the array's 3700 floats, which is a total of 100,000 profiles per year. This unprecedented, extensive set of collecting in-situ millionth profile. To put this into perspective, it took 125 years to collect the first million profiles in the late 19th century, but only 10 years to collect the next million. temperature and salinity profiles to a depth of 2km and are 2000000 Argo floats are distributed throughout the world's ocean, from the high latitudes to the tropics.

Presently 28 countries contribute to the annual A$25M cost of maintaining the Argo array. Argo is a truly international collaboration of the network, with Australia, the US, CSIRO and the Integrated Marine Observing System and the Bureau of Meteorology, maintaining the largest national fleet, followed by France, India and Japan, with significant contributions from the United States.

Scientists had **almost 1200 scientific papers based on or including Argo data, and more than 1000 papers at the start of the program**. (Courtesy CSIRO)

Analysis of ocean salinity patterns that suggests a substantial 16 to 24% intensification of the global water cycle over the past 50 years, or 8 to 12% per decade.

A more detailed view of the world's largest ocean current, the Antarctic Circumpolar Current.

An insight into changing bodies of water in the Southern Ocean and how they influence the Earth's climate and carbon dioxide levels.

Argo floats have also been used to help improve predictions of the global energy and sea level budget.

Dr Wijffels said Argo data was being widely used in climate research and operational forecasting, for example in ocean reanalysis and ocean forecasting for environmental management, shipping, defence, search and rescue.

**Solar to shine on with $87 million - 13.12.2013**

CSIRO will lead a new solar research initiative worth a total of over $87 million, with the Australian Government providing $25 million in new collaboration with the Australian Solar Institute (ASI) and industry, which aims to lower the cost of solar thermal power from around 30 cents per kilowatt hour.

CSIRO will partner with six Australian universities and the Australian Nuclear Science and Technology Organisation (ANSTO) to establish the National Solar Energy Centre, which will be co-located with the University of New South Wales (UNSW) Australia's existing solar research facilities at Randwick, Sydney.

The new centre will receive $25 million in funding over five years, with an additional $62 million in cash and in-kind support from industry and research partners.

For more information, read about the United States Australia Solar Energy Collaboration and the Australian solar thermal research initiative.

**Cricket Victoria from Film Australia**

**Citizen Science More Than a Century Later: Ordinary People Go Online to Track Gulf Oil**

In the summer of 1859 a young Philadelphia doctor named Lewis Leidy noticed outbreak of cholera in Philadelphia. Leidy was a public health pioneer who had studied in Paris and knew that Snow's observations had led to the removal of the handle of the infamous Broad Street pump. Leidy wanted to make an impact on the cholera crisis, but he was a person later - entirely people can go online and help with research projects.

In a just published study in the journal Bulletin of the George

Washington University School of Public Health and Health Services Leidy's research is described as the first known example of citizen science, that is use ordinary people to collect data, in public health. Leidy's study is also the first known example of the use of citizen science in disaster. The researcher studied reports by an online Oil Spill Help Desk established by the Gulf Restoration Network (GRN) and the Louisiana Bucket Brigade (LABB). PhD. scientists and environmental health at GRNHC. "The reporting by ordinary people to the Oil Spill Help Desk is a form of citizen science that is helping officials respond and recover from the disaster," **Leidy's study was published the study online December 10, 2013** of the scientific journal PLOS Currents: Disasters.

The study looks back at the disaster that followed the spring of 2010 when an oil rig in the Gulf of Mexico exploded and spilled more than 200 million gallons of oil into the Gulf of Mexico. BP, the company in charge of the rig, has estimated that more than 2.1 million gallons of a chemical dispersant in order to clean up the oil. Many people living in the region have complained of health problems that they believe are related to the oil and dispersants that can arise from exposure to crude oil or the chemicals in the dispersants, such as Corexit.

Official reports of the aftermath of the disaster have focused on the cleanup efforts but have not collected the comprehensive evidence that is needed to study the health impacts of the disaster, Leidy said. Many people who live in the region have been concerned about the health impacts of the oil and dispersants, but they have not been able to find out other concerned citizens groups would help fill in that gap. For example, they have not been able to find out how many people in the region have been sickened by the oil and dispersants or what problems as this occurred.

In this study, researchers reviewed more than 2,000 online reports submitted to the Oil Spill Help Desk between May and July of 2010. The results, those working to clean up the oil and residents of communities affected by the spill. Of the reports submitted to the website, 1 who found that the Gulf oil spill had a number of health impacts, such as of oil the water, living wildlife or health problems in real time. Leidy's study found that the Oil Spill Help Desk was a successful citizen science project that helped officials and researchers conducted by the U.S. Environmental Protection Agency and others.

Leidy's study found that the Oil Spill Help Desk was a successful form of the time frequency of the reports submitted to the website.

In addition, the Spill Help Desk spurred an account of the health impacts of the oil spill and dispersants. Leidy's study found that GRN and LABB received the first reports of a large number of the oil, rigs and gave accounts of rashes, respiratory problems, headaches, nausea and other symptoms that people said were exposure to the oil or the dispersants.

Citizen science does not take the place of the traditional studies, in the case of the Deepwater Horizon disaster, Leidy said. Rather, it can help researchers and officials respond to disasters more quickly. Leidy said the data gathered by many people on the front lines can help researchers and officials to identify problems that they may not have detected have made it to the government from an organized study.

The above story is reported from materials provided by George Washington University. The original article was written by Lisa Zyga. Editor: Lisa Zyga. Publication: The online Science Daily.

**Australian Inventor Perfects Novel Lawn Mower**, Australian Broadcasting Corporation, Wednesday, 11 December 2013

Hot summer weather and a lot of rainfall can mean a lot of work for gardeners for grass. The back breaking task of lawn mowing just got a little easier with the invention of the Lawn Tiger. It's a push mower with a difference. Instead of blades, it has a series of rotating cutters mower was born. Steven De Tarr reports from Bowen Hills in

**So We Live in a Computer Simulation Run by Our Descendants? Researchers Say We Can Be Sure**

**A decade ago, a British philosopher set forth the notion that the universe we live in might in fact be a computer simulation run by our descendants.** Now, two researchers at the University of Washington has come up with a potential test to see if the idea holds water.

The concept that computer simulations could be indistinguishable from computer simulations comes from a 2003 paper published in the philosophical journal Nature. The author, Nick Bostrom, argued that a number of critical. If the power. Even if we don't currently have the power of these possibilities is true.

Bostrom's argument hinges on his argument that the universe is a "posthuman" stage.

Any posthuman civilization is very unlikely to run a significant number of simulations of its evolutionary history, or of variations on it, Bostrom argued, because there are probably better uses for all that computing power.

He also held that "the belief that there is a significant chance that we will one day become posthuman who run ancestor-simulations is false, unless we are currently living in a simulation."

Bostrom's argument rests on the assumption that the laws of physics before researchers would be able to run even primitive simulations of the universe. But the UW team has suggested tests that can be performed to see if we're living in a fake. The researchers have proposed a few simulations to demonstrate their point.

**Currently, supercomputers using a technique called lattice quantum chromodynamics can simulate a piece of space-time** (the structure that is present there or empty) with a certain distance between point of the universe, or the scale of one 100-billionth of a meter. Anything smaller than that, such as the Planck scale, is the realm of physics unknown.

Eventually, more powerful simulations will be able to model on the Planck scale, which is the smallest scale that has any meaning. But with more generations of supercomputers, researchers will be able to simulate a large enough chunk of the universe to understand the complex behavior of matter and energy that arises from that scale, on a computer model.

However, Savage said, there are signatures of resource constraints in current simulations that researchers can look for. Limited precision in the finest fabric, including round-off errors or other interesting lattice if one is used to model the space-time continuum.

Researchers have suggested that constraints in a simulation would be calculations accurately because there is only so much memory and grid. That allows researchers to examine what is called the viscosity of quark-gluon plasma, a state of matter that is present in the first few microseconds of the universe's existence, based on the results of collisions and photons at the core of atoms.

**Ultimately, the question of whether we're living - something the our universe should be running a simulation test to see if the matter of looking for a "signature" in our universe that has an analog in the current crop of simulations.**

Savage and colleagues Silas Beane of the University of New Hampshire in Durham and Zohreh Davoudi and Martin Savage of the Theory Center at the Thomas Jefferson National Accelerator Facility in Newport News, Va., focused on the binding energy of cosmic rays.

If a proton flies toward a proton at rest, an elder activism for presents of scientific papers in a number of fields, including physics, then 'old' and 'new' protons will emerge from the collision. But the energies of the ultra-high-energy cosmic rays in the new protons would be expected to be.

This is a fascinating exercise of such an idea," Savage said.

**If such a concept turned out to be reality, it could raise other questions about the nature of the "programmers" behind our universe is a theoretical physicist who specializes in running other simulations as well, essentially creating other universes to study in his lab.**

There's a saying: **Can you communicate with those other universes if they are running on the same platform?** (Courtesy UW)

Journal References:

Silas R. Beane, Zohreh Davoudi, Martin J. Savage Constraints on the Universe as a Numerical Simulation

Kyle Bishop, et al. Science 5 April 2013: Vol. 340 no. 6128 pp. 109-112 DOI: 10.1126/science.1229931

PS. The concept, but to others that the relationship between energy and momentum is altered, and that particles can't move faster than a certain speed. Cosmic rays would be affected by such distortions in space-time, and researchers could search for them. Further the relationship between energy and momentum that is altered, and that particles can't move faster than a certain speed. Cosmic rays would be affected by such distortions in space-time, and researchers could search for them.

**A History of Sydney Streets**

Addressed On Monday December 23 Lisa Murray chat about the evolution of Sydney's streets and their names. For more Sydney Talks podcasts visit www.sydneytalks.com

**Rising Ancient Dew for Clues to Early Life**

An analysis of sulfate minerals in 3.5 billion-year-old rocks from Australia have yielded new evidence that ancient microbes were active on Earth 2.7 billion years earlier than previously known. The discovery of sulfates in the ocean water.

The scientists found that trace sulfate were incorporated into the 3.5 billion-year-old rock as they formed from ancient seawater. Using a technique called secondary ion mass spectrometry to make the measurements, the researchers were able to model how much sulfur-consuming microbial life was present when the rocks formed. Their calculations made levels were about 10 million times lower. Though they were extremely low, sulfate levels in the ancient ocean were apparently sufficient to support microbial life, the researchers said. Sulfate is also important for life.

"The sulfate ion dissolved that we looked at are widespread on Earth," said Dr. Kevin Kilburn, a geologist at the University of California, Riverside, who led the research published in the journal Science. "However, our increasing understanding of these ancient sedimentary environments suggests that sulfate was rare in the early ocean." (Courtesy Science Daily)

The other members of the research team were Prof. James Farquhar, Dr. Mark Claire and graduate student Jian Wu at the University of Maryland, College Park.

J. G. Jamieson, R. A. Wing, J. Farquhar, M. D. Hannington. Archaean seawater sulphate concentrations and the origin of massive sulphide deposits. Precambrian Research, 2013; DOI: 10.1016/j.precamres.2013.10.011

Cite This Page: MLA APA Chicago Kelly Lu, Centre-scientist adds to cosmic-scientist adds to scientist adds to scientist adds to

# Pittwater Online News

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December 14 - 21, 2013, Issue 99

## Mona Reggae Catholic Parish School - Aranbee - Christmas Entertainment

### Christmas Eve Mass

Christmas is coming soon and what a great way to celebrate the birth of Jesus than to attend Christmas Eve Mass. Children are invited to participate in a play. The Christmas story will be performed by the children of Mona Reggae Catholic Parish School.

Christmas Eve Mass
Tuesday 24th December
Mona Reggae Catholic Parish Church
10th and 23rd Avenues Terrey Hills

## COMMUNITY CHRISTMAS PARTY AT NEWPORT

Everyone is invited to a community Christmas party at Newport Community Centre on Sunday 22nd December.

Santa will be arriving by fire truck at 3pm and there will be lots of entertainment, face painting, jumping castle, sausage sizzle and more.

Newport Community Centre
Sunday 22nd December
3pm - 5pm

## Carols at Tennis

Sunday, 22 December 2013

Carols by the Lake
Sunday 22nd December
5pm - 8pm

## ROLAND BILLET - CLASSICAL AND PERFORMING ARTS COACHING - 30 MAY - 4 JUNE 2013



## Hollywood Director's Chainsaw Ultrasound at Newport

The bright green, fluorescent lights of the ultrasound machine cast an eerie glow over the room as Dr Jonathan Lee Cohen, Hollywood director, writer, producer and actor, lowered the ultrasound wand onto the pregnant belly of Newport resident Jessica Rose.

The Powerhouse Museum does not Dewpoint Challenge! Dewpoint Challenge! Dewpoint Challenge! Dewpoint Challenge!

Dr Cohen Cavas, Director, Powerhouse Museum, said, "Designers, architects and engineers are all welcome to apply. We're looking for the best and brightest to help us design the new Powerhouse."

Dr Cohen said the Powerhouse Museum has recognised problems with its current building and is looking for ideas to solve them.

Powerhouse Museum Dewpoint Challenge
Friday 29 March 2013 at Evening at the Powerhouse Museum
Ultimo



## Kids on the Coast - Summer School Holiday Program

Sharon is the sculptor that "kids on the Coast" commissioned to create the Bronze Statue of Mona Vale Surf Lifesaver Club. Sharon is also a Pittwater Resident and has been a Surf Lifesaver herself.

Kids on the Coast
Summer School Holiday Program
Various locations

## Narrabeen Lagoon free activities - regular runs for December holidays

Narrabeen Lagoon Catchment Trust is hosting a number of free activities for the December holidays. Activities include bushwalks, bird watching, kayaking and a Christmas Carols by Candlelight.

Narrabeen Lagoon Catchment Trust
Various locations

## Sunset Kids around the Lagoon with Dr Conny Harris

Dr Conny Harris is a Pittwater resident and has been a scientific researcher for the Shell Australia Ltd. She holds a PhD in Geology and has been a Pittwater resident for 30 years. Dr Conny Harris is also a mother of two children who have grown up around the Pittwater area.

Sunset Kids around the Lagoon with Dr Conny Harris
Narrabeen Lagoon

## Narrabeen Lagoon Catchment Income - Saturday February 2013

Narrabeen Lagoon Catchment Trust is hosting a number of free activities for the December holidays. Activities include bushwalks, bird watching, kayaking and a Christmas Carols by Candlelight.

Narrabeen Lagoon Catchment Income - Saturday February 2013
Various locations

## Ecu Pacifica at Narrabeen Lagoon - Saturday February 2

Ecu Pacifica is a Pittwater resident and has been a scientific researcher for the Shell Australia Ltd. She holds a PhD in Geology and has been a Pittwater resident for 30 years. Dr Conny Harris is also a mother of two children who have grown up around the Pittwater area.

Ecu Pacifica at Narrabeen Lagoon - Saturday February 2
Narrabeen Lagoon

## Narrabeen Lagoon Catchment Income - Saturday February 2013

Narrabeen Lagoon Catchment Trust is hosting a number of free activities for the December holidays. Activities include bushwalks, bird watching, kayaking and a Christmas Carols by Candlelight.

Narrabeen Lagoon Catchment Income - Saturday February 2013
Various locations

## REGISTER TO ATTEND - DON'T JUST TURN UP ON THE DAY - Pittwater Council

Pittwater Council is hosting a number of free activities for the December holidays. Activities include bushwalks, bird watching, kayaking and a Christmas Carols by Candlelight.

REGISTER TO ATTEND - DON'T JUST TURN UP ON THE DAY - Pittwater Council
Various locations

## Historic Houses Trust Event - House music 2013

The Historic Houses Trust is hosting a number of free activities for the December holidays. Activities include bushwalks, bird watching, kayaking and a Christmas Carols by Candlelight.

Historic Houses Trust Event - House music 2013
Various locations

## Museum of Sydney

Saturday 30 March 2013 to Sunday 7 April 2013
Corner Phillip and George Streets, Sydney

## Margaret Olley: Home

This exhibition in the Art Gallery is on the artist's home in Dashwood House, Kings Cross, Sydney. Margaret Olley's home was a treasure trove filled with the things she collected over her lifetime. Margaret Olley's home was a treasure trove filled with the things she collected over her lifetime.

To walk into Olley's home was like walking into a painting. With the artist's permission, curator Wendy Thomson has recreated the home's interiors in the Art Gallery's Tom Ramsay Gallery.

Panelled between 1970 and 2010, the artworks in this exhibition are a visual diary of the artist's life and her relationships with family, friends and her beloved home.

Margaret Olley: Home
Art Gallery of New South Wales
Domain

## Artspot

An exhibition of 17 artists on the northern beaches

8th January - 19th January 2013

Curated by Jacqueline Cook

Artists:
ERRANA BROWN - SUZANNE DANIEL - DEBRA DONNELLY - ANNE FERGUSON - ANNE GRAHAM - ANNE HAMILTON - ANNE HOLLOWAY - CHRISTINE HOLMES - CAROL HOSKIN - CHRISTINE KOSTOGLOU - ANNE MARIE MACKINNON - ANNE MARSHALL - ANNE MONTGOMERY - ANNE PEDERSEN - ANNE WARREN

Artspot
Curated by Jacqueline Cook
Opening night: 8th January, 6.30pm-8.30pm
Gallery hours: 10am-4pm daily
Ph: 9999 9999
http://www.facebook.com/groups/artspot

## Palm Beach Surf Club

Palm Beach Surf Club and the Bowling Green Bistro

Palm Beach Surf Club
Palm Beach

## Zumba Fitness

Zumba Fitness is a fun and energetic way to get fit and have a great time.

Zumba Fitness
Various locations

## Kids Band Workshop

Kids start performing music from day one. Rocking Horse Music

Kids Band Workshop
Various locations

## Get Set Try Your Hand

Get Set Try Your Hand is a fun and energetic way to get fit and have a great time.

Get Set Try Your Hand
Various locations

## The Green Kings

THE GREEN KINGS - The No.OUT - The No.OUT - The No.OUT

Pittwater Online News



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Staffa and Fingal's cave (right) seen from the sout. Photo by and courtesy of Keith Boardman.

Staffa landing Stage. Photo by and courtesy of Sarah Charlesworth.

Entrance to Fingals Cave. Photo by and courtesy of Velelia

Inside Fingal's cave.Photo by and courtesy of Jess Mills. UK.

## STAFFA

**By George Repin**

Staffa, a lonely uninhabited little island of the Inner Hebrides off the west coast of Scotland, attracted many distinguished visitors after it came to prominence in the late 18th century following a visit by Sir Joseph Banks in August 1772. Although access was not easy and a landing possible only in favourable weather conditions and a relatively calm sea, those who came to marvel at the extraordinary geological formations and the sound of the sea in the island's caves included Sir Walter Scott, John Keats, William Wordsworth , J.M.W. Turner the painter, Jules Verne, Robert Louis Stevenson and, in 1847, Queen Victoria and Prince Albert. Felix Mendelssohn when there in 1829 was inspired by the power of the sound and the stunning beauty of Fingal's Cave, the most renowned feature of the island, to write a concert overture, completed in 1830, and after revisions in 1832 he called *The Hebrides*. This overture, sometimes called *Fingal's Cave*, is an established part of the classical music repertoire.

Staffa and the nearby, but very different, island of Iona can be visited, subject to weather conditions, on day trips by ferry from Oban. On approaching the island the interesting geological formation becomes apparent. Above a basement of tuff, or rock composed of volcanic debris, the faces of the cliffs are of columnar basalt which also forms the colonnades at the entrances of the major caves. In turn the colonnades are overlaid by a mass of amorphous basalt. There is no sandy beach. The coast consists of rugged black and brown weathered basaltic rock and a few small patches of coarse black shingle. There are few places where visitors can land safely and only in good weather. Even so, a tender preparing to land may be lifted several feet by the swell, making disembarkation hazardous.

The Vikings named Staffa because the columnar basalt reminded them of their houses which were built from vertically placed tree logs. Old Norse "Stave or pillar island".

Fingal's Cave the most imposing feature of Staffa has been described by one author as if it had been built by skilled craftsmen: "its pointed-arch entrance and its clustered columns bear some resemblance to Gothic architecture". The cave is 230 feet long from the entrance to the innermost part, and 65 feet high from mean tide sea level to the apex of the arch. It can be reached from the landing point, when the sea is calm, over a walkway composed of the fractured tops of basaltic columns, just above the high water level.

Tops of broken basalt columns

To visit Staffa, to undertake the exciting walk to Fingal's Cave and to see this remarkable natural formation is a rewarding and memorable experience.

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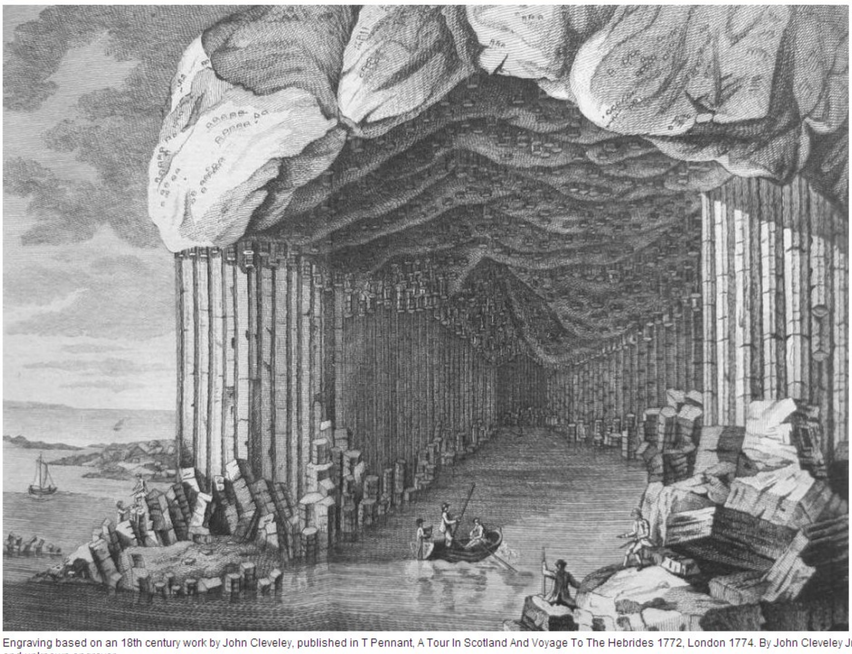

Engraving based on an 18th century work by John Cleveley, published in T Pennant, A Tour In Scotland And Voyage To The Hebrides 1772, London 1774. By John Cleveley Jnr. and unknown engraver

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Click on logo to visit their website

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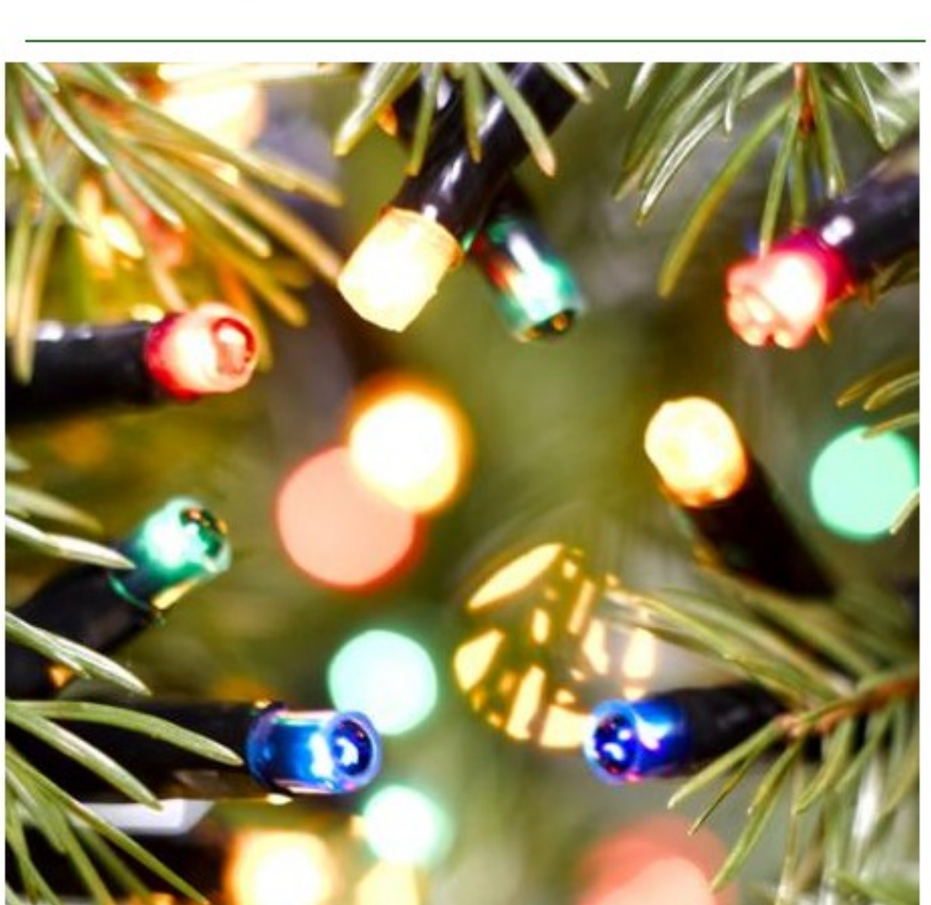

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## How to Make Your Christmas Lights Flash to Music - c/- Wikihow

Decide how big you want your lights show. You can decide to have your lights draped across your whole home, either inside or outside, or choose specific spots on your house and in your front garden. Keep the following in mind while you're planning your lights show:

A channel is a unit of lights that can be controlled individually. For example, a single bush in your yard may be a channel if you drape one set of lights over it.

All the lights in a channel work as a single unit. Unfortunately, you can't flash an individual light bulb.

32 to 64 channels is a good size to start with if you're never programmed lights to music before. Any bigger than that, and you'll probably curse the day you ever decided to take on the project (or the day your children made you take it on).

Obtain a control system. You will need hardware that hooks up to your computer. You can buy a system completely built, a kit, or a full do-it-yourself system. A fully built system will work right out of the box. It will cost you about $20 - $25 per channel. A fully built system can be purchased from online vendors. Choose this option if you do not want to do any electrical work (especially soldering), or don't have the slightest clue about where to start.

A kit is a little more hands-on. It will cost from $15 or so per channel, but it's pretty much the same thing as a fully built product without the enclosure. Because it is very simple to place an electronics board in an enclosure, this may be a great option if you're looking to save money. Some vendors sell everything you need to build a control system, including the bare circuit board and the parts. If you are willing to solder a little bit, check this out.

A DIY system costs roughly $5 per channel and up. The price depends on how much you actually do yourself. A system consists of a controller, which communicates with your computer, and solid state relays (SSRs), which actually switch the lights. SSRs can be bought or made yourself. With a DIY option, you will spend lots of time making your hardware, but the cost savings should make up for it. You'll also have the ability to totally customize your hardware, and will be able to fix problems easily.

Get help. This can be a very big and complicated project, and often can seem overwhelming if you're just getting started. Have interested friends or family members help you.

Get software. For the low-tech layman, you'll be able to buy software that will help you program your lights. There is also free software available for Do-It-Yourself systems (see the links section). If you're ambitious and more of a tech-wizard, you may wish to hand-code a program in almost any major programming language. Note, however, that you won't be able to use this option for pre-built products, as most of their protocols are closed-source. The software that you choose will basically break the song you're syncing your lights to into very short segments (.10 second), letting you program each channel of lights to turn on, turn off, fade, twinkle or shimmer. There are essentially three commercial options for software.

**Light-O-Rama** is the vendor for most residential lights displays. It is, however, pretty complex, and can take as much as four hours per minute of song to program 32-48 channels.

**Animated Lighting** is more expensive, but easier to program. Some residential light displays and most commercial ones choose Animated Lighting.

Design your display. Design the actual outside portion of your display. Common elements to include are:

Mini lights or net lights go on landscaping.

Icicle lights or c-series lights usually go on the roof.

A Mega Tree usually consists of a large pole with lights extending from the top to a large ring around the base. Again, it is very useful in animation.

Program your show. Here comes the time consuming part! Decide on music that you will synchronize to, then start programming on your time grid. Don't do everything at once. This will probably take a while, depending on the length of your show and how many channels you have.

Let them hear you. Use a way that will create a spectacular sound yet keep everybody at peace. Speakers playing the same music over and over again would drive the neighbours crazy, so in most cases you will need to broadcast over an FM frequency. Please see the warnings section at the bottom of this page.

Respectfully inform your neighbours of your plan to create an animated display; having the neighbours on your side is important if you want your display to last long enough for other people to see it. Stick to a single showing at the top of the hour, once or twice a night. If the neighbours know that the display will only last three minutes, and will show nightly at 8 and 9 PM, they'll probably be more understanding than if you blasted it regularly from 6-9.

Get powered up. Make sure your home has enough outside power to run your lights. A typical mini light strand, for example, draws about 1/3 amp **or use the solar versions currently on sale at Johnson Brohers hardware**.

Maintain your display. Go outside every morning and check your display. Repair or replace broken lights or damage caused by weather or vandals. Make sure things are ready to run that night.