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MONA VALE PUBLIC SCHOOL CENTENARY FESTIVAL DAY, SEPTEMBER 15, 2012

The oldest and youngest students cut the cake; Jim Dunn (91 years young) and Elissa Rich (5 years old).

ROTARY CLUB OF PITTWATER'S ANNUAL SPRING CONCERT - September 12th, 2012

Jane Rutter with a young fan

There was a 'high five' celebrational aspect to this year's Rotary Club of Pittwater Spring Concert to support the upgrades to the Palliative Care Centre at Mona Vale Hospital. A great cause, excellent music, the community working together to achieve something, a chance for young and old to mix and a vision for our future that is positive in young musicianship and positive in terms of delivering caring and of the highest standard in health care.

The Northern Beaches Orchestra featuring guest flautist Jane Rutter gave a stellar performance on Wednesday 12th of September to an appreciative audience. Led by conductors Dr Martin Hardy and Alex Pringle the programme opened with Rossini's *William Tell Overture* and closed with the *Orphee aux Enfers* (Can Can) by Offenbach. In between wonderful music from Mozart, Strauss and Gershwin along with arrangements by Ms Rutter filled the Grand Theatre in Warriewood's Cinema Complex with exquisite sound. Generously hosted by Roy and Josephine Mustaca for a second year in a row, the joy and enjoyment the community shared during this third Spring Concert was tempered by the messages and reason for this evening.

Roy and Josephine Mustaca of United Cinemas, Warriewood.

Continued

MONA VALE PUBLIC SCHOOL CENTENARY FESTIVAL DAY, SEPTEMBER 15, 2012

On Saturday, 15th September, 2012, Mona Vale Public School marked 100 years of classes at its Waratah Street site with a Festival Day. Current and former students and teachers, VIPs and the wider community were invited to mark the anniversary celebration, which included historical displays, entertainment, vintage motor show an official ceremony and cake cutting.

Principal Greg Jones rang the school bell 100 times to open the official ceremony, one peal for each year the Mona Vale Public School had taught generations of Pittwater children within its rooms.

Continued

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Principal Greg Jones welcomes all guests and visitors.

Gus Waldon taste tested this cake and recommended any who wanted a slice get in quick; too good to miss!

MVPS Performance Band

Mona Vale Public School Centenary Festival Day - 15th of September, 2012

Continued from Front Page

Principal Greg Jones related a little of the history of schools in Pittwater, in particular how Bayview Public school moved in the 1890's to become Mona Vale Public school at Park street in 1906 and then to Waratah Street in 1912, opening with 87 students in two classrooms. Today this great local school has nearly 900 students and 70 teachers.

Principal Jones welcomed special guests Hon. Bronwyn Bishop, Federal MP for Mackellar, Hon. Rob. Stokes, state MP for Pittwater, citing this gent as a strong supporter of public education at Mona Vale school, Cr. Harvey Rose, current Mayor of Pittwater with whom Principal Jones has a long history having been taught by Harvey at Narrabeen boys and whom he attributes his own enunciation to. Cr. Rose is known in our community for being a great orator and always finding the exact right words.

Louise Anderson, President of the Mona Vale Public School P&C, Jane Simmons, Regional Director (NSW Education and Communities), Dean White, School Education Director Northern Sydney Region (NSW Education and Communities) were also warmly welcomed. Julie Boddy was singled out for praise by Principal Jones for her tireless efforts and huge contribution to the massive exercise putting together all the celebrations that have taken place in MVPS's centenary year. MC for the Festival Day, Gus Waldon, past student who now works on Triple M's Grill Team (6am-9 weekdays),

The three hundred volunteers who were everywhere throughout Mona Vale Public School's grounds to assist all throughout the Festival Day, " a testament to the community's engagement in this school", were also warmly thanked by Greg Jones.

As this great teacher stated, "an event like this takes an enormous amount of organization, days like this are about remembering, remembering the great things we did in the past and looking with optimism to the future."

The acknowledgment of country was given by MVPS students Max Stevenson and Jasmine Lang: "We acknowledge the cultural and spiritual ties of the Guringai people to the land on which our school is situated."

Hon. Rob Stokes opened his address by acknowledging his fellow guests and in particular Cr. Harvey Rose who will soon finish his duties as Mayor of Pittwater. Mayor Rose was thanked for his huge contribution to the Pittwater community during his terms as Mayor and Rob's address was interrupted by the applause his thanks brought.

Hon. Rob Stokes likened this great day and this community school to a 'heart of Pittwater' as the history of Pittwater and the history of MVPS are entwined,

"This school has grown with our community, has rejoiced with our community, has suffered with our community, it has gone through everything with our community that our local families have gone through and has helped to build and forge this wonderful community in this wonderful part of NSW and Australia. If you go down to the cenotaph at Mona Vale Village Park, the names you see there, honoured for their sacrifice to our country, are the same names you see on the rolls of Mona Vale Public School. When you go into the local churches and look at the birth registry and marriage registry, the names you see there are the same names you see on the rolls of Mona Vale Public School. This school is Pittwater and Pittwater is this school. It's that important to who we are and defining who we are as a community."

At least two thousand people, grandchildren, grandparents, parents, sometimes four generations of one family, visited Mona Vale Public School yesterday. In their ranks are Surf Club captains, nurses, local serving police, just about everything under the sun anyone can do. Even visitors who didn't attend this school were welcomed like family and generously provided with small stories and insights that stretched as far back as they will, surely, move forward. The closing of the official ceremony nominated the students, the children of today and tomorrow, as the most important people on the grounds yesterday. This true note received the loudest cheer; family lives here, generations of people, whether well known or not, whether strangers or lifelong friends, who recognize something in each other's eyes or something of each other's face. Great schools are built by great people, by community. They are housed not just in structures but in our hearts, furnished with our clearest thoughts. Mona Vale Public School has furnished thousands with gifts beyond worth and in her hundredth year is determined to do it all again. A song best heard in her many children's laughter.

Centenary website: www.mvps100.org/

Michael Mannington's Volunteer Photography Public Gallery and more images in this week's Pictorial

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Natalija, Dragica and Desanka Bubalo, mother and daughters and past students with past Principal Richard Hoskins AM

Left to right: Dean White, School Education Director Northern Sydney Region (NSW Education and Communities), Principal Greg Jones, Jane Simmons, Regional Director (NSW Education and Communities), Mayor Harvey Rose, Hon. Bronwyn Bishop, Cr. Ian White, Hon. Rob Stokes.

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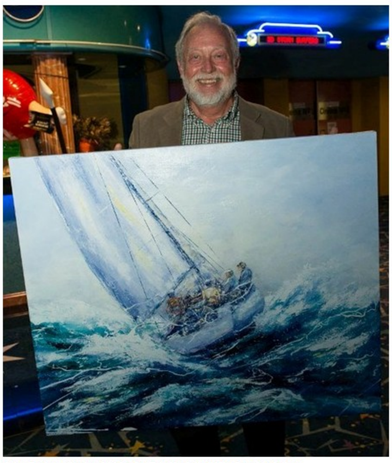
Dr. Martin Hardy, Gail Carew and Hon. Rob Stokes.

Eileen and John Gordon, MVHA, Tamara Sloper-Harding, Chairlady of PFOS and Cr. Harvey Rose, Mayor of Pittwater.



John Porter, winning bidder for Eric Martel's '*Wild Seas*' painting.

Continued from Front Page

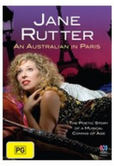
The Palliative Care Cottage at Mona Vale Hospital provides care for people of all ages who have a life-threatening illness. The primary goal is quality of life. This includes medical, practical, physical, psychological and emotional support for patients, their families, friends and carers. This care is extended to family members after the loss of a loved one when the affects of grief can be their strongest and shock may affect those related. Trained and supported volunteers will make calls to families affected by loss of a loved one, listening and referring people to to further services as needed.

The Rotary Club of Pittwater, ably led by Project Leader Gail Carew, who is indefatigable in her passion and energy for this project, has made ensuring this hospice is upgraded one of its targets over the last two years. Earlier in 2012, Lovett's Bay resident Susan Duncan threw her support behind this local aim and opened her and husband Bob Story''s 'Tarrangaua', their beautiful home and former holiday house of poet Dorothy Mackellar. Pittwater Business Limited dedicated all funds raised from one of their popular breakfasts towards this project. Both these events, like Wednesday's concert, sold out; showing the vast support and determination our community has to ensure Palliative Care remains and moves forward for all on the Northern Beaches.

State MP for Pittwater, Hon. Rob Stokes has supported the Mona Vale Hospital Auxiliary ladies, earlier this year securing a return of funds raised by cake bakes, by stalls, by endless knitting of and selling of booties, placed in trust by the previous government. Rob also ensured the funds raised by the community were matched by the current Liberal government.

On Wednesday the young musicians and seasoned veterans of the Northern Beaches Orchestra and the brilliant and vivacious Jane Rutter, a really nice lady up close, poured more balm into our community and our Palliative Care Project.

Pittwater Rotarians and associate members, with John Barrington overseeing this year's concert, hosted a wonderful evening. Silent and Live Auctions, with everything from sailing lessons provided by the RPAYC to a family pass to the Taronga or Western Plains Zoos as well as great paintings by local artists attracted more interest and more proceeds towards the Palliative Care Centre.



If you missed out on securing your ticket then you could purchase Jane Rutter's March 2012 release, *An Australian in Paris*, on DVD and CD from the ABC shop. You could also head over to Pittwater High School today (**16.9.2012**) where Dr Martin Hardy and the Sydney Northern Beaches Symphonic Wind Ensemble will present a celebration of movie music performed to a visual montage on the big screen. Their Programme begins from **3pm** and will include the Monotones performing.

The Northern Beaches Orchestra's will play for the public again before year's end and we'll bring you details as soon as we have them so you can get in quick next time.

Michael Mannington's Volunteer Photography Public Gallery and more images in this week's Pictorial.

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All Images by Michael Mannington, 2012.

Dr Martin Hardy and daughter, Jane Rutter, Alex Pringle.

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Articles This Week:

Mona Vale Public School 100 years Festival Day Celebrations
Rotary Club of Pittwater 2012 Spring Concert
Bushcare Major Day Out and $250k Wetlands Grant
A Night To Remember by Neil Evers

All Previous Articles

Profile: Spring Ladies 2012; women who have an undeniable 'font' within; Valerie Vickers has a passion for model aeroplanes and sharing knowledge

Previous Profiles:

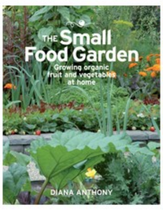
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

History: The Spring tides of Ocean and Estuary and who has long been in them; Pittwater Sailing clubs and Surf Life Saving Clubs: Palm Beach Surf Life Saving Club - Part I - The Sheds.

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

Park Bench Philosopher: ***Palm Beach Rock Pool*** **by Ethel Turner, summer of 1926.**



Books: The Small Food Garden - Growing Organic Fruit and Vegetables at Home, Birds of Prey of Australia - A Field Guide, Sustainable Coastal Management and Climate Adaptation, The Cochlear Story - Bright Ideas Series + Two Greedy Italians from Antonio Carluccio and Genarro Contaldo, 9th Edition of Field Guide to Birds of Australia, Kokoda Front Line by Neil McDonald, The story of Damien Parer Australia s greatest war photographer, and Lighthouse Bay.

Old Books: **My Garden in Spring** (1914) by Edward Augustus Bowles. Publisher: London, T. C. & E. C. Jac = **Gaelic names of beasts (Mammalia), birds, fishes, insects, reptiles, etc. in two parts:** (1905) by Alexander Robert Forbes. + **Shakespeare's greenwood : the customs of the country : the language, the superstitions, the customs, the folklore, the birds & trees, the parson, the poets, the novelist** (1900) by George Morley, of Leamington, Eng. Publisher: London : David Nutt

Events: Manly Arts Fest. Car & Bike Show, Jon Stevens at The Arms, Dementia Education, MV Garden Club's Spring Flower Show , Dog Day by the Bay, Pam Bayfield NEW BOOK Launch, PCA Talk, Pittwater to Coffs Regatta OPEN for Entries, Bird Workshop, Guringai Aboriginal Tours, SNBSWE Music from the Movies Concert, PCC Events, Native Plant ID, Sidney Nolan & Patrick White at State Library, Bobbysox at AvRSL, RMYC Ladies Lunch, Council Events and more.

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Community News: Blue September, Friendly made Life Member, Lime in Brisbane Maria Regina in Dance Fever, AvPals Volunteers needed, DisabiliTea 2012, AFTSF 2013 Grants Open, Nippers 2012, Your Say 2025, Artfest 2012, Our Council's Notices, Fed. Govt. Media and more

Environment; Global community celebrates 25 years of ozone layer protection, **The Not So Super anymore Trawler**, SEACI taps into future water availability, Destroyed Coastal Habitats Produce Significant Greenhouse Gas - NEW PAPER, **September is Save the Koala month**, **Save the Places You Love Campaign**, Cooee September Issue, local Environment groups and orgs.

Lynda Hill: **Update 26.8.12**: Getting Your Spurs On And Getting Going: The Pisces Full Moon

Pictures: A mix of Pittwater peoples out and about at The Spring Concert 2012, Irrawong Reserve's Big Bushcare Day, Dance Fever and MVPS' 100th Celebrations

Youth: Applications Opened this week for Australian Youth Forum Steering Committee, Star Texts, Coping Skills, School Holiday Fun, Beach Buddies, Family Bike Day from Council, Goofy Goofy Gander, Online Computer History Museum Exhibits, Pittwater Science Club for Juniors, Short Story and Photo Comp., Library Story-times for Littlies.

Seniors; Life goes on, and it's time we prepared for living into our 90s By Susan Ryan, Interventions can prevent falls for over-65s, says international research, Key Molecules Involved in Forming Long-Term Memories, Scientists Discover How the Brain Ages, Gene Linking Cataracts and Alzheimer's Disease Identified. a Few Giggles for you, Home modifications promote independent living, **Dementia Awareness Week 2012,** New AvPals Courses, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: September 2012: Eric Martel has a passion for yachts, Sydney Harbour and streetscapes

Reflections by George Repin. **This week; THE BALLET RUSSES AND THEIR FRIENDS IN AUSTRALIA**

DIY Hints: Long Hot Summer coming; Spring garden prep.

Collector's Corner: Surf Reels; developed by Aussies for Aussies.

Food: Marinated Kangaroo recipe from Laurie Bimson.

News From our Inbox Barrier Reef - **Tribute to legendary underwater cinematographer Ron Taylor,** Emotional intelligence: fact or fad? By **Dr Carolyn MacCann**, Our Future World: **Global Megatrends** from CSIRO, Ladder Men C/- W.A.G., Smoke on the water: Ship emissions and air quality, Live like someone left the Gate Open!, **Paper Run - Pittwater in 1956.**

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Hon. Rob Stokes, Lesley Stevens of Pittwater Environmental Foundation and Neil Evers of MWPASG

Marita Macrae of PNHA and PEF

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Irrawong Reserve – Big Bushcare Day Out and Grant Announcement Sunday 9th of September, 2012

Residents were invited to explore the idyllic surrounds of Ingleside Chase Reserve to celebrate Bushcare's Major Day Out on Sunday 9 September. The Day Out began at 9am and included guided nature walks along the newly constructed walking track, tree planting and a delicious morning tea. Neil Evers of the Manly Warringah and Pittwater Aboriginal Support Group gave the Welcome to Country.

This year's Bushcare Major Day out also had an added focus as it signified the beginning of an overall project for the Ingleside Chase Reserve, made possible by grant funding from the NSW Environmental Trust totalling $250,000. The grant will be used to eradicate weeds in Epworth Park and Irrawong Reserve areas, help restore Mullet Creek between Elanora Heights and Warriewood and reduce the threat of weeds and toxins to the Warriewood Wetlands and Narrabeen Lagoon.

In a June 2012 Press Release Hon. Rob Stokes stated; "This grant builds upon earlier NSW Government funding to the Narrabeen Lagoon catchment and will contribute to the long-term rehabilitation and protection of this unique green space. The Warriewood Wetlands are the largest freshwater wetlands in northern Sydney an integral part of the Narrabeen Lagoon catchment – which must be preserved. The project will include control of noxious weeds, protection of surrounding wildlife corridors, restoration of watercourses and community education."

Bushcare Officer Helena Dewis said the Major Day Out is a great chance for residents to explore this little known and picturesque location near the Irrawong waterfall. "The reserve is rich in native wildlife and is habitat for rare and threatened species such as the Powerful Owl, Regent Honeyeater and Giant Burrowing Frog," she said. "As well as the walks and planting, residents are invited to bring along weeds (or photos of weeds) they don't know, learn what they are and how to remove them.

The Council's General Manager Mark Ferguson acknowledged the work done by the Pittwater Environmental Foundation in gaining the grant. "Over the next five years, we'll work with the Pittwater Environmental Foundation to restore the native vegetation in the reserve to the benefit of wildlife, residents and visitors to the area" he said.

A recent Press Release from Pittwater Council spoke of other works completed in this beautiful green valley;

CHANGES AFOOT AT WARRIEWOOD WETLANDS

Have you noticed anything different in the Warriewood Wetlands over the past year? Local bushcare volunteers, together with the Australian Government, Sydney Metropolitan Catchment Management Authority and Pittwater Council have managed to control aquatic weeds in approximately 80% of the wetlands.

Council's Reserves and Recreation Manager Les Munn said the project, partially funded by the Sydney Metropolitan Catchment Management Authority, Pittwater Council and the Australian Government's 'Caring for Our Country', had allowed bush regenerators and aquatic weed specialists to remove such a significant amount of the wetland weeds.

Mr Munn said that the bush specialists had waded through the wetlands, sometimes up to their waists in water as well as using an amphibious vehicle to remove the weeds.

"They have significantly reduced the Coral tree and Ludwigia infestations that were overwhelming native vegetation," said Mr Munn. "In addition a further 35 tonnes of Giant Egyptian Papyrus reed that was blocking Mullet Creek was also removed," he said.

Mr Munn said that people walking along the wetland boardwalks would notice more open areas with the removal of the weeds. At 26 hectares, Warriewood Wetland is the largest sandplain freshwater wetland in the northern Sydney area.

The wetland is popular for birdwatchers and walkers, with a newly constructed track allowing residents to walk from Ingleside escarpment to the wetland, a distance of approximately 2km one way.

"The walk takes in a variety of plant species as you progress from the sandstone woodland of the escarpment down to the rainforest and then the wetland vegetation in the Warriewood Valley," Mr Munn said. "You are also likely to see a variety of bird life and even the occasional swamp wallaby!" added Mr Munn.

Michael Mannington's Volunteer Photography Public Gallery and more images in this week's Pictorial

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Above: Les McLeod

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A Night to Remember

By Neil Evers

A beautiful night and a crowd of just on 150 came to see an evening of dance and talks about Aboriginal Bush Tucker and just how North Head was before the arrival of the Europeans. Welcome to Country was done by Uncle Bob Waterer.

The meeting was opened by Neil Evers, thanking everybody for coming and mentioned that the Aboriginal Support Group had been going for more than 30 years supporting Aboriginal issues. He also thanked Dee Why RSL and Pittwater RSL for their continued Support.

Then the audience was silenced as the five young girls from the Biala Hostel (Allambie Heights) performed their dance routine to get the night started. The dancers not only looked magnificent but their routine was a pleasure to watch and by the loud applause from the audience it will be something they will *Remember*.

The talk by Jess Relton from "After Dark Nature Tours" not only explained his tour that gives you the unique opportunity to experience Australia's wonderful nocturnal wildlife at Shelly Beach and North Head, *A Night to Remember*, but how Aboriginal people are now staring up business with great success as in the past this was not accepted practice.

Laurie Bimson from "Guringai Aboriginal Tours" told us how their tours would be *A Day to Remember* on the Basin Track at West Head. He and Les will interpret the engravings at sites there and provide a BBQ of *Bush Tucker* for lunch. Then Les McLeod of "Guringai Aboriginal Tours" showed us the way Aboriginal people would have prepared the food before the Europeans and the multiple uses of plants.

Geoff Lambert, Vice President of the North Head Sanctuary Foundation spoke about how North Head had not been managed properly by fire since the 1800's and what it must have looked like back then. He encouraged people to come have a walk around North Head, have a look at its beauty and try to *Remember* how it must have been.

After the meeting Laurie and Les showed what to expect for lunch on the "Guringai Aboriginal Tour" by cooking up emu sausages and marinated Kangaroo meat and freshly made jonny cakes. The Bush Tucker was enjoyed by everybody. The crowd also enjoyed a cup of tea with some homemade Chocolate and Wattleseed biscuits and lots more.

The next Meeting will be held on **12th November 7.30pm** at Mona Vale Memorial Hall 1606 Pittwater Rd, Mona Vale. It will be a night with Julie Janson "Sharing Her Passion for Aboriginal People". Julie Janson is an artist, dramatist, teacher, historian, and longtime Northern Beaches resident. Meetings are Free, all are welcome and sponsored by the ASG-MWP.

Bob Waterer, Neil Evers, Laurie Bimson, and Jess Relton are all descendants of the Guringai Tribe. Les McLeod is from the Yuin Nation from the south coast of NSW.

Michael Mannington's Public Gallery

Laurie Bimson's Marinated Kangaroo Recipe

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Last year we were fortunate to bring you '*The Breakers at Beach Beyond 1901- 2011*' by Philippa Poole, grand-daughter of Ethel Turner and daughter of Adrian Curlewis, 'the father of Australian Surf Lifesaving'. This family, among the pioneers of everything that's great about Palm Beach, NSW, and their ongoing support and commitment to Surf Life Saving and the Palm Beach SLSC, also has a genuine appreciation of the beauties of this Pittwater stretch of sand and sea. As seen in the works of Jean Curlewis, Ethel's daughter, or witnessed in the way both Philippa and her brother, Ian, still enjoy the views, the salt wind and surf, their eyes alight as they recall past summers, what is vital in essential Pittwater has been recorded and kept via the stewardship of this family. This week, as we share the first stage, to shed, of Palm Beach Surf Life Saving Club, and where this sprang from, we'd also like to share their grandmother's tribute to the Palm Beach Rock Pool, a rectangle of briny Pittwater still cherished today.

PALM BEACH.

THE ROCK POOL.

God in a delicate mood parted these headlands,
Bade His unwearying waters fret Him a bay.
All the bright breakers sang at the chance to adore Him,
All the blue breakers rolled from His feet to obey.

Cream as the clouds curves the sand where the light foam races,
Green, all a-patterned with grey is the gown of the land,
The land stepping down, austere, from the hill-top places
The sky in her hair and her silver feet in the sand.

There is a pool by the cliffs that the waves wash over,
A clean-cut pool where a child may dive and play.
Low on the rocks it lies, like a sky-dropped mirror,
Never a light but it catches the live-long day.

For I have waked with the sun not over the headland,
All of the sea sun-grey, with one thrust of jade,
And in the heart of the pool, like a jewel lying,
One point of light from the cold green thrusting made.

Nearer the top of the hill, the slow sun struggles,
Primrose drifts on the sea with one purple stain,
And now in the pool's pale silver, is lying, lovely.
Violet, amethyst, amethyst, violet again.

Wild rose in the pool, white clouds and the sunset's rainbow,
A moon in the pool, a shy moon, bathing alone,
And, as I sleep, the stars sown in millions around me,
One shoots down and drowns in it like a stone.

God, in a delicate mood, parted these headlands,
God let the breakers fret Him this delicate bay,
Man made the pool, the clean-cut pool in the boulders,
God, in a delicate mood, glances its way.
ETHEL TURNER.

PALM BEACH. (**1926, February 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16265379

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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Arbutus Tree Week

More Kids Trailer, Gift Vouchers and Festival Day Celebrations
Arbutus Tree Week Celebrations Begin Soon

Arbutus Week Day 1 and Arbutus Week Day 2

A Night To Remember by Hart Dare

Arbutus Week Day 3 - Arbutus Week 2012 activities and fees as at 30/09/2012 - Arbutus Week Day 4 - Arbutus Week Day 5 - Arbutus Week Day 6 - Arbutus Week Day 7 - Arbutus Week Day 8 - Arbutus Week Day 9 - Arbutus Week Day 10 - Arbutus Week Day 11 - Arbutus Week Day

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Valerie Vickers

Valerie Vickers by Michale Mannington.

Since 1938 Model Aeroplane competitions have been held in Australia, the first at Richmond RAAF Base. The Australian National Championships are held each year and the State Associations take turns being the "host" state. One of the first ladies of this field, who is still very active in our community as current Chairwoman of the Narrabeen Ladies Probus Group, is Valerie Vickers.

Valerie is the Founder and Curator of the first officially recognized Model Aircraft Museum. Opened in 1993 by the Mayor of the City of Hawkesbury, Wendy Sledge accompanied by Group Captain Paul Rusmussen, Commanding Officer of RAAF, Richmond, this collection was passed on to the MAAA Inc.(Model Aeronautical Association of Australia) and displayed at Drages Air World, located at Wangaratta Victoria, and is now housed at the Bankstown Aviation Museum. For ten years, Valerie worked in a voluntary capacity at the Powerhouse Museum, taking groups around as well as looking after her education program; "*Education has been an important part of my involvement with the sport in promoting aeromodelling through Schools, Air League and Scout Groups.*" Her booklet "*Basics of Aerodynamics through Model Flying*" is still a reference work utilised by many.

Valerie's dedication to this sport spans decades and includes being Chairman of the Sport Recognition Committee whose objectives were to have Model Aviation officially recognized as a sport in Australia. Her presentation to the Sports Commission resulted in this being achieved. In 2009 Val was awarded the Federation Aeronautique Internationale (FAI) Sports Medal, for "***Outstanding services in the connection with air sports activities for Promoting aviation in general especially with regard to young people.***" Valerie is the 366th person in the World and 20th person in Australia to receive one. The Fédération Aéronautique Internationale (FAI) founded on October 14th, 1905, is the world governing body for air sports, aeronautics and astronautics world records.

Pittwater and Australia itself is enriched by all the people who do for others without expecting anything, remunerative or otherwise, in return. Worth is not always about the monetary value of anything. Worth, in its first instance, is more about altruistic tendencies in the human soul to share insights and knowledge of the road travelled to here.

Where were you born and what was this area like to grow up in?

I was born in Adelaide 17th June 1936. This was during hard times following the depression and living through the war years. Adelaide was a small town and Family life was very important.

What were your main interests while growing up and how did these lead you in your career choices?

My main interests growing up were Tennis, Basketball, Brownies, Girl Guides, Sea Ranges, until I commenced work. I was always interested in art, understood perspective drawing from a very young age. When I was 12 years old my school forwarded one of my landscapes to a competition in London where I was awarded an honour certificate. My desire to do art work lead me to drafting, and my Cartography career (the study and practice of making maps). I enjoyed learning new ideas particularly through the Brownies and Girl Guides and learning to be tolerant and listen and lead others.

Valerie Vickers (nee Norton) taken at Adelaide, 5th of August, 1946, aged 10.

What attracted you to the Sport of Model Aviation?

My Husband Steve has been in model aviation since he was a young boy and having an interest together was enjoyable. Sport Aviation then became extremely important to me.

You are an instructor with the Model Aeronautical Association of Australia, what does this mean and involve?

I became the first woman to become an instructor in Model Aviation. This meant I passed or my levels of flying including a theory test and was able to teach others how to fly safely within the rules and regulations of aviation. A great start for those that wished to go onto full size flyers in our commercial world.

As Chairman Sport Recognition Committee, whose objectives were to have Model Aviation officially recognized as a sport, your presentation to the Sports Commission resulted in this being achieved; what did this involve, how long did it take and how did it feel to successfully achieve this?

The Model Aeronautical Association of Australia (MAAA) needed to be recognized as a sport for our team members of various disciplines to be able to enter the World Championship under the Australian Air Sports Flag which controls all air sports. This means that our Association would not come under recreation and could apply for sport funding at the time if available. I was asked to represent MAAA as Chairman of sport recognition and meet with the representatives of sports commission in Canberra. To prove that the Association is a sport, there was plenty of correspondence to the Sports Commission over 12 months. I was delighted when I finally received a fax from the sports Commission to say that the MAAA is recognized as a sport and would be placed on the Air sports Calendar

Portrait of Valerie printed in *'Pioneers of Model Aviation in Australia'* published 1993.

What is an aero modelling airshow?

An Aeromodelling show is a Public display, and at times we integrated with the Royal Australian Air Force during their Air shows in front of 50,000 people.

The first officially recognized Model Aircraft Museum, what did this involve and how long did it take?

I was the Founder and curator of the first officially recognized Model Aircraft Museum. This involved an unbelievable amount of work, especially not knowing if the end would be successful. I invited and appointed two other Association Members to assist, as they had experience in special displays and Creative in artwork. I decided to show it as history under the titles of Early Years, Golden Era, Now, and future. This included early years of electronics, radio control, model engines, through to the Modern times. From the day I made the decision to create the Museum it took 12 months.

You have been recognised for your contribution to air sports activities in being awarded a Federation Aeronautique Internationale (FAI) Sports Medal, the 20th person in Australia to have recieved one. How did this feel?

I was shocked, proud and speechless, as I have always dedicated myself to what I think would help others and not for my recognition.

You are also a member of the Narrabeen Ladies Probus Club; what does this group do socially and as a community group?

Narrabeen Ladies Probus Club meets in the Pittwater RSL each month where the ladies enjoy fellowship and friendship. This September the Club will be celebrating 22 years since its inception.

A guest speaker is invited to our general meetings where we have an interesting talk; this is followed by question time.

Community Work – Our activities group make special gowns for the very premature babies that are born at the North Shore Hospital.

Socially: The ladies enjoy luncheons and invite their partners to join in if they wish.

Probus gives all members a chance to meet others and to build a network of friends.

What is your favourite place in Pittwater and why?

Bayview is my favorite place in Pittwater. It is away from the hustle and bustles of city life, has a country feel, fresh air and the enjoyment of the sea breezes.

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

To appreciate life and to understand and help others where needed.

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View of Bayview from Loquat Valley hill top. Pic by A.J Guesdon.

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THE LATE LIEUT.-COL. DOUGLAS MARKS.

BRAVE OFFICER DROWNED. DOUBLE FATALITY.AT PALM BEACH.

In a brave but unsuccessful attempt to save a young woman who had been carried out by the undertow at Palm Beach yesterday afternoon Lieutenant-Colonel Douglas G. Marks, who served with distinction in the war, lost his life. Miss Johanna Mary Rogers, aged 32 years, whom he attempted to rescue, was also drowned.

THE LATE LIEUT-COL DOUGLAS MARKS

Miss Rogers, who resided at Catherine-street, Leichhardt, was surfing with several friends, when a strong current carried her out. Lieut.-Colonel Marks was on the beach at the time with another picnic party. He was fully dressed, but without attempting to divest himself of more than his coat he plunged into the water, carrying out with him a length of rope. After he had swum out some distance this broke, and he also was carried out by the undertow, and was seen to sink.

Later in the afternoon the body of Miss Rogers was recovered, but up till a late hour the body of Colonel Marks had not been found.

Lieutenant-Colonel Marks was 24 years of age, and resided with his parents, Mr. and Mrs. Montague Marks, at Lindsay-street, Neutral Bay. During the war he was awarded the Order of the White Eagle of Service. He served with the 13th Battalion, A.I.F., on Gallipoli, where he was present at the original landing, and later he went to France. He was manager of the Continental Paper Bag Company.

BRAVE OFFICER DROWNED. (**1920, January 26**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article15865249

The First Shed: Lef; Merle Loxton, Lauire Gallagher, Tim Gonsalves and Sydney Gonsalves. H.R. Ayres and Midge Gonsalves. Right; Adrian Curlewis, Len Palmer, M Ormsby.

The second shed in Hordern reserve.

Images courtesy the Curlewis Family.

Palm Beach Surf Life Saving Club Part I - The Sheds

On the 25th of January, 1920 a young man who had in 1918 while 22 become the youngest Lieutenant-Colonel serving with the Australian Imperial Force, awarded the DSO, Military Cross, the White Eagle of Servia and the Croix de Guerre, drowned while trying to save the life of a woman at Palm Beach. The fatality sent a shock through the small community who would reside at this long stretch of sand each Summer, distressing both young and old and caused permanent residents and seasonal residents, all members of the Palm Beach Progress Association, to seek a paid lifesaver for the following season.

Austin Dellit, an Eastern suburbs resident who camped with friends at Collaroy from 1909 on, and was among the founding members of the Collaroy Surf and Life Saving Club, formed 1911. Mr Delitt became Collaroy's first Beach Inspector in 1914. He was also friends with Jean and Adrian Curlewis, names synonymous with Palm Beach and when approached to take on this position accepted to become Palm Beach's first official lifesaver for the 1921-22 season.

Next Summer the North Steyne club visited to provide a demonstration and instruction in current life saving techniques at the season's opening. The Surf Life Saving Association, striving to have beaches in the then Warringah Shire protected, provided and promoted such demonstrations on beaches that were without any form of a Surf Life Saving Club.

Shortly after the visit Len Palmer, a member of the Manly Club and frequent visitor to Palm Beach, discussed with the young men who would camp in the Reserve at the south end of the beach that they could support the new lifeguard as volunteers and form their own volunteer surf life saving club. A subsequent meeting at E.P.M. Sheedy's Palm Beach home on November 26th 1921, attended by permanent residents and summer permanents, proposed, and seconded by Arthur Goddard, the formation of a group of volunteer lifesavers and a Club to be named the 'Palm Beach Surf Life Saving Club'.

Those present at this meeting are the stuff of Pittwater legends and pioneer families; C. Larsen, Walter Rayner, J. Gonslaves, Arthur Goddard, L. Gallagher, Len Palmer, Roy Ellis, H.A. Wilshire, A. Milton, Geoffrey Oatley, Keith Oatley and Austin Dellit. Adrian Curlewis, who had witnessed the drowning the year before and was determined to see change, was a member of the Committee from its outset.

Influential and prominent members of Sydney society and Palm Beach permanent residents at this time were invited and accepted Vice-Presidency of this new club; A.I. Hordern, Thomas Peters, W.Goddard, Dr H.H. Bullmore, Judge Clive Curlweis, William Chorley. W.J. Barnes and R.B. Orchard.

The club badge, which no member could wear on his costume until he had passed his Bronze Medallion, featured a Cabbage Tree Palm on a circular backdrop. The Club's green and black colours stem from those of the First Battalion, AIF and were proposed by Great War veteran J.F. Mant.

Members trained hard this first season with 23 weekenders and permanent residents gaining their Bronze Medallion. They improvised for equipment; their first reel, secured permanently on the beach, homemade, with a ferry cork belt was supplemented in the southern corner a box line fixed to a post had to suffice.

The first Club House, a shed, was built beside the Peter's residence on land still owned, at that time, by the Barrenjoey Land Company. This too was made by members and afforded them a place to change and a place to stow club equipment. It was built to store the club's first surf boat. Unfortunately the first surf boats were too heavy to be carried too far (they required 12 men to lift and move them) while the southern end of the Palm Beach, with its natural run out, was the best place to launch this craft from. It seemed sensible to leave the boat in the southern corner.

Warringah Council were approached with a request to build a second 'shed' for the boat on council land at the southern end. In the 1922-23 season, permission granted, the original shed was moved to Hordern Reserve and Dellit, reengaged for his second season, with these original members, carried out extensions and alterations. It was still a shed when completed but now had a verandah. In 1925 a shower room and fence around the clubhouse were added.

Club members were increasing rapidly too, much of this due to Adrian Curlewis' championing of the club and Palm Beach itself to fellow students at the University of Sydney's Law School and its residential colleges. Visitors and residents were kept safe, some rescued during these first seasons.

Palm Beach was still a fair way from the rest of Sydney then though and after these first seasons, and the proven necessity for full-time lifeguards during Summer, supported by squads of volunteers, membership fell away and Dellit, after four seasons as Palm Beach's Lifeguard, and Instructor for new members, did not take up a fith season. Three years, and three different lifesavers later, Captian of the Club, Adrian Curlewis, in examining the problem, knew the Club and Palm Beach residents had to provide better accommodation for the full-time lifeguard then that already in place in the ramshackle shed. He approached Warringah Council to build further extensions which would provide a modicum of privacy for the resident lifesaver during the season.

A.J. Hordern, whose Summer residence was beside the Reserve named after him, had, according to some residents, a growing dislike of this modified second 'ramshackle' shed, especially the way it interfered with the view from his balcony. He offered to finance the building of a new clubhouse as long as it was on a site other then where it was at present. He would then spend one hundred pounds on improving this park.

The humble sheds, and all they represented in donated materials and members labour, were finished by December 1929 when, after years of squabbling between club members and manipulators within the community and Warringah Council itself, a new clubhouse, further up the beach was opened.

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R&R squad competing in the first Surf Carnival to be held at Palm Beach on 1/1/1923, photo by Leon Cayley.

Pittwater Online News

September 14 - 21, 2012: Issue 76

Coping skills 'important' for the young

Children should be taught coping skills the same way they are taught to hold a pen or ride a bike, say experts from Melbourne University. Dr Lea Waters, a lecturer in the University's Early Learning Centre Janice Steele and educational psychologist Erica Frydenberg, have released a 'how to' guide to teaching coping skills to young children. The book, *Everyday Coping Skills in the Early Years*, draws on 20 years of research and is aimed at helping children aged 3 to 8 develop important coping skills.

Associate Professor Frydenberg says it is increasingly important children are taught how to cope with everyday stresses such as saying goodbye to a parent, being scared of the dark or feeling left out of a group of friends. "Learning coping skills at an early age means children can be equipped for optimal growth and development," Professor Frydenberg says. "Coping is an investment in thriven communities, where depression and other mental health issues are being experienced in epidemic proportions."

The authors' suggestions to help children develop coping skills include:

- Asking children to draw a difficult situation, like being left out of a group of friends, and then to discuss their feelings in groups.
- Using dance for children to interpret their feelings and moods, by matching body movements to coping images. For example, being left out of a group of friends could be interpreted by sulking and sneering, and coping can be matched with stopping, worrying, sliding and leaping.

Investigative tasks are specifically designed for their own or organised care, so early childhood teachers have a particularly important role to play in teaching coping skills to children. "Those children that need additional social and emotional support can be identified through the tasks, and then be referred to further supported to prevent the these children," she says.

Research conducted by the authors also found that a substantial proportion of young children do not feel comfortable talking to staff and teacher and peer issues, in a productive manner. 'Developing a positive orientation, where a child is able to discuss issues with rather than on children, can help children develop skills they can take with them throughout their lives," Frydenberg concludes.

Developing Everyday Coping Skills in the Early Years. Practical Strategies for Supporting Social and Emotional Development by Erica Frydenberg, Janice Steele and Lea Waters is published September 2012 by Allen & Unwin.

This book will help develop coping skills through fun and engaging hand-based activities. The strategies suggested build on children's existing knowledge and skills to enhance their confidence to cope.

"Improving all children's emotional health and creativity, 'developing resilience, particularly in the light of current issues in our world today, from preschool to school, "increasing children's capacity to cooperate, succeed and work with others.

The authors also explain how to identify children at risk, particularly those experiencing anxiety, and how to assess social and emotional development so that parents and practitioners can intervene early. The book also provides practical advice on how to work with children's parents, suggests points of children groups and how to adapt the tone of activities to build coping and self-esteem through creative play and imagination.

The beach is the backdrop for our fun and creative school holiday program for children aged 5-10 years. Activities for boys and girls and mixed new ones. Each self contained day is packed with fun and activities, all for the price of $65.

The Beach Buddy School Holiday Programs helps ease funds for staff out of the club find new members for its Nipper programs. If you would like to know more, please call us on (02) 99777106 or email info@beachbuddy.com.au

Sheet 1 Next Sheet

Little Aashy: Goofy Goofy Gander (1960)

Little Aashy, in the schoolroom, is sent to the corner stool to contemplate his sins. Little Aashy is a goofy gander and he has that vile gotta a tour of Mother Goose Land by Mother Goose herself. Comic book criminals streak into Mother Goose Land and attempt to steal the goose who lays golden eggs. Little Aashy is called to their rescue when he: Animation by G. Germanetti and Steve Muffatti. Based on T.S. Allen, scenes by Arden Lieb, music by Winston Sharples.

Word of the Week

text: The original words of something written or printed, as opposed to a paraphrase, translation, revision, or condensation. The words of a book, especially the main body of the book, as distinguished from notes, illustrations, and appendixes. The subject of a discourse or cited for support or argument.To communicate by text message as a mobile phone. Words, as it is distinct from the music in a song or composition. Words treated as data by a computer. The body of a book, as distinguished from the front matter, footnotes, etc. A page of text from front matter to back matter.

Origin of the word: Middle English taste, from Old French, from Latin textus, tissue, written account, from texere, to weave, construct, both of a passage, from past participle of texere, to weave, fabricate.

Star Tests - 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.mygalaxy.co.uk

SPRING HOLIDAY FUN IN PITTWATER

There are a plenty of activities for children aged 6 to 12 years during the September school holidays. The Coastal Environment Centre's **Bush Tucker Day** will be held on **Tuesday 25 September from 10am to 12 year olds from Monday 24 September to Friday 5 October** (excluding Monday 1 October). There include *Wasteland Up 1 & 2*, *Bush Tucker*, *Creek Critters* and *Rockpool Rangers*. Costs are $20 - $30. All favourites are back including *Reptile Romp*, *Rock Platform Investigations* and *Coastal Tracks*.

Two-hour sessions run from 10am to 12pm and 1pm to 3pm. The cost is $20 per session. Bookings are essential and can be made by calling 9970 1100 or you can click for standard activities which includes supervision between sessions (BYO lunch). Book online at www.pittwater.nsw.gov.au/activity

Mona Vale Library has a free Kids Cooking Workshop on Thursday 20 September for children aged 6 to 11. There are two two-hour sessions at 10am and 2pm. The workshop will show children how to make a delicious lunch. Bookings are essential and can be made on a free call to Mona Vale Library on 1800 466 269.

The library is also running **Guinea Galore** workshops for children aged 4 - 10 on **Tuesday 25 and Wednesday 26 September from 10am to 1pm**. Young children will get to play puzzles, board games and learn interesting facts. Bookings are essential but younger children must be supervised. To find out more about visit www.pittnet.nsw.gov.au

Wheels at Winn Bay

Pittwater Council will celebrate Bike Week 2012 at Winnerremy Bay Reserve Mona Vale with a host of activities for recreational riders and families on **Sunday 23 September from 10am to 1pm**. The Bike Week event coincides with the 11th anniversary of the Sydney Bike Expo. Bike Week 2012 will also commemorate the birth of the Manly Warringah Cycling Club, completing an historic bike ride from Manly to Bayview and back to Manly.

Pittwater Council's General Manager Mr Mark Ferguson said the Bike Week event would include Centre Manager Mr Mark Ferguson said the Bike Week event would include Centre manager Mr Mark Ferguson said the Bike Week event would include Centre manager Mr Mark Ferguson said the Bike Week event would include Centre

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A Few Giggles for you

An old woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."

Reporter: "So you are 100 years old. How did you manage to live so long?" Old man: "Well, son, I got married when I was 21. The wife and I decided that if we had arguments, the loser would take a long walk to get over being mad. I suppose I have been benefited most by 79 years of fresh air."

DEMENTIA AWARENESS WEEK 2012

This year Dementia Awareness Week will run from **September 21 to 28** and will feature Dr Serge Gauthier giving a series of public lectures in major capital cities across Australia. Local activities and events will also be announced throughout the year, for more information on how you can get involved contact your local Alzheimer's Australia Office. Alzheimer's Australia NSW is the peak body for people with dementia and their families and carers. It provides advocacy, support services, education and information. **National Dementia Helpline 1800 100 500**

Theme: Brain Health – Making the Connections

Activities: World Alzheimer's Day on 21 September. International speaker tour with Dr Serge Gauthier. AA state & territory organisations hold a series of national and local activities. For more information on how you can get involved contact your local AA Office.

Dr Gauthier will do a national tour to discuss:

The possible causes of dementia and the prospects of new treatments. The links between dementia and other chronic diseases, and their management. The potential to include dementia in existing health prevention programs. The evidence base for reducing the risk of dementia. Slowing the progression of the disease and reducing prevalence of dementia.

Tour dates: **17th September (Monday) Sydney**

Event type Seminar

Suitable for All Alz employees, Care Workers, Family and Carers, General Public, Health Professionals, People with dementia. **Members FREE Non-Members FREE**. Register for this event: www.fightdementia.org.au/whats-on/dementia-awareness-week-2012.aspx

Dr Serge Gauthier MD FRCPC will be speaking on possible causes of dementia and prospects of new treatment at a public seminar at **NSW Parliament House in Sydney on Monday 17 September as part of a national seminar series for Alzheimer's Australia.**

Professor Serge Gauthier is the Director of the Alzheimer's Disease Research Unit completed Medical studies at the Université de Montréal and specialty training in Neurology at McGill University, followed by a Medical Research Council of Canada Fellowship in Neurochemistry at Professor Ted Sourkes' laboratory. He is a Professor, Departments of Neurology & Neurosurgery, Psychiatry, Medicine; Associate Member School of Physical & Occupational Therapy, Department of Pharmacology & Therapeutics, McGill University.

For more information or to register, contact Alzheimer's Australia NSW on 02 9805 0100 or email.

DEMENTIA AWARENESS WEEK (DAW) IS THE NATIONAL CENTREPIECE FOR ALZHEIMER'S AUSTRALIA (AA) COMMUNITY AWARENESS ACTIVITIES EACH YEAR.

ABOUT DEMENTIA

The information in this section defines dementia, describes the symptoms and causes of dementia and explains the difference between normal memory problems and dementia.

Interventions can prevent falls for over-65s, says international research - 12 September 2012, from University of Sydney

A large-scale international review involving University of Sydney researchers has shed light on falls in older people, revealing some interventions can effectively prevent falls in people over 65 and living in their own homes. The review, published in the *Cochrane Database of Systematic Reviews*, included 159 trials involving more than 79,000 participants from Australia, the UK and New Zealand and was co-authored by the University of Sydney's Professor Lindy Clemson, Faculty of Health Sciences and Associate Professor Cathie Sherrington, George Institute for Global Health.

The research was led by the University of Otago in New Zealand, and also involved researchers from the University of Hull and the University of Warwick in the UK.

"Falls have debilitating and isolating social consequences for older people, not to mention the increasing economic cost they present in our ageing population," says Professor Clemson.

"Our review found a number of interventions can prevent older people from falling, with solutions as simple as wearing an anti-slip shoe device in icy conditions and as complex as surgical and drug treatments. We found multiple-component exercises for groups or individuals significantly reduced the risk of falls."

In fact, three trials in the review found that interventions could save more money than they cost. **Falls affect approximately 30 percent of people over 65 living in the community.** Around one in five falls requires medical attention, and one in ten results in a fracture.

"Falls can start a downward spiral of immobility, reduced confidence, and incapacity leading to institutionalisation, so it's really important we tackle the issue to prevent as many falls as possible," says Professor Clemson, who developed a program for falls prevention published in the British Medical Journal last month.

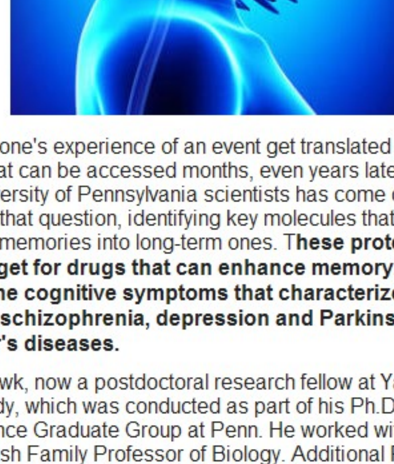
The Cochrane review found **performing safety modifications and behaviour changes in the home to be particularly effective in falls reduction**, especially for people with severe visual impairments and when the assessment was carried out by a qualified occupational therapist.

Some forms of medication changes and surgery also reduced falling, with people fitted for pacemakers for particular heart rate disorders (carotid sinus hypersensitivity) falling less often than those without the pacemakers. Women receiving cataract surgery on the first eye also had a reduced rate of falling, although removing the cataract from the second eye had no further effect.

According to the review, older people may be at an increased risk of falling while adjusting to new glasses or major changes in prescriptions. However, the risk reduced when people wearing multifocal glasses who took part in activities outside the home swapped their multifocals for two separate pairs of glasses for distance and close vision tasks.

From; http://sydney.edu.au/news/84.html?newsstoryid=10047

Key Molecules Involved in Forming Long-Term Memories Discovered



How does one's experience of an event get translated into a memory that can be accessed months, even years later? A team led by University of Pennsylvania scientists has come closer to answering that question, identifying key molecules that help convert short-term memories into long-term ones. **These proteins may offer a target for drugs that can enhance memory, alleviating some of the cognitive symptoms that characterize conditions including schizophrenia, depression and Parkinson's and Alzheimer's diseases.**

Joshua Hawk, now a postdoctoral research fellow at Yale University, led the study, which was conducted as part of his Ph.D. work in the Neuroscience Graduate Group at Penn. He worked with Ted Abel, Penn's Brush Family Professor of Biology. Additional Penn team members were Shane Poplawski, Morgan Bridi, Allison Rao, Michael Sulewski and Brian Kroener. The Penn researchers collaborated with Angie Bookout and David Manglesdorf of the Howard Hughes Medical Institute and the University of Texas Southwestern Medical Center.

"There are many drugs available to treat some of the symptoms of diseases like schizophrenia," Abel said, "but they don't treat the cognitive deficits that patients have, which can include difficulties with memory. **This study looks for more specific targets to treat deficits in cognition**."

Published in the *Journal of Clinical Investigation*, the study focused on a group of proteins called nuclear receptors, which have been implicated in the regulation of a variety of biological functions, including memory formation.

Nuclear receptors are a kind of transcription factor, proteins that can bind to DNA and regulate the activity of other genes. Their regulatory role may be significant in memory formation, as gene transcription is required to turn short-term memories into long-lasting ones by strengthening neuronal synapses in the brain.

To identify how this class of transcription factors figures in memory formation, the research team trained mice using a common method to create memories of a place and event, in which animals learn to associate a particular context or a certain tone with a specific experience. Associations with a place or context are believed to be encoded in the hippocampus, while memories associated with a cue such as a tone are believed to be encoded in the amygdala.

In the 24 hours after exposing mice to the initial training, the researchers examined expression patterns of all 49 nuclear receptor genes. They found 13 that increased in expression in the hippocampus in the first two hours after training. Included in this group were all three members of a class of nuclear receptors called Nr4a. Nr4a genes had previously been found to increase in expression upon use of a memory-enhancing class of drugs called histone deacetylase inhibitors, or HDAC inhibitors.

The scientists next created a transgenic mouse in which they could selectively block the activity of the three Nr4a genes.

"Having the transgenic mouse is very useful," Hawk said. "We can manipulate it so that the Nr4a genes will only function in certain brain regions and then see how the mouse's memory-forming ability is affected."

When the researchers exposed the mice to the training context a second time, they found that the transgenic mice had reduced memory of the location where the training took place -- memories that are located in the hippocampus -- compared to normal mice. In contrast, the mutant mice's amygdala-associated memories of a cue -- the tone played during training -- remained intact.

"The mice had impairment for contextual memory, which means something in the hippocampus is affected," Abel said. "That is the type of memory that goes away in Alzheimer's and schizophrenia."

The research team also showed that the mutant mice's short-term memory was not impaired. When trained in short-term memory tasks, their performance ranked similarly to their normal siblings.

In addition, the scientists confirmed that Nr4a genes play a role in long-term memory storage by injecting the Nr4a-deficient mice with HDAC inhibitors, which have been shown to enhance memory in normal mice. The treatment did not enhance the memory-forming ability of the mutant mice, suggesting that the drug acts upon the Nr4a genes to boost long-term-memory storage.

Finally, the researchers screened mice for molecules that act "downstream" of Nr4a and could be part of the signaling cascade by which those nuclear receptors help create long-term memories. They found two genes, Fosl2 and Bdnf1, that appeared to be downstream targets of Nr4a genes and also increased in expression following treatment with an HDAC inhibitor.

"Finding these targets is promising in terms of new drug development," Abel said. "Most drugs for schizophrenia, depression and some other neurological disorders now target neurotransmitter systems and can have affects on many systems. In this case, we would change gene expression much more specifically."

"The more selective we can get for the pathway that's enhancing memory," Hawk said, "the more likely we can find effective drugs."

The study was supported by the National Institutes of Health, the Howard Hughes Medical Institute, the Robert A. Welch Foundation and the University of Pennsylvania.

Joshua D. Hawk, Angie L. Bookout, Shane G. Poplawski, Morgan Bridi, Allison J. Rao, Michael E. Sulewski, Brian T. Kroener, David J. Manglesdorf, Ted Abel. *NR4A nuclear receptors support memory enhancement by histone deacetylase inhibitors*. Journal of Clinical Investigation, 2012; DOI: 10.1172/JCI64145 Image Credit: © pixologic / Fotolia

Gene Linking Cataracts and Alzheimer's Disease Identified

In a recent study, investigators at Boston University Schools of Medicine (BUSM) and Public Health (BUSPH) identified a gene linking age-related cataracts and Alzheimer's disease. The findings, published online in PLoS ONE, contribute to the growing body of evidence showing that these two diseases, both associated with increasing age, may share common etiologic factors.

Using the Framingham Offspring Eye Study cohort, investigators looked at brain MRI findings on or after 10 years from the original eye exam and concluded that there was a significant correlation between a quantitative measure of cortical cataract and several Alzheimer's disease-related measures of brain degeneration, in particular volume of the temporal horn which is a brain structure that is progressively enlarged in patients with Alzheimer's disease. Another strong correlation in these same individuals, between cortical cataract formation and poorer performance on several cognitive tests administered at the time of the MRI scan, further supports this link.

With such a link not confounded by age or sex, the investigators then performed a genome-wide association study looking at nearly 190,000 single-nucleotide polymorphisms (SNPs), or DNA sequence variations. Three intronic (non-coding) SNPs in the gene encoding δ-catenin came to the fore. This protein is a key component in cell adherence and formation of cell junctional structures. Previously, δ-catenin was also implicated in brain and eye development, but not directly in either cataracts or Alzheimer's disease. To establish a more direct link of δ-catenin to Alzheimer's disease, the researchers transfected into neuronal cells δ-catenin bearing a mutation near the location of the top-associated SNPs and observed a significant and specific increase in the toxic form of amyloid β, the protein that aggregates in Alzheimer brains and thought to be central to development of the disorder. In addition, the researchers found increased deposits of δ-catenin in lens tissue obtained from autopsy-confirmed Alzheimer's cases but not from subjects lacking Alzheimer's-associated neuropathology.

"Though much work remains to be done, a link between cataracts and Alzheimer's disease supports the idea of a systemic rather than brain-limited focus for processes leading to Alzheimer's disease," said Farrer. "This study gives hope that we are moving toward earlier diagnosis and new treatment targets for this debilitating disease."

Gyungah Jun, Juliet A. Moncaster, Carolina Koutras, Sudha Seshadri, Jacqueline Buros, Ann C. McKee, Georges Levesque, Philip A. Wolf, Peter St. George-Hyslop, Lee E. Goldstein, Lindsay A. Farrer. δ-Catenin Is Genetically and Biologically Associated with Cortical Cataract and Future Alzheimer-Related Structural and Functional Brain Changes. PLoS ONE, 2012; 7 (9): e43728 DOI:10.1371/journal.pone.0043728

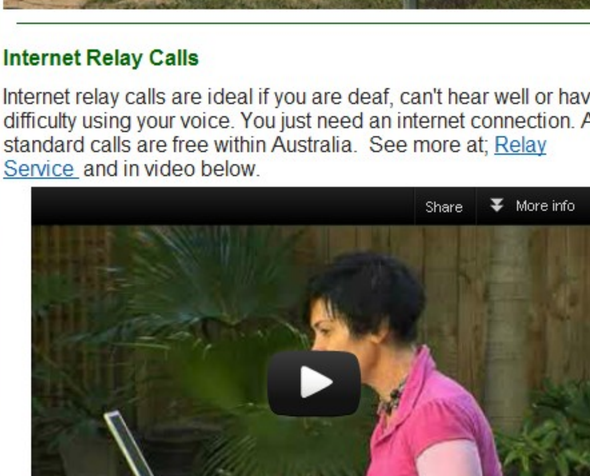
Keep your Wits About You

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

The Senior Newspaper Online

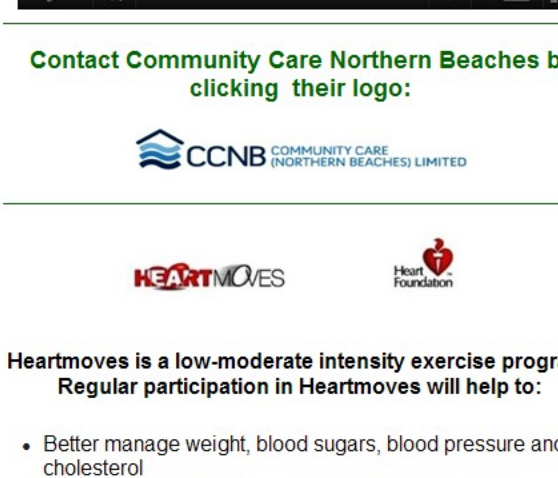
Click on logo:

Australian Senior PUBLICATIONS



Internet Relay Calls

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



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

Scientists Discover How the Brain Ages

Researchers at Newcastle University (UK) have revealed the mechanism by which neurons, the nerve cells in the brain and other parts of the body, age. The research, published September 12 in *Aging Cell*, opens up new avenues of understanding for conditions where the aging of neurons are known to be responsible, such as dementia and Parkinson's disease.

The aging process has its roots deep within the cells and molecules that make up our bodies. Experts have previously identified the molecular pathway that react to cell damage and stems the cell's ability to divide, known as cell senescence.

However, in cells that do not have this ability to divide, such as neurons in the brain and elsewhere, little was understood of the aging process. Now a team of scientists at Newcastle University, led by Professor Thomas von Zglinicki have shown that these cells follow the same pathway.

This challenges previous assumptions on cell senescence and opens new areas to explore in terms of treatments for conditions such as dementia, motor neuron disease or age-related hearing loss.

Newcastle University's Professor Thomas von Zglinicki who led the research said: "We want to continue our work looking at the pathways in human brains as this study provides us with a new concept as to how damage can spread from the first affected area to the whole brain."

Working with the University's special colony of aged mice, the scientists have discovered that aging in neurons follows exactly the same rules as in senescing fibroblasts, the cells which divide in the skin to repair wounds.

DNA damage responses essentially re-program senescent fibroblasts to produce and secrete a host of dangerous substances including oxygen free radicals or reactive oxygen species (ROS) and pro-inflammatory signalling molecules. This makes senescent cells the 'rotten apple in a basket' that can damage and spoil the intact cells in their neighbourhood. However, so far it was always thought that aging in cells that can't divide -- post-mitotic, non-proliferating cells -- like neurons would follow a completely different pathway.

Now, this research explains that in fact aging in neurons follows exactly the same rules as in senescing fibroblasts.

Professor von Zglinicki, professor of Cellular Gerontology at Newcastle University said: "We will now need to find out whether the same mechanisms we detected in mouse brains are also associated with brain aging and cognitive loss in humans. We might have opened up a short-cut towards understanding brain aging, should that be the case."

Dr Diana Jurk, who did most of this work during her PhD in the von Zglinicki group, said: "It was absolutely fascinating to see how aging processes that we always thought of as completely separate turned out to be identical. Suddenly so much disparate knowledge came together and made sense."

The research contributes to the Newcastle Initiative on Changing Age, the University's response to the societal challenge of aging, seeking new ways to make the most of the extensive opportunities associated with increasing human longevity.

The team want to further study the mechanism using the unique resource of the Newcastle Brain Bank.

Diana Jurk, Chunfang Wang, Satomi Miwa, Mandy Maddick, Viktor Korolchuk, Avgi Tsolou, Efstathios S. Gonos, Christopher Thrasivoulou, M. Jill Saffrey, Kerry Cameron, Thomas von Zglinicki. *Postmitotic neurons develop a p21-dependent senescence-like phenotype driven by a DNA damage response*. Aging Cell, 2012; DOI: 10.1111/j.1474-9726.2012.00870.x

Institute for Ageing and Health, Newcastle University, Newcastle upon Tyne, UK Dept of Life Sciences, The Open University, Milton Keynes, UK National Hellenic Research Foundation, Institute of Biological Research and Biotechnology, Athens, Greece Dept. of Anatomy and Developmental Biology, University College London, London, UK.

Home modifications promote independent living - 10 September 2012, NSW Government Media Release

NSW Minister for Disability Services, Andrew Constance, today officially opened the inaugural Home Modification National Conference at the Sydney Convention Centre.

"Home modifications are an essential service which promotes independent living and subsequently keeps a person living in their community for as long as possible," said Mr Constance. "From small simple interventions such as installing grab rails and non-slip flooring to larger structural changes like putting in ramps and making bathroom and kitchen modifications these can make a huge difference to a person's quality of life."

Hundreds of service providers, builders, occupational therapists, policy makers, academics and other stakeholders around Australia have gathered in Sydney to discuss issues and share the latest developments in home modifications. In 2011/2012 the Home and Community Care (HACC) program funded $19.8 million to these services in NSW.

"The investments increased by $2.3 million from the previous financial year because of the significant benefits the modifications have on the quality of life for people with a disability and older members of the community," said the Minister. "Over 15,900 people received a service and the majority were for minor modifications which were provided to older people."

The Minister congratulated participants on this inaugural conference, providing an invaluable forum to understand and maximise the opportunities of current reforms in disability. The conference will explore emerging reforms and trends within the Community Care and Disability sectors and start conversation on a national level.

For more information visit the Home and Community Care web page. Media Release from: HERE

Life goes on, and it's time we prepared for living into our 90s By Susan Ryan. First published in *The Sydney Morning Herald*. 12 September 2012

Age Discrimination Commissioner Susan Ryan: ***"So many rules and attitudes in public policy and commercial practice seem to contain the notion that 65 is the cut-off point for most things. The fact is, those 90s are rushing towards us."***

A recent report from the Australian Institute of Actuaries suggested it was plausible that the life expectancy of young people living today could exceed 120 years. And not only are we living longer, we are living in better health. At age 65, females can now expect to live another 21.8 years, including 16.1 years without a severe or profound core activity limitation. For men, the figures are 18.7 years and 15.2 years.

According to Ian Hickie, executive director of the University of Sydney's Brain and Mind Research Institute: "Today's physically active 70-year-olds who don't smoke have scans showing brains that look 10 to 15 years younger than those of their parents' generation at the same age - more of whom were smokers."

In 1909, when the age pension was introduced in Australia, 96 percent of people died before they reached pension age. Now 75 percent of men and close to 85 percent of women reach the age of 65, and the average life expectancy today is 84 for women and nearly 80 for men, and it is increasing every year.

Instead of the 4 percent of the population being age pensioners in 1909, 11 percent of the entire population draw full or part pensions and will continue to do so for a long time - 20 or 30 years. On average, we denizens of the 21st century, compared with our grandparents, have another 30 years, what I am calling an extra life to lead.

These demographic changes are well documented, much reported and should be widely recognised in public policy, employment practices and community values. Strangely, they are not. Right now in Australia we waste the human capital represented by older workers.

I recently commissioned Deloitte Access Economics to measure what we would gain, what the impact would be on the national economy, if we could increase the workforce participation rate of the over-55s.

The figures are astounding. With just a 3 percent increase in participation by this group, we should see a $33 billion annual boost to the national economy. With a 5 percent increase in participation, we would see a $48 billion boost. To place numbers on these dollar figures, a 5 percent increase would mean about an extra 750,000 over-55s in paid work instead of living on benefits.

So many rules and attitudes in public policy and commercial practice seem to contain the notion that 65 is the cut-off point for most things. The fact is, those 90s are rushing towards us.

But our whole physical environment seems to have been constructed in denial of this inconvenient truth. Streets, signage, access to buildings, shopping centre design, lighting, public transport are all constructed on the assumption that users are, without exception, between 20 and 40 years old, in peak physical condition, have perfect night vision and 100 percent hearing.

Users of all ages are exposed to injury when footpaths, kerbs and roads are strewn with hazards: gaps, holes, cracks and bumps. These obstacles trip up users of all ages but are particularly vicious for older people.

This sort of neglect of our physical environment comes from our unwillingness as a society to recognise the inevitability of growing old.

Working out how long we are likely to live as individuals is probably the greatest risk management challenge individuals face.

Should we at 70 start spending up big with what we have saved? Make fancy travel plans? No more economy class on those long overseas trips? Or should we make a philanthropic gesture, such as funding a scholarship in our name, or a venue in a theatre, gallery or university, the kind of spending that buys, if not immortality, a few years' post-death continuity for our names?

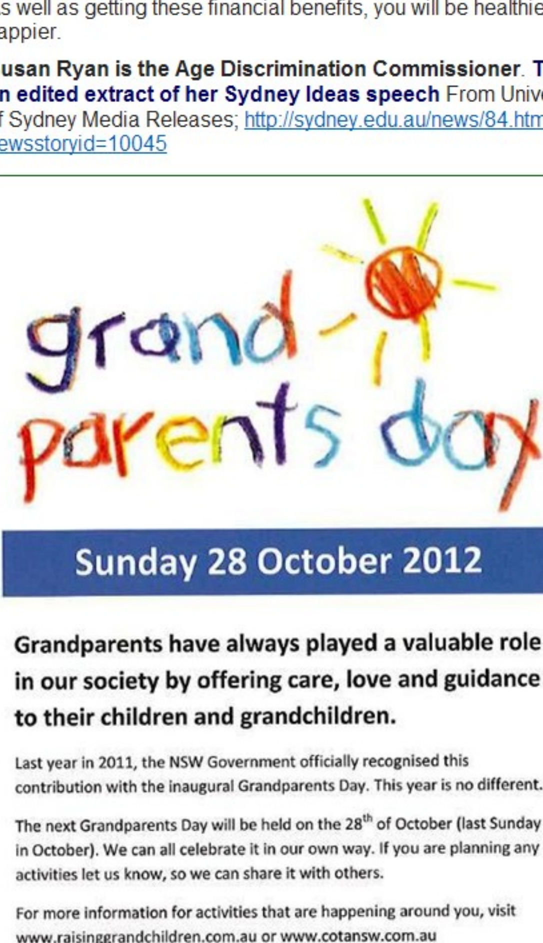
Should we give most of it to our kids, on the basis that they need it now and we will probably be dead before they can truly pay their own way?

I would say we should plan, if we can, to be able to have a reasonable income in our 90s, to be living somewhere that we enjoy, and that is safe and comfortable. We should consider seriously taking up a new area of study or activity once we have left the paid workforce, and we should pay a great deal of attention to our relationships, to our families, friends and communities.

Evidence is overwhelming that the people in their 90s who do best are living in their own homes, are engaged with enjoyable and stimulating activities, and have strong social networks.

The longer you work, the stronger your personal finances are. You build up more superannuation and reduce the years you will need to live on it. You are more likely to pay off a mortgage, ensuring that you have a major asset to take you forward to your personal century. As well as getting these financial benefits, you will be healthier and happier.

Susan Ryan is the Age Discrimination Commissioner. This is an edited extract of her Sydney Ideas speech From University of Sydney Media Releases; http://sydney.edu.au/news/84.html?newsstoryid=10045



Avalon Computer Pals for Seniors

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

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

Article on their Seminar

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

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

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

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

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

TUESDAY 18TH SEPTEMBER
Room 1: SMART PHONES AND CHEAP PHONE CALLS (cost$10)
Room 2: iPads and IPods(music) – part 3
-integrating your computer phone iPad and iPod
-photos on iPads

Media Releases concerning Seniors this week from National Seniors Australia

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

Senior Movers

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

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

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

www.seniormovers.com.au

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

Tweet Like +1

Warringah Council PITTWATER COUNCIL

Super Seniors Directory

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

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

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

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

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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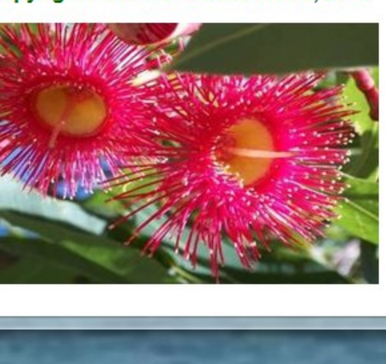


September 16 - 22, 2012: Issue 76

Global community celebrates 25 years of ozone layer protection - Media release, 13 September 2012

The Gillard Government has today recognised Australian leadership in protecting the world from depletion of the ozone layer. Senator Don Farrell, Parliamentary Secretary for Sustainability and Urban Water, paid tribute to members of the Australian science community, industry and the public sector as part of international celebrations for the 25th anniversary of the Montreal Protocol on Substances that Deplete the Ozone layer.

"The Montreal Protocol is a great example of what the international community can do when it works together with science and industry on a common issue," Senator Farrell said. "The discovery of the Antarctic ozone hole in the 1980s identified a serious risk to human health and the natural environment from harmful ultraviolet radiation. **Recent studies suggest that had ozone destruction continued unchecked, the incidence of skin cancer would have increased by 16 per cent worldwide by 2030, affecting in excess of 2 million more people each year.**

"Thankfully, the international community responded to this challenge with the start of coordinated action through the *Montreal Protocol* **on 16 September 1987**. The Hawke Labor Government then introduced the 1989 Ozone Protection Act, which initiated Australia's action.

"Twenty-five years later the Montreal Protocol has turned out to be the world's most successful multilateral environmental agreement – ratified by all 197 United Nations member nations. Early indications are that the ozone layer over most of the globe will recover by around the middle of this century, and by 2060 over Antarctica.

"Australians have been at the forefront of these efforts and today is a great opportunity to thank those dedicated individuals from government, industry, and scientific and technical organisations who have worked together towards this globally important common goal.

"Our universities and scientific institutions, including the CSIRO, Bureau of Meteorology and the Australian Antarctic Division, continue to play key roles in the evolution of ozone science, especially in relation to the southern hemisphere. We are represented on major scientific and technical bodies that support the Montreal Protocol. It is a credit to them that such great success has been achieved, both in Australia and around the world, in the face of one of our planet's greatest environmental challenges."

Senator Farrell accepted a plaque from the United Nations Environment Programme in recognition of the Australian Government's vital role in protecting the ozone layer for generations to come.

Prime Minister Julia Gillard, in a message delivered on her behalf by Parliamentary Secretary for Climate Change Mark Dreyfus, said the global effort to save our ozone layer from destruction is one of the international community's greatest environmental success stories.

"The Montreal Protocol united governments, scientists, industry and communities in a common purpose - ensuring that the ozone layer can continue to protect life on earth from the sun's harmful ultraviolet radiation," the Prime Minister said in her message.

Senator Farrell presented certificates of recognition to seven Australians for their contributions to the Montreal Protocol, the global phase-out of ozone depleting substances, and to Australia's successful phase-out of ozone depleting substances.

For more information on Australia's participation in the Montreal Protocol
see: www.environment.gov.au/atmosphere/ozone/legislation/montp.html

Certificate Recipients

Mr Steve Anderson

For leadership of Australian industry in phasing-out the consumption of ozone depleting substances in advance of Montreal Protocol obligations, and for his initiative in establishing an Australian product stewardship scheme for refrigerants to reduce emissions.

Dr Jonathan Banks

For leadership and work with countries, on the international phase-out of methyl bromide consumption through the Montreal Protocol's Methyl Bromide Technical Options Committee, and for his work at CSIRO on development of methyl bromide alternatives.

Mr Michael Bennett

For leadership and management of an Australian product stewardship scheme for refrigerants that has successfully destroyed thousands of tonnes of waste refrigerant, and for his support of research on emissions of ozone depleting substances in Australia.

Dr Paul Fraser

For leading Australian atmospheric measurement of ozone-depleting substances for more than 30 years, contributing to global ozone assessments, and for his strong support for industry and government action to phase-out use of ozone depleting substances in Australia.

Dr Ian Porter

For leadership internationally on the transition from controlled uses of methyl bromide, and his contribution to the phase-out of methyl bromide uses in Australia including research and promotion of alternatives.

Dr Helen Tope

For international leadership in helping countries to transition from using ozone-depleting substances to alternatives for medical purposes, and for her domestic leadership on ozone protection policies with the Victorian Environment Protection Authority.

Mr John Whitelaw

For leadership in development and early implementation of the Multilateral Fund of the Montreal Protocol on Substances that Deplete the Ozone Layer and for his support of initial Australian government action on ozone protection.

Willy Wagtail, Careel Playing Fields, September 2012.

Bothams Beach Project

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

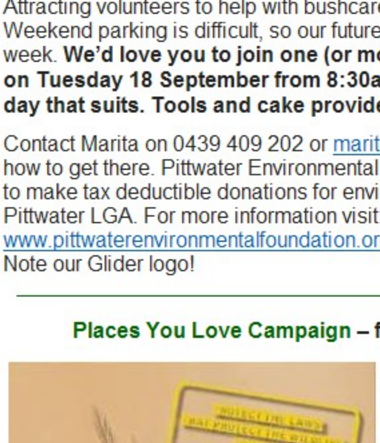
Stage 1 involved contract bush regeneration resulting in piles of weed material which was burnt to encourage regeneration. As expected the result has been spectacular with many dormant pea and wattle seeds germinating. Spring will be lovely here!

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

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

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

Places You Love Campaign – from Birdlife Australia



Under the guise of cutting 'green tape' governments have announced an aggressive plan to wind back our environmental laws. The Places You Love campaign is a response to this proposal. The dismantling of Australia's environmental protection laws will result in significant backwards steps for our environment at a time when we need stronger, not weaker protections.

We strongly believe that the reforms proposed will set us back decades, and so have established this campaign to motivate and inspire the community to let the Federal and State Governments know that people care about environmental laws - we intend to fight for them!

We need your help—take part in the national campaign. This is a critical moment in time. It is essential that the Prime Minister hears community support for the laws that protect the places and wildlife that we love. We are asking supporters and members of the public to write to the PM and their Federal member of parliament.

You may want to write a letter yourself. Feel free to include a picture of wildlife you love, and while you are at it post the photo at PlacesYouLove.org. If you use social media you can 'like' the campaign page on facebook, or tweet about it.

CEO of BirdLife Australia, Dr Graeme Hamilton, said Australians would not stand for big business' influence over government.

"This is not just an attack on the environment; it is an attack on democracy. Big business and industry have lobbied behind closed doors to ensure the weakening of our environment laws. Today we call on all Australians to contact the Prime Minister and their federal member of parliament to demand protection for the places and wildlife they love," Dr Hamilton said. For more information visit **www.placesyoulove.org**

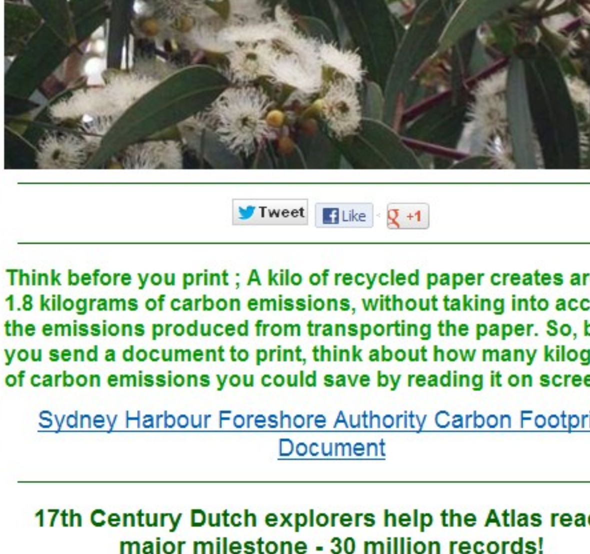
Pittwater's Environmental Foundation

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

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects.

Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To vist their site please click on logo above.

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



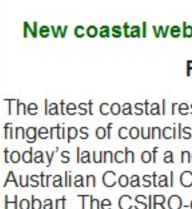
Think before you print ; A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it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

Sydney Harbour Foreshore Authority Carbon Footprints Document

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

From CSIRO Media Releases

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

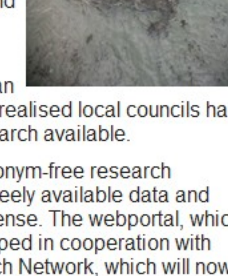


"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks."

from the Prayer of Saint Patrick

New coastal website linking local research with local councils

From CSIRO Media Releases



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

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

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

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

How Green is a Spotted Gum when Wet?

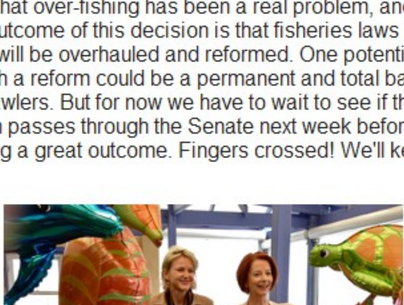
**For tips on how to be more energy efficient, visit Climate Action Pittwater at:
http://www.climateactionpittwater.org.au/**

The Not So Super Trawler – Update

The big news of the week unfolded on Tuesday morning when the Government announced it would take steps to ban the Super Trawler, the FV Margiris aka the Abel Tasman (yes, brilliant idea, change the name, that'll fool them!).

As I write this (14.9.2012), the Government have passed legislation through the Lower House that would mean the Super Trawler would have to leave Australia's waters without catching a single fish. Similar two year bans can be slapped on other Super Trawlers for at least the next year.

Knowing that over-fishing has been a real problem, another exciting outcome of this decision is that fisheries laws in Australia will be overhauled and reformed. One potential aspect of the such a reform could be a permanent and total ban on all Super Trawlers. But for now we have to wait to see if the legislation passes through the Senate next week before celebrating a great outcome. Fingers crossed! We'll keep you updated.



To wrap up, I just wanted to share with you a great photo from a week ago, when the Prime Minister was given the rock star treatment for the sanctuaries plan by a group of school kids in Fremantle, WA. The card says "Thank you Prime Minister for sanctuaries" but we all know that she wouldn't have seen the potential unless we'd all chipped in to make this a headline political issue, so once again thanks for being part of the campaign.

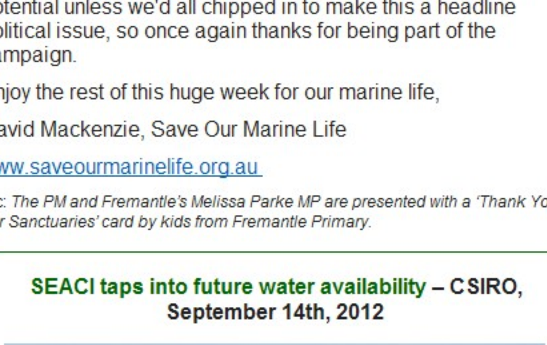
Enjoy the rest of this huge week for our marine life,

David Mackenzie, Save Our Marine Life

www.saveourmarinelife.org.au

Pic: *The PM and Fremantle's Melissa Parke MP are presented with a 'Thank You For Sanctuaries' card by kids from Fremantle Primary.*

SEACI taps into future water availability – CSIRO, September 14th, 2012



The River Murray east of Morgan in SA during the 2007 drought, October 2007 (© MDBA Photographer Arthur Mostead)

Australia's water resources can be better managed under a changing climate, thanks to research released today by the South Eastern Australian Climate Initiative (SEACI). The SEACI Phase 2 Synthesis Report, Climate and water availability in south-eastern Australia, to be launched at the initiative's annual workshop in Canberra, addresses key science questions behind the causes of climate variability and change, and their impacts on water availability across the Murray–Darling Basin, Victoria and southern South Australia.

SEACI research provides evidence that there appear to be long term reductions occurring in cool season rainfall across south-eastern Australia, and that these changes are at least partly attributed to climate change.

"The cool season is the traditional 'filling season' for water supply systems across most of south-eastern Australia, and SEACI research reveals this important cool season rainfall may be less reliable into the future," SEACI Program Director David Post said.

"SEACI research shows the reduction in cool season rainfall is caused by an expansion of tropical influences, driven by the Hadley Circulation expanding at a rate of 0.5° of latitude (approximately 50 km) per decade, pushing mid-latitude storm tracks further south and leading to reduced cool season rainfall across southern Australia."

"Our modelling shows this observed expansion of the Hadley Circulation can only be reproduced if human influences (such as greenhouse gases, aerosols and stratospheric ozone) are included in the models. This provides evidence that observed changes in large-scale atmospheric circulation patterns affecting south-eastern Australia are at least partly attributable to climate change."

Climate projections indicate that these changes are likely to continue into the future.

"If the southern section of the SEACI region (south of Sydney) experienced a 1°C warming, the average annual rainfall is expected to decline by between 0 and 9 percent and average annual runoff by between 2 and 22 percent. These reductions could double with a 2°C warming." Dr Post said.

"Climate projections show a range of possible impacts, and water resource managers need to ensure that their planning and management processes are robust and can adapt to a wide range of future climate and streamflow scenarios."

SEACI also contributed to improvements in the seasonal forecasting of rainfall and streamflow across south-eastern Australia, with forecasts available online at www.bom.gov.au/water/ssf. These improved forecasts will assist resource managers and users in adapting to a variable climate.

The second phase of SEACI (2009-2012) was a $9 million partnership between CSIRO, the Bureau of Meteorology, the Murray-Darling Basin Authority, the Victorian Department of Sustainability and Environment and the Australian Government Department of Climate Change and Energy Efficiency.

Destroyed Coastal Habitats Produce Significant Greenhouse Gas

(**Sep. 6, 2012**) — Destruction of coastal habitats may release as much as 1 billion tons of carbon into the atmosphere each year, 10 times higher than previously reported, according to a new Duke-led study.

Published online this week in PLoS ONE, the analysis provides the most comprehensive estimate of global carbon emissions from the loss of these coastal habitats to date: 0.15 to 1.2 billion tons. It suggests there is a high value associated with keeping these coastal-marine ecosystems intact as the release of their stored carbon costs roughly $6-$42 billion annually.

"On the high end of our estimates, emissions are almost as much as the carbon dioxide emissions produced by the world's fifth-largest emitter, Japan," said Brian Murray, director for economic analysis at Duke's Nicholas Institute for Environmental Policy Solutions. "This means we have previously ignored a source of greenhouse gas emissions that could rival the emissions of many developed nations."

This carbon, captured through biological processes and stored in the sediment below mangroves, sea grasses and salt marshes, is called "blue carbon." When these wetlands are drained and destroyed, the sediment layers below begin to oxidize. Once this soil, which can be many feet deep, is exposed to air or ocean water it releases carbon dioxide over days or years.

"There's so little data out there on how much carbon might be released when these ecosystems are disturbed," said Oregon State University's Daniel Donato, co-lead author of the paper. "With this analysis we tried to reduce some of that uncertainty by identifying some 'bookends' that represent the lowest and highest probable emissions, given the information available."

The PLOS ONE study looked at the potentially massive amount of carbon tucked away from the atmosphere by the slow accretion, over hundreds to thousands of years, of soils beneath these habitats. Previous work in the area has focused only on the amount of carbon stored in these systems and not what happens when these systems are degraded or destroyed and the stored carbon is released.

Pendleton L, Donato DC, Murray BC, Crooks S, Jenkins WA, et al. (2012) *Estimating Global "Blue Carbon" Emissions from Conversion and Degradation of Vegetated Coastal Ecosystems.* PLoS ONE 7(9): e43542. doi:10.1371/journal.pone.0043542

September is Save the Koala Month

If you would like to help with Save the Koala Month, register online for a Donation Box to put in your local community; Register here http://bit.ly/TalWUF

On August 21st 4 Corners reported on the state of the Koala, view the full program here http://bit.ly/R3w0iR. To find out what the Koala Foundation Australia think please read here, http://bit.ly/RxpT90 an opinion piece by AKF CEO Deborah Tabart."

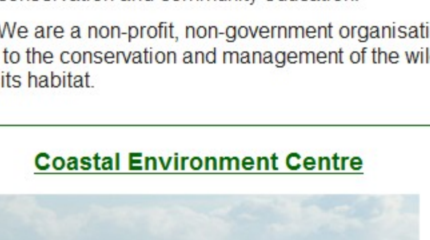
Visit our website: www.savethekoala.com to find out how you can help save koalas.

Company Overview: The Australian Koala Foundation (AKF) is the principal, non-profit, non-government organisation dedicated to the conservation and effective management of the wild koala and its habitat.

Australian Koala Foundation was formed in 1986 and celebrates over 20 years of operation under the direction of Chief Executive Officer Deborah Tabart. During this time, the Foundation has grown from a small group of people interested in researching koala disease, to a well-known, global organisation with a strong track record in strategic koala research, conservation and community education.

Mission: We are a non-profit, non-government organisation dedicated to the conservation and management of the wild koala and its habitat.

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

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

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

Pittwater Community Gardens is a community led initiative to create accessible food gardens in public places throughout the Pittwater area. Our aim is to share skills and knowledge in creating fabulous local, organic food. But it's not just about great food. We also aim to foster community connection, stimulate creative ideas for community resilience and celebrate our abundance.

Open to all ages and skills, our first garden is on the grounds of Barrenjoey High School (off Tasman Road). Become part of this exciting initiative to change the world locally.

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

Visit us at facebook.com/pcga.org

image artwork: www.gravey.com

Birdlife Australia - New Website and Quarterly Magazine

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

This organisation, which has been going for over a century now, have been a leading authority and advocate for the protection of Australia's birds, achieved by combining scientific research, nationwide surveys, targeted actions and other activities to create 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.

What Does PNHA do?

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

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

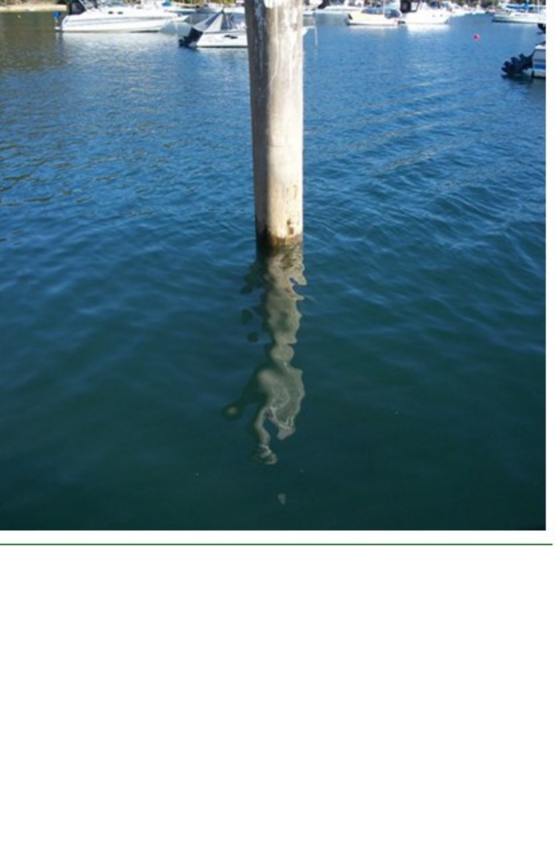
ONLINE BIODIVERSITY CALENDAR A FIRST

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

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program.

Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather patterns and hazards to the environment, such as weed species.

Pittwater Council's Natural Environment and Education Manager Mark Beharrel said the calendar was a work in progress and was designed to be interactive. "We hope that the public will contribute images and other information to the calendar."
"It's a living atlas that will help us measure changes to the coastal environment and increase awareness of native birds, animals and plants throughout the seasons," he said.
The calendar can be viewed at
www.pittwater.nsw.gov.au/environment/biocalendar
To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au



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Marinated Kangaroo

By Laurie Bimson

A Night To Remember, a celebration of indigenous customs and foods of the Guringai and Car-rang-gel peoples at Mona Vale on Monday 10th of September, was an opportunity to taste test modern variations on traditional foods.

Ingredients

1 tsp honey (brown sugar could be used instead)
Soy sauce (plenty)
Red wine or rosé (or red wine vinegar for non-alcohol-drinkers) - again, be generous.
Olive oil (a good splash)
1 tsp curry powder
Fresh rosemary, leaves stripped from the stem and very finely chopped
Fresh or dried Thyme - finely chopped or crushed
A few cloves of crushed garlic
Black pepper
Salt
As much kangaroo meat as you like, diced into 2 cm pieces - this marinade also works well with good beef steaks or lamb.

Method

Combine everything other than the salt in a large bowl (big enough to fit your meat).
Place your meat in a sealable plastic bag with some salt. Bash it with your fists to tenderise (you can use a meat-tenderising hammer, but fists seem much more satisfying).
Place the meat in the marinade, ensuring that all meat is covered by liquid. Cover and refrigerate overnight.
Roo is best cooked medium-rare. If you choose to BBQ, it will be much better to use a hotplate rather than the grill. Make the plate very hot, pop the meat on the plate (2-3 pieces at a time - more will cause the temperature to drop too much).
Once it starts to sizzle, pour more marinade over the meat (but don't add any more - the marinade needs to cook properly now). Turn the meat once only when cooked to the desired extent.
Serve on a warmed plate with the reduced cooked marinade as a sauce (be careful if you need to lift the hotplate - you may be better off reserving some marinade and boiling it separately). Enjoy!

Top: Laurie's Kangaroo. Above: Fresh Damper.

Pictures by Michale Mannington, Volunteer Photography. Copyright Laurie Bimson, 2012. All Rights Reserved.

Guringai Aboriginal Tours

GUIDED TOURS

The Guringai Aboriginal Tours start at 10.00 am and go until about 2pm at the Basin Track on the West Head Rd Ku-Ring-Gai Chase National Park, NSW 2083. Guiding you through the site will be Aboriginal Ranger Les McLeod and Guringai descendent Laurie Bimson.

At the site you will have explanations as to how the rock carvings were made and be told stories of times long gone by. Lunch will be provided at about 12.00pm with barbecued marinated Kangaroo and Emu, fresh made Damper with tea and coffee.
Then after lunch, it is off again this time for a short exciting Guringai Aboriginal Tours experience.

Price including lunch is $88, Children under 12 are half price.

If we have enough children on the day there will be games for them. Remember to bring appropriate clothing, comfortable walking shoes, water, hat, sun screen and be prepared for a great experience. The tour is a little bumpy but wheel chair friendly. Public toilets are available where we break for lunch. You could also visit the lookout at West Head over looking Palm Beach after the Guringai Aboriginal Tours. As there is a limited number of bookings for each tour, please be quick and book you place today. Contact us for more details regarding payment and booking conditions. Book Here: http://guringaitours.com.au/tour/

The upcoming tours are: Sun 16th Sept, Sat 6th Oct., Sat 20th Oct, Sat 3rd Nov, Sat 17th Nov, Sat 1st Dec, all from 10.00am until 2.00pm.

Tweet Like +1

Pittwater Online News

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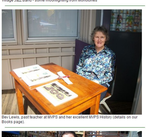
Mona Vale Public School's 100th Centenary Festival Day

Vintage Jazz Band - some moonlighting from Monsterrat



Ben Lewis, Jean Kruger at WIFS and Ted Kruger at WIFS Hidden Jackets on our Books page

Jenny and friend bought the Kuala Lake wind beam swing off.

WIFS 1912 - photo from the Le Sueur Family's collection.

Maria Regina Primary School Avalon - Dance Fever
Last Thursday evening, 13th September, Maria Regina competed with style and grace at the Dance Fever Interschool Challenge at Homebush. Even 8 up and toes were tapping as the Year 3-6 competitors hit the dance floor to perform The Waltz, The Mambo and a riveting Hip Hop number.

A wonderful night was had by all and a number of prizes were awarded to our children, including scholarships for further dance classes. Year 4 children were awarded with a trophy, recognising their achievements on the night in obtaining the highest score overall in their zone.

Images by Michael Mannington of Volunteer Photography, Peta Wise and A J Guesdon, 2012.

Irrawong Reserve Big Bushcare Day Out

Pittwater Club of Rotary's Annual Spring Concert

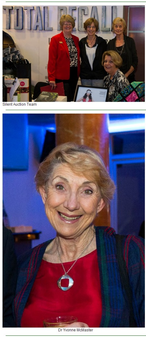
Rotary Club of Pittwater President Hans Lamberg and General Manager of Pittwater Council Mark Ferguson.

Emma Jameson and Palliative Care Nurse Dawn Hooper.

Mitsubishi Nicholas Warner - Nicholas is the new House Manager at the Royal Motor Yacht Club, Newport.

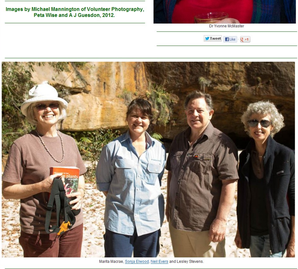
Pittwater Rotarians Doug Elliott and Roger Digby - relaxing, after much hard work, prior to concert starting.

Silent Auction Team.



Dr Yvonne Wollmeier

Tweet Like 25



Maria Warner, Sonja Elwood, Ted Evans and Lesley Stevens.

Maria Regina Primary School Avalon Dance Fever Winners, 2012.

Jane Ruffer and young fan, Rotary Club of Pittwater's Spring Concert, 2012.

Pittwater Online News

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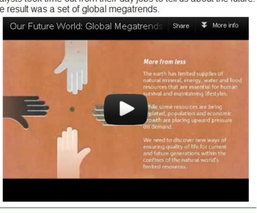
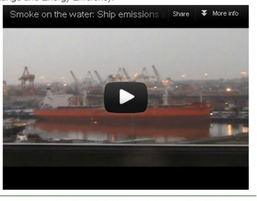
Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

Our Future World: Global Megatrends - Published on Sep 5, 2012 by CSIRO: A team of scientists, economists and industry analysts took time out from their day jobs to tell us about the future. The result was a set of global megatrends.



Smoke on the water: Ship emissions and air quality - Published on Aug 30, 2012 by CSIRO: CSIRO atmospheric scientists are instrumental in Australian efforts to investigate the airborne particles that cause air pollution, a major environmental issue that affects people's health, reduces visibility, and influences climate, thanks to the on-going support of the Australian Climate Change Science Program, a collaborative research initiative of CSIRO, the Bureau of Meteorology and the Department of Climate Change and Energy Efficiency.



Ladder Men - A Reply to all those 'Blonde Jokes' C/- W.A.G.

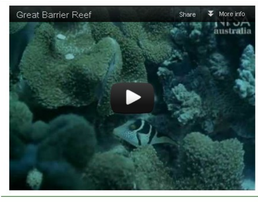
Tweet Like +1

Sydney Opera House Big Moments

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

Great Barrier Reef - Published on Sep 9, 2012 by FILMAUSTRALIA

To mark the sad news that legendary underwater cinematographer **Ron Taylor** has passed away we present this film featuring his wonderful camera work. Ron had worked with The Commonwealth Film Unit on a number of films and his work was well regarded here and overseas. Perhaps best known for his work on filming sharks, including for Steven Spielberg's Jaws, this film shows that his interest was in the whole marine environment, especially the Great Barrier Reef. Made by The Commonwealth Film Unit 1968. Directed by Kit Guyatt and featuring music composed by Don Burrows.



Emotional intelligence: fact or fad? By Dr Carolyn MacCann.
First published in *ABC Science*. 14 September 2012

Emotional intelligence is not the cure-all elixir for spotting who will succeed in work and life, but it is more than a useless fad, says Carolyn MacCann. Popular interest in emotional intelligence began with a 1995 self-help book called *Emotional Intelligence: Why It Can Matter More than IQ*, written by psychologist Daniel Goleman.

Goleman proposed that IQ is not the only road to success, and that emotional skills are more important in many areas of life. He packed the book with references to research by high-calibre academics, supporting the credibility of his ideas.

The book sold like hot cakes, and the concept took off. Suddenly emotional intelligence was everywhere: on the Oprah Winfrey show, on the cover of *TIME* Magazine, voted the most useful new word by the American Dialect Society, and enthusiastically used by business and HR professionals for selection, training and evaluation.

The suddenness and the extent of this popularity lent emotional intelligence an air of faddishness. The cartoon Dilbert lampooned emotional intelligence as a meaningless executive buzzword with one character telling another: "You have to consider my 'emotional intelligence', which is defined in a book I haven't read".

Despite its popularity at the time, there was little to no evidence emotional intelligence was more important than IQ for job performance. Although academic research began in 1990, by 1999 only a handful of peer-reviewed studies had been published.

So why did emotional intelligence became so popular in the absence of any evidence? To answer this question, it helps to understand what was going on in psychological testing when the hype began.

Runaway success leaves science behind

In the early to mid-nineties, it was all about IQ. Research had shown that how smart you were would determine your success in life — not just academic and job success, but how long you would live, your health, divorce rates and whether you would end up in prison or not.

In 1994, a book called *The Bell Curve* summarised research on race differences in intelligence in the USA. The book also proposed that different rates of success between races were due to different levels of intelligence between races. This caused a huge public furore with the authors accused of racism. Intelligence research and intelligence tests became tarred with the same brush.

Research scientists, and the public, were looking for an alternative to intelligence — something that was a better explanation for why people succeed or fail in their lives. When Goleman's book came out the year after The Bell Curve, emotional intelligence shot to popularity. People believed that EI was much more important than IQ, and acted accordingly.

The sudden spike in popularity had two consequences.

First, research could not keep pace with popular demand for emotional intelligence test batteries and training programs. Because tried and tested methods did not exist, HR professionals used whatever was available. Claims about the effectiveness of emotional intelligence were also untested, yet were widely believed.

The second consequence of this popularity was that many independent teams became interested in emotional intelligence at the same time, and began working in parallel. Without knowing what others were doing, different research teams defined emotional intelligence differently, measured it differently, and made quite different claims about what emotional intelligence was good for.

In an effort to end the confusion, researchers classified different types of emotional intelligence research into two kinds: 'ability models', and 'mixed models'.

Ability models defined emotional intelligence as an ability just like verbal, numerical, or musical ability, except that the content area was human emotions rather than words, numbers, or music. Mixed models were much more inclusive, defining emotional intelligence as a large number of character traits, motivation levels, and/or learned skills.

There were a large number of mixed model definitions of emotional intelligence, but really only one main ability model definition. **Professor John Mayer, at the University of New Hampshire**, had been quietly studying emotional intelligence years before Goleman's book pushed it into the spotlight.

Mayer's definition is now the most widely used and agreed upon. He defines emotional intelligence as four key capacities: "*the capacity to perceive emotions, assimilate emotion-related feelings, understand the information of those emotions, and manage them.*"

Mayer and colleagues also developed a test to measure emotional intelligence, and most of the research on ability-based emotional intelligence comes from this test.

So does it really work?

It's now almost 20 years since emotional intelligence leapt into the spotlight, and there is now enough research to evaluate those early claims using meta-analysis (a statistical technique for summarising the results of many different studies).

Let's consider the claim that emotional intelligence is more important than IQ for predicting success. Differences between people's IQ scores can explain about 25 percent of the differences between people's job performance. In contrast, differences in people's emotional intelligence can explain just over 3 percent of differences in job performance. For jobs that require workers to express positive emotions (for example, service with a smile for customer service), differences in emotional intelligence explain around 7 percent of differences in job performance. So the idea that emotional intelligence is more important than IQ is plainly not true.

Sceptics might believe that the blatant falseness of these early claims deem emotional intelligence a useless fad. However, there are several reasons why this viewpoint might be throwing the baby out with the bathwater.

First, explaining 3 to 7 percent of the differences between people is non-trivial. Being 7 percent more efficient is equivalent to an extra three to four weeks of work per year.

Second, there are a lot of complex professional jobs where low-IQ people are simply not hired. In these jobs, there are few differences between people in IQ, so other characteristics (such as emotional intelligence) are more important explanations for why people succeed.

Third, performing well at work is not the only important part of life. My research shows people with high emotional intelligence tend to use more effective coping strategies, and to feel more positive emotions and fewer negative emotions .

In addition, my colleagues and I found that differences in people's emotional intelligence can explain 29 percent of the differences in people's eudaimonic wellbeing (the aspect of wellbeing related to reaching one's potential).

The conclusion seems to be that emotional intelligence is not the cure-all elixir that early claims suggested. Moreover, a lot of untested products and claims still abound in management and business circles. But research demonstrates that emotional intelligence really can be important for emotion-related jobs, and for life outcomes outside of work.

Most people would like to cope more effectively with stress, and feel greater meaning and wellbeing in their lives. Emotional intelligence can be a valuable tool to achieve these outcomes.

Dr Carolyn MacCann is a lecturer in the Sydney University's School of Psychology.

From: http://sydney.edu.au/news/84.html?newsstoryid=10073

Paper Run - Pittwater in 1956

Uploaded by FILMAUSTRALIA: Made by The Commonwealth Film Unit 1956. Directed by Malcolm Otton. A panorama of scenic beauty unfolds as the newspaper delivery man works his run along **Sydney's northern beaches of Newport and the Palm Beach area**. Commonwealth Film Unit 1956.

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Tuesday July 24, 2012 Issue 76

Pittwater Online News Is Now Mobile

Pittwater Online News is now available on your mobile phone. Just point your phone's browser to http://m.pittwateronline.com and bookmark the page. Then you can read Pittwater News, also on the move!

Pittwater Online Now On Facebook

Pittwater Online News is now on Facebook. Become a fan and receive all the latest news and events in Pittwater. Click on the Facebook link at the top of the page.

Sunday Education - Independence

Sunday Education - Independence is a non-denominational Christian church in Mona Vale. Sunday Education - Independence is a non-denominational Christian church in Mona Vale.

Mona Vale Hospital Is Celebrating 100 Years

Mona Vale Hospital is celebrating 100 years of caring for the community. Mona Vale Hospital is celebrating 100 years of caring for the community.

Jon Stevens Live At Pittwater RSL

Jon Stevens Live At Pittwater RSL Saturday 8th September 2012 Jon Stevens Live At Pittwater RSL Saturday 8th September 2012

Oktoberfest (The Wiesn) 2012

Oktoberfest (The Wiesn) 2012 Oktoberfest (The Wiesn) 2012

Pittwater Online Is Now On Twitter

Pittwater Online is now on Twitter and we will be tweeting all the latest news and events in Pittwater. Pittwater Online is now on Twitter and we will be tweeting all the latest news and events in Pittwater.

Pittwater Online Is Now On Facebook

Pittwater Online is now on Facebook and we will be posting all the latest news and events in Pittwater. Pittwater Online is now on Facebook and we will be posting all the latest news and events in Pittwater.

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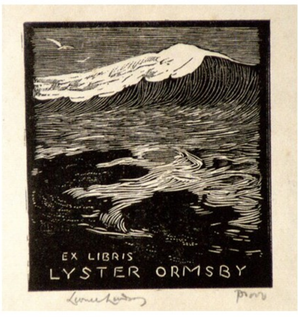
Bondi Beach; Date of Work 4/6/1935. Home and Away – Hood 1235. Courtesy State Library of N.S.W.

Bondi Bathers Surf Life Saving Club, December 1906 with the newly modified reel and cork filled vest. Courtesy Bondi SLSC.



Book plate: 'The Blue Wave' for Lyster Ormsby 1923 by Lionel LINDSAY - Creswick, Victoria, Australia 1874 – Hornsby, New South Wales, Australia 1961

A small woodcut of a mounting wave by Lionel Lindsay (done for Lyster Ormsby) is complete, and expresses more than many a canvas. THE VOGUE OF BOOKPLATES. (**1930, April 12**). *The West Australian* (Perth, WA : 1879 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article31073756

Extras:

Lyster Charles Irwin Ormsby, born 1885 Molong, N.S.W., to Charles Irwin Ormsby and Louise (nee Blakefield). One of seven children, five boys and two girls.

Death of Inventor of Surf Reel - SYDNEY, Friday. - the inventor of the Surf reel, Lyster Ormsby, died in hospital to-day, aged 56. He was a foundation member of the New South Wales Surf Life-Saving Association. The reels invented by Mr. Ormsby are now in use on sea beaches all over the world. ORMSBY.-December 26, 1941, at a private hospital, Waverley, Lyster Ormsby, of Erambie, West Pennant Hills, formerly of Waverley, beloved husband of Agnes Ormsby(nee Anderson), aged 56 years. Death of Inventor of Surf Reel. (**1941, December 27**). *Advocate* (Burnie, Tas. : 1890 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article68366888

BOXER AND BURGLARS - AN EXCITING FIGHT.A REVOLVER PRODUCED.SYDNEY, Saturday. Mr. Lyster Ormsby discovered two burglars in his bedroom last night and captured one. Mr. Ormsby, who is an amateur boxer, landed a heavy blow on the nose of one of the intruders, who pointed a revolver at him. Mr. Ormsby, then floored the second man, but both soon got to their feet ready for flight. Mr. Ormsby again staggered one and held him on the floor until the police arrived. BOXER AND BURGLARS. (1921, August 20). *The Daily News* (Perth, WA : 1882 - 1950), p. 8 Edition: FINAL EDITION. Retrieved from http://nla.gov.au/nla.news-article81803051

JOHN BOND Life Saver, Army Officer . BORN: C.1854, England. DIED: 25 February, 1927, Waverley N.S.W. AGE: 72 years. GRAVE: 1951A General Ordinary Section 16

The name of Major John Bond is associated with the very beginnings of the Surf Life Saving movement in Australia and with the invention of the surf reel. "He was one of the founders of the Royal Life-Saving Society, N.S.W., and one of the last of the fine old warrant-officers who were promoted on sheer merit," wrote *The Bulletin*.

"As a warrant-officer, he was held in high esteem among his comrades at Victoria Barracks, and when [Boer] war broke out he was assigned the task of instructor to the Ambulance Corps that went to the front," reported the *Daily Telegraph*. "He was painstaking and earnest in all the duties he undertook, and the instruction he imparted was appreciated by his pupils."

In 1894 a branch of the English Life-saving Society was formed with Bond as its drill instructor and "Mr Lloyd granted the use of the Bronte Baths for the members of the club to hold their drills in," reported the *SMH*.

Bond's trained squad of volunteers later formed into a permanent group which became the Bronte Surf Life Saving Club. The invention of the surf reel is claimed by several, "far better supported is the tradition, still lively in the Bondi district, that the reel as it is now known was the result of the combined planning of [John] Bond, [Lyster] Ormsby and Flynn," records *Surf, Australians against the Seas*.

Bond was elected an officer of the Bondi S.B.L.S.C. at its first annual meeting in 1907, and two years later "it was decided to place the name of W.O. John Bond A.A.M.C. on the life membership list for valuable services rendered in the shape of instructional work," states History of Bondi Surf Bathers' Life Saving Club. Bond was the Bronte club's drill instructor until 1912 and a Vice President from that year until his death. All his sons and daughters were champion swimmers and life-savers.

SOURCE: Waverley Cemetery Archives; Australian Genius 50 Great Ideas by Vivien Encel; The Australian Life Saver.

Surf Life Saving Reels

We cannot fence in our long stretches of ocean beaches, or even sections of them ... Life-lines with stable supports might be provided, and patrol-boats to ply off every bathing resort. They would popularise the beaches even more than at present, render the recreation of the bathers safer, and protect many valuable lives.

Sydney Morning Herald, 2 January 1906

This may only form part of Australian collections in our surf clubs but certainly warrants being kept, and collected, not only for its intrinsic value as an Aussie invention but also due to its huge tally in saving lives. Although now largely superseded by IRB's (Inflatable Rubber Dinghy's, another Australian invention) the surf life saving harness and reel for surf rescue is an iconic part of our beach culture.

Since time immemorial people who venture into the sea on all sorts of floating craft have used ropes to ensure those venturing out on deck during storms, whether for rescue or to change sails etc. have been tethered by ropes to the craft. Although bathing, fully clothed, in salt waters was practiced by those with money and leisure from Georgian times, it was surf bathing that the Australian settlers took to, discarding weighty robes in their dash into the foam. This love of 'surf bathing' necessitated a similar method for safety and for rescues on our sandy shores. In 1903 swimmers at Bronte Beach formed a Surf Club complete with their version of this equipment; a coil of hemp rope on a pole stuck in the sand in the middle of the beach with a cork buoy attached similar to that used by the Royal Life Saving.

Bondi Surf Bathers Life Saving Club foundation members John Bond, Lyster Ormsby, Sig Fullwood and Percy Flynn took this idea a little further and adapted it to what was needed, something functional and mobile for surf rescues. Lyster, a huge man possessing natural leadership skills, was also responsible for the formation of the Surf Bathers Association of NSW (the beginnings of the Surf Life Saving Association). He was Bondi's first Club Captain and was instrumental in the design of the famous surf reel and also the first duty roster. Soon after the Bondi Bathers began, the Club also formed a Lines and Tackle Committee under club captain, Lyster Ormsby and Major John Bond (a Royal Australian Medical Corps officer and instructor) and S. Fullwood (Honorary Secretary). This committee recommended replacing the life buoy ring with a cork filled life-jacket and sought to improve the handling of the lines.

Lyster Ormsby, with Percy Flynn and Sig Fullwood, are credited as the inventors of the 'first' life saving reel in 1906, initially constructing a home made model from a cotton reel and hair pins. Others claim a similar method had already been invented, or modified by W H Biddell at Bronte who had a reel attached to his Torpedo Buoy pre 1906.

From this cotton reel and hairpins model, a local coachbuilder, Olding and Parker of Newcombe Street, Paddington, built a full-sized surf reel. Other sources state it was Sgt John Bond of Victoria Barracks in Paddington who built the first full sized reel and this was improved on in the same year by Sydney coachbuilder G H Olding. His final design was used until 1993. This first reel was made of a cedar drum mounted on a wooden frame with a handle to pay out or wind in the rope. A brake was added soon after.

The reel rested in a frame that would rest on the sand. The life saver would attach the harness to himself (no women allowed then) then swim out to the struggling bather/surfer. Once they reached the patient they would attach the patient to the harness and another life saver on the beach would reel them in. The life saver in the water would tend to another patient or swim alongside the patient to reassure them if they were conscious or make sure that nothing went wrong if they were unconscious. Five men were required to operate the reel, line and belt. The actual reel and rope would weigh about 50-60 pounds and was officially made part of the surf lifesaving community on Sunday 24 March 1906 although some sources state its official launch occurred at a demonstration by Ormsby at Bondi Beach on December 23rd, 1906. Urban myths state future iconic aviator Charles Kingsford Smith, then eight years old, along with another young lad, was the first to by rescued with the reel and safety belt harness.

The surf life saving reel was especially useful during the disaster on the 6th of February 1938. Folk at Bondi call this 'Black Sunday' after a series of freak waves hit the beach and washed between 200-300 bathers into a rip where most required rescuing. 80 surf life savers equipped with 8 reels saved all but four swimmers. Those four died before reaching shore and were the first surf related deaths ever on Bondi beach.

The 'lifeline' and its belts were not without problems though; these first belts, made of cork, made swimming in them difficult and there was no way of removing them in an emergency. After a lifesaver drowned when his line became tangled, Stephen Charles Dowling, a Manly life saver and WWI Veteran designed in 1923 a belt with a quick release pin. Following two similar deaths in 1950, the Ross safety belt, a modified version of the Dowling belt, became standard.

While lifesaving competitions still include the use of the reel, it was phased out of active service for rescues in 1994.

References

Surfresearch, 1900 - Before Duke, from www.surfresearch.com.au/1900_Before_Duke.html

Waverley Cemetery Archives

Coffs Harbour, NSW, circa 1924, At Work and Play – BCP 01901; Thelma Shea, Effie Shea, Dot Thompson, Phyllis Thompson, Edith Hoschke. Coffs Harbour Jetty Surf Club Ladies Team. Courtesy State Library of N.S.W.

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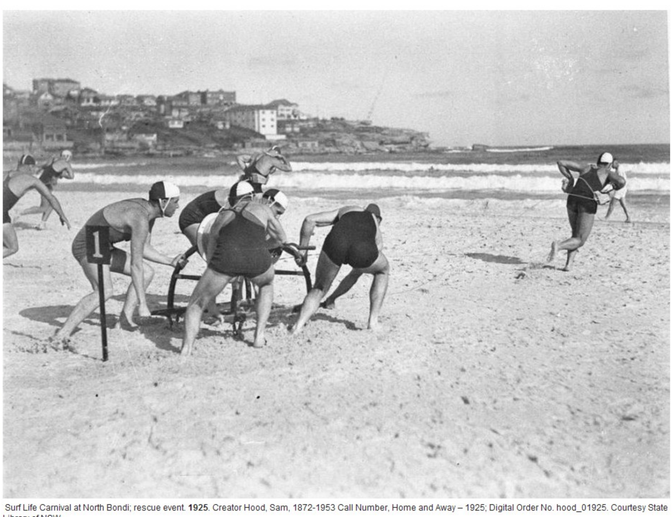

Surf Life Carnival at North Bondi; rescue event. **1925**. Creator Hood, Sam, 1872-1953 Call Number, Home and Away – 1925; Digital Order No. hood_01925. Courtesy State Library of NSW.