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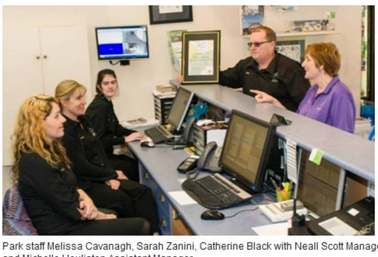
Michelle Houliston Assistant Manager and Neall Scott Manager with the award



Park staff Melissa Cavanagh, Sarah Zanini, Catherine Black with Neall Scott Manager and Michelle Houliston Assistant Manager

Past Features Archives

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LAKESIDE PARK RECEIVES TOURISM AWARD

Pittwater's Lakeside Holiday Park at North Narrabeen has been awarded a highly commended in the 2012 Greater Sydney Tourism Awards. The park took out the award in the Tourism & Caravan Park category at a ceremony on Thursday 19 July held at Doltone House, Sylvania Waters. The award is sponsored by the NSW Government and the Tourism Council of NSW.

Managed on the Council's behalf by tourism operators APTM, Mayor Rose said he was delighted to hear that the park had received recognition. "Several improvements have been made to the park in the last year, such as a recycled water system and power-saving lights," he said. "The park has also been extensively landscaped with drought-resistant native plants. A new 'eco-lodge cabin' has also been installed as an example of sustainable accommodation.

"Significant work is also planned for this financial year, including 10 cabins and new roadways and pavements within the park," the Mayor said.

As well as improvements to facilities at the park, Lakeside has also shown its commitment to the northern beaches community by opening its doors to terminally ill children and their families last summer, through the locally based charity Pittwater Cares. It will host surf lifesavers from around NSW later this year when the Coastal Environment Centre next to the park presents its statewide Coastal Ambassadors program.

Mayor Rose said the Council would continue to promote sustainability and improve facilities at Lakeside in the coming year.

Lakeside park manager Neall Scott said he was delighted that his staff had received recognition for their hard work. "The park has a strong focus on customer satisfaction and we are committed to delivering memorable holiday experiences. We have combined this fantastic location with modern amenities and first-class hospitality. Lifelong memories are made at Lakeside and we are grateful to have been recognised for that." Mr Scott added.

For more information on the awards visit
www.awards.sydneywidetourism.com.au
From Pittwater Council

Neall and Michelle inspect site for the new cabins due for completion in December 2012

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Articles This Week:

Pittwater Council and Lakeside Caravan Park Highly Commended Award

Nara and Kyomizu dera by Paul Wheeler

Warringah Model Engineers from John Gibson, President

RMYC Ladies Lunch for July; 'Boosting Your Brain and turning Your Stress Into Success' by Dr. Helena Popovic

All Previous Articles

Profile: July 2012; Pittwater gents with a confirmed love and aura of Saltwater: Peter Rumble, President of Vietnam Veterans (Nthn.) and a long term swimmer

Previous Profiles:

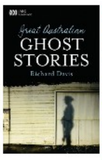
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Ben Baillie Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater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

History: Bushrangers, Miscreants, Smugglers and other illegal activities in Pittwater by Shelagh Champion OAM and George Champion OAM all of July 2012; Issue 68, *The Murder of David Foley* by Shelagh Champion OAM

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 Smugglers at Broken Bay An Illicit Still at McCarr's Creek

Park Bench Philosopher: Word Spa C/ - W.A.G.



Books: Great Australian Ghost Stories, Funniest Storybook Ever, Nutritional Ecology: Patterns and Processes, Australia's Fossil Heritage, Australia's Amazing Kangaroos

Old Books: The Bushranger of Van Diemen's Land (1846) by Charles Rowcroft Publisher: Smith **In bad company, and other stories (1903)** by Boldrewood, Rolf, pen name of Thomas Browne, Publisher: London, MacMillan

Events: Angus Stone returns to Barrenjoey High, Play Golf for Palliative Care, U3A Events, BURNT Exhibition, New AvPals Courses, Plant a Tree, Learn How to Weed Botham Beach, Dive into the Deep Ocean, see Spiderman at IMAX for 2 weeks, Softball sign up, Jane Rutter and NBO Rotary Spring Concert, Degustation at The Terrace, FoNLC Paddles and Walks, Dance in Chicken Town, Guringai Fest. 2012, Poetry, Books & Playreading @ MV Library, Council Events and more.

News From our Inbox Glacier Break in Greenland, Moscow Flashmob, 1951 Cadillac easy-parking, Opera House Competition, Fire Hunting in Australia, How to keep your Facebook photos PRIVATE

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Community News: Silver for PBSC Sailors in Dublin, Jo Brigden-Jones Qualfying Olympic race, CABRA on Footpaths, 2013 Pittwater to Coffs Entries Open, Author Talk on MVPS 100 Year History, Palliative Care petition, New Car Park at MV, AASG Xmas in July, HSC/Sydney Uni Good News, Loosely Woven Return, Play Golf/invest in Pittwater, Dog Day by The Bay 2012, PFOS Trivia Night, Celebrate our Local Police, Artfest 2012, MVPS Centenary, Play Basketball at Midnight, Our Council's Notices, Fed. Govt. Media and more

Environment; Winter Native Violets, Saving the Koala - New Sydney Uni Research, Feeding The Future - Part 2 Community Greengrocers, CSIRO: What's the link between melting ice and sea level rise?, Botham Beach Project, Birdlife Australia Magazine, Environment Education for Children, Sydney Wildlife needs Volunteers, Deep Oceans opens at Australian Museum, **Cooee July Issue**, local Environment groups and orgs.

Lynda Hill: Update 17.7.12: Storms, Strikes, Solar Shocks And The Whole Shebang: July's Cancer New Moon

Pictures: It's around about now, with snow winds blowing, that we begin to long for the salty warmer waters; a few visions to quell this soul hunger

Youth: Learner Drivers Help, Great News Website for you: Australian Clearing House For Youth Studies, Rare 1949 episode of the TV series "Captain Video and His Video Rangers", Study Tools 101 - Mind Maps, 3d Surf tickets now on sale, Fed.Govt Media concerning YOU, 24/7 Youth Film Festival, Enter the BackMeUp anti-cyberbullying Comp and win a week in Film Production Course at NIDA, Free Wombat Story and Colouring In, Library Story-times for Littlies, ArtFest2012, Song Contest + more

Seniors; Seniors Flu season warning, Latest Parkinson's research, Aging Impairs immune Response- Load up on Antioxidants, Interesting neanderthals findings, Smile for the week, Positivity Beauty, Handwriting help for stroke survivors at the University of Sydney, The Typewriter Symphony, Tell me this Isn't Us, Louis Armstrong Hot Potatoes ! New AvPals Courses, U3A Lectures, Lumosity, Tai Chi; low impact exercises that are perfect for Seniors, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: July 2012: Stephen Marr, Pittwater gent and some samples of his exquisite artworks

Reflections by George Repin. **This week; IL PORCELLINO**

DIY Hints: Helpful Hints C/ - W.A.G.; clever ideas to make life easier using things you already have

Collector's Corner: Rolling Stones Framed and Signed LP – The Still Life (American Concert 1981) Album

Food: Delicious Winter Pasta recipe tried out from Delicious August 2012 mag; serious yum !

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Nara and Kyomitzu dera
By Paul Wheeler

Nara and Kyoto: The great Buddha and Kyomizudera (the sloping verandah)

Nara park Kyoto

Nara is the capital city of Nara Prefecture in the Kansai region of Japan. The city is located in the southern part of Nara Prefecture, directly bordering Kyoto Prefecture to the north. Nara is known for its sights in Nara, specifically Tōdai-ji, Sarubo-ji, Kōfuku-ji, Kasuga Shrine, Gangō-ji, Yakushi-ji, Tōshōdai-ji, and Heijō Palace. These sights together with Kasugayama Primeval Forest, collectively form "Historic Monuments of Ancient Nara" which is a UNESCO World Heritage Site.

After the peace and quiet of the Kurihara Kodo we hit Kyoto on the weekend, Friday lunchtime to be precise. Our train from Tanabe bagged the coastline all the way to Shin Osaka. The first city coast is very lovely, surprisingly so actually because I hadn't actually been expecting anything much at all. Just a few fishing villages, beaches and little islands dotted about just off shore for the most, very picturesque indeed. At Shin Osaka we changed for a short connection to Kyoto and I'm glad we did because Osaka looked like a good hour out on the shinkansen it was hardly worth sitting down for the fifteen minutes, so we didn't. Chaos in the station car park as we disembarked, but we found our bus and were soon on our way, bags our driver worked out where we were going and we duly arrived at our Kyoto pied-à-terre.

The Ryokan Kyo-wa-yado Kagetsei is very highly recommended. Mirisa Travel really did us proud with our accommodation. Two rooms, one for me and one for the boys, with a shared bathroom. Nothing if I really must but nothing like the Nishiki-koji Hotel, which is a stroll to the Imperial palace, book if you want to go in, and the Kagetsei is a stroll from it. The Kagetsei was elegant and classical looking, the food and the baths. The very elegant and classical looking Lady of the house kindly allowed us to leave our bags in the office till check in time, which was very helpful indeed. Our rooms, which were two immense mat halls set, should I mention it again? It is an incontrovertible fact) and so we duly wandered around a very lovely city for a short while window shopping and generally luxuriating in the wonderful ambience that is Downtown Kyoto.

Covered shopping mall close to our Ryokan

Autumn color in Nara

Buck stared in the Dark

A local shrine at Kurimitsu dera

Water feature inKuri dera in Ikani Hanaki garden

Bridge in the Kyoto palace grounds

The next morning was a beautiful morning and after our lovely breakfast and our highly illegal meal info Starbucks for a coffee and a biscuit we decided that today would be the day we went to the Imperial Palace. Now I'm not much into palaces, but I'll be the first to have regurgitate the small deer that wander around freely very much like the horses in the new forest in England. They don't mind if you feed them and they're very tame, deer biscuits are readily available for a small price and they're not above an occasional but gentle butt in the bum if the biscuits are a bit slow in coming.

Umm... there is SO much to see in Japan, on a previous visit to Kyoto we had been in several beautiful Temples and Temple gardens, but I'm not sure that I've ever been in one where the Monks (yoga / was still smoking back then and as I entered I saw a small pavilion with an ash tray and turned to my ever urging wife and said "I'll be with you in a moment dear" and proceeded to light a cigarette). I am not moving for a while so inform and take it in." and I did and the did. It was so obviously special and had that effect that I felt I had to have one. The Imperial Palace is a very beautiful place, I featured in the Last Gentle. Basically if we go to Kyoto again we could just start the process again and visit the places from out first visit because we both wanted to see those sights again but there is never enough time.

Steps to outlines the Emperor in his Kyoto Imperial Palace

There is also the Nijo Castle in the middle of town which is famous for its nightingale floors, you just can't walk around without making the floor squeak, and honestly you can't. I really tried, in my socks, and I failed miserably. The Kyoto Imperial Palace, the Nijo Castle with the Golden Pagoda and the Silver Pavilion and the Philosophers walk are all places that can carry a bit more than one day's visit and I would recommend that you allow for that. We didn't even get to the wonderful st... eh wait. Torii back, bow, bath, dinner, beer, sleep.

The next morning we decided to go to Kyomizu dera, quite close by. We like walking and walking through the alien but charming back streets of Kyoto is a delight. Walking up the hill and through the Torii leapt bow to the Temple was an adventure where all of its itself. So many people and they're all going to stand on the sloping verandah at the same time. Not a good idea. We had to wait a while but it was worth the wait and how can you whine when you get to be doing. to stone where we could make a wish, it's a magic place.

The views from the sloping verandah were lovely and we enjoyed them along with the thousands of other people enjoyed them. A Japanese wedding party, a Chinese wedding party, a few Japanese couples, lovers, families milling with no animosity at all. Kenji is always amazed that things I would run a mile from at home I fully embrace when in places like London or Kyoto. She can't understand why I'll happily go shopping for hours and then when we come home I'll moan about shopping for hours. Men are like that, I'm told by Mark I'll explain, partially at least. At London in the shops around Knightsbridge, Chelsea, Camarks St. and Oxford street you are surrounded by the sounds of many languages, but the most strange ever exaggerated sound congenial where all the elongated vowel sounds are made at the back of the nose and the tone are very high pitched. Kenji's sister Kaori is married to a Japanese man but if you haven't got into these shops you haven't lived the real thing which is enormously amusing, and of course when an old lady is serving you and she's been doing it for fifty years and she's been at 57 of London 111 in Kyoto I walk into this boutique with Kenji and the shoppers are doing exactly the same thing in Japanese and the shop ladies are doing exactly the same thing in Japanese and we're all laughing. Sometimes these ladies should have a comedy routine on their own. Kenji's sister with perfect understanding of using shopworth genius. Tweet is so fascinating, don't you think?

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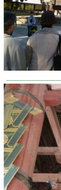
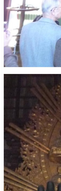
Visiting or drinking in the waters of the Otowa waterfall brings good luck in exams and life and health and makes you beautiful


The sloping verandah

On the way through to the great Bhudda through the Kanaka-mon


Inside Bodaibuzaiin and Amitsu- The Great Bhudda

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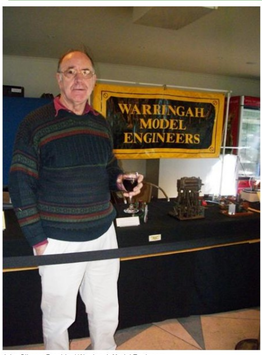

John Gibson, President Warringah Model Engineers.

Tony Jaksich, Warringah Model Engineers

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Warringah Model Engineers Display

Recently we talked to members of the Warringah Model Engineers who were sharing and showing some of the items their members had built. Intrigued we asked more about these static and dynamic models of larger objects. Their President, John Gibson, kindly talked us through each very intersting model.

The model boats are made by one of our members and he seems to specialise in the very early ships; sailing ships and his workmanship is just beyond belief, the detail he goes into to present the models; they're very extensively done.

Clockwork engine: Over in the back there we've got an early spring driven engine; it's a bit like a wind up gramophone and you wind it up and then you drive whatever you need to drive from the pulley.

Twin cylinder steam engine(left): This is a model vertical steam engine, typical of what might have been in a reasonably sized model boat in the early 20th century; probably from the 1880's through to the 1940's or 1950's when steam started to die completely.

Model Traction Engine: This little one here is a model steam traction engine; it's made from a kit that was assembled by children in secondary school from time to time; and this is an example of that type of engine. They were used out in the country, usually for ploughing fields or pulling down trees, doing a lot of manual work on a farm or rural setting. Traction engines started to replace horse power in the early 1800s and lasted to the 1920s or so.

Hot Air Engines: These three engines are hot air engines. The one at the back is a low temperature differential hot air engine and it was made by one of our members, Alf Lang, who has since passed on. It relies on a temperature difference of about 3 to 5 degrees Celsius to work. The ivory box contains lamps that create heat and that heat is transferred to an air column inside the two discs. The top disc is a cold disc; so you have a hot area and a cold area; essentially using that difference we create a positive and negative pressure in that brass cylinder and that extracts energy from the changes in air temperature and pressure to drive the system.

What were these used for?
Well, that's just a model. Hot air, or Stirling cycle engines were used on farms, often to drive low capacity pumps, or in farmhouses to drive a fan, to circulate air in the house. It seems a bit funny having a fan driven by heat in a hot house; but mostly they were used to move air around and give some semblance of a draught. Those are the main places I've seen them operate. We have a member who is building a full size Heinrici hot air engine at present.

The next display is a portion of a not so old Telephone Exchange system; this gives people an idea of how numbers dialled from the home were treated at the exchange. They called this apparatus the Uni-Selector, when you dial a number, the number passes on to the Uni-Selector and it selects that number and then when you dial the next number, it selects a second digit and so forth; ultimately it creates a path from your telephone to the person that you're calling. These electro-mechanical systems that once filled large exchanges have been replaced by computers.

Model Steam Engines: Here we have five model steam engines; they are all horizontal steam engines, unlike the one that went in a boat which is a vertical steam engine. These are all what we call 'horizontal' or 'Mill Engines'; typical of what may have been used in a factory or a mill in the steam era. Such as a saw mill, or a sugar cane mill, or even an engineering factory where you have machinery to be driven; these would be typical of the types of engines utilised. We can't use steam due to dangers inherent in public displays so we just use compressed air to drive the models. We run the whole lot on fairly low pressure, maybe about 10 pounds per square inch (70 kPa).

Directional Gyro(left): The next item is a directional gyro out of an aeroplane or ship; this uses a gyroscopic effect to maintain an aircraft or a boat's heading. Once it is set to a specific heading, I think it's sitting on about a 240 degree heading now; as the aircraft or ship changes direction, the gyro retains the set heading. When the captain notices a change in direction and is able to correct it and bring it back onto the set heading.

Warringah Model Engineer Inc
Warringah Model Engineers was formed in January 1996 to provide a club for people who are involved, or have an interest in all kinds of model engineering. Historical, experimental and whimsical models in all sorts of materials are encouraged. A presentation is usually made at each meeting and these have, included lathe demonstrations, measuring instruments, new models, historical restoration projects, experimental engineering, specialised tool making, and all sorts of other topics.

The club is a great place to meet people with strong engineering background and to pick up tips and solve all those "how do I do that" problems.

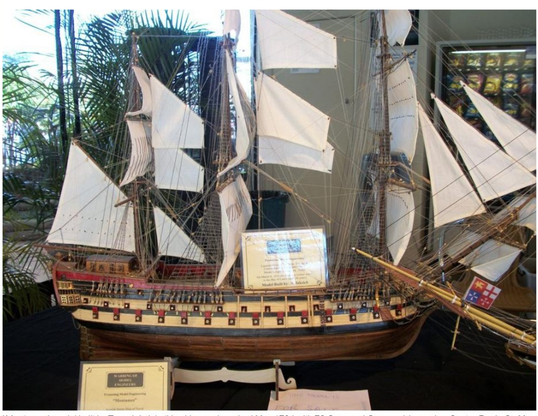
A light supper is provided (coffee, tea and biscuits) during each meeting. General meetings are held at 7.30 on the (2) second Thursday of each month at the Eurobodalla Homes Hall, No 8 Aquatic Drive, Allambie Heights. (Top of the hill, near the Bus Stop). Secretary Ivan Campbell; 15/737 Pittwater Rd, Dee Why 2099.

Occasionally we organise club outings to places of interest, these can be engineering plants, or just places of general interest.

Some members also have a social meeting at the Dee Why RSL "Coffee Club" on the (4th) fourth Thursday of each month 10.00 am.

Everyone is welcome, and you do not have to be an engineer!

Images by Michael Mannington and A J Guesdon, 2012.



'*Montarnes*' model built by Tony Jaksich; this ship was launched May 1794 with 76 Guns and Cannonaides on her Quater Deck. On March 6th, 1810 she sank in a violent storm in the Bay of Cadiz. This Model's length is 1.250m and Height is .930m.

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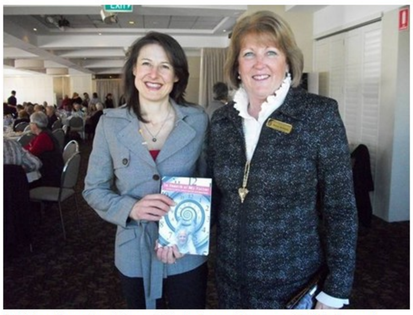

Dr Helena Popovic and Karen Baldwin, General Manager of RMYC, Newport.

Jennifer McCay, manager of Blue Illusion at Mona Vale

Purchase Helena's great book from: www.helenapopovic.com/my-book/

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Royal Motor Yacht Club of Newport July 2012 Ladies Lunch - '*Boosting Your Brain and turning Your Stress Into Success*' by Dr. Helena Popovic

On Wednesday this week 112 ladies met for a lovely lunch and catch up at the RMYC, Newport. These lunches, scheduled for four to five times each year, always have a speaker whose subject matter will interest those who attend and each lunch also raises funds for the niominated chairty of the Ladies, which has been the BCNA (Breats cancer Network Australia) and the other half goeds to a chairty nominated by the speaker. This Wednesday Dr Helena Popovic nominated alzheimers Australia. The previous speaker had nominated Father Riley's charity and a cheque for $5000.00 was being presented at the same time the lunch commenced.

Another aspect of these Ladies' Lunches, should you need more incentive other then great company, great food and a great view, is the Market tables at each one. July's tables were from Blue Illusion, a women's boutique in Mona Vale run by the lovely Jennifer McCay, Duck Creek Macadamias, with some samples, and costume jewellery from Sistaco. All these also contributed raffle prizes to raise more funds for worthwhile causes.

The feature of the day was the presentation given by Dr Helena Popovic though, a brilliant, insightful address given in a spirit of generosity and eloquence and from a place of experience. In opening Dr Popovic explained the premise of a personal journey she undertook with her father when he was diagnosed with Dementia, noting that Alzheimer's was fast becoming the most common disease in Australia and with an aging population will become more so.

Dr Popovic, a genuinely positive lady, outlined how we may reduce our risk and how to help those diagnosed with this heart breaking disease. "Don't give up on anyone." Was her message, especially appropriate after relating the humorous side of helping a loved one who was also bereft after losing his wife, her mother, at the onset, and enduring the grief that is part of this.

"One More Day, just give me one more day dad," Helena continually asked her father and each day, due to his disease, did begin anew until a shift began to occur. Helping people suffering from dementia stems from turning 'Can't' into 'Can'. Words are especially powerful as our brains not only react to negative words, reinforcing negative behaviour, they also equally react to positive affirmations and are re-energized, re-energizing our physicality and emotional responses as a result.

Dr Popivic guidelines outlined and went in depth on three requirements, reiterating the Belief as in 'can', getting guidelines on what to do to promote Brain Health and prevention of Dementia, and to add Persistence to this, to keep taking one step at a time. The results speak for themselves; two and a half years later her father, with a 97 year old mate, were still delivering Meals on Wheels, he had taken up Line dancing, smiled when a French Tutor would arrive to give him lessons and even went with her to the gym once a week.

The practical side of all this is recognizing statistics, such as the brain being 25 of our body and using 205 of our blood, or knowing that one fifth of all food consumed is used to keep our congnitive functions working and that eating the good stuff will produce the good results as opposed to junk food which will produce… sludgy efforts in body and brain.

Among the Ten guidelines which are in her great book, In search of My father; dementia is no match for a daughter's determination, are the 'possibility thinking' of turning can't into can, insights into foods such as walnuts for their 'brain food' composites and 'drinking to your health' but no more then that as the 'more you drink, the more you shrink'.

The most illuminating news is that recent research has shown our brains can grow new cells, can establish new connections, that we do, in fact, grow 5000 new brain cells everyday. Dr Popovic stated we should treat our brains like a muscle and exercise them to benefit from all a commitment to 'lifelong learning' brings. This book belongs in the homes of all who have an interest in their own brain health or wish to be of more help to those suffering from Dementia.

The next Ladies' lunch at the RMYC will be on **Wednesday the 19th of September, 2012, the speaker Sue Williams**, an award-winning journalist and columnist who's written for all of Australia's leading newspapers and magazines and has released numerous books on a range of subjects. Her most recent book is *Welcome To The Outback*, which was released in April 2012. Find out some more of Sue's journeys in September. Bookings for the Ladies Lunch are essential by contacting the RMYC on 9997 5511. Cost is $65 for two courses including wine and coffee and starts at midday. After lunch Sue will be available for book sales and signings.

For further information about the Ladies Luncheon, contact Sally at the RMYC on 9997 5511 or sally@royalmotor.com.au

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Articles This Week

Pittwater Council and Lakeside Caravan Park Pre-Empty Contamination

New and Improved Library Hours for Pittwater

Mayor Sam Piccoli Endorses Pittwater Online Newsletter

Pittwater Council Seeks Nominations for Australia Day Awards

Celebrate Pittwater Council's Australia Day Awards Ceremony

Pittwater Council Seeks Nominations for Australia Day Awards

Celebrate the Heritage Festival 2013 at Pittwater Council's Australia Day Awards Ceremony

Pittwater Council and Lakeside Caravan Park Pre-Empty Contamination

Pittwater Council's Sporting Hero Funds Grant Scheme Opens 1st March, Applications Close 29th June

Sailors, the Brighton Hotel was the first to welcome the Australian Sailing Team back to Australia after the London 2012 Olympic Games. Sailors Mathew Belcher and Malcolm Page, Tom Slingsby and Nathan Outteridge, Jason Waterhouse and Nick Thompson, Elise Rechichi and Tessa Parkinson-Thiessen, Nathan Wilmot and Daniel Fitzgerald, Mat Belcher and Lisa Darmanin, Olivia Price and Jessica Crisp, Rohan Veal and Ben Austin, Jason Saunders and Tim Smith, Ben Cornish and Jonathan Harris, Ben Rogers and Jason Belmont, Jessica Watson and Andrew Kinsman, Peter Lik and Anne Lik were all there to see them home and others

Pittwater Council Seeks Nominations for Australia Day Awards

Pittwater Council's Sporting Hero Funds Grant Scheme Opens 1st March, Applications Close 29th June

Pittwater Council's Sporting Hero Funds Grant Scheme opens 1st March, applications close 29th June

Pittwater Council is pleased to announce that its Sporting Hero Funds Grant Scheme opens on 1st March, applications close 29th June.

The Sporting Hero Funds Grant Scheme is designed to assist local residents who have been selected to represent Australia in sporting competitions.

Pittwater Council has approved a series of grants for half of the cost of travel, accommodation and registration fees.

Applicants must be residents of the Pittwater Local Government Area and have been selected to represent Australia in a sporting competition.

Applicants must be under the age of 25 years of age at the time of the competition and must be competing at a national championship or international competition.

Applicants must be competing in a sport recognised by the Australian Sports Commission.

Applications must be submitted at least 28 days prior to the

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This is a ripper.....magnificent!
C/- W.A.G.

Professor : You are a Jewish, aren't you, son ?
Student : Yes, sir.
Professor: So, you believe in GOD ?
Student : Absolutely, sir.
Professor : Is GOD good ?
Student : Sure.
Professor: Is GOD all powerful ?
Student : Yes.
Professor: My brother died of cancer even though he prayed to GOD to heal him. Most of us would attempt to help others who are ill. But GOD didn't. How is this GOD good then? Hmm?

(Student was silent.)

Professor: You can't answer, can you ? Let's start again, young fella. Is GOD good?
Student : Yes.
Professor: Is satan good ?
Student : No.
Professor: Where does satan come from ?
Student : From … GOD …
Professor: That's right. Tell me son, is there evil in this world?
Student : Yes.
Professor: Evil is everywhere, isn't it ? And GOD did make everything. Correct?
Student : Yes.
Professor: So who created evil ?
(Student did not answer.)
Professor: Is there sickness? Immorality? Hatred? Ugliness? All these terrible things exist in the world, don't they?
Student : Yes, sir.
Professor: So, who created them ?
(Student had no answer.)
Professor: Science says you have 5 Senses you use to identify and observe the world around you. Tell me, son, have you ever seen GOD?
Student : No, sir.
Professor: Tell us if you have ever heard your GOD?
Student : No , sir.
Professor: Have you ever felt your GOD, tasted your GOD, smelt your GOD? Have you ever had any sensory perception of GOD for that matter?
Student : No, sir. I'm afraid I haven't.
Professor: Yet you still believe in Him?
Student : Yes.
Professor : According to Empirical, Testable, Demonstrable Protocol, Science says your GOD doesn't exist. What do you say to that, son?
Student : Nothing. I only have my faith.
Professor: Yes, faith. And that is the problem Science has.
Student : Professor, is there such a thing as heat?
Professor: Yes.
Student : And is there such a thing as cold?
Professor: Yes.
Student : No, sir. There isn't.
(The lecture theatre became very quiet with this turn of events.)
Student : Sir, you can have lots of heat, even more heat, superheat, mega heat, white heat, a little heat or no heat. But we don't have anything called cold. We can hit 458 degrees below zero which is no heat, but we can't go any further after that. There is no such thing as cold. Cold is only a word we use to describe the absence of heat. We cannot measure cold. Heat is energy. Cold is not the opposite of heat, sir, just the absence of it.

(There was pin-drop silence in the lecture theatre.)

Student : What about darkness, Professor? Is there such a thing as darkness?
Professor: Yes. What is night if there isn't darkness?
Student : You're wrong again, sir. Darkness is the absence of something. You can have low light, normal light, bright light, flashing light. But if you have no light constantly, you have nothing and its called darkness, isn't it? In reality, darkness isn't. If it is, well you would be able to make darkness darker, wouldn't you?
Professor: So what is the point you are making, young man ?
Student : Sir, my point is your philosophical premise is flawed.
Professor: Flawed ? Can you explain how?
Student : Sir, you are working on the premise of duality. You argue there is life and then there is death, a good GOD and a bad GOD. You are viewing the concept of GOD as something finite, something we can measure. Sir, Science can't even explain a thought. It uses electricity and magnetism, but has never seen, much less fully understood either one. To view death as the opposite of life is to be ignorant of the fact that death cannot exist as a substantive thing. Death is not the opposite of life: just the absence of it. Now tell me, Professor, do you teach your students that they evolved from a monkey?

Professor: If you are referring to the natural evolutionary process, yes, of course, I do.
Student : Have you ever observed evolution with your own eyes, sir?
(The Professor shook his head with a smile, beginning to realize where the argument was going.)
Student : Since no one has ever observed the process of evolution at work and cannot even prove that this process is an on-going endeavor. Are you not teaching your opinion, sir? Are you not a scientist but a preacher?
(The class was in uproar.)
Student : Is there anyone in the class who has ever seen the Professor's brain?
(The class broke out into laughter.)
Student : Is there anyone here who has ever heard the Professor's brain, felt it, touched or smelt it? No one appears to have done so. So, according to the established Rules of Empirical, Stable, Demonstrable Protocol, Science says that you have no brain, sir. With all due respect, sir, how do we then trust your lectures, sir?
(The room was silent. The Professor stared at the student, his face unfathomable.)
Professor: I guess you'll have to take them on faith, son.
Student : That is it sir … Exactly ! The link between man & GOD is FAITH. That is all that keeps things alive and moving.

By the way, that student was **EINSTEIN**

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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Peter Rumble

"Character is not made in a crisis it is only exhibited."
Robert Freeman

A man defines himself by how he is in a crisis, his essential nature is a given and plain to see. Australian country men have long been the backbone of this place, their matter of fact approach to all circumstances, from innate honesty and mateship have been the stuff of legends and the subject of many stories since the inception of Australia itself. Their attendance to helping others, their clear love of sky, river and land, the way everything is just 'got on with' commendable. A heart of integrity that will not perish. Add to this a lifelong love of the water, of swimming, of loyalty to mates in danger whether the physical, mental or mindful of others and you begin to garner a glimpse into Peter Rumble's path.

Standing over 6 foot tall he is a man of strong character. Known for his brilliant smile, self-deprecation and quiet manner outside of boisterous moments. He is also a man who has part of history in being one of the survivors of Operation Bribie in the Vietnam war. Operation Bribie was right men of 6RAR/NZ loaded killed and 26 wounded. Peter, who was a member of 5th platoon, the most highly decorated platoon within 6RAR/NZ (Medicals and three mentions in dispatches, survived although one of the wounded. It didn't begin that way though.

I was born in Griffith NSW on the 3rd of July, 1945. We left Griffith when I was about 5. My dad and mum bought a shop from his brother who had gone bust in Grenfell. I grew up in Grenfell, went to Grenfell High School (Henry Lawson's school), a typical country town, with every sport available. You name it, I played it, football, hockey, swimming.

How good were you at swimming?

I think I still hold the record for the most number of points scored at an annual carnival. Probably because I was every event in my age group and also came second in the open diving.

What did you do when you left school?

I joined the local accountancy program but was having trouble doing my studies because there was just too much sport to play. I was about 17 or 18 at this time. After 18 months but then one of the partners, Lionel, had a chat to my dad and told him that basically he could make money out of me until I was about 30 odds, by just sitting up the books and doing the balancing and so on but after that, I wouldn't be making any money for them. He suggested that I would be better off if I found another form of employment.

So what did you do after that ?

I went down to Canberra. My elder brother was down there, so I went to stay at the same place he was boarding at. I joined the Public Service in the Department of Navy but I got sick of spending all my wages in the canteen. I was working in a filing division and became a manager all to do, so I guess the time of time only go and have a sleep in the file room or you'd go and have something to eat, or the whole time was getting to me. So I decided to look around for another job and managed to get a job with a finance company in Canberra.

I think the only reason I got the other job was because there was a fellow there with the same surname. The guy who was the office manager had this thing about names and if someone had the same name as mine he immediately jumped on it.

How did you end up involved in the Vietnam War?

I was called up early 1966. I had to register on my 20th birthday in 1965 and I got notification about mid December 1965 that I was being called up in in the Army Unit for March 1966.

How old were you then ?

Just shy of 21

Where did they send you for training?

Kapooka. This was Basic Training; they'd get these little blokes about the first draft who were usually Scottish and who would march you around and round and round the Parade Ground, swearing and carrying on, throwing you dirt and telling you if you didn't do the right thing they'd shit on you from a great height, which would make you laugh and then you'd get into strife for that too.

I eventually went to Infantry Training at Singleton. It was while we were halfway through our infantry training that Long Tan happened in August '66 and they were searching for about 40 volunteers to immediately go through the Jungle Training Centre and then go over as reinforcements and make up the numbers that were lost in Long Tan.

So we pulled out of infantry training early and went to Canungra and did Jungle Training at their course there. We then came back to Sydney to the Infantry Centre at Ingleburn but couldn't go to Vietnam because Gairtes were having an Air Strike and that was where the Battalion was going to be based. Eventually, in December '66 they found an American starlifter that was bringing home troops from Borneo, and they shoved us all on that and sent us over to Vietnam.

We landed at Tan Son Nhat. We were posted to the 1st Australian Reinforcement Unit in NuDat, the Australian Task Force Base. From there you were posted to a unit. They would come along and say, 'Look we need some guys for 1RAR, anyone want to put their hand up?' A couple of guys would say, 'look I know someone there. I'll go.' Then, 'we need some guys for 6RAR.

I knew a guy from school was growing up in Grenfell as well as Terrora, and we used to play football against each other, and swim against each other, and we became good mates. I knew he was in 6RAR in B Company, so I went there, and they asked if there was any company I preferred to go to and I said B Company, rightho, we've got a vacancy there. I joined 5 platoon which was also my section. I remained National Serviceman John O'Halloran.

What was he like to serve under?

Terrific, still a good mate today.

What was your first assignment involving being in a contact?

I got to 5 platoon early January '67 and I think the next day we went out (on his first patrol). We did patrols when I was in 1 ARU, 1 Field Battalion Reinforcement Unit at NuDat) but generally you're in the local area, down the road to the local village there to ambushes and so on. We weren't aware at the time but apparently that village was fairly heavily infiltrated by the VC at night time; that was only about 5 kilometres away from the base.

The first patrol outside of these was down to what was called The Hairpin/see the map. It's a landscape feature, as one approaches it you still had three sides of the crater, and it looked like a horseshoe from the air so it was known as the horseshoe. We were asked to set up a base there, a gun emplacement to keep an eye on things from the horseshoe and that's what we did, a later time, that Regimental commander decided to build that stupid fence all the way from Nui Dat to Phuoc Tuy Province to stop the Viet Cong getting through. And as they laid all the mines there the Vietcong would come in at night and lift the mines and that is what caused a lot of the Australian casualties in later years.

How long were you in Vietnam?

A year and one day.

Could you describe what epitomises for you the most horrific experience you went through while serving in Vietnam?

Operation Bribie, 1967. That was Operation Bribie. Our company. Well, first of all A Company landed on an unprotected landing site. They should normally would've secured and protect the landing strip. The APC's with Charlie Company didn't make it there in time.

Alpha Company landed unprotected. They went into the bush and started coming under fire. We came in straight after them on choppers.

We started walking across the flat area, and I was talking to my mate saying "Geez the bloody mosquitoes are bad around here" and he said, "I don't think they're mosquitoes mate.", they were actually bullets.

So we started running towards the bush ahead of us, a fair run, and when we got there we started to get the rest of the company in, and we started to get a bit organised. So we tried to go in at a different angle to help Alpha Company out and then we came under the ourselves, and so we pulled back and regrouped. Now at the regroup they decide to send A Company back in to draw the fire and so I came in around in front A Company to take out whoever was holding them down.

As it turned out we, and my platoon, were on the right hand flank going forward; there was two platoons up and one back in reserve, and we were left flank exposed. We came under heavy fire, a couple of guys got wounded immediately. I'm not sure when the guys got killed, but a couple of guys got killed and we were asked to get up, and go another 50 metres until one of the guys said "look, there's a couple of bodies ahead." And we got up and went forward and we just got room to pieces.

My section at the time and a corporal, the corporal got a military medal, but the rest of us were killed or wounded. If you go on to the Australian War Memorial website and look up Operation Bribie, there's a photo of our section taken that morning, before we were hit.

You were 21 then?

Yep, it was before my 22nd birthday. They sent the wounded off to hospital and the dead were sent off to be buried. I was from Western Australia, those poor bastards from West Australia in the Section were killed, and we were wounded and I got shot in the arm.

I've been given charge of him, to look after him, and even though I didn't realise I'd been wounded until someone crawled up behind me and started putting a dressing on me.

When we were lying on the ground trying to repel an attack on us, when an APC (Armoured Personnel Carrier) finally turned up, he came roaring towards us so I had to grab my mate and roll him out of the way otherwise he would have been crushed.

How were you wounded?

I was wounded by an Australian 105 shell that landed ten foot away from me. The shell fell short. They killed two guys and wounded 26. They had to do this; they had to send in fire to cover us so we could get out. Unfortunately we were shelled as well.

The one thing that I haven't mentioned so far is the camaraderie while in battle and whatever else, has probably made the strongest bonds that you've given to one another. Would you like to reunion, as I go to Bribie Island most years, and went this year because it was the 45th anniversary and there was about 7 guys from the company that lived there and they became the organising committee. We had our first reunion there and we got on very well with the locals and the RSL when we decided to have a bit of a get together in Sydney. We had a reunion in Queanbeyan, and someone piped up and said; well there's a place called 'Bribie Island'.

When you see the photograph of my section, I'm still in contact with everyone else alive, either by phone or email, or the wife, the sister and mother of one of the guys who was killed and have become very close with them, I've met them, I've been to all the other guys that was killed and become good friends with him. A lot of the guys were very, very expensive to come to the reunion, but what we organised a one off about three or four years ago, I thought I couldn't afford to go, but I budget it, and went. It's good, there was people from all over the place; a guy from QLD, a guy from Victoria, another one from SA, a guy from the Northern Territory. I seem to remember that we probably drank a bit.

Yeah, reunions are what is strange. If I'm honest, having a bit down I always ring one of them. A lot of them, one of them in my particular list, they've got PTSD, they've got issues, they've got drug issues, I'm one of them are a bit rude, some funs; all kinds of stuff, he's got a bit of a book on it all, without going into detail, but access to all the records do a great job, it's different coming from someone who's been there.

The four or five taken by John O'Halloran incorporate the memories were waiting to go out! Yeah, he's just come back off K&K and he's got a couple of wheies, I'm going to photograph you guys'. So he lined us all up and took photographs that morning.

What was it like coming home, did you experience any of the anti-Vietnam War protests when you arrived back home?

I don't remember much about landing in Sydney because I think I flew into Melbourne from Saigon to Sydney. Climbed off the plane at 3am or 4am, they wanted no one to know when we were coming in, so we arrived at Sydney Airport and there was no one there to meet us, how being at home was different and some of the language you would normally hear there began to spread, and some of the mothers were saying how glad they were to have us home again, and all of a sudden I'm in Queanbeyan Leagues Club and I remember like that was me.

I didn't tell my mum and dad I was coming home, I wanted to surprise them. Which I did.

So you went to Grenfell to recuperate?

No, this was almost a year later. They kept you until you were fit again, I was still over there. Apparently, I didn't find this out until later, there were one or five of us they wanted to ship home at the same time on the plane was leaving the next day there was only room for two, so they said they can't toss a coin, we'll just have to leave the whole five here.

So they sent me back to the Unit. When I came home we still had a couple of months to go. Because we went over fairly early we still had three or four months to do there. They put us out at South Head. You'd turn up early in the morning, make sure you didn't get a job, and then go to the pub.

I got half smart, I knew that on the Wednesday if you volunteered for kitchen duty, like washing up and that sort of stuff, then you weren't on Patrol the next morning because you were still in the kitchen. That was when they allocated the jobs for Friday, Saturday and Sunday. I was a wife little bigger.

When were you officially discharged?

We were supposed to be discharged in March and I think by the time, then, from memory, I think in December I had about three weeks leave due to me, and they paid us for the ten weeks leave and we turned back up at South Head for a week and they said, look we're wasting your time and you're wasting our time, and they gave us all a big discharge.

What did you do then?

I had to go back to work. I was still with the same company only now I had to work out at Blacktown. I didn't know anyone in there, so I was a bit lonely to start with. I then managed to make a few friends.

How did you become President of Vietnam Veterans (Northern) Sydney?

I didn't step back fast enough. You know when they ask for volunteers and everyone puts their foot forward… everyone else took a step back.

No, I wasn't that at all. Mark (Ferguson) had been President but had to move to Wangi and felt it would be hard to act as President from there, so he resigned the presidency. I had, at that point, been on the committee as the Treasurer, and the guys all looked around and said, well who can take Mark's spot and they all looked at me, and I though 'oh God, here we go again.'

What does this role involve, what duties?

Mainly Chair the meetings and make sure that when we come around to the August Service that everything is in place, that we have our Program in order, that all the invitations have gone, all the VIP's have been invited.

What, to you, is the best aspect of that Service and the annual Vietnam Veterans (Northern) day?

It was a long and hard road as you can probably imagine. People didn't acknowledge us.

When I first came home one of the sets of friends I met up with were lived in with Terrora, extended family friends too and one of the guys was part of that, supposedly a very bright bloke, was very very anti-Vietnam.

I was sharing a house with five women, and he was taking one of the women out, and he'd be there and I'd walk in in my uniform and he'd go quiet and leave. Then we'd go the local pub and he'd be there ranting and raving, and I'd walk in in civvies, but he knew who I was and he'd immediately shut up and leave.

My friends were saying 'what's going on here?'

Then we had the Welcome Home March (The Vietnam Veterans' Welcome Home March through Sydney on 4 October 1987 attended by 25 thousand VV's and many more cheering from streets) and the people lining the streets simply accepted the fact that we had actually been to a war.

When I first came home and was working at Blacktown I had tried to get a job, on about four or five occasions and was told that I hadn't been to a war so they weren't interested, even though I had a Returned From Active Service Badge, but no medal. None had been made. It wasn't until I approached Bankstown RSL, and showed them that I had returned From Active Service Badge and Discharge Certificate that showed that 'returned from active service' that they started to me, that I was able to get a job. From there, when I moved to North Sydney Anzacs Club, there we had a very active service/veterans committee, and I got on to it. It's all watered down a lot since then, but the Welcome Home March did make a difference; there are still a lot of my friends who probably still feel aggrieved.

What is your favourite place on the Northern Beaches and why?

Collaroy Surf Club, I've been a member of this club for about 35 years.

Swimming has been an intrinsic key through your life and from looking in clearly is part of your blood too What does being a member of the Collaroy SLSC Bears mean to you ?

Keeps me off the streets in summer. Seriously I enjoy the fellowship at Collaroy and with all other Clubs as well, even if they are in competition with us. Even our ladies team, there is always friendly rivalry with most clubs, some are far too serious which we overlook. The Bears were a recent innovation insofaras one of our long term members has a close friendship with Jim Lawson of J.J.Lawson Custom Freight. He was a major sponsor of the North Sydney Bears and when approached to be our sponsor he reportedly replied "call yourselves the bears and I'll back you". So he is good. **The Collaroy Club was initially formed in 1911 by members of the North Sydney Leagues Club whose colours were navy blue, black and white which are our club colours as well.**

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

Try not to be lonely.

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

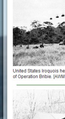
Copyright Donald 'Peter' Rumble, 2012. All Rights Reserved. Vietnam Photographs Courtesy of John O'Halloran. Collaroy Bears Photograph Courtesy Collaroy SLSC.

Above: Kapooka (near Wagga Wagga) , courtesy Virtual Shots

Gary Everitt, John Davies, Peter Rumble, Rick Tregent, Russel Marsh, land in Patrol Tracks Hawk Fusion Tables, June 2010. These reconnaissance helicopters were nicknamed 'Bushrangers' by soldiers serving in the Vietnam

United States troopers helicopters approach the landing zone during the final stages of Operation Bribie. [KIWI P32523.020]

Informal group portrait of nine members of 5 Platoon, B Company, 6th Battalion, The Royal Australian Regiment (6RAR), in the B Company lines at the Australian task force base, Nui Dat, Phuoc Tuy Province, Vietnam, some hours before the platoon took part in Operation Bribie. Identified left to right, back row: 5710975 Private (Pte) Peter Rumble; 5710977 Pte Rick Tregent; 5710978 Pte Russell Marsh; 5710979 Pte Gary Owen; 5710981 Pte Maurice Lloyd Hutchins; 5710982 Pte David Keith Hewlett; front row: 2140311 Corporal (Cpl) Robin William Jones (Section Commander); 5710961 Pte Bruce Anthony Davies; 5411999 Pte Wayne Maurice Riley; 2700487 Pte **Donald Peter Rumble**. This was the forward right hand section during the assault. Pte Rumble was wounded by shell fire during the platoon's first operation, Operation Bribie, while Private Davies, Chad, Riley and Rumble were wounded. Pte Owen was wounded during the platoon's final charge, and was rescued the following morning when 6RAR retrieved its casualties. Pte Hutchins was wounded during the first assault and after being treated fell back to the reserve section for the first night. He was killed in action behind the Million Dollar Fence on the second night.
Photo taken a few hours before Operation Bribie by John O'Halloran.


Private Adrian Ellis of 6RAR lies down prone during the fighting on Operation Bribie. All three platoons of the battalion were involved in the fighting as they pushed to protect themselves from Aiveco, close range, enemy fire. [KIWI P32609.020]

Operation Bribie (17–18 February 1967), also known as the Battle of Ap Ally An, was fought during the Vietnam War in Phuoc Tuy province between Australian forces from the 6th Battalion, Royal Australian Regiment (6 RAR) and two companies of Viet Cong from the D445 Battalion, likely reinforced by North Vietnamese regulars. During the night of 16 February the Viet Cong attacked a South Vietnamese Regional Force compound at Lang Phuoc Hai, before withdrawing the following morning after having fighting with South Vietnamese forces. Two hours later a Viet Cong company was subsequently reported to have formed a tight perimeter in the rainforest 2 kilometres (1.2 mi) north of Lang Phuoc Hai, near the abandoned hamlet of Ap My An.

In response the Australians mounted a quick reaction force operation. Considering that the Viet Cong would attempt to withdraw as they had during previous encounters, forces from 1st Australian Task Force (1 ATF) would subsequently be inserted by blocking positions on the likely withdrawal route in an attempt to intercept and destroy them.

On the afternoon of 17 February 6 RAR deployed into the area north-west of Nui Ma by American UH-1 troopsvia helicopters and M113 armoured personnel carriers (APCs) in an attempt to cut off the anticipated Viet Cong withdrawal, establishing blocking and assault forces. Following an armoredfire assault into an unsecured landing zone at 13 45, A Company 6 RAR was subsequently surprised by a strong, well-sited and dug-in Viet Cong force, which, rather than withdrawing, had likely remained in location as part of an attempt to ambush any reaction force sent to the area. The Australians were soon confronted by heavy small arms fire, with a third of the lead platoon falling wounded in the initial volley. A Company subsequently broke contact and withdrew under heavy fire from what appeared to be a Viet Cong base area. Initially believing they were encountered by only a company, 6 RAR subsequently launched a quick attack by two companies. However, unknown to the Australians the Viet Cong had been reinforced and they now faced a battalion-sized force in well prepared positions.

With A Company withdrawing for support, B Company assaulted the position at 15:35 with artillery, air strikes and armour in support, forming right after the initial contact, the lead platoon from B Company—5 Platoon under Second Lieutenant John O'Halloran—was forced to jump from their helicopters as they were coming in to land after taking fire at the landing zone. The platoon quickly formed up and moved off to the vegetation on the western edge of the landing zone, with the remainder of the company following them as they landed.

From the outset the lead elements came under constant Viet Cong sniper fire from the trees, and from machine-guns that had not previously been detected by the Australians. The assault soon faltered with steadily increasing casualties as the Viet Cong resisted strongly, withstanding multiple frontal assaults, including bayonet charges by two separate platoons. Surrounded and recovering from the surprise, the lead Australian elements from B Company could advance no further against a determined and well-sited foe. Under heavy fire from the entrenched positions and with casualty-free defenders, Alpha's the Australians had come under APCs to secure the landing zone at the jungle's edge, however with the infantry en trouble they were subsequently dispatched as a relief force. Fighting their way forward, the M113s finally arrived by 18.15 and began loading the more severely wounded as darkness approached. The Viet Cong subsequently launched two successive counter attacks, all both were repulsed by the Australians. During the fighting one of the APCs was subsequently disabled by a recoilless rifle at close range, killing the driver. Finally, by 19:00 B Company was able break contact and withdrew after a few-hour battle, moving into a night harbour near the landing zone with the remainder of the battalion.

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Vicente Edwards, Gary Everitt, Len Brown, Russel Marsh, Bryan Webster Vice President PERIOD, Bob Brandis, Peter Rumble, President Vietnam Veterans (Northern)

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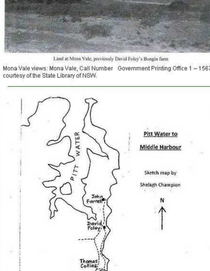
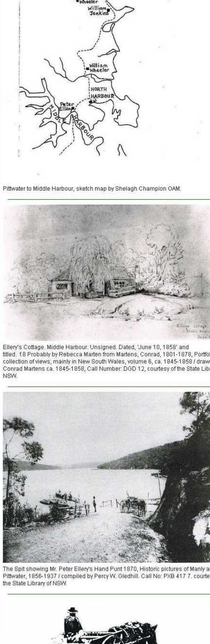
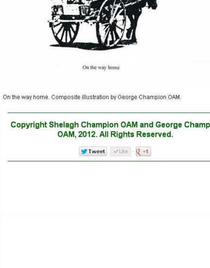


Land at Mona Vale, previously David Foley's Bungin farm

Mona Vale views: Mona Vale, Call Number Government Printing Office 1 – 15675, courtesy of the State Library of NSW.



Pittwater to Middle Harbour, sketch map by Shelagh Champion OAM.



Ellery's Cottage. Middle Harbour. Unsigned. Dated, 'June 10, 1858' and titled. 18 Portfolio of views by Rebecca Marten from Marten's Consul, 1851-1878, Portfolio collection of views, mainly in New South Wales, volume 6, ca. 1845-1858 / drawn by Consul Martens ca. 1845-1858, Call Number: DGD 12, courtesy of the State Library of NSW.

The spot showing Mr. Peter Ellery's Hand Punt 1870, Historic pictures of Manly and Pittwater, 1856-1937 / compiled by Percy W. Gledhill. Call No: PXB 417 7, courtesy of the State Library of NSW.

On the way home. Composite illustration by George Champion OAM.

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The Murder of David Foley

By Shelagh Champion OAM

The main characters in this real life drama were David Foley, Thomas Collins (Lavinia Collins (nee Ellery) and Frank Poyner (Lavinia's uncle).

David Foley, a clerk, was convicted in County Cork, Ireland, in March 1817, and sentenced to transportation for life, for the offence of "felony, wounding". He arrived in Sydney on 1 April 1818, when he was described as 5 feet 4½ inches tall, of dark ruddy complexion, with brown hair and hazel eyes. He was 19 years old.

He married Sarah Andrews, the step daughter of Matthias Burke, on 14 February 1823 at St Mary's Church, Sydney. Sarah had been born in the Colony, and was then aged about 20.

Martin Burke had the lease of the 700 acre farm at Bungin (now Mona Vale), which he sub-leased to David Foley on 1 April 1825. A covenant reserved to Burke cattle grazing rights, the use of one room in the dwelling house and half an acre of garden ground. David received his ticket of leave in 1826.

By the time of the 1828 census, David and Sarah had three children: Margaret aged 5, Mary Ann aged 3, and John aged one year. Of the leased 700 acres, forty acres had been cleared and eighteen acres were in cultivation. He owned 54 head of cattle.

In January 1829 Foley valued his weatherboard dwelling house at £150 and his out-offices at £100, a total value of £250. He then had sixty acres of cleared land, sixty horned cattle and available money capital of £100. He had completed two miles of fencing, was employed and maintained three free servants. David Foley was a most energetic, industrious and trustworthy man, and received a conditional pardon in 1831.

In 1839 he owned 640 acres of land at Mulbring Creek, on the road to Maitland, for which he paid £160.

David Foley was appointed a police constable in 1839, a position he held until he resigned in April 1842. During this time, according to his wife Sarah, he prosecuted one man for maiming cattle and burning a hay stack.

In 1843 David's son John, aged only fifteen years, died from a gunshot wound. At the inquest, it was recorded that he had taken a gun from his father's residence, to frighten the cockatoos from some grain that had recently been sown. From the direction of the wound it was apparent that the muzzle had been under the chin, and that the shot had passed through the back part of his head, causing almost instantaneous death. [SMH 26 April 1843]

The coroner recorded a finding of accidental death on 6 June 1843. However, it is difficult to believe that John would have been careless enough to rest his chin on the muzzle of a gun, and murder by some person or persons unknown seems far more likely.

Meanwhile, **Thomas Collins** arrived in Sydney as a convict on 9 April 1835. His native place was Cheshire, England, and, with no previous conviction, he was sentenced to transportation for life at the Lancaster Assizes on 9 August 1834, for assault, having apparently killed someone in a fight. His occupation was farm labourer. He was single, a Protestant, and could read. He was aged 20, and was described as being 5 feet 9¾ inches tall, of brown pock-pitted complexion, with brown hair and grey eyes. He had a number of scars and had lost the forefinger from his right hand. In 1837 he was assigned to work for Rolla O'Farrell on the 410 acre Mount Ramsay Estate near Narrabeen Lagoon.

Lavinia Maria Collins (nee Ellery) arrived in the Colony as a 14-year old immigrant with her parents, Peter Ellery and Susannah Ellery (nee Poyner), and her brothers and sisters, on the ship Orient on 4 April 1839. She was born in Cornwall and christened on 27 November 1825.

Thomas Collins married 18 year old Lavinia Ellery on 11 March 1844 at St Philip's Church, Sydney. They went to live on John Clarke's farm at North Narrabeen. Clarke died on 1 May 1847, leaving all his real and personal estate sworn at under £200, to Thomas Collins, who was living with him at the time of his death. Thomas Collins thus became the main southern neighbour of David Foley.

Francis (Frank) Poyner was the brother of Susannah Ellery and travelled to Sydney with the Ellery family on the *Orient* in 1839. He would have been about 16, but because of his young age, he may have assumed the identity of his older brother John, aged 22. From an 1850 conviction, we know that he was 5 feet 6 inches tall, of fair sallow complexion, with dark brown hair and dark grey eyes His arms were hairy, and he had a scar on the corner of his left eyebrow. Frank followed the occupation of seaman, but when he was ashore he lived with Thomas and Lavinia at North Narrabeen. Although he was Lavinia's uncle, he was only a few years older than she was.

On 3 July 1849 Foley's premises were entered and about twenty pounds of butter, fifteen tin milk dishes, about one hundred weight of butter salt and three iron wedges were stolen. He believed the goods were concealed on the premises of Thomas Collins. Foley secured a search warrant in Sydney, and in company with Constables Peter Thomson and Thomas Newton, and two of his daughters, Sarah and Mary Ann, implemented the warrant.

Sarah recognised a piece of print, portion of an old frock which covered the butter the last time she saw it in her father's dairy. In Collins' dairy, five milk dishes were selected as having been stolen. One constable observed Collins burying a dish in a dung heap, and Foley claimed it as one of his. Collins then took the six dishes and ran away, calling out to the police that he would not allow himself to be taken into custody until the return of his wife from Sydney.

The next day, with Frank Poyner carrying the dishes, Thomas Collins gave himself and the dishes up to the police in Sydney, claiming that they had belonged to Mr Clarke, the former owner of the farm. Foley and his daughters identified the dishes as their property. Although there was no private mark on them, they had been using them for a long time. Collins was committed for trial, but allowed bail, himself for £40, and two sureties of £20 each. He indicated his intention to plead guilty to the charge.

The trial date was set for 12 November 1849, but before this trial could take place, **David Foley was murdered on Thursday 8 November 1849**, about half a mile from his home at Bungin.

David's widow Sarah Foley gave evidence.
On Thursday, 8 November the deceased, David Foley, left his house between six and seven o clock in the morning, with a cart and horse, with some calves and butter, which he was going to take to North Harbour, a distance of twelve miles. His man was with him, but not to return with him. Thomas Collins' house was about two miles from Foley's on the road towards North Harbour. The next house on the road was James Jenkins', about a mile further on, the next William Jenkins', about a mile further; and the next William Wheeler's, about a mile and a half from North Harbour. She expected her husband to return about three or four o clock. He did not return. About five or six o'clock she and her two daughters went out in search of him. They found him about half a mile from the house. He was lying on his two hands, under the off side of the side rail of the cart was on his back, his head and shoulders being under it. He was quite dead and cold. The horse was on his back. There was nothing in the road to upset the cart. Sarah and her daughters took the body from under the cart, and laid it on its back. They then unharnessed the horse, and righted the cart, and placed the body in it. There were two holes in the left breast, through his waistcoat. There was a good deal of blood on his waistcoat and in the cart. It appeared that he had fallen backwards when shot, into the cart. The next morning before sunrise they found his hat about a hundred yards behind the place where the cart was found turned over. There were tracks of the cart from the hat to where it was found turned over, but they turned off the road at that spot. Sarah judged that the murder had been committed a little beyond the place where the hat lay, because there was a screen of bushes close by, high enough to hide a man. The deceased had nothing with him to be robbed of, and had no watch or other valuables with him. She did not know of Foley having any quarrel with anyone except Collins. Collins was nearest on one side and Farrell on the other. Poyner lived with Collins as a servant. Collins generally went to his house through Narrabeen Lagoon, while Foley, Farrell and others crossed at the mouth. The body was taken to Sydney the next morning, in the same state as when it was found, except that the face was washed and the waistcoat opened. Death had been caused by two gunshot wounds, which appeared to have been inflicted from behind.

William Dawson, the boatman at North Harbour, said that Foley arrived at his house about 10.30 a.m. on 8 November and left for home about 11 a.m. The last person to see him alive was Ann Jenkins; wife of James Jenkins at Narrabeen, who saw Foley about 1.30 p.m., when he took the slip rails down, passed through with his horse and cart, and put them up again.

Witnesses established that Frank Poyner also took the journey by horse and cart to North Harbour, with a tub of butter, about an hour after Foley. Going home, Poyner gained time by travelling faster and taking a short cut through William Wheeler's stockyard. When Ann Jenkins saw Poyner at Narrabeen, he was only a quarter of an hour behind Foley. After passing through Narrabeen Lagoon, Poyner arrived home at North Narrabeen about two o'clock.

Also on 8 November, Thomas Collins went to Sydney, on foot, with a bag on his shoulder. About 12 noon he called in to see his father-in-law, Peter Ellery, at the Spit. Constable Peter Thomson was there also, and spoke to Collins, but said that Collins did not cross in the boat with him. There was an alternative way to reach Sydney, by rowing to Willoughby Bay and walking to the North Shore ferry. Collins may have gone that way. He was in Sydney about 2 p.m., and enquired about a passage to California. However, the *Victoria*, which was to leave the next day, was fully booked. He then arranged and paid £1 for his passage the following day on the schooner *Fancy* for Twofold Bay. He went home overnight, and on Friday morning, 9 November, he was put on board the *Fancy* between Bradley's Head and the Sow and Pigs Reef.

A Coroner's inquest was held on Friday and Saturday, 9 and 10 November 1849, Warrants were issued for the apprehension of the suspected parties, Poyner and Collins. Poyner was apprehended by Constable Peter Thomson at 5 a.m. on 10 November at Collins' farm, North Narrabeen. A pair of trousers with blood on them was found in the house. The inquest was continued on Saturday 17 November at the George Street Police Office. Francis Poyner and Lavinia Collins were in custody, charged with murder. Mrs Collins was discharged at once, as there was no evidence against her. After hearing evidence, the jury decided on a verdict of wilful murder against Thomas Collins and Francis Poyner.

The Police at Braidwood were alerted, and on 18 November Chief Constable William Bradbury apprehended Collins at a public house at Pambula. When asked his name he replied "Francis Poyner" and that he was an immigrant. He had a paper in Poyner's name. The Constable then asked him to show his right hand (which had the forefinger missing). Collins immediately said that he was Thomas Collins, he came from Pittwater and was going to California in consequence of having been prosecuted by Foley for stealing some tin dishes. On 26 November Collins was brought to Sydney by the Shamrock, which had passengers on board from Port Phillip and Melbourne.

Committal proceedings were held in Sydney on 6 and 13 December, and the trial was held in the Central Criminal Court in Sydney on 27 December 1849, before His Honor Chief Justice Stephen. On the application of prisoners' counsel, the prisoners were tried separately. The case of Francis Poyner was taken first. Lavinia Collins' evidence was crucial. She stated that when Poyner returned home on Thursday 8 November, about two o'clock, "He went to put the horse in the stable. After that he came to dinner, and then sat down on the sofa. Dinner was not quite ready. Mrs Collins asked him to nurse the child [Mary, born 1848] a while, which he did. He then went out into the paddock and cut two bundles of oats for the cows. He then went to spread some dung on a piece of ground to plant corn. He said he wanted to go to Sydney to get himself a pair of shoes. Mrs Collins said if he must go he must, but he must get the cows in in time for her to milk. Mrs Collins called him when she was ready for the cows, and after he had brought them, he took the grey horse and went to Sydney." Poyner met Collins at Benjamin Yabsley's shop in George Street, Sydney, about 8 p.m.) When cross examined Mrs Collins said that after Poyner had cut the oats, he worked for about an hour in the field. He was in sight of Mrs Collins all the time. She did not see him take a gun out of the house all the day.

Lavinia Collins had given Poyner an alibi, or established his innocence. Without retiring, the jury immediately acquitted him.

In the Supreme Court Criminal Sessions for 1849 the statement was made, "Collins not to be tried on this charge by order of the Attorney General." However, Thomas Collins, a convict who was under a life sentence and therefore forbidden to leave the Colony, could be called upon to stand trial for the murder of David Foley at any time during his lifetime.

Collins was then remanded on a charge of larceny. The case was heard on 27 February 1850 in the Central Criminal Court. Thomas Collins was indicted for that he, on 3 July 1849, feloniously did steal certain tins, tin dishes, print calico, etc., the property of David Foley, of Pittwater. Although he had previously stated his guilt, he pleaded "not guilty".

His Honor Mr Justice Therry told the jury that before they could find a verdict of guilty, they must be satisfied as to the identity of the property alleged to have been stolen. The jury returned a verdict of not guilty.

Thus the life of a good man, David Foley, was brought to an abrupt end at the age of fifty, and his murderer or murderers were unfortunately never brought to justice.

Sources:
Manly, Warringah and Pittwater 1788-1950, by S. and G. Champion. Killarney Heights NSW, 1997.
Sydney Morning Herald September 1849 to February 1850
Regina v Thomas Collins: Depositions 1849. State Records NSW 9/6348
Supreme Court Criminal Sessions: Records 1849. State Records NSW 4/5730

Pittwater Online News

Front Page | Contents | Park Bench Philosophers | Profile of the Week | History | **Youth** | Seniors | Environment | Food | Lynda Hill
Community News | Pictures | News From our Inbox | Books | Events | Artist of the Month | Reflections | Collector's Corner | DIY Tiley

July 22 - 28, 2012: Issue 68

Australian Clearing House for Youth Studies

ACYS provides support youth organisations, youth workers, youth researchers and young people themselves, as well as policymakers, researchers and practitioners in other sectors with an interest in youth issues, with information and knowledge about early adolescence to the early twenties (12 to 25 years).

ACYS's mission is to contribute to the wellbeing of young people by providing comprehensive and up-to-date information about the issues and practices in the youth field to facilitate access by the community. ACYS achieves this mission by providing information on the complex and wide-ranging issues that affect young people today, and by encouraging the development and dissemination of good practice in the youth field, encouraging networking, discussions and collaboration.

Objectives

To house and provide access to a range of youth sector information, including reports, programs and initiatives, and sector contacts details;
to provide critical evaluation, synthesis, analysis and filtering of relevant information about young people, particularly in relation to research;
to provide up-to-date information on current practice initiatives;
to raise awareness of youth issues, facilitate research on young people and youth issues;
to improve communications throughout the youth sector by facilitating access to information; and,
to support the development of a professional youth sector that provides effective support to young people.

Great Website with daily Updates HERE

PITTWATER COUNCIL 20

JOIN IN THE 2012 24/7 YOUTH FILM FESTIVAL!

Are you between the ages of 12 and 24 and fancy yourself as the next Spielberg, Scorsese or Tarantino? Then come along to the 24/7 Youth Film Festival info night on Tuesday 31 July! Now in its 10th year, 24/7 is an annual event where young film-makers from Mosman, Manly, Warringah and Pittwater have the chance to create their own short film in the space of 24 hours. Last year's films then showed at local cinemas and the overall winners will receive cash prizes.

The information night on 31 July is free and participants will learn about the festival and how to enter. Filmmaking professionals will participate in a panel and there will be workshops on Saturday August (9, 13, 14) covering scriptwriting and directing, acting and filmmaking. For more information, or to register for the film night:

The festival is launched on 18 August where young film-makers are given a variety of items, props and characters which must appear in their film. The completed seven-minute (or shorter) film must be submitted to the organisers 24 hours later. The finalists' films will be screened at local cinemas throughout September when the winning entries will be announced.

24/7 Youth Film Festival Info Night: Tuesday 31 July, 6.30 - 7.30pm, Star of the Sea Theatre, Cnr of Collingwood and Iluka Ave, Stella Maris College, Manly.

The 24/7 Youth Film Festival is supported by Pittwater, Warringah, Manly and Mosman Councils. For more information, visit www.247youthfilmfestival.com.au phone 0401 269 239 or email youthfilmfestival247@gmail.com

HELPING LEARNER DRIVERS BECOME SAFER DRIVERS

Has your child expressed interest in learning to drive or just got their learner licence?

Come along to a free workshop for parents and supervisors of learner drivers which will be held by the Roads & Traffic Authority Services and Pittwater Council at Mona Vale Library on Wednesday 8 August from 6.30pm.

The course, 'Helping Learner Drivers Become Safer Drivers', will offer parents and supervisors hands-on advice on how to provide the most effective driving practice for learner drivers. The Council's Road Safety Officer Michelle Gibbons said that supervising a learner drivers meant there was a minimum of one year on 'L' plates and 120 hours of supervised driving, including a minimum of 20 hours of night time driving.

"A more rigorous driving test has also been introduced, focusing on hazard perception and driver reactions," Ms Carter said. "Parents and supervisors of learners drivers have a crucial role to play in making our roads safer, and that is why the RMS has developed a course to better support them."

The free course will cover topics such as:
learn for learner and P-plate drivers
how to use the Learner Driver Log Book
how to plan your driving lessons

"Parents and supervisors who have attended this course found it boosted their confidence, helped them better identify risky behaviours and allowed them to share experiences with other parents and supervisors," added Ms Carter.

The workshop will run from 6.30 to 8.30pm. Bookings for the Helping Learner Drivers Become Safe Drivers course are essential and can be made by calling Michelle Carter from Pittwater Council on 9970 1196 or via email at michelle.carter@pittwater.nsw.gov

Free Guitar Lessons Online

This gent's video lessons, from Free Guitar Videos com, come with a free supplementary PDF guitar chord chart which can be printed out for those short on pocket money and bored during the rainy parts of your school holidays. Also, practice guitarists, take note!

Jody Worrell has been playing guitar for forty years, and teaching for thirty. A veteran of countless studio sessions and performances in every style, he brings a great deal of real world experience to the table to help bring the subject matter into a clear focus for the student. Whether it's blues, jazz, country, or rock, Jody has a way of keeping the video clearly edited and moving at a pace that fundamental knowledge that's ultimately common to them all. Website. A sample:

Guitar Lesson: Soloing Concepts

freeguitarvideos.com

Environment Education For Children

An Environment Group that's been around for decades and originated in Tasmania, where you may still wish to join in, welcomes it's The Wilderness Society. Apart from being at the forefront to protect many of our still pristine areas they also run campaigns to the custodians of the future, our children.

Each year they hold a Children's Literature Award. The winners of the Wilderness Society's Environment Award for Children's Literature for 2012 are Mary Alice Monroe and Elizabeth Frankel and Garry Cleaveland and Ove Small illustrated by Alison Lester and Coral Tulloch. The Wilderness Society's overall Environment Award for Children's Literature is designed to encourage children to take an interest in nature and to develop a

sense of responsibility for our wild places and unique wildlife.

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

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

Lime Cordiale – July 2012

New EP out NOW!
PRE-ORDER NEXT LOCAL GIG: Mona Vale Hotel
Saturday July 28th, 2013
More at:
www.limecordiale.com/

LaunchPad Gymnastics Australia

A new initiative of Gymnastics for All includes all age groups from KinderGym to Professional development is available to instill more exercise and access to this through promoting gymnastics. Their Launch Pad website

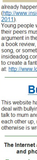
can be found at: www.launch-pad.org.au

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

Headspace 'We've got your back' campaign

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

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



Australian Youth Olympics Festival 2013

The Australian Youth Olympic Festival (AYOF) is an initiative of the Australian Olympic Committee (AOC) following the

success of the Sydney 2000 Olympic Games in 2000. The largest Australian multi-sport event for athletes aged 13 to 19 years – the Australian Youth Olympic Festival will be held in Sydney from 15-20 January 2013. The AYOF is now an established multi-sport event on the youth international sporting calendar.

Volunteer Opportunities (from AOC website)

Volunteers play a fundamental role in the Australian Olympic Committee's organisation of the Team for the Olympic Games, the Winter Olympic Games and the Australian Youth Olympic Festivals (AYOF). Volunteers come form all walks of life with energy, ideas, skills or just an interest in sport which enriches the spirit and together the Olympic Team and our Youth Olympic Festival. Volunteering for The Australian Olympic Committee means volunteering in a wide variety of tasks, including:

- administration and office support
- bar • driving vehicles for athlete pickup • measuring for outfitting • spectator services • airport arrivals and transport • opening/closing ceremonies

Please email us to enquire about the upcoming events you can become involved in as a volunteer.

The 24 nations participating in the 2013 AYOF Australia, Argentina, Belgium, Brazil, Canada, China, Fiji, Great Britain, Hungary, India, Indonesia, Italy, Japan, Korea, Malaysia, Netherlands, New Zealand, Combined Oceania, Samoa, Singapore, Chinese Taipei, Tonga, Thailand, Papua

Australian Stories Online

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

Send In Your Stuff

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

All are Welcome, All Belong !

National Year of Reading
Discover and rediscover the joy of reading.

National Year of Reading 2012:

For Northern Beaches Council (Pittwater) will be running the National Year of Reading Creative Reading Prize. It's an expansive competition that

already happens through the Centre for Youth Literature (http://www.northernbeaches.nsw.gov.au/blog/entry/creative-reading-prize-2013)

Young people will be asked to nominate the one book they think their peers must read in 2012 and then to provide a convincing argument as to why. The prize is for the nominator, not for the book. If a book review, that it could be in the form of an article, film, song, or something even more avant garde. We'll be partnering with bookseller Gleebooks, Manly Library and Northern Entertainment to create a fantastic competition with some really great prizes. More at: http://www.lynx2nrd.org.au/

Bullying; NO WAY !!!

This website has many different items and guidelines on how to deal with bullying. It's a place to find if there, and to contribute and or talk to mum and dad. **Make sure you are heard**. We are here to lift others and to help each other down. Anyone who tries to kill me otherwise is wrong.

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

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

SINGING FOR KIDS
• Singing Coaching, workshops / shows
• Voice development, singing technique, sessions and more
• Australian performance coaching
• Holiday workshops
0401 343 569
OUT LOUD
Singing and Voice Coaching
$10 individuals 30 mins
$15 duets/trios 30 mins (2-3 yrs) $ 15/hour
CALL, SMS AND CONTACT DETAILS FOR KIDS AND ADULTS SEE DVRS
The Coaching processes fostering skills, musicality, rhythm, pitch, tone, and encourages CONFIDENCE, WHILE having FUN.
Performance and audition preparation can be included if desired.
Individual coaching sessions for public speaking skills.
(school/corporate presentations etc) are also available.

Bus Pass Replacement

HERE

Word of the Week

study: a state of contemplative, reverie. application of the mental faculties to the acquisition of knowledge. such application in a particular field or to a specific subject. the study of. a careful and extended consideration. a careful examination or analysis of a phenomenon, development, or question. the published report of such a study. a building or room devoted to study or literary pursuits. a preparatory piece. Verb: study. to study. to avoid those weaknesses — Jane Austen. a branch or department of learning. to study. to consider. to look at. to examine. to read. to memorize something attaching close attention to. to observe. a person who learns or memorizes something (as a part in a play). a literary or artistic production intended as a preparation. making close, experimental interpretation, or an exploratory analysis of specific features or characteristics. a musical composition for the practice of a point of technique.

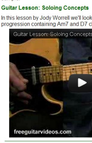
Middle, Middle English studie, from Anglo-French estudie, from Latin studium, from studere to devote oneself, study.

Study Tools 101 - Mind Maps

If you decide to go to a University since you've finished your HSC, or you're considering it, you'll be doing a lot of studying. One of the best tools is a Mind Map. These are great tools for every other subject you wish to apply them to in your life, especially as a way of getting your head around a topic. It is a diagram used to represent words, ideas, tasks, or other items related to a central idea. Mind Maps are used to generate, visualize, structure, and classify ideas, and as an aid to studying and organizing information, solving problems, making decisions, and writing.

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

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

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

Federal Government Media this week:

New Digital Resources to Help Students Understand Tax and Super - PORTFOLIOS

SNIPPET: A new digital resource has been launched to help high school students understand taxation and superannuation. The resource developed by the Australian Taxation Office (ATO), the new Digital Curriculum Resource, Tax, Super and You, is available free of charge to schools from the ATO website. This is a fantastic new online resource that teachers will be able to use in schools to help explain to their students how our taxation system works, said Mr Shorten.

Storm Surfers 3D Movie - Tickets now on sale

Tom Carroll and Ross Clarke-Jones will host special Premiere Screenings on 14 Aug 7.00pm, at EQ Fox Studios, DTO Hoyts Cinemas NSW. Tickets for Storm Surfers 3D now on sale:

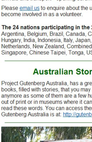
ONLINE

Tue 21 Aug 7.00pm, Warriewood, COMING SOON

Wed 22 Aug 7.00pm, Warringah Mall STO Hoyts Cinema

Celebrating Youth Arts on the Peninsula!

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



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

Our message to young people is don't stand by when you see someone being cyberbullied, it could be you.' Commission spokesperson Dr Helen Szoke. 'These school holidays are the perfect time for young people to get creative and make a short two minute film about what they can do to stop bullying and cyberbullied.

"We are encouraging young people to grab their phone or a video camera and make a simple short video showing how you can back someone up when they're being bullied. It's easy to do and there could prizes up for grabs like the opportunity to learn filmmaking skills at the National Institute of Dramatic Art and stay at the award winning Sydney Harbour YHA but the videos will be played on the special BackMeUp site and used in education programs by the Commission and our partners and broadcasters.

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

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

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

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

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

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

Join BackMeUp and take a stand against bullying. BackMeUp is a video competition to help eliminate cyberbullying in Australia! If you're 13-17, then get snazzy with your camera and enter the competition with an anti-cyberbullying video! You could be in for a film-making course or some juicy JB HiFi vouchers. Goodbye cyberbullying. Hello Hollywood!

What you need to do:

1. Make a video—up to 2 minutes long—on how you would backup someone who has been cyberbullied.
2. Create an account and upload your video.
3. Use the BackMeUp Facebook timeline to join the discussion, comment on videos and like competition updates.
4. Impress the judges by getting your friends and family to vote for your video.

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

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

THE SONG COMP – Songsalive! Australia is holding its very first song writing competition! from Newsletter by Russell Neal of Songs Alive!

We're very excited about this. We've had a lot of sponsors come on board, to the extent that the total prize pool is over $2000. There will receive $25,000 in cash and prizes. Check out the site – http://songsalive.com.au/ and http://facebook.com/SongsaliveComp

Unlike other competitions, we let you see who the judges are, and have quite a few industry professionals listening to the songs, and we're putting as much of the proceeds of the competition into the prizes. Each section winner receives at least $250 cash, plus a personal membership of Songsalive! Australia and Song Central, and a free entry into the Grand Final. Overall winner gets $5,000 cash, a trip to Nashville, and a recording deal for 4 tracks, but we want to make it easier for Songsalive! Australia members to enter, so we're running it. So, the base entry fee per song is $30. The basic entry fee per song for Songsalive! Australia members is $20 - Almost 50% off.

Entries can be uploaded from June 15, so there's time to work out what you want to enter. The site has all the categories, prizes, judges and even an FAQ to cover what questions we think you may ask. **Comp entries close July 31st, 2012.**

If there is a question you'd like to ask, which we haven't addressed, please contact stephenkling@songsalivemusicnsw.org.au and he'll answer it as best he can, and post it to the site if necessary.

About Songsalive! Australia: Founded as Songsalive! in Sydney in 1997, Songsalive! Australia is the only Australia-wide network for singer-songwriters, and is the most successful songwriting organisations. With song writing workshops, showcases, CD's and online files of members' songs, and now The Song Comp, we're doing all we can to support and promote Australian song writers.

About Songs for Stage: Russell Neal organises a lot of gigs for our local young musicians and runs numerous competitions at local venues. He provides some information about himself here. At his Newsletter site filled with great opportunities and pointers. Send your e-mail address to songsonstage@hotmail.com and he will add you to the mailing list:

Love Food, Hate Waste Cookbook

Our own Pittwater Council has joined with other councils in the area to produce an online cookbook especially for children. This is a great way to get children into the kitchen and get some good food through and get some great ideas for lunch boxes. Love food hate waste! Tomato pasta bake to make more pizza. Yum !

Love food hate waste book: HERE

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

Pittwater Online News

July 22 - 28, 2012: Issue 181

Positive Side of Life C/- W.A.G.

Can you relate to this???? - Smile for the week
C/- W.A.G.

While on a road trip,an elderly couple stopped at a roadside restaurant for lunch. After finishing their meal, they left the Restaurant, and resumed their trip.

When leaving, the elderly woman unknowingly left her glasses on the table where they had eaten. It wasn't until they had driven for about 50 miles, that they discovered the loss of the eyeglasses. They had to travel another 50 miles to return to retrieve her glasses.

All the way back, the elderly husband became the classic grouchy old man. He fussed and complained and scolded his wife relentlessly during the entire return drive. The more he chided her, the more he became irritated. He just wouldn't let up for a single minute.

To her relief, they finally arrived at the restaurant. As the woman got out of the car and hurried inside to retrieve her glasses, she got a parking ticket.

While you're in there, you might as well get my hat and the credit card.

Neanderthals cooked veggies and used plants for medicine - 19 July 2012

Neanderthals were more sophisticated than we'd thought previously, with the first evidence that they cooked plants for food and used plants for medicine found by an international team of scientists, including Professor Love Dalén from the University of Sydney's Faculty of Agriculture and Environment. The research, published in the prestigious journal *Naturwissenschaften - The Science of Nature*, provides the first molecular evidence from Neanderthal remains for inhalation of smoke from burning fire and shale, and ingestion of a range of cooked plant foods. The paper also includes the first evidence for the use of medicinal plants by a Neanderthal individual.

Neanderthals are hominids in the same genus as modern humans - Homo- who became extinct between 30,000 and 24,000 years ago. Living in Europe before Homo sapiens from the Middle to Late Pleistocene in northern Spain, the team analysed material trapped in dental calculus, forming as evidence of both plant remains and smoke from on the Neanderthal teeth.

"Our results are surprising, as Neanderthals had been thought to be predominantly meat-eaters. Just over the past several years there has been evidence of more plants in Neanderthal diets, but how it looks like they had broader diets than we'd thought and our results show they were cooking a range of starchy plants for consumption," said Professor Leo Copeland.

The team, including researchers from Spain, the UK and Australia used pyrolysis gas-chromatography-mass spectrometry combined with morphological analysis of plant microfossils to identify the material trapped in dental calculus on Neanderthal teeth.

"We found starch granules and phytoliths - these latter plants have silica nutritional value and aren't very tasty, but can be used for inoculation, in other words Neanderthals were using plants as a more sophisticated fashion than we'd given them credit for."

The results confirm that Neanderthals had a broader use of ingested plants than is often suggested by stable isotope analysis.

"The varied use of plants that we have identified suggests that the Neanderthal procurement of E. officinalis had a complex knowledge of their natural surroundings which included the ability to select and use certain plants.

"Although the extent of the Neanderthal's botanical knowledge and its role in their subsistence is not clear, our evidence for plant specialists, it's not unusual for self-medication to occur in higher primates, and the inclusion of bitter, astringent and aromatic plants in their diet certainly makes medicinal sense."

From: http://sydney.edu.au/news/84.html?newsstoryid=9559

Avalon Computer Pals for Seniors
AVALON is a volunteer organisation established in 2008 providing seniors improve their computer skills. Started in 2008 it now has 30+ trainers and many hundreds of students. At a really low cost you can join a school term that can provide one to one training on most matters connected with computing. From the smallest problem

(how to hold the mouse!) to more complex knowledge of the internet. Each student is matched with 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 AVALON'S website www.pcug.org.au/~avalon or phone Col 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 like:

Beginners introduction to computers, Skype, iPads, Social media - Facebook and Twitter, Apple MACS, Digital Photography (extended 6 week course), Android Tablets, Smart phones, Genealogy, Scanning and printing

iPads and tablets are today's buzz words so there are courses for beginners and also a two part course which will extend the users knowledge and with these exciting devices. Apple MACs are becoming popular due to their ease of use and brilliant graphics. If you are a PC user and are tempted by MAC then here is a course just for you. Beginners have a choice of courses to help them get control on computers for beginners and if you have a new iPad there is a beginners course for you.

Photographers will enjoy the extensive five part Picasa Digital Photography course which will cover many aspects of digital photos. 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 very exciting.

Learning new technologies in a small local group is productive and fun.

AVALON COMPUTER PALS NEWPORT SHORT COURSES - 1st TERM 2012, Newport Community Centre 17-19 The Boulevarde, Newport. Bookings essential Phone 8064 3574 (for 60 hr)

TUESDAY 17TH JULY
Room 1: BEGINNING INTRODUCTION TO COMPUTERS PART 1-hardware and attachments (cost $20 for 2 parts)
-software and uses
Room 2: INTRODUCING SCANNING & PRINTING (cost $10)

TUESDAY 24th JULY
Room 1: BEGINNERS INTRODUCTION TO COMPUTERS PART 2 -emailing, Google, attaching photos and documents
Room 2: AN INTRODUCTION TO FINDING YOUR ANCESTORS - GENEALOGY (cost $10)

TUESDAY 31ST JULY
Room 1: AN INTRODUCTION TO SKYPE ON LINE (cost $10) COMMUNICATION USING YOUR PC - set up including how to use Skype
Room 2: PICASA DIGITAL PHOTOGRAPHY part 1 course cost $50 for 5 parts)

TUESDAY 7TH AUGUST
Room 1: BEGINNERS INTRODUCTION TO IPads (cost $10)
Room 2: PICASA DIGITAL PHOTOGRAPHY - part 2

TUESDAY 14th AUGUST
Room 1: SKYPE 2 - INCLUDING OTHER WAYS TO MAKE EXPENSIVE PHONE CALLS (cost $10)
Google voice, Voip Busters, .Skype to go for mobile phones
Room 2: PICASA DIGITAL PHOTOGRAPHY -part 3

TUESDAY 21st AUGUST
Room 1: Facebook, Twitter (cost $10)
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 4

TUESDAY 28th AUGUST
Room 1: CLOUD COMPUTING
how to use the 'skydrive' software
-introducing the new Mountain Lion software
Room 2: PICASA DIGITAL PHOTOGRAPHY -part 5

TUESDAY 4TH SEPTEMBER
Room 1: MAKING PHONE CALLS - SLATES &/ READERS (cost $10) -how to use and obtain apps
Room 2: INTRODUCTION to IPads part 1 (cost for 3 weeks $30) -Different models and sizes-what size should I buy?
-set up and customise, with tips

TUESDAY 11TH SEPTEMBER
Room 1: BEGINNERS INTRODUCTION TO COMPUTERS (cost $10) -hardware and attachments, -software and uses, -introduction to emailing and Google
Room 2: iPad –part 2 -understanding your iPad, -downloading apps and their usage, syncing with PC's and Apple Macs

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

U3A Lectures on Wednesday Afternoons at Newport Topic: Kokoda Experience; In the Footsteps of Heroes with presenter Michael Kelen on 1st Aug 2012, 1pm

University of the Third Age Open Lectures 1st Wednesday of the Month starting 1st August. In the Footsteps of Heroes with presenter Robert Kohn. 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. Contact: Ann Lovell Secretary 0414 998 918 9126 or Mavis Bickerton 9971 7161. Website: HERE.

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

Media Releases concerning Seniors this week from National Seniors Australia

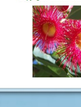
With around a quarter of a million members, National Seniors is Australia's largest consumer organisation for the over 50s and fourth largest group of its kind in the world.

Contact Community Care Northern Beaches by clicking their logo:

Internet Relay Calls

Internet relay calls are ideal if you are deaf, can't hear well or have difficulty using your voice. You just need an internet connection. All standard calls are free within Australia.

See more at: Relay Service.



The Senior Newspaper Online
Click on logo:

Super Seniors Directory

A massive directory for all northern beaches seniors is hitting the streets. Super Seniors Directory, 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.

Folder people with mobility problems have difficulty accessing 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 at Suite 1, 1 Park Street, adjacent to the Pacific Hotel. It has 20 Bungaa 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

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PUBLIC URGED TO TAKE PRECAUTIONS AS FLU SEASON BEGINS EARLY

NSW Health is warning that the influenza season has started early and is well underway in many areas, including in Sydney. So now is the time to get vaccinated and to be doubly careful with hygiene to prevent spreading flu to others.

The advice from NSW Health is to:

Turn away from others and cover your mouth and nose when you cough or sneeze

Wash your hands regularly and thoroughly

Stay at home if you have flu to avoid infecting others.

If you think you may have influenza and you need to see a doctor call first so the doctor can take precautions to reduce the risk to other people. Director of the Centre for Health Protection, Dr Jeremy McAnulty said: *"Last year was already very busy with rates of flu activity in hospital Emergency Departments, especially in people over the age of 65.* The main strain of influenza currently circulating is influenza (H3N2) and it has largely replaced the pandemic H1N1 flu strain that emerged in 2009 as the predominant virus strain.

NSW Health is urging people, especially pregnant women, parents of young children and the elderly, to get vaccinated against the flu. Each year the influenza vaccine contains three different strains of influenza. The 2012 vaccine contains the strain that protect against the influenza A strains called "H1N1 California" and "H3N2 Perth" and 1 strain that protects against influenza B called "B Brisbane" called "B Brisbane".

Dr McAnulty said that because we have mainly seen 2 strains of influenza circulating the influenza A "H3N2 Victoria" strain, and to a lesser degree the influenza B strain.

"The vaccine is well matched against the B strain of influenza, but is not identical to the H3N2 strain circulating in the community. We also advise that the vaccine will provide significant protection against the H3N2 strain, but may not provide complete protection.

Free flu vaccine is still available to people at greater risk of influenza complications, including children aged six months to five years and older, pregnant women, people with chronic illness, and all Aboriginal and Torres Strait Islander people aged 15 years and older.

Researchers Turn Skin Cells into Brain Cells, a Promising Path to Better Treatments - 19 July 2012

ScienceDaily (July 17, 2012) — Using adult stem cells, Johns Hopkins researchers and a consortium of colleagues nationwide have found a way to transform skin cells into brain cells that produce dopamine, the hallmark's disease (PD) and used various drugs to stop the damage. These cells, described in the July issue of Cell Stem Cell, reported in the hope that they can be used to treat Parkinson's disease Medicine, could speed the search for new drugs to treat the incurable neurodegenerative disease, but also, they say, may lead them back to better ways of using medications that previously failed in clinical trials.

"Our study suggests that some failed drugs should actually work if they were used earlier, and especially if we could diagnose PD before tremors and other symptoms first appear," says one of the study's leaders, Ted M. Dawson, M.D., Ph.D., a professor of neurology at the Johns Hopkins University School of Medicine.

Dawson and his colleague, working as part of a National Institute of Neurological Disorders and Stroke consortium, created three tests of induced pluripotent stem cells (iPSCs) made from the skin cells of adults with PD. Two of the cell lines had the mutated LRRK2 gene, a hallmark of the most common genetic form of PD. Induced pluripotent stem cells are adult cells that have been genetically reprogrammed to act like embryonic stem cells. Under the right circumstances, they can develop into any of the 220 cell types in the human body.

The researchers used the consortium's created the iPS cells to create dopamine neurons, those that bear the brunt of PD. Around the time that symptoms appear, the disease typically begins to show symptoms, including shaking (tremors) and difficulty with walking, movement and coordination. As the disease progresses, 50,000 to 500,000 people are believed to have PD, and an estimated 50,000 new cases are diagnosed each year.

Dawson says the ability to experiment with a form of "Parkinson's in a dish" will help researchers quickly test drugs to show the drugs originates, develops and behaves in humans. Although scientists have known for 30 years that a toxin in meth, the compound used to do so have not worked in people, suggesting that human PD involves differently than animal models.

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Satisfied that their stem cell-generated neurons were behaving like dopamine neurons, according to the consortium's work is at its earliest stages, and that application of the findings may be years away. Among other benefits, he says, the lack of a ready source PD before tremors and other symptoms appear. In addition, although several gene mutations have been linked to PD, including the two more, making a simple genetic test for the disease unlikely in the near term. Moreover, the majority of PD cases have no known genetic link.

Johns Hopkins Medicine (2012, July 17). *Researchers turn skin cells into brain cells, a promising path to better Parkinson's treatments.* ScienceDaily. Retrieved July 19, 2012, from http://www.sciencedaily.com

New Aging Inquiry Immune Response

ScienceDaily (July 17, 2012) — Researchers at Albert Einstein College of Medicine of Yeshiva University have uncovered one of the reasons why the immune system declines with age, leaving older adults vulnerable to infections and producing too little brain-damaging oxygen-free radicals. Dawson and his colleagues looked for – and found – evidence of impaired mitochondria in the neurons they derived from PD patients. They also found that the neurons they derived from PD patients were more vulnerable to stress – such as the pesticide rotenone, placed on them in the lab. Those neurons also showed signs of mitochondrial damage, such as the disruption of the cells' internal membranes.

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Handwriting help for stroke survivors at the University of Sydney

Handwriting is an important part of our identity, losing the ability to write after a stroke can be devastating. Now, a team led by Australian researchers from the University of Sydney has developed a new training program for stroke survivors to help them regain the skill of handwriting. Research published in the journal Neurorehab by supervisor Dr Anne McCluskey, from the Faculty of Health Sciences, and lead researcher Dr Sandy Brown, from Royal Prince Alfred Hospital's Occupational Therapy Department and a Lecturer in the Faculty of Health Sciences. "Stroke survivors may have difficulty controlling a pen and handwriting after stroke. They may not be able to write quickly or move their arm freely across a page. Handwriting is a complex skill that requires the brain to coordinate the arm, hand and fingers to produce letters. Losing the ability to write is significant, important, and a person's handwriting style is an integral part of their personality," Dr Brown said.

Despite the frequency of handwriting loss and the frustration it causes, there is little information about how to help survivors relearn handwriting with adults who have had a stroke. Brown decided to create the program after a professional colleague mentioned that handwriting difficulties were directed at children rather than adults. Dr Brown said the handwriting skills of stroke survivors were similar to participants' homes, which will involve home practice tasks and coaching from an occupational therapist.

Participant information
To be eligible for the study, people with stroke need to:
be aged 18 years or older
live in the Sydney metropolitan area
have had a stroke at least three months previously
have normal vision and hearing
be able to follow simple instructions and have some progress independently or with the support of a family member
be able to speak, write and understand English
cease other therapy related to handwriting or similar tasks during the 6 weeks of the handwriting program.

Participants will be asked to complete one hour of handwriting practice, but there are two with the stroke. Participants in the study week will be supervised by an occupational therapist.

To enquire about participating in the study, please contact Bronwyn Simpson pnbsim8690@uni.sydney.edu.au or 0430 125 223, or Dr Anne McCluskey annem@health.usyd.edu.au or 9351 9634.

From: http://sydney.edu.au/news/84.html?newsstoryid=9387

La méquina de escribir. L. Anderson. (Los en los Grandes Almacenes). -**Cl- Irene Anderson** - Published on May 14, 2012 by Universal Classics. Provided to YouTube by Universal Music Group

Leroy Anderson (June 29, 1908 – May 18, 1975) was an American composer and conductor of light classical pieces, many of which were introduced by the Boston Pops Orchestra under the direction of Arthur Fiedler. Anderson described himself as "one of the few American masters of light orchestral music."

Anderson's musical style employed creative instrumental effects and occasionally makes use of sound-generating items such as typewriters and sandpaper blocks. His pieces, including *The Typewriter*", "Bugler's Holiday," and "A Trumpeter's Lullaby" are frequently performed by concert bands, ranging from beginner to professional groups.

End of Year Look at The Books

The NSW Government has a number of financial supports and concessions for our esteemed elders. As one financial year ends and another begins, it's a good time to review your options for ensuring you are benefiting from all you should be getting. The 30 Tax Year. The concessions are reviewed from time to time so it's always worthwhile to check what you're receiving from the package for you at HERE.

This has information and links and concessions available that include Travel concessions, Tax subsidies, **Local council rates** Concessions are available for eligible pensioners for ordinary rates and domestic waste management service charges, water rates or charges, and sewerage rates or charges). Pittwater Council page relating to this HERE.

Keep your Wits About You

A regular contributor to Pittwater Online at Lumosity to see if they can help active mentally. Their website states: "Improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises

improve core cognitive functions. Researchers have shown significant improvements in memory and attention after Lumosity training. Dozens of research collaborations help improve this Lumosity training program and its effectiveness." You can read their website to decide for yourself.
at www.lumosity.com/app/v4/personalization

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 have been able to help you with your move, whether assisted living or to a seniors apartment.

We are proud to be a new age gracefully downsize with our experience and care. Click on logo to visit website.

www.seniormovers.com.au
Also see Belinda Grundy's Profile and other great Business | www.logicexpertsbiblog.com.au

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. $6.00 casual. Phone Ingrid to secure your spot on 0405 457 063. www.heartfoundation.org.au

July 22 - 28, 2012: Issue 68

Australian Native Violet

During the middle of winter the tiniest flowers, with petals of violet, seem to throw in even more splashes of cool. The Australian Native Violet, *Viola hederacea* is a species of violet that is common and widespread throughout Australia. From the Blue Mountains, Barrington Range in New South Wales north at least to the Barrington Tops area, in the far south-east of South Australia, and in a small area of the Adelaide Hills between Belair and Mount Lofty.

It grows to about 10cm (4") tall, and spreads widely by means of trailing stolons that root at the nodes. The leaves are kidney shaped and bright green in colour. The purple and white flowers appear in clusters in the warmer months, however this plant is rarely without a few flowers.

Another of these is the *Viola banksii*, also called a native violet, and grown through gardens around Australia, especially in the south east. For many years it was known as *Viola hederacea*, however the species complex was revised in 2004 by Raven Thiele. Although the Native Violet was initially collected by Banks and Solander, the type specimen was collected by Robert Brown on Kangaroo Island, and not Lubbatdenia on Tasmania. He discovered that the original type specimen of *V. hederacea* collected by Labillardiere was not the same as the former and described the plant later collected, cultivated and widely sold. This second form, native to the New South Wales coast from near Brisbane to Tilsterrenia Bay, he named *Viola sieberiana*. This species is distinguished by its striking purple and white flowers. As well, the fully developed leaves are almost circular in outline with a deep, narrow, v-shaped sinus at the base, and are usually rather bright, fresh green.

Viola is a genus of flowering plants in the violet family Violaceae, with around 400-500 species distributed around the world. Most species are found in the temperate Northern Hemisphere, however some are also found in widely divergent areas such as Hawaii, Australasia, and the Andes. Some *Viola* species are perennial plants, some are annuals, and a few are small shrubs. A large number of species, varieties and cultivars are grown in gardens for their ornamental flowers. In horticulture the term "pansy" is normally used for those multi-coloured, large-flowered cultivars which are derived from a complex of wild species and used extensively for bedding. The terms "viola" and "violet" are normally reserved for small-flowered annuals or perennials, including the species.

The flowers, leaves and roots of various Viola species are used for medicinal purposes, being rich in vitamins A and C. They also contain a type of antioxidant called an anthocyanin. Viola flowers are also edible, and can be candied, used in salads, or to decorate cakes. Most violas (all tested) and many plants of the Violaceae plant family contain cyclotides, which have a diverse range of *in vitro* biological activities when isolated from the plant, including detrimetic, anti-HIV, antimicrobial, and insecticidal activities.

Jacques-Julien Houtou de Labillardiere (1755–1834) was a French naturalist noted for his descriptions of the flora of Australia. Labillardiere was a member of a voyage in search of the La Pérouse expedition. He published a journal of the journey and described the first Ficus on the region.

Image (public domain) and text by Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/wiki/Jean-Julien_Lalandide-0523-0102

Viola banksii photo by and courtesy of Ian Sutton.

Saving the koala - a genetic approach - 17 July 2012 from Sydney University

Following the recent listing of koalas as a threatened species in NSW and Queensland, a team of scientists has received funding to undertake a unique mapping project to help with koala conservation.

Scientists from the University of Sydney, in collaboration with San Diego Zoo Global, James Cook University and the Australian Ecosystems Foundation, have received a three year Australian Research Council Linkage grant for the koala research.

"Make the threatened species listing is welcome and a step in the right direction, in many situations looking at numbers alone is just not meaningful in conservation terms," said researcher Dr Kelly Leigh, an Associate of the Faculty of Veterinary Science and Executive Officer of the Australian Ecosystems Foundation. "There is a critical need to understand the genetic diversity of these populations and for management to focus on maintaining maximum fitness levels so that koalas can continue to adapt to pressures like changing habitats under climate change."

The project will utilise whole-genome DNA technology to map conservation units which will provide information to guide koala management and identify populations that are most under threat.

Luckily new genomic technologies can now allow us to assess genetic diversity within the species and hence capacity to resist disease and adapt to specific environments," says lead researcher Herman Raadsma, Director of Reprogen Animal Biosciences at the University of Sydney. "Genomics is a scientifically informed approach to identify genetic groups at high risk of extinction and in need of priority conservation management."

Dr Kyall Zenger from James Cook University adds that "without sufficient knowledge of population connectivity and identification of possible local adaptations it will be very difficult to generate comprehensive conservation plans."

The study will also help answer questions on whether koalas should be broken up into sub-species. Currently, only two Coastal classifications are based on political state boundaries and have no genetic foundation.

San Diego Zoo Global has worked with a number of critically endangered species and has developed cutting-edge technology. "We have collaborated with researchers in the field studying koala behavior for over a decade," said Dr Oliver Ryder, Renowned Biologist for the San Diego Zoo Institute of Conservation Research. "We plan to continue our work to understand population dynamics of this iconic species by focusing on population diversity at last."

Dr Leigh adds: "We need to conserve the koala right across the species range if we want to keep our options open in the future. We are excited to have received support for this project as it directly addresses that need."

From: http://sydney.edu.au/news/84.html?newsstoryid=9627

Feeding The Future - Part 2 Community Greenhouses

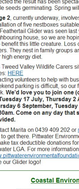
Urban agriculture at the community knoll is on the rise, but UNSW's research supports the health benefits go way beyond what ends up on the dinner table. Second in the "Feeding the Future" series - watch Part 1 here: www.youtube.com/watch?v=CNHwTaGcw

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. The new publication is available because the organisation of Australia's birds, achieved by combining scientific research, conservation action, education actions and other activities to create sustainable communities. They state that over 200 species of birds in Australia are considered threatened at present. Visit their website, have a look at all the information collated, and see if you could help them in their conservation efforts.

Bothams Beach Project



Botham Beach on McCarrs Creek is a little beach backed by endangered Pittwater Spotted Gum bushland. It is the first beach beyond Holmpert Marina, disappearing at high tide. Recently, Pittwater Conservation 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 shockingly invaded. 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 nesthollows suitable for Sugar or Squirrel Gliders. A tiny Feathertail Glider was seen last year on the balcony of a neighbouring house, so it is hoped that the regenerated bush will also benefit this little creature. Lots 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 the work days will be during the week. **We'd love you to join one (or more) of our bushcare days on Tuesday 17 July, Thursday 2 August, Tuesday 14 August, Thursday 6 September, Tuesday 18 September from 8:30am - 11:30am. Come on any day that suits. Tools and cake provided.**

Contact Marnie on 0439 490 202 or marnie.macrae@gmail.com for more details. Pittwater Environment Foundation enables people to make tax deductible donations for environmental projects in the Pittwater LGA. For more information visit www.pittwaterenvironmentfoundation.org.au

Note our Glider logo!

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 Coastal Newsletter: Anyone who would like to receive Council's environmental newsletter via email, please contact **pcit_harvey@pittwater.nsw.gov.au**

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

Sydney Wildlife Volunteers Needed

Sydney Wildlife is a volunteer organisation concerned with the rescue, rehabilitation and release of sick, injured and orphaned native wildlife. Sydney Wildlife also plays a role in educating the community about native wildlife and its habitat.

Sydney Wildlife needs more volunteers. If you live in Sydney and are at least 18 years old you can train to rescue and care for native wildlife. The course entails two full days training and the next course will be held on the weekend of Saturday and Sunday 4 and 5 August at Northbridge in Sydney's northern suburbs.

You don't need any special qualifications to do the course - just a love of animals and a commitment to the protection of native wildlife and habitat. Once you have completed the initial course and gained some experience you can go on to do other specialised courses. If you own a cat or dog or live in a unit you can still be a rescuer or carer. Interested? It's important to obtain an information pack before deciding whether to register for a course. To request an information pack call 9413 4300 or visit www.sydneywildlife.org.au

Pittwater's Environmental Foundation

Pittwater Environmental Foundation was formed in December 2009 to 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 Dry Sclerophyll bushland in Pittwater remains in a reasonably intact 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 visit their site please click on logo above.

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

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

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

Tweet | Like | +1

How Green is a Spotted Gum when Wet?

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

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

Weed Seminar - Sat July 21st 2012

The Pittwater Natural Heritage Association (PNHA) in association with Pittwater Council are holding a two hour seminar designed to introduce residents to some of our local weeds and garden escapees.

What are "noxious" weeds and what are WONs? How do we remove them? What local native plants can we replace them with? Could we instate a native plant for a weed? How do I get rid of Asparagus Fern, Cats Claw or Lantana? Bring along all your questions to our local experts.

Saturday July 21st 2012, 1pm – 3pm. Coastal Environment Centre, Lake Park Road, Narrabeen NSW 2101. Cost: Free. Bookings Online

Pittwater Online Newsletter

Deep Oceans opens at the Australian Museum on 16 June 2012 (until 14 October) and at Questacon in early December 2012. Online tickets: here

Australian Museum: 6 College St Sydney, NSW 2010 Australia

ONLINE BIODIVERSITY CALENDAR A FIRST

Pittwater Council has launched a unique online calendar designed to educate the community about the coastal environment, based on the biodiversity information collected by Council's Natural Resources Officers and Bushcare Volunteers over the past 20 years.

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater Natural Heritage Association and was launched by a $50,000 grant from the Commonwealth Hawkesbury Nepean Catchment Management Authority, through the Australian 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 Aboriginal Dreaming and Creation people are also encapsulated into the calendar. Other information in the calendar includes weather patterns and hazards to the environment, such as weed spread.

Pittwater Council's Natural Environment and Education Manager Mark Behrend said the calendar was a work in progress and was designed to be interactive. "We would like the public will contribute photographs and other information to the calendar," he said. "It is a living calendar and helps us make 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

What Does PHNA do?

On-ground bush regeneration. eg: Asparagus Fern Out Days

Activities: guided walks, bird-watching

Quarterly informative newsletter, online or paper

Members email group for latest 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 bushland regeneration

Publications for residents: Field Guides to Birds of Warriewood Wetlands & Irrawong Reserve, $20.00ea, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

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

New coastal website linking local research with local knowledge

From **CSIRO Media Releases**

The latest coastal research and how to be at the forefront of coastal 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 coordinated the 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 summaries of research summaries and it provides further links to freely available data and research, under the Creative Commons license. The website, 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.org.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.

"I bind myself today to the power of the 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

July 22 - 28, 2012: Issue 68

Winter Warmer Pasta

Some of us are lucky to have around us men who like to cook, to try out new recipes, to test out those that arrive to be tried. The ABC's Delicious magazine is always spot on with seasonal ingredients and ideas and August's edition is no exception. you downlaod this magazine online and this one from the just released edition is pretty yummy, especially smelling that fresh thyme cooking. Well worth getting your hands on a copy or subscribing so it arrives in the post to avoid missing out. If you do so Online you'll save yourself the price of a bottle of wine to go with this excellent dish.

Chorizo ragu with spaghetti
From Delicious ABC magazine for August
Serves 4-6

3 chorizo sausages, casings removed
1 tbs olive oil
1 onion, finely diced
2 garlic cloves, crushed
1 tbs fresh thyme leaves
250grams lean beef mince
2 x 400g cans chopped tomatoes
150ml of red wine
2 tbs tomato paste
2 tbs chopped flat leaf parsley
500grams dried spaghetti
Pine nuts to serve

Roughly chop the chorizo and coarsely ground in food processor. Heat the oil in a saucepan and add chorizo mince and brown for 6-8 minutes. Set aside meat, leaving fat in pan. Add the onion, garlic, fresh thyme and cook over low heat until golden. Add mince and cook until beef is browned. Return the chorizo mince, add tomatoes and tomato paste, bring to boil and then lower heat to simmer for 40 minutes. Stir in parsley and keep warm. Meanwhile cook the pasta as per packet instructions. Drain, serve pasta amongst bowls, top with chorizo ragu, parmesan and pine nuts and serve.

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July 22 - 28, 2012: Issue 68

Storms, Strikes, Solar Shocks And The Whole Shebang: July's Cancer New Moon

Watch out for temperancies. They are your big friends. Fritz Reiner

A man is sometimes lost in the dust of his own raising. David Buggles

Sometimes you lose when the wall next to you watches fire. Horace

Rain does not fall on one roof alone. Cameroon Proverb

You don't develop courage by being happy in your relationships everyday. You develop it by surviving difficult times and challenging adversities. Barbara De Angelis

"I lose my temper, but it's all over in a minute." said the student. "So is the typhoon bomb," I replied. "But think of the damage it produces!" George Sweeting

There is a great deal of unmapped country within us which would have to be taken into account in an explanation of our gusts and storms. George Eliot

Try to relax and enjoy the crisis. Ashleigh Brilliant

July's Cancer new Moon occurring on July 19 is a particularly strong one, and, it is somewhat of a doozy. Energies saying how strong these sunshine are, just about every month we've been having enormous storms and New Moon storms are no less an award winner. We've got a big tight L-square between Mars, Uranus and Pluto, along with a very strong opposition between Mars and releases a huge amount of solar energy, Mercury going retrograde and a solar eclipse in Leo on August 1st.

Cancer is ruled by the moon and is usually very emotional and psychic, hence that the Sabian Symbol for the new Moon is **Cancer - A Farface Storms In A Crockery Shop Full Of Antique Homes**.The wording in this Symbol is rather strong and may cause concern for some. It does indicate that the "storm" is coming from within forms and it may not actually play out in your life on a personal level - some will see it reflected in events in the world around them. Whatever is going to happen, it is likely to be meaningful and memorable in some way and there is a particularly gnarly aspect to Mars and Uranus speaking.

The following is from my book: *The Sabian Oracle: 360 Degrees Of Wisdom*

A Violent Storm in a Cancer Filled With Valuable Homes' shows that a 'Storm' has released its fury on those in its path. The 'Weather' that has been unleashed may be either real weather, or psychological or emotional conditions. The 'Homes' need not be 'expensive', but must be those that are 'Valuable' to the individual. This usually feel protected and safe. Somehow, a 'Storm' has raged through. Exactly what will happen will depend on the individual.

You may find yourself much deeper in a situation than you may have imagined, and may be caught by the 'Winds of Change'. This is probably no immediate escape from the turbulence that is happening. You may have had some sense that something like this was coming, with pressure piling up, threatening to explode at any moment. Alternatively, you may have been caught unaware by the movements in society. This 'Storm', however, is of such a force your environment nonetheless. The best thing to do is to wait it out and protect yourself, and those around you. Ensure that you have your building for days, or years, many are often taken by surprise at the sudden turn of events, or the intensity of what is being unleashed. Be solvent or something that was said can let loose a torrent of emotional and physical energy that can be difficult to contain. In fact, endeavoring to contain it may result in more damage. Things unleashed may be difficult to control, and the 'Storm' may become more than you've come to bargain for, but things will be changed. Changes are meant to, in the end. Look back to see what you've contributed, so it may help to see a way out. In the world around you what is happened. It's likely that a number of people have been affected. It may be a disaster, or it may end up being a blessing in disguise. See if you can rebuild your community – some people may have to be 'kind of' your life, however.

Keywords: Arguments and emotional confrontations. The 'pressure cooker' movements of modern-day society. Psychic energy unleashed. Furious emotions. Changing the status quo. Bad weather and its consequences. Rebuilding from the foundations. Living in cartons. Being surrounded by mountainous peaks. The awesome power of nature.

The Caution: Wrongly believing that you are in control of the uncontrollable. Enjoyment of emotional storms and turmoil. Lots of noise that erupts out of nowhere. Whopping things up. Life-threatening behavior. Confrontations. Storm fronts. Out of control upheavals. Disturbing or violent reactions. Domestic violence.

Venus seems to be adding to the angst, noise, or the emotions that could get a little out of hand. It's on Camelot 10. A Woman Activist Is On A Platform Dramatizing Her Cause. From my book. There is a 'Platform', that she is using to get her message out. She wants others to hear and understand. Although she stands up to what she may see as wrong, she may strike resistance. The days of disenfranchised and disadvantaged simply because of her gender, status or experience. This may be due

to the fact that she has not always been free or as the status quo has still remained. What is it that's on present day Australia's agenda?

Keywords: Standing one's case. Revealing social oppressions. Being heard. Making a stand. Fighting for one's principles. Those who have heard. Having a platform or stage. The need for rational emotion points to be made. Being the 'underdog'. Many things running through the mind. The right to debate the reasonable and the feminine. Talking it to the streets. Announcements. Fighting for a cause. Having to shoulder too many things.

The Caution: Pressing opinions on the unwilling and disinterested. Feeling that no one listens or cares. Rational or irrational reactions overriding one's life. Going over the top trying to get a message across. Feeling like the 'women' who is never heard. Wrecking. Controlling the agenda. Hormonal swings. Male chauvinism blocking feminine ideals. Overreacting using one's PMS.

Women's rights are coming up everywhere in the media and in our lives, as are the rights of people who have been left out. Venus will be championing the rights of men, animal or oppression that come from anywhere.

Backing up the 'protester' theme of Venus is Jupiter on Gemini 8. Aroused Natives Surrounding A Totem Pole. Jupiter is placement of Jupiter (on the degree that Venus recently went direct) and sport seemed to be all or accentuating the positive. Jupiter in there in every big way. It seems that a lot of people are going to be 'protesting' or fired about their lives in a very positive way. Feel like they are expected to just keep on keeping on no matter what - and with those in Taurus' gentle waves with Neptune.

Keywords: Bargaining to find more equitable solutions. Demanding better rights and conditions. Negotiations. Disruption of the normal flow. Not wanting to contribute or work. Taking time out to consider one's options. Taking action on principles. Sit-ins. Labor strikes and strikers. Demonstrations. Peace rallies. Standing up for what is right. Being heard. Protesting. Those who have chosen. Workers. Reward systems.

The Caution: Being obsessed with what is desired. Refusing any compromises. Going without one's clan in order to protest. Being kicked out because of one's actions or attitudes. Getting stuck in the street. Greedy behavior. Asking for more than one's share. Overworked and underpaid. Shutting down.

Smack in the middle of this is the Uranus/Pluto square with Mars forming a t-square to both.

Uranus in Aries is on the left hand side of the square and opposition is accentuated - these are bound to be pushing people's buttons. Uranus is at Aries 9, Pluto is at Capricorn 9 and Mars is at Libra 9 - that is a right square of the

volatile, pushing and testing planets to boot (please excuse the pun).

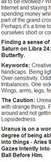
Mars is at Libra 9: Three Old Masters Hanging In A Special Room in a Loft Gallery - Sometimes They Seem To Speak To Each Other. This seems to imply that we can benefit from seeing the beauty around us, to take time out for beauty, to appreciate, and meaning in our lives. Communicating is an issue as well, as the 'Masters' are said to 'Speak To Each Other'.

Keywords: Truth in the image. Intuitive vision. Reverence for art, form and tradition. Imagining messages. Art collections and collecting art. Photographs. Capturing life in a work of art. Furniture of a period. The art of placement. Beautiful images. Wisdom speaking. Crowded galleries or empty rooms. Images that speak. Seeing the truth. Seeing beyond what is outside the frame of the door. Animations.

The Caution: Undue reliance on conservative values. Too much importance placed on appearance instead of substance. Snobbery caused by elevated feelings of importance. An unwanted atmosphere that excludes others as unworthy or uneducated. Serious faces.

The Karmic Condition of Mars in the degree before is noteworthy in that it ties right in with the Sabian Symbol for Uranus. It's Libra 8: A Blazing Fireplace In A Deserted Home I mention it because I think it's what we may need to know about in order to employ the 'fire' that natures and can be an antidote for any loneliness, desertion or problems we may be facing. From my book:

Even in times of real loneliness, when you are separated from everyone or everything, there is a constant, sometimes unseen, sustaining energy ready to welcome you 'Home', whether it be the



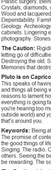
hearth and kitchen, or the certainty that one is sustained by the Universe at large. The 'Home' may be 'Desirable' to having no parent, or no one living there, someone moving out or by having no furniture to live in the usual comforts. Everybody should have a place of refuge and safety and sometimes we have to be reminded that the warmth of the "flame" is always there for us, and that we just need to acknowledge it and accept it. A 'Home' can be a symbol of love even when it is left behind or 'Deserted' it can remain warm and welcoming. It is a place of rest, of peace, of nurturing, of love, or of close friends. This love should never really diminish or leave us or warmth. Also, a 'Home' can radiate warmth and protection by its very nature. Something similar like turning on the heater can make a home warm, comfortable and inviting to others. Placing a candle in the window or turning on a light in the hall can work wonders. Offering your spirits and inviting love in.

Keywords: Security and comfort left behind. A fire left blazing inside to reassure. Wood for burning. Gas, electricity connections. Holiday homes, or homes that are rarely visited. Homes filled with love, if not people or possessions. The warmth of the heart. Holding a candle for someone to come. Family values. Hearth and heath. Fireplaces. The place to which one returns.

The Caution: A sense of isolation, separation, abandonment, and bitterness. Sabotage by, or of, loved ones and family. Being forced out of the home, possibly for social reasons. Destructive aspects of love. Never being at home because of work concerns and commitments. Separation. Divorce. Lack by children. Feeling alone and out in the cold. The light being on, but no one at home. Lack of domestic support.

As Mars is actually on Libra 9: The Three Old Masters In An Art Gallery, employing art, photography, is the kind of thing that's around can help dispel any negative energies.

Mercury is retrograde on Leo 12: An Evening Lawn Party Of Adults. Friends in several days on this degree, and it asks the questions of who do you spend your time with? who do you want to spend your time with? Is your relationship with you find yourself in? what place does the lives of others hold over your life? are you sharing your time with others? are you spending time alone at home?



Keywords: Rising above superficiality into receptivity and peace with others. People mixing in a social setting. Sedate and conservative celebrations. Formal events vs. impromptu gatherings. Gossip. Leisure time. Political correctness. Enjoying socializing. Being a good conversationalist. Drinks and food on platters. Knowing who to invite.

The Caution: A sense of superficiality where things are known but not said out loud. Appearance and social standing take on too much importance. Ignoring real and immediate issues. Not knowing how to act with the 'adults'. Malicious gossip. Having to face those you don't want to see. Getting drunk and "out of control". False fronts.

This can bring up issues of people drinking or 'getting out of it'. There's also the theme of the rich and the not so rich. Who's invited to the party and who's not? Who has the resources or the wherewith all to be involved? While some are protesting on the streets, on the Internet and sharing home, some are drinking champagne or are spending money while others go without. This degree Symbol is part of the grand cross that speaks of the story of Cinderella. Perhaps it's a time to see how and where we do too much, set ourselves short or compromise our lives.

Finding a sense of purpose and balance is important with Saturn on Libra 24: A Third Wing On The Left Side Of A Butterfly.

Keywords: Creative overbalance. Bodily impairments and handicaps. Being light, flippant and fluttering from thing to thing. Over-sensitivity. Oddities. Beautiful imperfections. Self-taught. Imbalances. One side of the body being more perfect than the other. Wings, arms, legs, feet.

The Caution: Unrealistic reliance on being different. Obsession with strange things. Feeling useless and out of place. Flapping around and not getting anywhere. Restlessness and nervousness. Lopsidedness.

Uranus is on a wonderful degree of being able to see into things - Aries 9: A Sea Cucea Inhales Into A Crystal Ball Before Him.

Keywords: Flashes of inspiration. Tuning in and looking within for answers. Creative visualizations. Aura readings. Cutting through irrelevant messages. Looking carefully at structure. Seeking perfection. Clairvoyance. Illumination and enlightenment. Looking ahead to see the signs.

The Caution: Confused by literal meanings. Not seeing the symbolic message. Always looking this way and that, not at the center. Getting lost in the picture. Daydreaming and not seeing what's really going on. Obsessing over what may happen. Needing to know what's coming up. Being impatient!

Neptune is on a degree that talks about the records of the past. It's Pisces 3: A Petrified Forest Is An Emerald Of A Life Lived Long Ago. With Neptune here, we may want to go back to the past, to the 'good old days', or to a time we feel loved, or perhaps, those things we can no longer care about as much.

Keywords: Remnants from the past. Stirring up unconscious. Plastic surgery. Being able to withstand life's storms. Resilience. Diamonds. diamonds. Jewelry. Old and precious things. Bloodstock. Ancient lineage. Period. Coal, oil and petroleum products. Dinosaurs. Ancient histories. Keeping records. Amber. Fossils. Geology. Archeology. Ancient remains. Ancient civilizations. Being cabinets. Lingering evidence. Petrified wood. Photographs and photographic boxes. Stone monuments. Diaries.

The Caution: Rigidity, immobility, inflexibility. Being frozen. Not letting go of difficulties. Hanging on to old ways. Being stuck. Destroying the old. Severing links to the past. Keeping tabs. Memories that destroy the present.

Pluto is on Capricorn 8: Birds In The House Singing Happily. This speaks of having a happy attitude. Listening to the good news and things all being well. However, with Pluto here, there may be reasons to lament how things are actually going. If you would be that not everything is going fabulously. Perhaps you are noticing where you're hearing too much negativity (or not hearing enough from the outside world) and you're wanting to lift the vibration of the energy that's around you

Keywords: Being at one with everything. Tunes sung or whistled. The promise of contentment. Communal singing. Lots of it with the good things of life. Music. Instruments. Playing the piano. Singing. The radio. Chattering in the background. Entertaining others. Seeing the beauty in life. Reminding others of how life can be rewarding. The sound of voices. Birds. Positive things.

The Caution: Idle chatter. Smug superiority and the feeling that one has it all. Not seeing the happiness inherent in one's everyday life. Whining and complaining. Making noise for the sake of it. Looking only at the difficulties one has. Being pessimistic. Unable to fly when and where one wants to. Loneliness. Feeling abandoned by the good things.

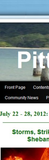
Neptune, on the 'records from the past' is forming a t-square with the karmic Moon's nodes. The north node is on Sagittarius 4: A Little Child Learning To Walk With The Help Of His Parents. This shows where someone (who may be you, or someone else) is needing the help, assistance, encouragement and guidance of someone older or more knowledgeable than them.

Keywords: Making genuine progress or always tripping over. Instinctive determination to get on with the job. People taking delight in the smallest progress. Baby steps leading to big things. Trying out and accepting one's inabilities. Help from strangers. Seeking guidance and advice. Feeling mother earth under your feet. Parental assistance. Walking on new ground.

The Caution: Relying on skills not yet mastered. Not taking the initiative to put one's self forward. Putting your self at risk rather than accepting help. Acting like one is incompetent in order to draw sympathy and/or help. Meddling and 'assisting' when one should be on the sidelines, encouraging. Knowing that someone is going to "fix one" and not offering help.

Your relationship with your parents, your children, friends, business partners, etc., may require someone to take the lead and show the way to the other.

Whatever is going on for us this week, it's going to be meaningful. We must navigate the waters of the Uranus/Pluto/Mars t-square carefully, along with the solar and lunar energies we're experiencing now. With a bit of luck and good management, though, we can bring about massive changes in our lives that are more in accord with the way we want things to be.



Ayalon resident Lynda Hill, FAA Pract. Cert , has been a professional astrologer for more than 18 years, 2010 marked the 25th lecture tour of the Sunrise. In addition to the many lectures she has conducted for astrologers and the public throughout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada, Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's beautiful Northern Beaches and the World Heritage-listed Blue Mountains (that's not travelling the world delivering lectures).

To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sabiansymbols@gmail.com

What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 11 words (Taurus 5: 'A Youthful Widow. Fresh and Soul-Cleansed From Grief. Kneels at An Open Grave to Receive the Secret of Eternal Life), each one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.

The Sabian Symbols were given birth in San Diego, California. In the 1920s, by two extremely gifted American astrologer and spiritualist and the gifted American psychic artist. Over a period of years they find a set of word images to go with every degree of the zodiac. Elsie Wheeler was in a trance-like clairvoyant confined to a wheelchair for most of her life, whose Elsie Wheeler as he partner as the 'experiment' (as M.E. Jones called it) as she had a remarkable ability to 'see' messages, images and symbols. She used this talent to help her clients, but was never very of the standard questions she received, such as "when will I be rich?" and "when will I meet the love of my life?" She was eager to take part as she believed that this was an opportunity to really contribute something to astrology.

For more information: click here

For a limited time, Lynda is offering mini readings at a special price!

This is your opportunity to have Lynda read your chart. Limited time!

Times are crazy right now, eh? In fact, it seems to be times are always a bit crazy...do you need some help understanding yourself, your life, what's going on or what's coming up or how to get the most out of your life?

For many, there's a sense of a need for direction, also, many want a deeper look at their lives through the wisdom of many of the Sabian Symbols provide. With the economy being what it is, realize a lot of people can't afford to get a full reading so don't have the time or the energy to schedule a phone reading. These mini-readings are so easy. I have recently offered these readings and have had a huge response and fabulous feedback.

A mini-reading works this way:

I send your chart and calculate what transits and progressions you're having. I analyse your chart, talking in what the Sabian Symbols reveal, along with the transits and progressions. I also use the Sabian Symbols, I can see many dimensions of what's going on for you, and I can see what's coming up. I can see where you're at in life and outlines your strengths and the areas you need to work on, along with what's been happening, what is presently going on and what's coming up.

I then speak for 30 minutes into my voice recorder, recording my interpretation of your chart. I then upload the recording to the internet in Mp3 format and email you the link to it.

You can download it to your computer (this is very easily done) where you can listen to it easily, and in your own time. Perfect for busy people or those overseas.

Whether you are generally curious about your future, looking for greater self-awareness, wondering how long a bad patch will last or just feeling stuck in your life, these mini-readings can help you empower you on many levels and can mark a major turning point in your life.

The reading explores what's going on in your life, how your life is unfolding, your gifts and challenges, and how you're doing going through certain situations or attract particular types of relationships. It's a wonderful opportunity to gain insight into your life and to see the bigger picture that you're headed. My readings are like no other as I use the Symbols in my own unique and in-depth style in order to paint a beautiful picture that you can relate to and understand. If you know nothing at all about astrology, you'll see that astrology AND the Sabian Symbols are a way to gain insight into self-awareness, insight and discovery.

If you have an astrology chart already, this reading will open up new doors of perception and understandings about your life as well as what's coming up. If you don't have a chart already, I can do one for you and then do the reading. I also offer Tarot and Oracle card readings. The Symbols provide wonderful and valuable information for astrology readings as well, and I've been using them to have their own lens into the world of astrology and their stories provide enormous depth

I get a lot of requests for these types of readings, so get in quick! All you need do is:

Pay $125 (please note the Australian dollar is now about 6% more than the US dollar) through the Donate page. Please note that this price will not last long - I will soon be increasing it.

Email me at sabiansymbols@gmail.com your date, time and place of birth (if you don't know your time of birth, don't be concerned I can still do a reading for you) and let me know what you're hoping to get out of the reading. Don't be afraid to tell me some of your issues, it helps to have a dialogue. Also, please let me know your level of understanding of astrology as this will help me to frame the reading

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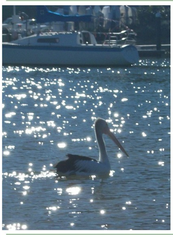
July 22 - 28, 2012: Issue 68

Sometimes you just want to get out on the water
Float
Skim across the water with arms of wind...
And canvas
In the water
Swim paddling turtle smile
Of the water
Drink in good ties
In the early morning stills
Late at dusk
And especially midway through winter's chills
We long to be on, in and of the water.

Homesick for pure immersions are we...



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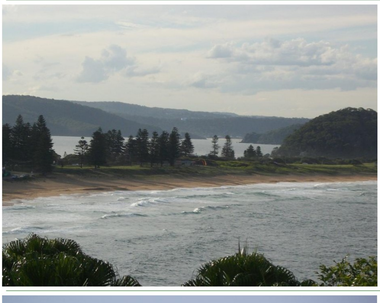

July 22 - 28, 2012: Issue 68

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

Classic American: "Piece of cake..." - Parking a 1951 Cadillac C/- W.A.G.

We all struggle to park our Yanks sometimes, but it looks like even back in the Fifties some people found it too much of an effort, as this ingenious contraption shows, making parking a 1951 Cadillac as easy as pressing a button!

Puttin' on the Ritz ... in Moscow! C/ - W.A.G.

FYI Facebook

This has been circulating for a while, but just in case you missed it: Facebook told you when opening an account that they may or will start using your photographs in advertisments targeting your contacts and friends.

To keep your own Autonomy, and privacy, do the following on your Facebook page: Home - > Account Settings -> Facebook Ads (bottom of left hand navigation panel) - > Adverts shown by third parties - > Edit Third Party advert settings, then choose "No One" in the list. SAVE changes.

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

Glacier Break Creates Ice Island Twice Size of Manhattan

ScienceDaily (July 17, 2012) — An ice island twice the size of Manhattan has broken off from Greenland's Petermann Glacier, according to researchers at the University of Delaware and the Canadian Ice Service. The Petermann Glacier is one of the two largest glaciers left in Greenland connecting the great Greenland ice sheet with the ocean via a floating ice shelf.

Andreas Muenchow, associate professor of physical ocean science and engineering in UD's College of Earth, Ocean, and Environment, reports the calving on July 16, 2012, in his "Icy Seas" blog (http://icyseas.org/). Muenchow credits Trudy Wohleben of the Canadian Ice Service for first noticing the fracture. The discovery was confirmed by reprocessing data taken by MODIS, the Moderate Resolution Imaging Spectroradiometer aboard NASA's Terra and Aqua satellites. At 46 square miles (120 square km), this latest ice island is about half the size of the mega-calving that occurred from the same glacier two years ago. The 2010 chunk, also reported by Muenchow, was four times the size of Manhattan.

"While the size is not as spectacular as it was in 2010, the fact that it follows so closely to the 2010 event brings the glacier's terminus to a location where it has not been for at least 150 years," Muenchow says. "The Greenland ice sheet as a whole is shrinking, melting and reducing in size as the result of globally changing air and ocean temperatures and associated changes in circulation patterns in both the ocean and atmosphere," he notes.

Muenchow points out that the air around northern Greenland and Ellesmere Island has warmed by about 0.11 +/- 0.025 degrees Celsius per year since 1987.

"Northwest Greenland and northeast Canada are warming more than five times faster than the rest of the world," Muenchow says, "but the observed warming is not proof that the diminishing ice shelf is caused by this, because air temperatures have little effect on this glacier; ocean temperatures do, and our ocean temperature time series are only five to eight years long -- too short to establish a robust warming signal."

The ocean and sea ice observing array that Muenchow and his research team installed in 2003 with U.S. National Science Foundation support in Nares Strait, the deep channel between Greenland and Canada, has recorded data from 2003 to 2009.

The Canadian Coast Guard Ship Henry Larsen is scheduled to travel to Nares Strait and Petermann Fjord later this (Northern) summer to recover moorings placed by UD in 2009. These mooring data, if recovered, will provide scientists with ocean current, temperature, salinity and ice thickness data at better than hourly intervals from 2009 through 2012. The period includes the passage of the 2010 ice island directly over the instruments.

According to Muenchow, this newest ice island will follow the path of the 2010 ice island, providing a slow-moving floating taxi for polar bears, seals and other marine life until it enters Nares Strait, the deep channel between northern Greenland and Canada, where it likely will get broken up.

"This is definitely déjà vu," Muenchow says. "The first large pieces of the 2010 calving arrived last summer on the shores of Newfoundland, but there are still many large pieces scattered all along eastern Canada from Lancaster Sound in the high Arctic to Labrador to the south."

Prior to 2010, the last time such a sizable ice island was born in the region was 50 years ago. In 1962, the Ward Hunt Ice Shelf, on the northern coast of Ellesmere Island in Nunavut, Canada, calved a 230-square-mile island.

Story Source:

The above story is reprinted from materials provided by University of Delaware. The original article was written by Tracey Bryant. University of Delaware (2012, July 17). *Glacier break creates ice island twice size of Manhattan*. ScienceDaily. Retrieved July 18, Photo Credit: Courtesy of Prof. Andreas Muenchow, University of Delaware.

Fire hunting in Australia

Published on Jul 11, 2012 by Stanford University: Western Australia's Martu people set small fires as a matter of course while hunting lizards. But, say Stanford researchers, the technique may also buffer the landscape against two extremes -- overgrown brush and widespread lightning fires -- that hurt Australia's endangered small mammals.

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Pittwater Online News

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Pittwater Sailboat Regatta Hosted Harbour Run Weekend
Pittwater Sailboat Regatta Hosted Harbour Run Weekend 23rd July 2013 - 10am - 4pm

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Pittwater Online News

July 22 - 28, 2012: Issue 68

Rolling Stones Framed and Signed LP – The Still Life (American Concert 1981) Album

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The Stones are celebrating their 50th anniversary in rock and roll at present (On 12 July 1962 the Rolling Stones went on stage for the first time at the Marquee Club in London's Oxford Street.). Some of us have danced and hummed to their tunes for that long and others for almost that long. As anyone who has been to one of their shows realises, these lads rock live too and after a concert, you still want to hear them that way or have t-shirts, posters of them grinning at you and the like just hanging around the corners allocated to fun in your home. A staffers autographed and framed Still Life by the Rolling Stones is one such collectable that fits this bill.

This certified item is termed 'Rare' when autographed like this by purveyors seeking to sell you another and orders must be placed. This one cost around $450.00 when purchased a few years ago. A few months later a visiting friend, also an American, offered $2000.00 for it, which, as you're seeing it still now (no pun intended) was declined. This cover and mint vinyl 1982 US 10-track LP recorded live on the 1981 American Tour, is signed by Charlie Watts, Mick Jagger, Keith Richards and Ronnie Wood in dark felt-tip on the front of the gatefold picturesleeve. If it had Mr Wyman's signature it would hold more investment value to collectors, and for us, emotional value but would confuse when exactly it was created as a collector's item. Although signed by current memebers, the absence of bassist Bill Wyman's autograph shows it was made after this tour and perhaps even after this gent left the Stones. Mr Wyman was part of the tour in 1981. Interestingly, in July 1981 his "(Si, Si) Je suis un rock star" was a top-20 hit in many countries. The 1989-90 Steel Wheels/Urban Jungle tours was his last tour with the Stones and he left the group in 1992.

Bill Wyman recently played with Ronnie Wood at the Bluesfest (June 30th, 2012) in the Hammersmith Apollo and will play with his band The Rhythmn Kings, on July 21st London time, or as this edition comes out our time, as headlines at this summer's London Soul & Blues festival. This two-day festival is being held at The Beach in London - a temporary beach created with 7,500sqm of sand on Greenwich Peninsula. This Soul & Blues festival is part of the London summer's Peninsula Festival, whose organisers were behind the creation that shall stay at Greenwich until 2017! Aussies in London for the Olympics take note ! See more at; http://www.billwyman.com/site/home/

The album cover is a painting by Japanese artist Kazuhide Yamazaki, whose work inspired the tour's stage design. There also seems to be a book floating around out there by this same gent, so clearly he's multi-talented. JP Morgan in New York also have one of his pieces as investment art.

"Still Life" (American Concert 1981) is a live album by The Rolling Stones, released in 1982. Recorded during the band's American Tour 1981 in the latter portion of that year, it was released in time for their European Tour 1982 continuation the following summer. The Rolling Stones' American Tour 1981 was a concert tour of stadiums and arenas in the United States to promote the album Tattoo You. It was the largest grossing tour of 1981 with $50 million in ticket sales (the average ticket price was $16). Roughly three million concert goers attended the concerts, setting various ticket sales records.

In mid-1981, the band began rehearsals for the tour at Studio Instrument Rentals (SIR) at West 52nd Street and 8th Avenue in Manhattan's Hell's Kitchen, the site of the former Cheetah Club. The Stones pre-opened the tour with a warm-up show at the Sir Morgan's Cove club in Worcester, Massachusetts on 14 September. Though billed as '***Little Boy Blue & The Cockroaches***', word got out and some 11,000 fans pushed and shoved outside the 300-person venue. The Mayor of Boston stopped the notion of any further public rehearsals, saying "The appearance here of Mr. Jagger is not necessarily in the public interest."

A Hal Ashby-directed concert film was also made from the tour, *Let's Spend the Night Together*, which grossed $50 million. Possibly due to the film most of the shows on this tour ended up being professionally recorded. To bootleggers there are currently 35 of the regular 50 shows from this tour in which more than half of the concert is available directly from the soundboard. This was the last tour of America The Stones would do until 1989.

The Still Life album was preceded by their cover of The Miracles' "Going to a Go-Go", which became a Top 30 hit in the United Kingdom and United States, while follow-up single, "Time Is on My Side" managed to reach the lower part of the UK charts.
"Still Life" (American Concert 1981) was a commercial success, reaching #4 in the UK and #5 in the US, going platinum there, but was not critically well-received, being admonished for sounding too slick and lacking any rough edges expected in a Rolling Stones performance. Some critics state that the fans were let down too due to the fact that nearly half of the Hampton Coliseum rendition of "Just My Imagination (Running Away with Me)" was edited out for the release.

In 1998, "Still Life" (American Concert 1981) was remastered and reissued by Virgin Records, and again in 2010 by Universal Music. So we who are not critics clearly don't dislike it that much.

All songs are by Mick Jagger and Keith Richards, except where noted.

Side One
Intro: "Take the 'A' Train" (Billy Strayhorn) – 0:27 (Performed by Duke Ellington and His Orchestra)
"Under My Thumb" – 4:18
"Let's Spend the Night Together" – 3:51
"Shattered" – 4:11
"Twenty Flight Rock" (Eddie Cochran/Ned Fairchild) – 1:48
"Going to a Go-Go" (William Robinson/Warren Moore/Robert Rogers/Marvin Tarplin) – 3:21

Side Two
"Let Me Go" – 3:37
"Time Is on My Side" (Norman Meade) – 3:39
"Just My Imagination (Running Away with Me)" (Norman Whitfield/Barrett Strong) – 5:23
"Start Me Up" – 4:21
"(I Can't Get No) Satisfaction" – 4:24
Outro: "Star Spangled Banner" (Trad) – 0:48 (arranged and performed by Jimi Hendrix)

Personnel
The Rolling Stones
Mick Jagger – lead vocals, harmonica, guitar
Keith Richards – guitar, backing vocals
Ronnie Wood – guitar, backing vocals
Charlie Watts – drums, percussion
Bill Wyman – bass guitar
Additional personnel
Ian McLagan – organ, Ian Stewart – piano, Ernie Watts – saxophone. Recorded by Bob Clearmountain and David Hewitt with the Record Plant Remote (New York). Mixed by Bob Clearmountain at Power Station Studios

References:

Rolling Stones Official Website: http://www.rollingstones.com/

The Rolling Stones American Tour 1981. (2012, May 26). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=The_Rolling_Stones_American_Tour_1981&oldid=494416633

"Still Life" (American Concert 1981). (2012, June 12). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=%22Still_Life%22_(American_Concert_1981)&oldid=497222043

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