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RESERVE RENAMED AFTER PATRICIA GILES

Patricia Giles OAM with Trina Moyes and granddaughter Angela Hubbard. Picture by Michael Mannington.

RESERVE RENAMED AFTER PATRICIA GILES

Pittwater's longest serving councillor and first female Mayor Patricia Giles OAM was honoured on Thursday 20 December by having one of Pittwater's reserves named after her. The former Bangalow Reserve at the corner of Bassett Street and Bangalow Street Mona Vale will be renamed Patricia Giles Reserve. The greening of Bangalow Reserve was a particular personal triumph for Patricia and her husband Ian, spending countless hours weeding, mulching, planting and nurturing the native gardens.

Mayor Jacqui Townsend said Bangalow Reserve was one of Pittwater's open space areas that had directly benefited from Mrs Giles' passion for the local environment.

Patricia Giles was elected to Pittwater's first Council of 1992 and served as a Councillor for an unbroken 20 years until her retirement in 2012. She was Pittwater's Mayor from 1997 to 2004 and was awarded Order of Australia Medal for outstanding service to the community in 2011.

"Patricia has worked tirelessly over the decades to protect Pittwater's natural beauty and to stave off inappropriate development," the Mayor said.

Mayor Townsend said one of Mrs Giles greatest achievements was seeing the Winnererremy Bay foreshore preserved as public land and eventually turned into the highly popular regional park and playground it is today.

"She also led the fight to protect Warriewood escarpment from housing development and its subsequent acquisition to form the 70 hectare Ingleside Chase Reserve," said Mayor Townsend.

Mayor Townsend said that Mrs Giles would be long remembered with affection and respect by people on all sides of the political spectrum and the local community for her dedicated service to Pittwater.

"Patricia Giles has provided Pittwater and its community with an enduring legacy and Patricia Giles Reserve will provide a lasting tribute in honour of her outstanding achievements," added Mayor Townsend.

Left: Patricia Giles OAM and Harvey Rose.

Patricia Giles Reserve

Pittwater is our piece of paradise
We are glad to call it home.
You'll never find a better place
No matter where you roam.

For twenty years we forged ahead
Proud of what we've done
We vowed to preserve, protect and enhance,
This area so hard won.

At present residents live in peace
We have earned it and what's more
Pittwater Council served this community well
From bush land to mighty seashore.

Thank you for this honour
My heart is full of pride
When Pittwater Council won the Bluett Award
I thought nothing could eclipse that ride.

Everything was accomplished
Because we all worked as one
But for me, this little reserve in Bangalow Ave
Is where it all began.

It all started with a small band of warriors
And a community who had faith to belive
I do thank you, each and everyone
I'm so proud of what we have achieved.

Patricia Giles OAM

Words courtesy Pittwater Council. Pictures by Michael Mannington. Poem by and courtesy of Patricia Giles OAM.

To Celebrate this wonderful lady, and the gift she has been to Pittwater, we reprise her Profile from earlier this year as our very special Christmas Lady, 2012.

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Pittwater Online News

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Articles This Week:

Patricia Giles Reserve

Buff-banded Rail spotted at Careel Creek 22.12.2012: a breeding pair and a fluffy black chick

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

The Snowy Bike Ride 2012 by Robyn McWilliam

The 12 Days of A Pittwater Christmas 2012

All Previous Articles

Profile: December Ladies 2012.; A reprise of Patricia Giles OAM, our very special Christmas Lady 2012.

Previous Profiles:

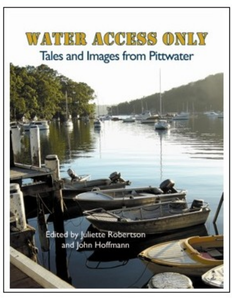
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

History: Summer Houses: December brings a celebration of beach houses, weekenders, guest houses and those who have built or occupied them. WEST: Bellemere-Melrose-The Green Frog, Church Point.

Previous History Pages:

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

Park Bench Philosopher: CHRISTMAS POEMS by Australians for Australians from 1871 and 1954



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

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

News From our Inbox Psychologists: Scrooge's Transformation Parallels Real Life-Changing Experiences, The Best-Laid Plans: How We Update Our Goals Based On New Information, Walkley Awards Gala 2012 Year in Review Video Montage, Picturesque Tasmania 1933, Facebook: We own your Instagram photos, NASA's GRAIL Lunar Impact Site Named for Astronaut Sally Ride, Health Papers released this week: Hypertension Traced to Source in Brain, Triggering New Paradigm for Hypertension Treatment; New Technology May Enable Earlier Cancer Diagnosis: Nanoparticles Amplify Tumor Signals, Making Them Much Easier to Detect in Urine; How Hepatitis C Virus Reprograms Human Liver Cells; To Revert Breast Cancer Cells, Give Them the Squeeze; Santa Fun

Community News: Christmas Greetings 2012, Peter Aroney, Warning on Scam Emails!, Community Christmas Party, **RPAYC announce 2nd annual Club Marine Pittwater Sail Expo for 2013**, COUNCIL HOURS DURING CHRISTMAS & NEW YEAR, PITTWATER'S AUSTRALIA DAY, BETTER ACCESS FOR CAREEL BAY BOATS, Creative Creatures Film Festival, Great New Book by local author, **Christmas Notices**, Have your say on Australian fisheries policy, Our Council's Notices, Fed. Govt. Media and more

Environment; Environment Minister Approves Shree Minerals Nelson Bay River Mine, Oceans 2012, Investigating Ocean Currents Using Uranium-236 from the 1960s, Research helps scientists understand climate change risk to Antarctic food webs, Plumes Across the Pacific Deliver Thousands of Microbial Species to North American West Coast, Analysis of Marcellus Flowback Finds High Levels of Ancient Brines; Fracking (Coal Seam Gas Mining) poisons, Fuel your Car with Soap?, Identifying Overland Flow Affected Properties in Pittwater, Forest Land Use Change 1990-2005 Free Download from UN, Cooee **December** Issue, local Environment groups, Events and orgs.

Lynda Hill: Update 23.12.12: Letting Go Of Fear And Letting Love In: December's Cancerian Full Moon

GREAT NEWS; Gary Goldschneider, the author of The Secret Language Of Birthdays (the birthday book - a huge bestseller), is coming to Australia; We are doing seminars, talks and readings, particularly on the east coast of Australia, from mid January to the first week of March. Read More in Update.

Pictures: The 12 Days of A Pittwater Christmas 2012

Youth: Fun for You at Mona Vale Library these Holidays, RPAYC Youth Development Motioning to the Ocean, Santa Claus.com, Info Day 2013 @ Sydney Uni, geared.com.au; for young drivers in NSW, Green Bean Galaxy, Songfish Choir, Safe Schools are Smart Schools Competition, Pipe Dream, Jack in the box, **The Royal Prince Alfred Yacht Club Teaches over 600 Children a Year to sail**, **School Holidays Art Workshop**,Cool Tools - Tree of Life Branches out Online, New online tool for students from Fed. Govt., Library Story-times for Littlies.

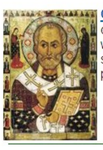
Seniors; Don't Stop Believing!, NEW Express PLus Seniors App., Bathing Suit Shopping, Odd Laws, Medical Papers released this week which may be of interest to you: New Window On Parkinson's Disease: Metallic Probe Proves Able to Detect Fibrils from Misfolded Proteins in Real Time; Silent Stroke Can Cause Parkinson's Disease, New website to support seniors online, The World's Oldest Flash Mob, Inaugural Mahjong at Avalon, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

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

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



Collector's Corner: The Father of Santa Claus; one for young and old alike and a good example why you should keep 'bad poets' poems or not smirk at those you consider to be poor with the pen + the original Saint Nikola

Food: We have been eating Duck Creek Macadamias for years - they are Seriously Scrumptious high quality Australian nuts! **Duck Creek Macadamias Summer or Christmas Fare**: Japanese Style Seared Tuna Salad and Macadamia Salad

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

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Buff-banded Rail

On Saturday afternoon a pair of Buff-banded Rails and a single fluffy black chick were spotted on Careel Creek. While at first unconcerned about the presence of the bird-watcher, alarmed peeps came from who is obviously the mum of the pair when the baby began stumbling and so a quiet retreat was in order while making soothing noises. These pictures were snapped quickly so as not to alarm the pair or baby.

The sight of these birds, kindly identified for us by Marita Macrae of PNHA, has not occurred outside of the Warriewood wetlands or the Royal Botanic Gardens. Thus our chant; ***please*** keep your dogs on their leashes when walking through or beside the habitat of these ground dwelling beautiful birds. Their nests are usually situated in dense grassy or reedy vegetation close to water, with a clutch size of 3-4. Seeing only one chick with this pair, and their alarm at being seen, indicates rats have eaten the other eggs or someone's pets have killed the others.

The Buff-banded Rail (Gallirallus philippensis) is a distinctively coloured, highly dispersive, medium-sized rail of the family Rallidae. This species comprises several subspecies found throughout much of Australasia and the south-west Pacific region, including the Philippines (where it is known as Tikling), New Guinea, Australia, New Zealand (where it is known as the Banded Rail or Moho-pereru in Māori)

They feed on snails, crabs, spiders, beetles and worms, feeding at dawn, dusk and after high tide. They can run at great speed but seldom take to flight.

The mum.

The dad.

Pictures by A J Guesdon, 2012. All Rights Reserved.

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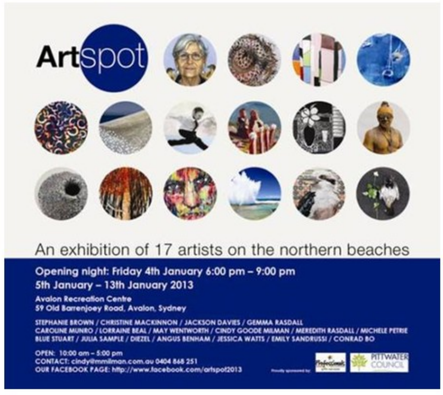
Nelson Mandela by Conrad Bo

Magic Mr White by May Wentworth



Artspot V - Book Launch and Superstroke Art Movement

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

This week we focus on **Artspots**' book launch and portrait works of Stephanie Brown and the two international guest artists from South African who are part of a movement called SUPERSTROKE.

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

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

Portraits of 22 volunteers with each portrait 40 cm2, painted in oils and wax were produced over a two year period and will be on exhibit as part of Artspot. Stephanie will also be launching the book created for the portrait exhibition titled Face of Extraordinary: Volunteers featuring an author talk on Sunday January 6th 11am at Avalon Recreation Centre. The book combines the portraits and personal stories of many volunteers who work for various non-profit organisations and groups in the Northern Beaches area.

Conrad Bo is the founder of Superstroke style which focuses on expressive brush strokes, dripping and criss-cross movements, resulting in plus (+signs) symbolic of its energy. Conrad's work is large and evocative, focussing on repetition via a series of portraits, a stand out being the unique piece featuring Nelson Mandela.

May Wentworth is a painter who, as a member of the Superstroke Art Movement simultaneously paints in a minimal but expressive style, using both line and texture to bring to life the singular but complex character of Mr White. Mr White has evolved over time and for Artspot he is somewhat more menacing and dark, a suited corporate figure reflecting the dire economic times the world is now in. This figure was never seen doing anything, instead he was seated and staring straight at the viewer, his mask no longer fixed but slipping. May is represented by the Living Artist Emporium in Johannesburg.

Diezel, a local emigrated resident of northern beaches, featured in earlier articles on **Artspot** is also a member of Superstroke. Diezel's works often features animals which she sees as metaphors for humans and the complex lives we live. For this exhibition most of Diezel's works are done in the 'expressive superstroke drips' where each drip represents an experience that shapes the subject as a being. Diezel uses extreme colours and black and white contrasts to symbolise opposing elements and conflicting emotions.

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

Artspot Art Exhibition

Location: Avalon Recreation Centre, 59A Old Barrenjoey RD, Avalon, NSW, 2107.
Opening Night: Friday 4th January 2013, 6.00pm-9.00pm.
Opening Times: 10.00am – 5.00pm.
Exhibition closes: Sunday 13th January 2013
Author Talk: Sunday 6th of January at 11.00am.
Website: www.artspotexhibitions.com

Tweet Like +1

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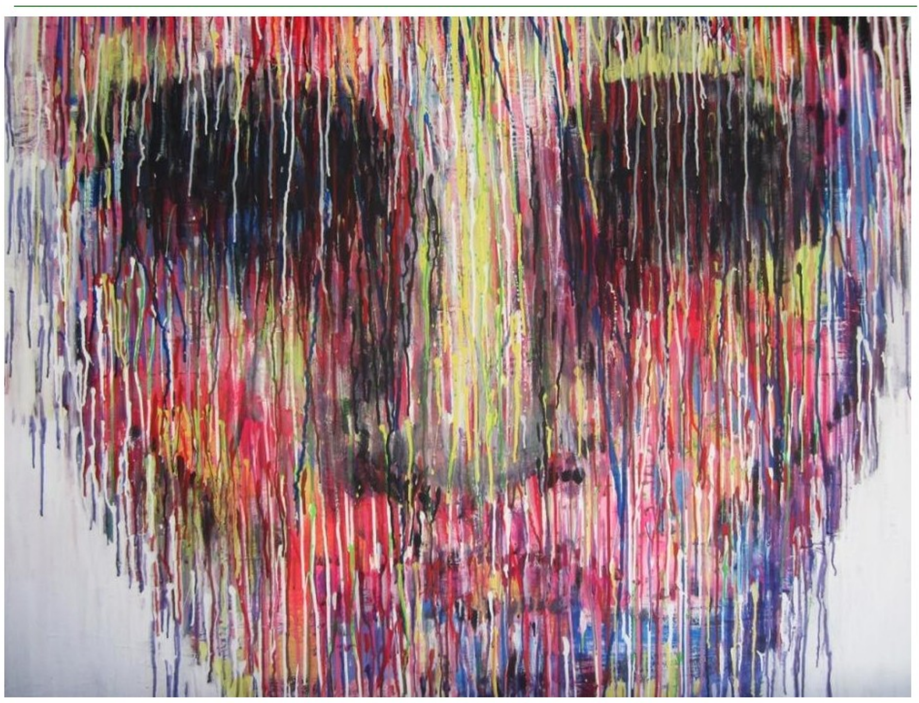

Drips 1 by Liezel Botes (aka Diezel)

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Children in a Goldwing photo by Robyn McWilliam

Robyn's husband Ian, photo by Robyn McWilliam

Friends – Greg and Gayle Reid, photo by Robyn McWilliam

Professor Glenn Marshall, photo by Robyn McWilliam

Robert Hayward, winner of the bike, photo by Robyn McWilliam.

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The Snowy Bike Ride 2012

by Robyn McWilliam

Annually, on the first weekend in November, the Snowy Mountains resonates to the throaty roar of motorbikes. More than 2800 bikers arrive at Thredbo this year, 2012, for the twelfth Snowy Ride.

Steven Walter, a young man, who loved motorcycle riding, died of cancer aged 19. During his eight year fight against the illness, he wanted to raise money for childhood cancer research. The first Snowy Ride took place in 2001.

This year bikers (men and women who like curvy roads on two wheels) pay an entry fee of $60 and the National Parks and Wildlife Service waive entry from Friday afternoon to Sunday morning. Entrants receive a sticker for their bike and a checkpoint card.

On the Saturday they ride around getting their card stamped at three of the nine checkpoints at places such as Cooma, Jindabyne and Thredbo. In the afternoon the bikes gather in the huge car park at the Bullocks Flat Ski Tube about 18 kms out of Thredbo for the Mass Ride at 4 pm.

Children from the oncology ward at Sydney Children's Hospital and their families are also present this weekend. They enjoy a break from hospital routine and take part in the activities.
The Royal Australian Navy comes on a training exercise and takes the children for flights over the Snowy Mountains.

The footbridge across to the ski lifts is a great vantage point to see participants of the Mass Ride enter Thredbo Village. We know they are close when the helicopter whooshes overhead.
Through a smattering of gum leaves, the big Goldwing bikes with their sidecars for the cancer kids are first.

Motorcycles parade in an endless stream. I spot the bright red of Ian's BMW. It's my husband's eighth Snowy Ride; he has the T-shirts to prove it. His bike is followed by friends, Greg and Gayle Reid. Quite a number of riders in our group are from the Northern Beaches.

The burble of bike engines disappear as they are parked and crowds gather at the Village Square. Dressed predominantly in boots, leathers, draggin jeans (these are Kevlar lined in case of tar surfing) and jackets, the bikers eagerly await the presentation.

All the entrants' checkpoint cards are in a barrel on stage. The major prize is a Honda VFR 1200X valued at $25000 donated by Honda Motorcycles Australia. This is the major sponsor but many others on the website have generously donated prizes.

First the organisers of the Steven Walter Children's Cancer Foundation remind us why this event is so important. More than 100 volunteers are assisting this year and a Thredbo Village representative hands over a cheque for $10000 to keep it running.

The Foundation's vision is 100% survival for all children with cancer. At present three out of ten children diagnosed do not survive. By financially supporting vital research and clinical trials the money raised by the Snowy Ride is making a difference.

A remarkable teenager, Madeleine Mackay-Law, comes to the stage to tell her story. She is bright and well-spoken but her journey of childhood leukaemia over four years has been a real challenge. "It's not easy dealing with losing your hair in the first year of high school," she says. After treatment the cancer returned two years later. Further treatment and recovery followed. Such a brave girl to speak so frankly in front of an audience of thousands.

Madeleine Mackay-Law by and courtesy of Guy Davies Photography

Then we hear from Professor Glenn Marshall, Director Cancer Centre, Sydney Children's Hospital, Randwick. Money from the Snowy Ride has assisted in doubling the survival rate of childhood leukaemia to 80%. His dedication and commitment is obvious in his talk. No wonder the ride and its raffle are so well supported.

Excitement builds as cards are pulled from the barrel and prizes distributed. Amidst whistles and applause Robert Hayward makes his way to the stage to receive the key to his new Honda motorbike. The formalities are over for another year but the stage will liven up for a concert later in the evening.

If you like the idea of a motorcycle ride in the Snowy Mountains or would like to be support crew then put aside the first weekend in November 2013. Help children's cancer research by being part of the Snowy Ride.

Website: www.stevenwalterfoundation.org.au

Crowd in Thredbo Village, photo by Robyn McWilliam.

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The 12 Days Of A Pittwater Christmas 2012

On the Twelfth Day of Christmas Pittwater gave to you, 12 Houses lit with light in Elaine Avenue

Eleven Flame Trees Flowering

Ten Eucalypti from Avani (Avalon RSL)

Nine tunes from the Village Jazz Band, at the Celebration of Mona Vale PS's Centenary

Eight Ocean Beaches

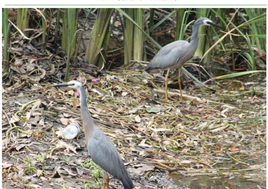
Seven Symphonies from SNBSSIRE

On the Sixth Day of Christmas Pittwater gave to you, Six Broken Bay Marine Rescuers.

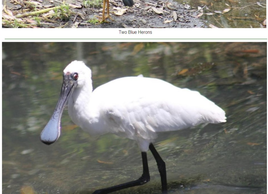
Five Flying Yachts

Four Enviro Volunteers

Three Honeys, of Earth, Wind and Estuary



Two Blue Herons



And a Royal Spoonbill in Carawi Creek.

Photos by Alison Gueudon, 2012. All Rights Reserved.

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CHRISTMAS POEM.

OLD Christmas comes ! his airy steeds
The warm north winds which waft him on,
No grand yule log he bears, nor needs,
For snows and biting frosts we've none.

No howling storms his train attend,
No icy gales around him play ;
But balmy winds their wings unbend,
And sport amid his locks of grey !

No bright green holly we may twine,
His old and wrinkled brow to grace ;
But better far a wreath of vine
Will here become his merry face !

Old Christmas comes, and with him, too,
He brings a sheaf of golden grain ;
A heavy fleece of snowy hue
Finds place amid his num'rous train !

He brings the clust'ring grape that would
Suffice an epicurean taste ;
He brings the juicy pine, a food
On which the gods might love to feast !

The dainty pear, the melting peach,
The apple rosy-cbeek'd; whate'er
A southern clime may yield to each
He brings, the hearts of all to cheer.
W. PORTER, Narrabri.
CHRISTMAS POEM. (1871, December 23). Illustrated Sydney News (NSW : 1853 - 1872), p. 7. Retrieved from http://nla.gov.au/nla.news-article63618420

An original Christmas poem

Christmas is coming,
It'll be soon be here,
Bringing with it lots of cheer,
Presents, too, for everyone,
Lots of joy and such good fun,
On Christmas Eve comes dear old Santa,
You just should see his reindeer canter,
Bringing with him sacks of toys
For all the little girls and boys.
Santa Claus would love to see,
The children playing merrily,
With all the toys he left that night,
But he must be off while the moon is bright.
Over the hills and far away,
Past the woods where the fairies play.
Down the valley round fields of grain.
Then he's home In Toyland again.
We think of another Christmas,
A journey through hot sand,
Where a little Babe was born,
In a far-off land.
For He was given presents then,
Just as we are to-day,
By the three great Wise Men.
As by His crib they knelt to prav.
(By Judith Twlbell (13), East Devonport.)
An original Christmas poem. (1954, December 24). Advocate (Burnie, Tas. : 1890 - 1954), p. 19. Retrieved from http://nla.gov.au/nla.news-article69876003

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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Pittwater Online News

Pittwater's Community Newspaper

Community News | Sport on your Doorstep | Health | Events | What's On the Beach | Restaurants | Lifestyle & Fashion | Arts Culture | Travel Adventure

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Airborne Time Waves

Airborne Time Waves

Surf and Kite Boarding Competition Carried Under Ex-Cyclone

Surf and kite boarding competitors braved Cyclone Evan to compete in the Airborne Time Waves competition at Newport Beach on the weekend.

The Airborne Time Waves Surf and Kite Boarding competition was held on the weekend at Newport Beach. Photo: Supplied

Cyclone Evan Forced Airborne Time Waves Competition Indoors

Surfers and kite boarders from around the region braved the wild weather brought on by Cyclone Evan to compete in the Airborne Time Waves competition at Newport Beach on the weekend.

Read more at Pittwater Online News

Peter Andrews

Peter Andrews' Groundbreaking Farming Methods Come to Pittwater

Peter Andrews, the farmer who has developed a regime of Farming Principles that have transformed his property, will be in Pittwater next week to share his knowledge with the community.

Read more at Pittwater Online News

Super search – do not open - 30 December 2012 Facebook Hacks Users

A phishing email claiming to have hit the NTU is currently circulating on Facebook and has been reported by a number of users. The email claims that the user has violated Facebook's terms of use and that their account will be disabled unless they click on a link and verify their account.

Read more at Pittwater Online News

Beware of marine fire hydrant season - 20 December 2012

With the boating season in full swing, Marine Rescue NSW is urging boaties to be aware of the dangers of marine fire hydrants.

Read more at Pittwater Online News

Pittwater Online Christmas Party

Join us for a party on the beach at Mona Vale Beach on Wednesday 19th December from 5pm.

Everyone is welcome, there will be FREE snacks and drinks and a jumping castle for the kids.

Read more at Pittwater Online News

Christmas Greetings 2012

Click on the image above to view our Christmas Greetings 2012 video.

Read more at Pittwater Online News

Pittwater Council

Read more at Pittwater Online News

Pittwater Online Christmas Party

Join us for a party on the beach at Mona Vale Beach on Wednesday 19th December from 5pm.

Everyone is welcome, there will be FREE snacks and drinks and a jumping castle for the kids.

Read more at Pittwater Online News

Christmas Drinks ...On Us

Pittwater Online Marketing would like to thank our clients for their support throughout 2012 and wish you a very Merry Christmas and a safe and happy holiday season.

Read more at Pittwater Online News

FREE MEMBERS XMAS EVE

Tonic is happy & safe holiday season!

Read more at Pittwater Online News

Pittwater Rotary Changeover Dinner

Rotary Changeover Dinner

Rotary Changeover Dinner

Rotary Changeover Dinner

Pittwater Online News

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December 23 - 29, 2012: Issue 90

Patricia Giles OAM

Above: Patricia Giles OAM, earlier photograph.

Leaving a Legacy

When I think of what we have achieved in only 20 years
My heart beats faster, and my eyes brim with tears.
Because we had a vision of how life could be
For the people of Pittwater it is now a reality.

Council saved the Warriewood Wetlands, then the escarpment fair
We were supported by the community because they really care.
I was proud to be Mayor for six and a half years, we worked as one accord
Then came the finest accolade, "The A.R Bluett Award".

Judged the "Best and most Progressive Council in NSW."
Backed by environmentally aware residents how could we fail.
Then Winnererremy Bay, was threatened with medium density
We couldn't let that happen. Save it for the future was my plea.

On his last night at Council Eric Green said to me "save Winnererremy Bay"
A few days later an unexpected heart attack stole him away.
I said to GM Angus Gordon "we must save 'the Bay' but how?"
Council sold its waterfront depot. We have a wonderful regional park now.

We paid $4.5 million to the government to save Winnererremy Bay.
Now visitors come flocking from many miles away.
Although we are a no frills council our commercial centres are looking great.
The Narrabeen Indoor Sports Centre is terrific. It took all spheres of government Local, Federal, State.

Now I don't like to brag but we all should take a bow.
We saved Mona Vale Hospital and Currawong - they are both protected now.
Should other tyrants rise we will fight, no fear of pain.
The first council to secede in one hundred years will march on again.

Patricia Giles OAM

Being around Patricia Giles brings a smile to your face and a warm sense of family. Open, eloquent, engaging, with a minute to spare for anyone who requests it, this lady's works, achievements and contributions on behalf of the community communicate a spirit that is clear, calm and bright.

Patron of Newport Surf Life Saving Club's Disabled Nippers Program, awarded the Distinguished Service Award by Surf Life Saving Northern Beaches, patron of the Mona Vale Girl Guides, patron of Bangalley Junior Touch Football, member of the Bicentennial Environment Committee, the Local Government Association Land and Environment Taskforce, the Ministers Migration Taskforce and the New South Wales Local Government Advisory Group, chairperson on the National Parks and Wildlife Advisory Committee, the lady who led the battle to retain and upgrade Mona Vale Hospital, plus the saving and keeping of the Warriewood-Ingleside escarpment, Bangalow Park and creating a regional park at Winnererremy Bay are what is visible. Add raising six children, running two businesses with backbone, kindness and integrity. Then competitive tennis and mediation work. For twenty five years in a row.. Somebody up there likes this lady, an esteem and trust and love echoed by we here in Pittwater.

You have worked hard for decades serving the community, what led you to do this?

Before building on the Pittwater Grove Estate I had no interest in Local Government. I had six children two sets of twin boys and two girls. I taught yoga. I also ran my own opal jewellery business. When I moved to Mona Vale with my husband there were threats to Winnererremy Bay, 1Lot 100 Mona Street, and to our local reserve. I formed a group called the Pittwater Grove Residents Group and became the President. I have never stopped campaigning from that time on. I met Sir Edward St. John (Former Warringah Federal MP) while working. He said "Be true to yourself, vote with your heart and never blindly follow the party line."

My motto was "***From the community, for the community.***"

I helped make a little reserve into a Bicentennial Park (Mona Vale). Helped save Winnererremy Bay. Helped stop the proposed medium density development on flood-lands (Lot 100) before I stood for Council.

A lot of the campaigns you've worked at have involved keeping or setting aside areas for parks for people and protecting pristine environments. Why has this been so important to you?

It seemed to me that forming Pittwater Council was a wonderful opportunity to save many of our pristine bushland areas for future generations. As each area was threatened I sought staffs help to work out a way to save them. Much of the Warriewood escarpment was in private ownership. Winnererremy Bay was owned by the government. Currawong was in private ownership. If each of these areas were developed Pittwater would be a different place. Today I am so proud of what this council and the Community have achieved. I am glad to have been able to influence these outcomes.

How do you see Pittwater being in 50 years ?

Pittwater will still be a little piece of paradise. In the 25 years I have been working in the community we have gone from strength to strength. The Pittwater residents have always shown massive support for each of the projects to protect and enhance our natural and built environment. I don't see that changing.
Most of the areas we have saved are fully protected so I don't see that changing. We will still be the lungs of Sydney in 50 years time. Future generations will applaud what we have achieved as the first Council to secede in 100 years.

You're retiring from being a Councillor later this year; what are your plans for then?

I will find it hard to retire. I prefer to be active. I still do half an hour of yoga each day including head stands. I have only recently retired from competition tennis. I play social twice a week. I am a very keen Bridge player. I am an accredited Mediator. I am Mediator for the Manly Warringah Netball Association. Perhaps I will look to doing more mediation as I enjoy helping others find a way forward in any conflict.

What are three of your most memorable experiences from your time as a Cr. and the longest serving Mayor of Pittwater?

As Mayor I was thrilled when the first new council in 100 years won the AR Bluett Award as the best and most progressive Council in NSW.
In 2006, on Australia Day, I received the Order of Australia Medal or OAM(for service to her local government and to the community of Pittwater). That was a great thrill. *(Commonwealth of Australia Gazette 26.6.2006)*
My biggest thrill was to help save Winnererremy Bay from medium density development. I credit our General Manager Angus Gordon for coming up with the solution. We sold off our waterfront depot and paid 4.5 million to the government to purchase the bay as they had planned to develop it for medium density, which would have been a disaster. It is now a much loved regional park with a fabulous playground and kiosk.

If you could be a bird/fish/bush creature of Pittwater for one day what would you be and why?

I would choose to be a bird. Our wonderful bushland is a fabulous habitat for birds. I would not only enjoy this leafy paradise but I could see from the best vantage point our pristine beaches and beautiful Pittwater waterways. I love the fact that all residential areas and housing blocks provide canopy trees.
As a bird I could see and enjoy it all. The fact that council encourages homes to plant mature vegetation means that foods is not a problem. Yes, I would rather be a bird.

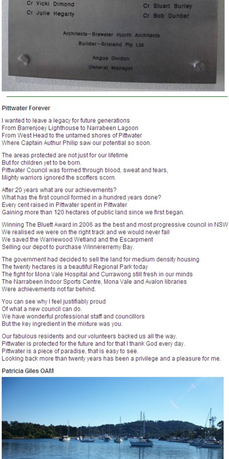
What is your favourite place in Pittwater and why?

I love Barrenjoey Lighthouse. I was Chairperson of the National Parks and Wildlife Advisory Committee. There was a threat that as there was no money to refurbish the lighthouse and cottages that they should be locked and forgotten.
I convinced the committee that such an iconic treasure should be upgraded and preserved for future generations. Most of the work has been done.
I have encouraged our local MP. Hon. Rob Stokes, to complete the newly finished road to the top. He has informed me that it will be completed next year. I hope to be present when they open the road. I will feel that my works is completed.

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

I have a few. My dad would say '***The only way to deal with rubbish is to rise above it.***' I try not to let trivial things get me down.
As a Christian I like: '***If God is for me, who can be against me***' Romans 8:31
'***Be true to yourself and it follows as night follows day you cannot be false to anyone.***'
'***The only failure is to give up trying.***'

Councillor Patricia Giles OAM



Above: Winnererremy Bay.

Above: Barrenjoey Lighthouse photograph by Geoff Clarke, 2012. All Rights Reserved. From Geoff Clarke's Barrenjoey Lighthouse Walk, May 2012.

Above: Patron of Bangalley Junior Touch with Friendly (Brian Friend)

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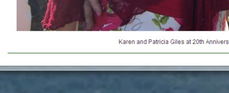
Further:

NSW Parliamentary Tributes to Patricia Giles OAM:

Motion by the Hon. MARIE FICARRA 15 March 2012
Reverend the Hon. Dr GORDON MOYES 9 November 2010

Pittwater Woman of the Year
Patricia Giles Reserve Mayoral Minute (Unanimously passed 4.6.2012)

Photo of OAM celebration with my family



Karen and Patricia Giles at 20th Anniversary of Pittwater Council Celebrations, May 2012

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Bellemere-Melrose-The Green Frog

Church Point

Some sources state the plot of land on which this cottage and boarding house was built was purchased from William Henry Mcknower, a retired Sydney Solicitor, by Mrs Elizabeth Ann Bell in 1907. Other sources state that the land was purchased from Mcknower's estate. It was there from 1908. On 4 February 1909 Redman of Pittwater advertised in the Church Point Post Office and overlooking Pittwater from James Jones (near Bonts), the wife of Benjamin James (married 1905). Formerly the land was part of William Oliver's land grant of 95 acres. On the property was a 3 room residence with a verandah on the front and back. The land was 1 ½ acres, it was cleared and fenced.

Auction on 15 August 1888. (Bank is Eastern Bank !!!!)

The property is purchased by William G Baker and his wife Edith Maude Baker prior to 1890. Their tenure was very short, perhaps because tragedy struck.

A farmer named William Baker, residing at Pittwater, was kicked in the abdomen by a horse a week ago. He was attended to during last week by Dr. D. R. Edwards, of Manly, but succumbed to the injuries received during last night. NEWS IN BRIEF. (**1889, March 22**). *Australian Town and Country Journal (NSW) :* 1870 - 1907) p. 19. Retrieved from http://nla.gov.au/nla.news-article213166699

A FATAL KICK. A magisterial inquiry was held by Mr. W. T. Pinhey, J.P., at Manly, yesterday, into the circumstances attending the death of a farmer named William Baker, who died at the residence of Mr. Charles Oates, Manly, on Saturday last. Evidence was given by the deceased lived at Bay View, Pittwater, and on Sunday week he received a severe kick in the abdomen from a horse. He was taken to Manly and placed under the treatment of Dr. Edwards, but died on Saturday last. A verdict was returned in accordance with the evidence, and an accidental death was recorded. A FATAL KICK. (**1889, March 19**) *The Sydney Morning Herald*(NSW : 1842 - 1954). p. 6. Retrieved from http://nla.gov.au/nla.news-article127749067

William was the son of William Joseph Baker, who also had property in Church Point. William G Baker's widow Edith, whom he married in 1886, had already had a son in 1884, Arthur E Baker. Interestingly, William Baker and Edith Maude Baker were still having children in 1893. *Births.* BAKER.—April 20, at her residence, Pittwater, the wife of William Baker, of a son. Family Notices. (**1883, April 26**). *The Sydney Morning Herald*(NSW : 1842 - 1954). p. 1. Retrieved from http://nla.gov.au/nla.news-article132347419

Major Phillip Charles (1803–1937) purchased the property from Mr Bakers widow (1890) and added considerably to a basic cottage. This expansion was among seven shanghaied in the original Broken Bill time frame and ended up a millionaire. He was renowned for his breeding of horses and bulls and owned extensive properties, the best of these said to be Belmont Park at Kurrajong Heights, on the Richmond River, and Church Point, Pittwater, where he resided for many years. Major Charles Phillip. (1937, September 10). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 12. Retrieved from http://nla.gov.au/nla.news-article15010463 (See Photograph) One of his children with wife Clara, Violet, was born at Manly in 1898, posting to a long association with the Northern Beaches. His sister Mrs Foster is also purported to have lived there for quite some time. Around 1900-1901 Coddington took over the residence and ran it as a boarding house for the Sydney elite.

Mrs. EMMA CODRINGTON and FAMILY, of Bay View, Pittwater, desire to express their sincere GRATITUDE to the medical and nursing staff of Prince Alfred Hospital and kind friends for their expressions of sympathy during the illness and sad death of their late husband and father. Family Notices. (**1900, February 14**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 1. Retrieved from http://nla.gov.au/nla.news-article14629606

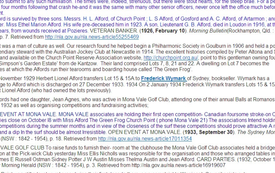
LAVIS-COORINGTON.December 4, 1901, at Pitt-street Congregational Church, Sydney, by the Rev. James Trevor Ernest, only son of Percy C. J. Lavis, of Mosman, to Olive Lavington, daughter of the late Hamilton Codrington, of Bellemere, Bay View. Family Notices. (**1901, December 2**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 1. Retrieved from http://nla.gov.au/nla.news-article13833126

It was actually Lucy (born 1880) whom James married. Vincent Lee was the eldest son of Emma and Hamilton Osbert Codrington who died in 1900, her husband having passed in 1898. Vincent Lee was a mere three years old at the time of his father's death. Lee (1974) Frances M (born 1872) and John E (born 1878) necessitated the earning of a living by Emma and 'Bellemere' was not the only boarding or guest house the family was associated with in Pittwater. More to come.

Named 'Melrose' by 1906 the present remains was then run by a Mrs Friend, in 1908 by Huntley (? possibly owned by Thomas Sellwood Huntley, real estate auctioneer and builder of gasworks water supplies with Walter Bennett, MORE)

BY ORDER OF THE EXECUTORS THE ESTATE OF THE LATE MR. WILLIAM JOSEPH BAKER, ONE OF THE MOST CHARMING SPOTS AROUND SYDNEY, CHURCH POINT, PITTWATER. A pleasant Motor or Coach drive from Manly, through delightful and varied Scenery. SPLENDID SUBDIVISIONAL BLOCK OF ABOUT 10 ACRES, PRACTICALLY A NATURAL PARK LAND, with EXTENSIVE FRONTAGE TO PITTWATER, and a BEAUTIFUL VIEW of the Harbour and Surrounding Country. **Comprising the Well-known Boarding House Property of Mr. Leslie. The LAND is Fenced, and the improvements comprise old W.B. COTTAGE, with Iron Roof, containing Verandah, Hall, 6 Rooms, Kitchen, 2 Room's off, detached Stables, Shed, etc. There is an old Orchard of various Fruit Trees, and the Land is mostly nicely grassed, and divided into Paddocks. The Property is let on Lease till 1st July next to Mona Rainaud. THE VIEWS ARE SUPERB, and embrace Pittwater, Scotland Island, Newport, etc.**

In the hands of a Capitalist for the building of week-end Cottages as an investment, or for Speculative purposes; the sale of this Property OFFERS EXCEPTIONAL CHANCES. Numerous overtures have been made to the Trustees to sell portions of about 1 acre TITLE DEEDS. Mr. Leslie will show Intending Purchasers over the Property. TUESDAY, 18th SEPTEMBER, 1917, at 2.30 o'clock. Subject to a Reserve Bid of £1,150 or upwards. ON THE GROUND. Mr. Leslie will meet Intending Purchasers at the Property at 2 o'clock. Printed and Published by Pittwater Advertising Co. (1917, September 19). The Sydney Morning Herald (NSW : 1842 - 1954). p. 22. Retrieved from http://nla.gov.au/nla.news-article115010463



Example of Orange Orchard in Pittwater circa 1916-17 by Charles Kerry. Courtesy Powerhouse Museum and Tyrell Collection

CHURCH PT. Pittwater-Melrose Accommodation for visitors bathing, boating and fishing. Advertising. (1910, January 1). The Sydney Morning Herald(NSW : 1842 - 1954). p. 17 Retrieved from http://nla.gov.au/nla.news-article115295457

By late 1911 Arthur Morris Simpson, who grew sweet peas on a big scale for which the place became famous, was the owner of the premises which his wife during the week while he ran a store across the harbour at Dee Why. Simpson's Garden Estate' by Charles Aldridge. Aldridge, who later subdivided the land to sell, it became known from then as 'The Green Frog'; some state due to the sign at the gate, while later on an actual green frog plaque, the name was used as the name of the property. Aldridge's subdivision was not to be, the wife first ran it though, folding it under 'Country Resorts, the name was still 'Melrose'.

ART CHURCH POINT. MELROSE. Accommodation for visitors; bathing, boat, fishing, poultry, cows; terms moderate. Mrs A. SIMPSON. Advertising. (**1911, December 9**). *The Sydney Morning Herald*(NSW : 1842 - 1954). p. 20. Retrieved from http://nla.gov.au/nla.news-article15296064

Some sources state a Mr and Mrs Johnstone then took over 'Melrose' and that the original cottage was demolished. Other sources contest a structure; perhaps renovated but to be still standing as a guest house in the present day. Unfortunately no photos are located with some original parts of the premises intact.

In February 1920 the property was purchased by Herbert Lionel Somerset Alford (5th of the nominees, 1876 - 28th of May 1947) and his wife Ida Mary, nee Griffiths (? 1970) whom he married in 1908 (registered at Monaro). Mr Alford was the eldest son of Charles George Alford and was described as a chief in the Bank of New South Wales.

VETERAN BANKER, DEATH OF MR. G. C. ALFORD. The death of Mr. G. C. Alford, formerly acting manager of the Bank of New South Wales, which took place yesterday, removes one of the oldest bank officials in the metropolis. Mr. Herbert Somerset Alford had been associated with the pioneer bank for 59 years, and his long and varied experience in the banking world has not often been equalled. Rising steadily from the rank of a junior officer, he was appointed manager at Bega in 1887, and from that position his retirement, his ambitions" one thousand pounds a year and 50 years service with the bank." Having reached these goals I set out to achieve, and, thanks to the kindness of my friends, succeeded in both." Mr. Alford was born in 1846, and was married in 1870 to a daughter of the late Mr. Griffiths, a well-known solicitor of Sydney, by whom he has had seven children, six of whom are still living. He was the grandson of Mr. Charles Alford, a native of Drayton, Somerset. Mr Alford was 77 years of age, and after receiving his education, entered the service of the bank in Toowoomba, Queensland. The manager, of the branch at that time was Mr. Charles Lee, who took a fancy to the lad, and in the year 1873 he was sent from Toowoomba for Mr. J. J. Walker during a period of about 12 months. During the following year Mr Alford was appointed manager of the bank at Ipswich, Queensland, and remained there for about 12 months, when he was transferred to Brisbane, where he remained for 12 months. He remained in that position until 1885, when he was made assistant inspector and took up his quarters in Brisbane. He came to Sydney in 1887 as inspector, and was afterwards appointed chief inspector. At the time, when the late Sir John Russell French was stricken by illness Mr. Alford acted in the capacity of general manager for about five months. Mr. Alford resigned a request from members of the staff, and retired on March 30th, 1911. At the request of the board he remained in the service until a permanent arrangements were made. He had a magnificent collection of minerals of which he was very proud, and also a collection of 700 pieces of Australian wood, purchased by himself and presented to the Technical College. Photographs had also a large collection. At the function, which took place when he retired, Mr. Alford referred to some interesting incidents in his career, and the striking changes that had taken place in Australian banking during the period of his connection with the bank's service. As mentioned from £6,000,000 to approximately £75,000,000; while the staff, which numbered about 200 in 1862, had increased nearly tenfold. VETERAN BANKER, DEATH OF MR. G. C. ALFORD. (**1920, February 14**). *The Sydney Morning Herald*(NSW : 1842 - 1954). p. 8. Retrieved from http://nla.gov.au/nla.news-article15225460 Mr. Alford was a keen sportsman, and was a member of the Royal Sydney Golf Club for a number of years. He was also a member of the Australian Jockey Club at Newmarket in 1914. The excellent horticulture compiled by Peter Atkins and Sue Gould, and available on the Church Point Reserve Association website (http://www.cpra.org.au/history.html) mentions a large fruit lot of the Simpson's Garden Estate' from de Kantzow. Their land comprised Lots 7, 8, 21 and 22. A dwelling on Lot 7 becomes the premises at which the Alfords ran their boarding house business from 1920 to 1930.

On 11 November 1929 Herbert Lionel Alford transfers Lot 15 & 15A to **Frederick Wymark** of Sydney, bookseller. Wymark has a mortgage to Alford which is discharged on 27 December 1934. Wymark sells to Alford in 1934 (Melrose) and in 1935 (15A). Herbert Lionel Alford (who had owned the lots previously).

The Alfords had one daughter, Irene Alford, who was active in Mona Vale Golf Club, attending one of their annual Balls at Romans in town in 1932 as well as organising competitions and fundraising activities.

OPEN FIGHT AT MONA VALE. MONA VALE announces that the first open competition- Canadian foursome stroke-on October 25 Entries close on October 8 with Miss Alford The Green Frog Church Point (phone Mona Vale 21) The associations intend holding competitions every month, and a programme will be published shortly. Mona Vale Golf Club has been in existence for about 12 months, and although it is the youngest club on the peninsula, it has been established to fill a long-felt want. (1932, September 30). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 13. Retrieved from http://nla.gov.au/nla.news-article17011143

MONA VALE GOLF CLUB To raise funds to furnish their room at the clubhouse the Mona Vale Golf Club associates held a bridge afternoon at the Green Frog, Church Point, on Saturday last, when a large number of members and friends attended. Mrs Campbell Macpherson E Ronald Graham Sidney Potter J V Hamilton Miss Alford Miss Austin and Miss Wilson PARTIES. (1932, October 13). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 3. Retrieved from http://nla.gov.au/nla.news-article15910607

Church Point was still a reasonable fair area during the first decade of the 20th century. Reported to Warringah Council, Public Works Report, Reserve J.J Mound and Keirleck, submitting for completion by Council under Seal (a) Memorandum in respect to purchase from H.L. Alford Lot 15, Church Point, for £1,000 (b) Memorandum in respect to purchase from Mrs. Alford of Lot 15A, Church Point, for £500 (c) Application No.1 and cost recorded. Received. The Seal of the Council be affixed to these Council documents. (Cls. Hitchcock, Lancaster). **18/03/1941 Warringah Council Minutes**

G Mrs. L. Richards, **10/11/37**, requesting that as the road at Church Point is to be surveyed it be extended to the Public Pier Council resolved that the matter be referred to the Engineer. **Lot 15A then on the point was purchased from Mr. Alford for recreation purposes**. Referred to A. Boling Councillors for consideration and report. **18/03/1941 Warringah Council Minutes**

These portions of land are now on the corner of Church Point, opposite the wharf and known as the Quarter Sessions Reserve. The property, still retaining parts of the original structure, was placed on the market in 2006 and again in 2011 for three and a half million. An draught into what it was like to be there.

CHURCH POINT.
(Extract from DRAFT.)
A JewelLike sprong morning at Church Point. The insistent chant of a butcher bird woke me, calling me out to early service among the trees. I had meant to be very late that morning, but once awake, and looking out on the glistening beauty of sea and sky, a bedroom became a dungeon. I quickly dressed, and went out into the sunlight.

The previous night had driven out from Mona Vale, but the night was dark and the car was closed, and I saw nothing of the beauties of sea and hillsides spreading away on either side of the road, and the sudden descent into the valley of Church Point. I had caught a glimpse of the crisp light of a brilliant morning the splendid panorama burnt with truly dramatic effect. The sun had just risen above the Newport hills and brought a reflecting sparkle from each ripple on the waters of Pittwater. Church Point. (1908, January 4). p. 3.

Once, in childhood I heard an Englishman say there was no blue in Australian waters. Possible he had an attack of liver, or perhaps it rained during the year he visited us in Sydney, but whatever the reason was he was certainly wrong about the blue waters. I am not prevalence among what colour blue was in other countries? No doubt he thought me a perfect ijite girl, for he did not answer the question, only looked at me with severe disapprobation. I do not remember that he ever spoke to me again, but he certainly never saw the blue waters of Sydney have I seen a greater variety of shading than was around me that August morning.

A touch of sweet and sharpness in the colour and made wonderful contrast to the sea. The butcher bird charted again; he was in the garden, high up in the white cedar tree. The garden was lovely, but needed to be cut and away from houses and fences, and all that mean a considerable bill. The garden nowadays, and for the past few years has been the property of Mrs. **Hill, the Green Frog**, and so suit into the road.

WHENCE THE NAME

No one can about. I had the world to myself, and a whole free lay before me. A few minutes' walk and I was at the point, and there, some 20ft above the road, and crazily perched on rough stone piles, was the **little church**, which gave the point its name. Over 50 years ago two devout members of the Methodist Church felt the need of a house of prayer where all their own and friends of the Church of England might assemble. was a very long way from the city in those days. and it was due to their efforts that the tiny weatherboard church was built. From long distances the congregation came on horseback or drove out in sulkies or buggies. Many of the old folk who lived in the district have been used regularly, services being held by ministers of different denominations each Sunday. But it became evident that week-enders feel differently towards the Sabbath nowadays, and for the past few years it has been deemed best to hold only **fortnightly service**.

The graveyard, too, is neglected and overgrown with weeds, though here and there a bunch of lately-faded flowers showed remembrance of some old friend. Many of the graves were overshadowed by large trees, and the sunlight filtered through the branches in a subdued light, but rather lacked the softness and the tangled wires they added to the sense of peace, and left the sleepers quiet and undisturbed.

Behind the church was the rocky hillside, and not so steep as to be impossible of ascent, but sufficiently steep to afford a fine view of the sea. Here, too, the ground was covered with grass and wild flowers, and I sat down to rest and to drink in the beauty of the scene. I was alone, and I was thankful for it. I wanted the top, and the wide view was conscious of the richness of my surroundings. Enormous boulders confronted me, which I clambered or crocked round, while the occasional sound of a motor car on the road below was the only reminder that I was in immense rock. It seemed to have no connection with the surrounding earth, and stood precariously balanced, as though a strong kick would send it hurtling and crashing down the hillside to the road below.

No doubt geologists could give a simple explanation of its presence there, but to me it appeared to have been hurled from another planet to the band of some angry Titan. I stood upon the top of the rock, saw before me a picture that would have made a climb of twice the distance well worth while.

AURING GA CHASE

From my high altar I looked across the water to Kuring-gai Chase, extending dark and undulating for many miles. Building is prohibited there now, but some early houses still remain. One of them to the left of the point, was bush years ago by an artist who had lived in Italy. He was enchanted by the resemblance to the much-loved land of his youth, and every Friday saw him and his Italian wife, well supplied with wine and macaroni, on their way to the Chase.

Week-ending was not the common-place it has since become. There were no trams out from Manly; motor cars were unknown, and the only means of communication were something of a problem. The Chase was then a favourite resort of picnic parties, and the distance between Australia and the Italy they know so well.

As I looked at the rocks there, and not so great a distance from me, I could see the remains of a boat-house, and after a time I appeared on the beach below. I crossed over to the boat-house, and found that it was built on the rocks, and that the water was deep enough for a boat to be moored there. I leaned the top, and made me very conscious of the richness of my surroundings. Enormous boulders confronted me, which I clambered or crocked round, while the occasional sound of a motor car on the road below was the only reminder that I was in immense rock. It seemed to have no connection with the surrounding earth, and stood precariously balanced, as though a strong kick would send it hurtling and crashing down the hillside to the road below.

No doubt geologists could give a simple explanation of its presence there, but to me it appeared to have been hurled from another planet to the band of some angry Titan. I stood upon the top of the rock, saw before me a picture that would have made a climb of twice the distance well worth while.

AURING GA CHASE

From my high altar I looked across the water to Kuring-gai Chase, extending dark and undulating for many miles. Building is prohibited there now, but some early houses still remain. One of them to the left of the point, was bush years ago by an artist who had lived in Italy. He was enchanted by the resemblance to the much-loved land of his youth, and every Friday saw him and his Italian wife, well supplied with wine and macaroni, on their way to the Chase.

Week-ending was not the common-place it has since become. There were no trams out from Manly; motor cars were unknown, and the only means of communication were something of a problem. The Chase was then a favourite resort of picnic parties, and the distance between Australia and the Italy they know so well.

As I looked at the rocks there, and not so great a distance from me, I could see the remains of a boat-house, and after a time I appeared on the beach below. I crossed over to the boat-house, and found that it was built on the rocks, and that the water was deep enough for a boat to be moored there. I leaned the top, and made me very conscious of the richness of my surroundings. Enormous boulders confronted me, which I clambered or crocked round, while the occasional sound of a motor car on the road below was the only reminder that I was in immense rock. It seemed to have no connection with the surrounding earth, and stood precariously balanced, as though a strong kick would send it hurtling and crashing down the hillside to the road below.

Church Point, circa 1916

A QUAINT FASHION. Animals and Teahouses. (BY MARCUS CRIBBON.)

Animals and birds have a quiet way of giving a special character to a place, and many people have had the fascinating idea of calling a house after the bird that is most in evidence in the garden. (1916, January 17). p. 6.

In the old days the Black Horse at Richmond was famous, and there was a good deal of beer supplied to thirsty travellers. Horsemen all. Coaches and buggies drew up at the doors then, and ladies, riding position, dismounted to shelter on the verandahs. At least let us hope they had a rest while their menfolk drank. For position is a mighty uncomfortable way to ride, as the writer can testify. Mustang is much more pleasant, if not so good for the figure. And nowadays, instead of the Black Horse or The Dog and Duck, we have The Green Frog, The Blue Bell, The Pink Cow, The Red Rose, The Golden Fleece, The Silver Grey, and The Purple Cow. (1916, January 17). **Most people know the Green Frog at Church Point, Pittwater, with its exquisite terraced gardens. Its taxis, its cedar row overlooking that vast inland sea. And if you have never been there on a summer's afternoon, or a moonlight night, with the moon's silvery path-way coming round to the steps of the garden, it is time you went.** Stranger's visit not far away, even at Newport and I can't help wondering if there is not a whale in the vicinity. A QUAINT FASHION. (1931, January 17). The Sydney Morning Herald (NSW : 1842 - 1954). p. 9. Retrieved from http://nla.gov.au/nla.news-article15774522

This painting is not on display where we can see it at present, hopefully someone will organise an Art Exhibition of Historical Pittwater paintings soon- each aspect of Pittwater, and its characters, have been captured by artists over time gone and still here.

ART EXHIBITION. MR ROBERT JOHNSON'S LANDSCAPES. Mr. Robert Johnson, who has an attractive collection of landscapes on view at the Governor-in-Council Galleries, Sydney, displays a distinctive style of painting, a fine feeling for colour and composition. There is a brilliant realism, as well as individuality, in "At the Green Frog, Church Point," a sun-splashed scene near Newport, in which the timber, rocky ridge and the trees to the left of composition are treated in a masterly manner. ART EXHIBITION. (1927, **August 30**). The Sydney Morning Herald (NSW : 1842 - 1954). p. 12. Retrieved from http://nla.gov.au/nla.news-article15400523

PAINTING AT OLD GREEN FROG. CHURCH POINT. BY ROBERT JOHNSON.1880-1964) purchased by Federal Government; 9.8.500 oil on cardboard mounted on board. 37.0 x 45.0 cm now at National Gallery of Australia, Canberra

Mr Alford passed away in 1947.

ALFORD, Herbert Lionel. May 28, 1947, at his residence, The Green Frog, Church Point, loved husband of Ida Mary, and father of Jean Privately cremated. 30th Instant. Family Notices. (**1947, May 31**). *The Sydney Morning Herald*(NSW : 1842 - 1954). p. 38. Retrieved from http://nla.gov.au/nla.news-article227900519

Jean, who had married in 1940, may have helped her mother continue to run The Green Frog.

Green Frog Church Point open for all day Saturday and Sunday. Fixed wants received on week days please ring XV99021 Advertising (**1949, September 1**). *The Sydney Morning Herald*(NSW : 1842 - 1954). p. 10. Retrieved from http://nla.gov.au/nla.news-article18126560

For sale, CHURCH POINT The Green Frog Freehold business and property, established **1904, March 17**. The Sydney Morning Herald(NSW : 1842 - 1954). p. 21. Retrieved from http://nla.gov.au/nla.news-article18414898

The Green Frog is now a gluten free restaurant.

Green Frog at Church Point Research - Nexus.pdf
Size : 311.855 KB
Type : pdf

A Few Extras:

Benjamin James and Benjamin James Jr. of Church Point, Sydney, June 5, 1905. APPLICATION TO PURCHASE RECLAIMED LAND. (Newport Bayview House) ATTENTION is invited to the notice in the Government Gazette of the 2nd instant, that the Minister for Lands will be prepared to sell by Auction, at a reserve, reclaimed land in front of his property at Pittwater, parish of Narrabeen, county Cumberland. CHARLES OLDEN, Under-Secretary, Department of Lands. Sydney, June 1, 1905. (**1905, June 5**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 10. Retrieved from http://nla.gov.au/nla.news-article14122346

Brought from Daniel Forrest, whose title had property worth £5000, that property was sold through Hardie and Gorman to Mr. Benjamin James, who died soon after the purchase. Mr. James left the property to his son, Benjamin James Jr., who lived there with his family. Benjamin James Jr. was a well known figure in the district, and was a member of the Pittwater Council for many years. (1905, June 5). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 2. Retrieved from http://nla.gov.au/nla.news-article15512342

Major Phillip Charles

Phillip Sydney Charles, (1863–1937)
by Hilary Heathcote

Major Phillip Charles (1803–1974), dairy farmer, was born on 29 December 1803 at Belmont Park, Richmond, New South Wales, third child and eldest son of Phillip Sydney Charles (1863–1937), a dairyman, and Lydia Hannah, née Bowden, both members of the Church of England. He was educated by his stepmother and his mother's sister, Mrs Brown mill scrubber. He was listed as farm strainers in 1880 and in 1931 purchased the historic property of Belmont at Richmond Hill, where he built an Italianate sandstone residence. He was a prominent breeder of Jersey cattle and Clydesdale horses. He was also a keen sportsman and was a member of the Australian Jockey Club. In his properties, Charles was president of the Hawkesbury District Agricultural Association and a member of the Agricultural Society of New South Wales and of the Australian Natives Association. He was a director of Kiora Bus Co. and of the Hawkesbury Benevolent Society and hospital. He died at Kiora Bus on 31 August 1937. His wife, Nora and three daughters survived him. (Major) Heathcote Charles, Dr. Phillip Belmont (1903–1971), medical practitioner and politician, was born on 29 December 1903 at Belmont, Richmond, New South Wales, the son of Major Phillip Charles and Nora Hannah Charles, née Bowden. He was educated at Kiora Bus, Sydney Grammar School and the University of Sydney (MB, BS, 1928). He married Ethel Mary Hall on 12 December 1928 at the Presbyterian Church, Wahroonga. He was a member of the Australian Medical Association and practised in Sydney and Richmond. He was a director of Kiora Bus Co. and of the Hawkesbury Benevolent Society and hospital. He died at Kiora Bus on 31 August 1937. His wife, Nora and three daughters survived him. (Major) Heathcote Charles, Dr. Phillip Belmont (1903–1971), medical practitioner and politician, was born on 29 December 1903 at Belmont, Richmond, New South Wales, the son of Major Phillip Charles and Nora Hannah Charles, née Bowden. He was educated at Kiora Bus, Sydney Grammar School and the University of Sydney (MB, BS, 1928). He married Ethel Mary Hall on 12 December 1928 at the Presbyterian Church, Wahroonga. He was a member of the Australian Medical Association and practised in Sydney and Richmond. http://adb.anu.edu.au/biography/charles-major-phillip-sydney-8172/text13743

Major Phillip Charles was a prominent breeder of horses from the rare strains of the property of Belmont at Richmond Hill, where he built an Italianate sandstone residence. He was also a keen sportsman and was a member of the Australian Jockey Club. In his properties, Charles was president of the Hawkesbury District Agricultural Association and a member of the Agricultural Society of New South Wales and of the Australian Natives Association

Pittwater Online News

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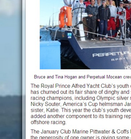
December 23 - 29, 2012: Issue 99

RPAYC Youth Development motioning to the ocean in Club Marine Pittwater & Coffs Harbour Regatta



Bruce and Tina Hogan and Perpetual Mocean crew. Photo by Damian Devine.

The Royal Prince Alfred Yacht Club's youth development program has churned out its fair share of dinghy and sports boats match racing champions, including Olympic silver medallist Nina Curtis, Nicky Souter, America's Cup helmsman James Spithill and his sister, Katie. This year the club's development program has been given added another component to its training repertoire - big boat offshore racing.

The January Club Marine Pittwater & Coffs Harbour Regatta as the generosity of one owner is giving some of the current youth development recruits wanting to venture out of Broken Bay and Sydney Harbour a handy leg up into blue water racing.

Bruce Hogan and Tina Clifton, owners of the sporty Martien 45 *Perpetual Mocean*, will add another dimension to the sailing CV's of seven youth development sailors when they set off on January 2, 2013, in the Club Marine Pittwater & Coffs Harbour yacht race.

Hogan and RPAYC club coach, Tom Spithill, have put the inaugural sailing opportunity together with responsible for training and the final selection of the seven crewsn from the original pool of 11. The youth crew will be split into two watches of three and a combined watch ocean racing crew for the annual sprint up to the tropical mid north NSW coast.

Ranging in age from 15 to 20, the high school and university students are champing at the bit to be chosen for the 226 nautical mile on the 49 footer.

Given it's a category 2 offshore race, there is no minimum age of 18, giving those less than the voting age a taste of the adrenaline and what it's like to race day and night, exit salty sandwiches and snatch sleep in short stints on a bucking bed.

The "kids", as Spithill affectionately calls them, like racing fast and exciting stuffs. The Martien is a major step-forward because it's a high performance boat, they will be sailing with good mates who are a similar age and they will also get a ride on a boat!

"It's an unusual stepping stone from centreboard to keel boats - says Spithill, adding "a lot of the time young people are asked to stay out of the way when they are trying to learn about big boats".

Spithill predicts a bumblinger on the 40-50 foot range with the two DK46s, the Farr 40 *Pretty Woman*, the Beneteau 45 Vizione, the Kerr 43 *Nonsense* and the Cs 43 *Anger Management* among the others.

Knowing they needed crew, Spithill mustered his understated charm and approached Bruce and Tina with the idea of helping the club's youth development program by giving some talented youngsters the opportunity to add offshore experience to their already well developed skill set.

"We said we're a number of seasoners, one keeping Tom," admitted Hogan. "He's earned and trustworthy and believes in what he's doing, and is supporting him on us. We believe in what he's doing, people an opportunity to enhance their skills, and we have had the full support of the RPAYC from the board down."

Under Spithill's guidance, the youth crew are being put through their paces on *Perpetual Mocean* in the RPAYC's Pam Pam Icebreaker series. They have also had the opportunity to complete the gruelling Sea Safety and Survival Course, including life raft drills at the Qantas post, to understand what can go wrong at sea and how to best manage emergency situations.

"The forces are so much greater on a bigger boat and everyone has to understand exactly what their job is should an emergency arise. Everyone on the crew will also have to read our standard operating procedures and understand them," said Hogan.

Perpetual Mocean was crowned line honours winner of the Pittwater to Coffs race in 2009 and competed again in 2010.

"It's a terrific event which starts with a testing race without being as gruelling as heading south but still. It takes a lot of discipline and focus," said Hogan. "We also enjoy the outstanding camaraderie and spirit at the Afterb, the professionalism with which it's all put together then, once we reach Coffs we get to do a few fun races and enjoy a relaxing holiday cruise back to Broken.

Bruce Hogan was a latecomer to the sport, first stepping on a boat as he approached 50. Having watched Sydney Harbour come alive each Wednesday afternoon with height racing from his high-rise office, he thought it looked like a lot of fun and never once looked back his wife are enjoying their boat time.

Being boat owners who like to cruise and race, Bruce and Tina know that sailing when harassed and enthusiastic crew allows them to put together a race program.

"I don't have any expectation that I'm developing crew for myself," said Hogan. "I hope that some of the boys will make their skills enhanced and in turn, we will continue to want to do it. That resource will be available to everyone."

The 2013 Club Marine Pittwater & Coffs Harbour Regatta event website is at www.pittwaterbycoffs.org.au

By Lisa Ratcliff Club Marine Pittwater & Coffs Harbour Regatta media. Photos by Damian Devine.

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

University of Tasmania selected as preferred supplier for Youth Clearinghouse services

SNIPPET: The University of Tasmania has been chosen as the preferred supplier of Youth Clearinghouse services for Australia's 90 Youth Stakes (ACYS) with a renewed supply commitment to 2015. Contractual negotiations with the University of Tasmania to deliver National Youth Clearinghouse services from 2013 to 2015 will now begin, he said. Congratulate the University of Tasmania on being selected as the preferred partner and look forward to a successful partnership with ACYS in the New Year.

Excessive alcohol when you're young could have lasting impacts on your brain - 18 December 2012, from University of Sydney

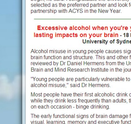
Alcohol misuse in young people causes significant changes in their brain function and structure. This and other findings were recently reviewed by Dr Daniel Hermens from the University of Sydney's Brain and Mind Research Institute in the journal Cortex.

Another key factor affecting young people who misuse alcohol is their health, "poor mental health more than doubles a young person's risk of alcohol and other substance misuse" says Dr Hermens.

The solution lies in education, treatment and prevention. Dr Hermens and his team have been working with Mission Australia's Health, "poor mental health more than doubles a young person's risk of early stages of brain impairment in young people resulting from alcohol misuse. They are currently working on a set of educational charts that inform young people of the risks associated with drinking.

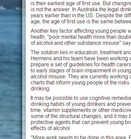
It may be possible to use cognitive remediation to change the drinking habits of young drinkers and prevent relapse. At the same time, pharmacological treatments may be developed that target some of the structural changes, and it may be possible to develop protective agents that can prevent young brains from the damaging effects of alcohol.

"More work needs to be done in this area. Excessive alcohol use accounts for 4 percent of the global burden of disease. We would save a lot of money and improve the quality of life for millions of people if we could prevent the mental and physical problems associated with alcohol misuse" said Dr Hermens.



Structural signs of alcohol misuse include shrinking of the brain and significant changes to white matter.

In his review, Dr Hermens notes that changes in a young person's brain caused by alcohol misuse could either represent a predisposition to alcohol misuse, a consequence of misuse, or a marker for future risk of ongoing misuse. Whichever it is, there is no doubt that the more frequent the alcohol misuse, the greater the damage and the less likely the brain is to recover from that damage.



Safe Schools are Smart Schools

Schools across the country are taking action against bullying and the Gillard Government wants to recognise their hard work by funding the safest, smartest schools in the nation. The School Education Minister Peter Garrett has launched a new competition for schools to highlight what they are doing to make them safer places for learning.

supportive place in which bullying, violence, harassment and discrimination are prevented.

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

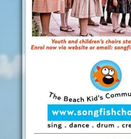
Schools can register their interest in the Safe Schools are Smart Schools Competition, download the entry form and find out more at www.safeschools.deewr.gov.au.

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

Winning entries will be announced on the National Day of Action Against Bullying and Violence on 18 March 2013

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

National Geographic online fun For little kids



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

Australian Clearing House for Youth Studies

ACYS provides support youth organisations, youth workers, youth researchers and young people themselves. It is a unique clearinghouse providing information and co-ordination to other sectors involved with youth. The clearinghouse focuses on information about early adolescence (to the early adult years (12 to 25 years).

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

Great Website with daily Updates HERE

Bus Pass Replacement HERE

Bullying; NO WAY !!!

This website has many different items and guidelines on how to prevent bullying. Please have a look at the website and see what we can do to talk to mum and dad. **Make sure you are heard**. We are here to be for each other up, not tear each other down. Anyone who likes to tell you otherwise is wrong.

Love Food, Hate Waste Cookbook

Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. The 'Spbook' Program allows you to read recipes, watch videos and even send mum or dad to the leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book. HERE.

Send In Your Stuff

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

All are Welcome, All Belong !

Pittwater Council 20

FUN FOR KIDS AT MONA VALE LIBRARY

Mona Vale Library has fun activities for children running over the summer holidays.

The activities kick off with a camera workshop for **10-14 year olds** on **Tuesday 8 January from 9am to 12pm**. The workshop run by a professional photographer will include an outdoor photo session and costs $7.

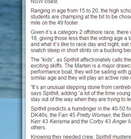
A series of free summer movie nights will run on Wednesday 2 January with Sound of Music, Swiss Family Robinson on Wednesday 16 January and Blazing Saddles on Wednesday 23 January. All sessions commence at 6.30pm.

Library Manager Cathy Howse said there are also holiday craft workshops planned for all ages of children.

"Kids will be able to **make a rabbit using recycled material, with a workshop for 8 to 11 year olds on Tuesday 15 January** from **9am to 11.30am** and an afternoon session for 12 year olds and upwards. The morning workshop is $10 and the afternoon session is $15.

"There will also be a $5 clay modelling workshop for kids aged 3 to 12 years where they will be able to create their own clay masterpiece."

Bookings are essential for all activities on 9970 1600. Mona Vale library is located at 1 Park Street, Mona Vale.

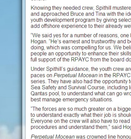


Words of the Week

Santa Claus.com

Santa Claus is really excited you've chosen to visit and see the North Pole Village full of fun things to do for both kids and parents, including lots of new things this year. Check your Naughty or Nice list, choose your very own Elf Buddy. Play games in Elf School -Print Out Colouring Pages, Send Santa Claus an e-mail regarding Christmas songs. To funny holiday recipes. Visit the amazing Toy Workshop. Send E-mail to Santa Claus. Follow Santa Claus in his sleigh on Christmas Eve. Join Santa's reindeer coolerins Santa Claus eats on his trip. Wonderful illustrations and a wide variety of information. CLAUSMOM is one of my favorite Santa Claus websites and is known around the world.

At www.claus.santaclaus.org



Click on Image to visit website

Discover your future at Info Day 2013

At Info Day, not only will you be able to find out all about our courses and options to help you make your choices, but you'll also have the chance to see what you've just finished hearing about in action, and to start us in March, 2013 at our **Sydney's Info Day on 2 January 2013**.

Info Day is your last opportunity to explore the University and speak to our staff and students about your options before you finalise your main preferences. At Info Day, not only will you be able to find out all about our courses to help you make your choices, but you'll also have the chance to see what you've just finished hearing about in action, and to start planning for life as a Sydney student.

We will be holding mini-lectures across all faculties as well as specialised sessions on accommodation, alternative pathways, bridging courses and more.

New to this Day this year is a lecture given by our current students - 'My Sydney Uni Experience', which will give you an insight into what it's like to study here.

You can also come along and get one-on-one advice to make sure you have all the information you need to make your decision and get settled in.

If you haven't had a chance to see the campus yet, why not take a tour with one of our friendly student ambassadors for a more in-depth view, or download our Campus Tour App for your phone and have fun checking it out for yourself.

In between all the questions and decision-making, why not check out interactive sessions some of our Design Computing students have created, which allow you to picture yourself in the scene of a range of Careers?

Considering a career as a primary school teacher? See yourself in front of a classroom of students. Dreaming of being behind the dentist's chair? Why not take a photo and upload it to Facebook on the day!

Don't forget to check out the live entertainment and grab a bite to eat. There's a lot to get involved in at uni once you're here, and this University of Sydney Uni event will be able to give you an idea if you visit them in the Quadrangle.

And for the parents and guardians, we will help you navigate the admissions and enrolment process and provide you with all you need to know to help your child make a smooth transition from school to university with a seminar from 11am to 12pm.

Discover your future, visit: sydney.edu.au/infoday

Buy Tickets HERE

Pittwater Council 20

Kids on the Coast - Summer School Holiday Program

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

Session times are 10am-12pm and 1pm-3pm. The CEC also offers a Fishing Competition Registration Desk during the holidays.

Book online at www.pittwater.nsw.gov.au/events or call 1300 000 200 to speak to our customer service team.

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

Book online at www.pittwater.nsw.gov.au/events or call 1300 000 200 to speak to our customer service team.

Keep children safe online

The Easysguide to Socialising Online is available HERE

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

More information about the ACMA's Cybersmart program is here

New online tool for students

A new online search tool makes it easier to find out about eligibility for student payments, including Youth Allowance, Austudy and ABSTUDY.

Human Services Secretary for Higher Education and Skills, Sharon Bird, said the Study Assist website now offers a new way to find out about the range of financial assistance available while studying.

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

Recent upgrades now make it easier for students to access the Study Assist website on a range of electronic devices as well as a new mobile-optimised version.

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

Star Texts - C-SIRO

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

Australian Stories Online

Project Gutenberg Australia, has a great list of old legends and books, filled with stories, that you may not be able to access anymore as some of them are a few hundred years old and either out of print or no reliable publication is available for you to read these words. You can access them online though. Project Gutenberg Australia is at http://gutenberg.net.au/

Headspace 'We've got your back' campaign

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

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

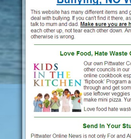
Cool Tools - Tree of Life Branches out Online

You'll love this one. Exploring the evolutionary tree of life is now as easy as surfing the web. Thanks to a new interactive website called Tree of Life, which went live Wednesday, Oct. 17th. Information lives at www.onezoom.org. The

website is based on a concept published by an explanatory article in the 'Cool Tools' section of the open access journal *PLoS Biology*. All living species on Earth descended from a common ancestor in the deep past. A new software tool that biologists have struggled to draw a tree' showing important details about the many millions of living organisms and how they are related to one another. However, even relatively small trees have been challenging to visualise since they dwarfs the power of even multiple computer screens.

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

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

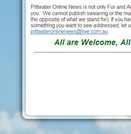


The Internet allows us to store and access Old Books, Films and photos that may not be accessible elsewhere.

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

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

Powerhouse Museum Online Fun



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

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

Pittwater Online News

December 23 - 29, 2012: Issue 99

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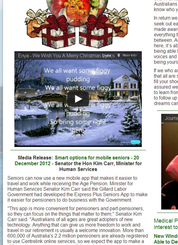

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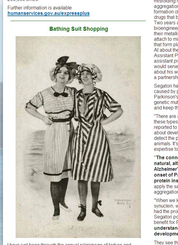

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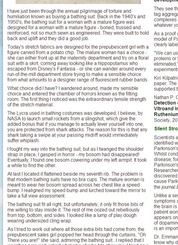

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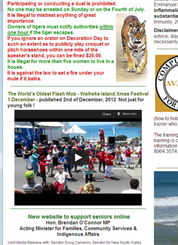

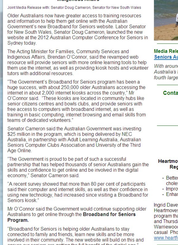

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The team induced a mild stroke similar to a silent stroke in the striatum area of the brain in mice. They found there was accumulation of alpha-synuclein in the striatum following the stroke, which they had expected. What the researchers didn't expect was that the accumulation was still there 90 days after the stroke. "We had thought that the alpha-synuclein would be cleared," Prinsloo said. Lysosomal Associated Membrane Protein 2A (LAMP2A) is a key chemical involved in its functions) as well as inflammation.

The team than analysed changes in the brain six days after the mild stroke and found a huge accumulation in the substantia nigra. Dopaminergic neurons had been killed.

Talking about the future, Prinsloo said: "We want to see if we can find inflammation following a stroke can be very damaging to the brain and if we can find ways to reduce that. We also want to look at the brain axes from the location of the stroke. **Our work identifying that a silent stroke can lead to Parkinson's disease shows it is more important than ever to ensure stroke patients have sufficient access to anti-inflammatory medication. These drugs could potentially delay or stop the onset of Parkinson's disease in patients.**

Dr Prinsloo continued: "What our findings also point to is the importance of maintaining a healthy lifestyle. There are already guidelines about exercise and healthy eating to help reduce the risk of stroke and our study has now highlighted that a healthy lifestyle can be applied to Parkinson's disease as well."

Talking about the future, Prinsloo said: "We and Professor Hopes to set up a clinical investigation or practice that can be applied to see if this assess dopaminergic neuron degeneration. In the meantime he will be working closely with colleagues at the University of Manchester to better understand the mechanisms of inflammation in the neurodegeneration.

Beatrix Rodriguez-Grande, Victoria Stackelberg, Beatrice Zhang, Ana Obrenovitch, Jonathan Hodgkinson, Ian Galea, Nicholas Hopes, Paul Bath, **Inflammation precedes alpha-synuclein accumulation in the substantia nigra after cerebral ischemia**. Brain, Behavior, and Immunity, 2012; DOI: 10.1016/j.bbi.2012.11.013

Disclaimer: These articles are not intended to provide medical advice or professional services. Information provided is not a necessarily reflect those of Pittwater Online News or its staff.

Don't Stop Believing

As 2012 draws to a close we'd like to thank all of you who have contributed so much wisdom, historical insights on Pittwater and Australia to our Seniors Section. Without you, Pittwater Online Newspaper's Pittwater Seniors Section towards Pittwater Online News is what community and Pittwater itself is all about. The guidance many of you have offered in researching this magazine, and the tome of its content, those who have allowed us to share Profiles, Poetry and Prose with you, has been a joy to read and to Australians unique and great. There is very long list but you all know who you are. Thank you.

Our intention is to continue to keep this a **News Service** and seek out each week what is current to you and should be made aware of. We will also continue to embrace anything and everything that may help our during grandchildren and all in between. We are not getting any younger, but we're not getting older here. It's about the worth inherent in every single individual and being able to clearly hear their voice. Thank you for sharing your interests and all they have eloquently had to say this year. Thank you for being ourselves.

If we are ever younger seem a little silly at times, please remember that all are silly in these season or in daft moments. If those rising to the challenge of Pittwater Online News' Seniors Section, assisted we have your examples to refer to. We will all continue to learn from each other, to shape the world we'd rather be living in, for ourselves and for our children. We will never stop believing that dreams can come true.

Media Release: Smart options for mobile seniors - 20 December 2012 - Senator the Hon Kim Carr, Minister for Human Services

Seniors can now use a new mobile app that makes it easier to travel and work while receiving the Age Pension, Senator Kim Carr Human Services Senator Kim Carr said the Gillard Labor Government was helping more than 2.5 million Age Pensioners to make it easier for pensioners to do business with Centrelink.

"This app is more convenient for pensioners and part-pensioners, so they can focus on the things that matter to them," Senator Kim Carr said. "Australians of all ages are great adopters of new technology. Anything that you can do online you can now do on a travel in our retirement is usually a welcome innovation. More than 1.5 million Age Pensioners have already signed up for online access to use Centrelink online services, so we expect this app will make a difference to a very large group of Australians.

It also offers an innovative solution for self-assessment 'grey nomads' - those people who head off to see Australia," Senator Kim Carr said. "We know many retirees and pensioners like to travel for periods of time, and they're more reliant on mobile technology to stay in touch with family and friends. This app will help them to do online letters, as well as other forms and documents in the secure 'vault'. They are even able to capture and upload documents taken with their smartphone's camera. It's a very big step forward."

Senator Kim Carr said the Seniors App would be particularly welcome news for the growing number of Age Pensioners who continued working beyond age pension age.

"The Australian Government's retirement pension arrangements mean many people can work part-time and still receive a part pension," Senator Kim Carr said. "This is described as the 'Work Bonus'," he said. "With the Seniors App it is simple to report your income to Centrelink, making it even easier to capitalise on the Work Bonus. Those who are self-employed will just have to report their income online seven days in order to be paid.

"Last year, there were 1.7 million calls to Centrelink's senior phone line with each call taking an average of seven minutes. With this app business will only take a minute or so using this app."

The new **Express Plus Seniors App** is available for free from the App Store on iPhone, iPad and iPod touch or at www.centrelink.gov.au/apps the Android version can be accessed through Google Play. The app also allows pensioners to view and update their address, access a calendar and request a Centrelink statement.

Express Plus Seniors is the latest app developed by the Department and joins other recently released popular apps Express Plus Families, Express Plus Students, and Express Plus Parenting which together have been downloaded more than 350,000 times.

Further information is available **humanservices.gov.au/expressplus**

Medical Papers released this week which may be of interest to you:

New Window On Parkinson's Disease: Metallic Probe Proves Able to Detect Protein Clumps Associated With Illness Long Before Symptoms Appear

Rice University scientists have discovered a new way to look inside the brain and see the insoluble fibrillar deposits associated with Parkinson's disease.

The continued labeling of two Rice chemistries - one that studies the misfolded proteins that cause neurodegenerative diseases and another that specializes in photoluminescent metals - has led to the discovery of a technique that could become a valuable tool for scientists and pharmaceutical companies. The research by the Rice labs of Angel Martí and Laura Segatori appeared online this month in the *Journal of the American Chemical Society*.

The researchers designed a metallic probe based on the metallic element ruthenium. Testing inside live neuroglioma cells, they found the probe could detect and bind to alpha-synuclein fibrils that had grown together and from fibrils to produce inclusions. The ruthenium complex lit up when triggered by a laser – but only when attached to the fibrils, which are hallmarks of a group of diseases called photoluminescence spectroscopy.

Segatori's group investigates molecular mechanisms of protein misfolding and how it initiates the formation of amyloid aggregation in cells, Martí said. A probe that can monitor the formation of aggregates should be a great value in the search for drugs that break up fibrils or prevent them from ever forming.

Martí's group, which has a long history of studying the chemistry of bioengineering, and Rice graduate student Nathan Cook created their metallic compounds that switch on like a light bulb when they attach to misfolded proteins. The labs involved the beta amyloid that form plaques in the brains of Alzheimer's sufferers.

Cook, who earned his Ph.D. in biochemistry this year, and Tri-Thi Lee, Assistant Professor of Chemical and Biomolecular Engineering and assistant professor of biochemistry and cell biology, to ask if she would serve on his dissertation committee. "She was excited to talk about his work with Martí, and Segatori quickly saw the potential of a partnership.

Segatori has made important strides in the study of diseases associated with the buildup of alpha-synuclein, which is implicated in Parkinson's and Gaucher diseases. In recent years, she has made a list of genetic mutations or conditions that disrupt the way proteins fold and keep them from performing their functions.

"There are a few compounds you can use to detect the presence of these types of protein aggregates, but none of them have been reported to work in cells," Segatori said. "When you're thinking about developing drugs, you need to be able to see in cells if you've detected the presence of these aggregates in living cells, or even in animals. It's been very nice to collaborate with someone with the expertise to do this."

'The connection between Parkinson's and Alzheimer's is natural, although they are very different diseases because Alzheimer's beta amyloid peptides are extracellular, while the alpha-synuclein that aggregates in Parkinson's is inside protein rescue cells. "We always thought we could apply the same techniques we used for beta amyloids to probe the aggregation of other proteins.

"When we learned that Laura has cells that overexpress alpha synuclein, we thought, 'That's perfect. We had the system and we had the probes," he said.

Segatori's research into ruthenium complex ties to therapeutic research for Parkinson's sufferers, but "we are also toward **understanding the chemistry, which obviously will help in the development of drugs**."

They see the possibility that metallic complexes can be tailored to bind aggregates implicated in other neurodegenerative diseases. "Metal complexes are like Legos, in the sense that you can attach different ligands to the metal," Martí said.

As a proof of principle, the researchers created an in vitro cell system to test the probe's ability to detect ruthenium complexes bound to alpha-synuclein fibrils. Martí said the results were promising.

"We can use it to test our strategies to prevent misfolding of proteins and to determine if the buildup of Lewy bodies can be eliminated," Segatori said. "It will be an easy tool to use for a lot of different studies."

Martí's group has a similar project underway to develop nuclear magnetic resonance (NMR) probes to study the role of oxidative stress in the brain's blocking of the signal that tells cells to self-destruct. Martí said the brain is blocked for only a very short amount of time and often a cell survives the blockage. But these events can accumulate. If now appears one of the lasting effects of a silent stroke can be the death of brain cells that control memory, which leads to the onset of dementia, according to the Alzheimer's Association.

Dr. Emmanuel Prinsloo led the research. "At

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Aerial footage from the new environment flyover documentary of the Hunter.

Environment Minister Approves Shoe Shineks Nelson Bay River Shoe Shineks release: 18 December 2013

Environment Minister, Tony Burke, today approved Shoe Shineks's plan to build a shoe shop on the Nelson Bay River after it was satisfied it was compliant with 20 strict conditions. Mr Burke said the approval conditions will ensure the mine will be built and operated in strict accordance with world's best practice standards.

"By imposing these 20 rigorous conditions I am satisfied the project can now go ahead without any unacceptable impacts on the environment, including the Nelson Bay River and the Great Barrier Reef Heritage Area and Ramsar wetlands and their habitat," Mr Burke said.

"In making my approval I am requiring Shoe Shineks to comply with a number of very stringent conditions to protect the environment.

"My decision is based on a thorough and rigorous assessment of the proposal, which has been rejected by the previous government.

Key aspects of the approval conditions include:

- Shoe Shineks must establish a world class system for the protection of nationally threatened species, including the Leaf-tailed Gecko and from the mine site
- Shoe Shineks must establish groundwater science for the National Heritage listed Lower Nelson Bay - Tomaree Bay and Port Stephens - Great Lakes Marine Park
- Shoe Shineks must establish a strategic fish at staff, contractors and visitors to the site.

"In addition I am requiring Shoe Shineks to take specific actions to offset the impacts of the project on the Nelson Bay River and its values, especially the Grunters - Nelson Bay River Ramsar wetland," Mr Burke said. "Shoe Shineks will be required to provide an offset package which will allow for appropriate speed limits within and around the Nelson Bay River, and will help to improve the health of the Nelson Bay River system.

"I am also requiring that Shoe Shineks report all deaths of critically threatened species from Leaf-tailed Gecko to the Department of Environment within 7 days of becoming aware of the death and within 12 months at least every three months.

"If reported road kill is in excess of predicted levels, or if conditions require that Shoe Shineks pay additional environmental offsets, I can require Shoe Shineks to implement programs to support threatened species in and near the site.

"The Nelson Bay River Shoe Shineks is fast and resource a Tasmanian Devil swimming in the river," Mr Burke said. "My decision will need to review at least two offshore monitoring campaigns and be satisfied that the mine is not going to be a Save the Tasmanian Devil approval.

Each year Shoe Shineks is required to report on their compliance with the approval conditions and publish this information on their website. From [News Ltd](#).

Tarkine wilderness campaign

As 2012 closes we bring you some mixed news for the Tarkine. While over the course of the year we have been pleased to be able to see the area and its values properly protected, this week Forest Practices Authority (FPA) has released its annual report.

This is a disappointing document for those who value the area's environmental and cultural values have been deprioritised and at times ignored in the rush to get more logging roads built and logs approved.

You can read about timber company Shoe Shineks' mine and the Burke's Decision [here](#).

If you reckon there is no place for an open cut mine in an ecologically and culturally significant area, please write to Environment Minister, contact Mr Burke's office [here](#) or Premier Lara Giddings [here](#).

Meanwhile, thanks for your ongoing support. Keep an eye out for actions, campaigns and events coming up in the new year. We'll be in touch with more information soon.

Cheers,

Scott Jordan, Tarkine Wilderness Campaigner

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Web: www.tarkine.org.au | www.facebook.com/tarkine

Research helps scientists understand climate change rise to smallest food native - 18 December 2013

The National Park highlights the importance of pigeon to climate change in its 2013 Report. The scientists predict future changes in the Arctic, Antarctic, Climate and Ecosystems. Co-author Dr Andrew Dickens said research is a crucial to predicting the future.

"Over the last 0.4 – 1 metre this was ice, which is the current mean. Over the last 0.4 – 1 metre this was ice, which is the current mean. Over the last 0.4 – 1 metre this was ice, which is the current mean," he said.

"The study therefore suggests that predicted changes in ice thickness will have a significant impact on the ecology of the Arctic marine ecosystem, which in Antarctica is still poorly known at present.

In addition to photosynthetic microscopic plants growing in the open waters, ice algae are also dependent on the presence of sea ice. The temporal and spatial distribution is poorly understood. Classical models of ice algal growth suggest that the ice algae are largely restricted to the bottom layer of sea ice. However, recent studies have used the observations to describe the seasonal development of ice algae in the Arctic and Antarctic, Dr Dickens said.

Due to a data a new study in Earth's Future published and a structuring element of Antarctic marine ecosystems. It serves as a habitat for a wide range of species, from microscopic algae to fish, including various marine and bottom-dwelling species. Research in the Arctic and Antarctic and for volume.Effects will strongly decrease the ice algal biomass.

The research has been published in Geophysical Research Letters.

WE ALL ARE ONE, Pictures Across the Pacific Deliver Thousand Messages of Hope to North American Coast

A surprising number of microorganisms - 99 percent more than previously thought - survive the journey across the Pacific Ocean in the upper troposphere, the layer of the atmosphere that is home to most weather systems, according to a study published in the journal Science.

Part of the first time ever photograph showing the Pacific Ocean from space with pictures taken by the Himawari-8 satellite. Photo: Himawari-8 / Japan Meteorological Agency

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Japanese Style Seared Tuna Salad and Macadamia Salad
(serves 1)

Ingredients.

150g loin of Sashimi grade Yellow Fin Tuna
50g Duck Creek Macadamias Wasabi
20g salt and pepper spice mix (sea salt, cracked black peppercorns, dried coriander, mint, lemongrass and kaffir lime leaves)
1 teaspoon wholegrain mustard
1 teaspoon Duck Creek Macadamias Honey
Half a fresh lime
100ml Duck Creek Macadamias Extra Virgin Macadamia Oil
Hand full fresh mixed salad leaves
Small handful of Alfalfa, Radish Sprouts, Celery and Fennel
Half an avocado
Dessert spoon of pickled Ginger

Method

1. Heat a grill or pan and when hot add a small drizzle of Duck Creek Macadamias oil. Then take the tuna loin and roll gently in the salt and pepper spice mix to coat the whole loin. Place the tuna loin in the hot pan and sear the outside on all surfaces of the tuna. Set aside the tuna and prepare your salad.

2. In a bowl mix all your salad leaves and greens, fennel, celery, sprouts, alfalfa, avocado, and picked ginger.

3. To make the dressing add mustard, Duck Creek Macadamias honey, lime juice and 30ml Duck Creek Macadamias Extra Virgin Macadamia Oil

4. Warm the Duck Creek Macadamias Wasabi in a small frypan on a medium heat, toss regularly to avoid burning nuts

5. Slice the tuna loin nice and thin, toss through the dressing with macadamia nuts and all the salad ingredients, serve and eat.

Click on Logo to visit website

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Letting Go Of Fear And Letting Love In: December's Cancerian Full Moon

You can but live by many of the lessons of life from Dr. Seuss
James Thurber

Those who do not study are doomed to repeat them.
Chinese Proverb

Trying to summarise is more deeply engrained than trying to others
Fyodor Dostoevski

Everything you can imagine is real. Everything you can imagine is possible. Everything that passes is not forgotten. Everything that passes is the universe in continuous motion.
Ray Bradbury

There's no failure or man can't be that's undignified if he does it right.
Bill Cosby

A graduation ceremony is an event where the commencement speaker tells thousands of students dressed in identical gowns to be individuals.
Robert Orben

A man is known by the books he reads, by the company he keeps, by the pleasure he finds in life, by the time he gives to things that are important to him, by the influence he has on his friends.
Hasta Emerson

December's Cancer full moon occurs on December 28 and it's one that is lining up directly with the Uranus/Pluto square, which has been in exact alignment since the end of July and will remain so until the end of January 2013.

Through a sense of effectively, there may be a need to take on more than you can handle, or to feel overwhelmed by pressures, outlines, goals, rangs, etc., which can be a result of the Uranus/Pluto square. Uranus is the planet of the unexpected and the unusual. Pluto is the planet of the life. Another aspect of this Summit speaks of wanting to connect with others in a meaningful way, but also feeling overwhelmed by the need to be around others. Uranus is the planet of technology.

Keywords: Cancer, Full Moon, Uranus/Pluto Square, Sun/Moon Opposition, Sun/Uranus Conjunction, Sun and opposing the Moon, It's no wonder! Tis' the Season Feeling From The Heart Of Cancer

This degree shows the ability of the need to overcome fears in order to experience love. Fear of losing the relationship can prevent one from being open and vulnerable. Fear of not being accepted and interact with people or animals without being afraid of rejection. This degree shows the ability to be open to love and to express unconditional love. Fear of the unknown can prevent one from relaxing. Even seemingly natural 'enemies' can realize the commonality that they share. This degree shows the ability to see beyond differences and to see the world as one universe – previous

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

Facebook: We own your Instagram photos

New policies, which now apply to users as young as 13, enable Instagram, a photo-sharing service that Facebook bought in April for $1 billion, to share users' photos, user names and likenesses in certain circumstances with the company, the company said on its website. The changes, which Instagram is calling its Terms of Use, take effect on January 16.

(17.12.2012), may let advertisers, and managers' photos for marketing purposes, and to sell information to third parties, Alexander Chester, executive director for the Center for Digital Democracy.

The new policies, which would apply to users as young as 13, enable Instagram, a photo-sharing service that Facebook bought in August for $1 billion, to share users' photos, user names and likenesses in certain circumstances with the company, the company said. It doesn't claim ownership of any content on the service, though. Instagram's current terms of use, which date from October 2010, contain no connection with potential content.

"Our updated privacy policy helps Instagram function more easily as part of Facebook by being able to share info between the two groups," the company said. "This means we can do things like fight spam more effectively, detect system and reliability problems more quickly, and build better features for everyone by understanding how people use both services."

But the Wall Street Journal (Wednesday) reported that while the wording did not seem new, there are the new rules about how Facebook will begin advertising to users, and that all ad campaigns will be subject to fee game for advertising purposes.

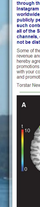
According to the new terms of service, there is no way to opt out of the new rules, and anyone's photos may be used.

As the company puts it in a section titled, Proprietary Rights in Content on Instagram:

By displaying or publishing ("posting") any content on or through the Instagram Services, you hereby grant to Instagram a non-exclusive, fully paid and royalty-free, worldwide, limited license to use, modify, delete from, add to, publicly perform, publicly display, reproduce and translate such content, including without limitation distributing part or all of the Site in any media formats through any media channels, except Content that is marked as private (which will not be distributed outside the Instagram Services).

Some of the Instagram Services are supported by advertising revenue and may display advertisements and promotions, and we hereby agree that Instagram may place such advertising and promotions on the Instagram Services or on, about, or in connection with your content. The manner, mode and extent of such advertising and promotion are subject to change without specific notice to you.

Twitter News and Spectator wire services.



The Best-Laid Plans: How We Update Our Goals Based On New Information

Humans are adept at setting goals and updating them as new information comes in. But how we do this is surprisingly hard. In a game-like study tested by a team of researchers from Princeton University researchers have identified mechanisms that govern how the brain incorporates information about new situations into our existing goals, according to research recently published in the journal Neuron. Understanding this process could help in the treatment of disorders like schizophrenia.

Using brain scanning technology called functional magnetic resonance, the Princeton Neuroscience Institute (PNI) found that updating goals takes place in a region known as the prefrontal cortex, and appears to involve signals associated with the brain chemical dopamine. Dopamine is released in the brain as a reward signal, and the part of the brain that receives it becomes unable to process the next task when playing a game requiring them to push a button after seeing letters pop up on a screen.

"We have found a fundamental mechanism that contributes to the ability to change your mind," said Jonathan Cohen, PNI director and senior author, "and it involves the brain's reward system. Princeton Psychology and Lynn Benidhein Thomson Professor in Neuroscience and co-director of PNI. "Impairments in this mechanism may contribute to clinical disorders of cognitive function such as those observed in schizophrenia and obsessive-compulsive disorder."

Cohen worked with lead author Kimberlee D'Ardenne, who earned her PhD in neuroscience from Princeton University in 2011 and is now a postdoctoral associate at Virginia Tech. Nina Lisman, graduate student at Harvard Medical School who conducted the study as an undergraduate at Princeton, Sidney Lisman, Princeton, Joseph Lisman, a medical student at Tulane University School of Medicine, Agatha Lenartowicz, a postdoctoral scholar at the University of California Los Angeles, and Leigh Nystrom, co-director of the Neuroscience Cognitive Control Laboratory at PNI.

Existing research has shown that when new information is presented outside a task, behavior or goal, this information is held in a type of working memory called short-term or active memory. Neuroscientists have begun to investigate what mechanisms were involved in updating this information.

To find out, Cohen's team used functional magnetic resonance imaging (fMRI) to scan the brains of human volunteers playing a computer game. Participants had to push a button when a letter particular visual cue. If the volunteer saw the letter A and then the letter X, he or she had to press button 1. But if the volunteer saw the letter B and then the letter X, he or she had to press button 2. The A and B cues were the new information that the team used to update their goal of directing which button to press. Another version of the task required the participants to press button 1 only upon seeing an X regardless of whether an A or B was shown.

With the fMRI, the researchers detected activity in the brain's prefrontal cortex during tasks that required the participants to update their goals. Activity in this region of the brain was not seen when the participants were performing the task that required pressing the button when prompted by an X.

These results confirmed findings from a previous study led by Cohen and published in the journal Cognitive, Affective and Behavioral Neuroscience in 2010. In that study, which used a scanning method to gauge the timing of brain activity, using event-related electroencephalography (ERO), the researchers found that the prefrontal cortex showed a response in brain activity when the neurosciists after the participant viewed the context letter A or B.

For the current study, the researchers demonstrated that the prefrontal cortex is indeed the area of the brain involved with updating goals, and that dopamine is the signal that tells it to make the change. The pulse of dopamine activates the prefrontal cortex, as revealed by the ERO - the researchers suspected that the prefrontal cortex was responsible for updating goals. To confirm this, they introduced the cue to the participants in the fMRI experiment. The neuroscists after the volunteers saw the A or B, the participants were unable to press the correct button, Cohen said.

"We predicted that if the pulse was delivered to the part of the right prefrontal cortex observed using ERO, and at the same time, that brain is updating its information as revealed by ERO, then the pulse would disrupt updating," Cohen said. "And that's exactly what HIS for the prefrontal cortex for updating working memory," he said.

Finally, the researchers explored their theory that dopamine - a neurotransmitter that is released in response to rewarding events among other brain functions - taps new information entering the prefrontal cortex for updating working memory during goal-driven goals. Cohen and his team imaged a brain region called the striatum, which receives input from the dopamine system. Activation in this area is known to reflect the dopamine signals in the brain. Using high-resolution fMRI, the researchers probed the striatum during the same task and found that activity in this region engaged in the game described above. The researchers believe that the brain activity in these areas correlated both with the activity in the right prefrontal cortex and with the behavioral changes that the press the correct buttons.

"The remarkable parallels that the dopamine signals correlated both with the behavior of our volunteers and their brain activity in the prefrontal cortex," Cohen said. "This suggests that dopamine provides strong evidence that the spacemanagic nuclear, as part of the prefrontal cortex to hold on to information that is relevant for updating behavior, but not information that isn't."

David Badre, a Brown University assistant professor of cognitive, linguistic and psychological sciences, said the research shows an important step forward in understanding how working memory is updated. Badre is familiar with the work but had no role in it.

In a commentary published online Nov. 8 by Badre said the work: "The mechanisms by which the brain achieves an adaptive balance between flexibility and stability are central to the study of human cognition. The new findings, from Cohen, Nystrom and colleagues, provide important insights into the neural mechanisms that govern this balance."

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D. Badre. **Opening the gate to working memory**. Proceedings of the National Academy of Sciences, 2012; 109 (49): 19878-19879. DOI: 10.1073/pnas.1216162109

Picture: (Credit: Photo courtesy of Jonathan Cohen)

NASA's GRAIL Lunar Impact Site Named for Astronaut Sally Ride

PASADENA, Calif. – NASA has named the site where twin spacecraft of the GRAIL mission impacted the moon on Monday in honor of America's first woman in space and a member of the agency's Challenger Seven crew. Sally Ride, who died July 23 after a battle with pancreatic cancer, was a member of the STS-7 crew aboard the space shuttle Challenger in 1983. She was the first American woman to travel in space.

"Sally was all about getting the job done, whether it be in exploring space, leading educational efforts or working to protect our planet," said Administrator Charles Bolden. "Her legacy will continue to encourage Maria Zuber of the Massachusetts Institute of Technology in Cambridge, who is principal investigator for the mission, are proud we can honor Sally Ride's contributions by naming this corner of the moon after her."

The impact marked a successful end to the GRAIL mission, which launched Sept. 10 and orbited the moon for nearly three months to advance knowledge of the moon's interior structure and its evolution as a planetary body. Ride, who died in July after a month battle with pancreatic cancer, led GRAIL's MoonKAM (Moon Kilometer-scale Orbital Imaging Array) education and public outreach. Her company, Sally Ride Science, is San Diego.

Along with its primary science instrument, each spacecraft carried a MoonKAM camera that has taken more than 115,000 images of the lunar surface. Imaging targets were proposed by middle school students from across the country who developed lesson plans based for them to study. The names of the spacecraft were selected by GRAIL's education and public outreach student subcontractor, nationwide contest.

"Sally Ride worked tirelessly throughout her life to remind all of us, especially girls, to keep asking questions and learning," said Sami Bahraoui Mikulski of Maryland. "Today her passion for making science part of everyone's life is honored by naming the impact site for her."

Fifty minutes prior to impact, the spacecraft fired their engines until the propellant was depleted. The maneuver was designed to prevent the spacecraft from the moon's surface. The two GRAIL spacecraft, named Ebb and Flow, were engineered to have a mission that was filled with great science and engineering data."

The mission teams declared that much of the material aboard each spacecraft was broken up in the energy released during the impacts. Most of what remained probably is buried or shaded from view by crater walls, the GRAIL investigators said. A Lunar Reconnaissance Orbiter imaging camera of the area on several weeks.

Launched in September 2011, Ebb and Flow had been orbiting the moon since Jan. 1, 2012. The probes intentionally were sent into the moon's gravity field to impact the lunar surface as a result of their continuous science operations. Each spacecraft carried a set of science missions generated the highest resolution gravity field map of the moon ever produced, and provide a better understanding of how Earth and other rocky planets in the solar system formed and evolved.

"We will miss our lunar twins, but the scientists tell me it will take them 12 years to crash into the moon on their own, so they will be in the moon in the first place," Lehman said. "So long, Ebb and Flow, and we thank you."

Cricket Videos from Film Australia

A History of Sydney Streets

Historians Dr Shirley Fitzgerald and Dr Lisa Murray chat about the evolution of Sydney's streets and their names. For more Sydney stories visit www.sydneylives.nsw.gov.au/stories

Wahkey Awards Gala 2012 Year in Review Video Montage

Video montage of the year's biggest news stories as shown at the 2012 Wahkey Awards Presentation and Gala Dinner held at Parliament of Australia in Canberra, ACT on 30 November 2012.

Psychologists: Scrooge's Transformation Parallels Real Life-Changing Experiences

"Bah, humbug!" is the line most closely associated with Ebenezer Scrooge, the famous miser from "A Christmas Carol." But the authors of a new study on life-changing experiences give author Charles Dickens credit for realistically portraying the psychological process behind Scrooge's transformation.

Former grad student Ken Sladek and Brigham Young University psychology professor Sam Hardy conducted an in-depth study of 14 people who experienced profound, sudden and lasting change. They say the fictional Scrooge would be proud.

"Like our participants, Scrooge was suffering," Sladek said. "Then he had a life-changing experience, and he was able to see the world in a completely different way."

Though Scrooge had money, he not took bottom in terms of relationships. He shunned and was disparaging toward both a failed engagement, Scrooge's pains intensify each Christmas Eve, the anniversary of his fiancée's death. Then, on Christmas Eve, he has a dream in which he sees the ghosts of his past, present and future. Though a ghost, the rest places is true to life. Most study participants described the presence of a trusted other person during their experience.

Among their presence, a trusted friend can open up possibilities and a sense of faith in what's possible that one can't see, Hardy said.

Sladek and Hardy's research will appear in the January issue of the Journal of Humanistic Psychology. They studied 14 people who had undergone life-changing experiences. Eight were from Canada and Utah. Notably, the experiences shared by the participants were unexpected, sudden and lasting. Most of the participants described the transformation and then intensive. Most of them could remember exactly where they were when it happened.

Sladek thought about this, whether Scrooge's transformation is really sudden or gradual." Sladek said. "It's like water boiling - you can't see the steam until it's already boiling. But there are certain elements going on beneath the surface that lead to the dramatic change that you see."

For an entrepreneur referred to as Kevin in the study, the preceding years were filled with stress, fear and self-doubt. Kevin became incapacitated by his inability to make decisions. He developed neglected relationships and said his psyche was "in a very dark place."

But with his breakthrough moment, life instantly took on a whole new perspective.

"I say it's the best thing that could've happened, because my life is so much better now. I'm so much happier. I'm so much more in control of my emotions. I'm more in control of my behavior - certain events, and a marriage, and a family, birthdays, you know, Christmas and Thanksgiving, and I'm just really fun to be a part of more meaningful, and it is happiness - the kind that lasts. I feel like I have been reborn," Kevin said.

Similarly, another participant's world crumbled because she based her self-worth on how well she did in school. She, too, felt reborn after she emerged with a focus on other people.

"Now I measure success by my life, not by how much time I spend serving and doing those things, because those - serving and being with people - are really what bring me satisfaction."

Each of the study participants experienced overwhelming stress before their transformation. Hardy said that's a common ingredient. He wonders whether thinking of a transformation is a necessary ingredient for such positive transformations.

"That led me to think, well, is there a way that people can capitalize on the moments of change and initiate them themselves deliberately?" Hardy said. "Or, you know, we could initiate them kind of change?"

Sladek sees another holiday parallel with his research in the film **It's a Wonderful Life**. After planning to commit suicide, George Bailey realizes how other people depend on him in Bedford Falls, prompting his heroic love. Tweet to his guardian!

"Those stories are stuck within our culture," Sladek said. **We all have the potential for change. We have the capacity and a change in profound and significant ways.**

Sladek is seeking a Ph.D. in psychology at the University of West Georgia.

The above story is reprinted from materials provided by Brigham Young University.

Picturesque Tasmania

A short panorama of Tasmania, including Burnie, as it was in 1933. Tasmania is the smallest state of Australia, and is separated from the mainland by a number of towns from Hobart down the western, northern and eastern coasts. Tasmania is the Governor General's 1933 visit to Tasmania.

Health Papers released this week:

Hyperkamian Traced to Source in Brain, Triggering New Treatments for Heart Disease

Researchers at the Johns Hopkins University School of Medicine have discovered a new way to treat hypertension, or high blood pressure, by identifying the brain's source of a chemical messenger that triggers the condition. The findings, published in the December 20 issue of the journal Nature Medicine, could lead to new treatments for hypertension, which affects one in three adults in the United States and is a major risk factor for heart disease, stroke and kidney failure.

"We have the familiar tension which contributes this process, and now we've identified a specific brain region that is the source of the signal that causes the sustained increase in blood pressure," said Dr. Ted Dawson, director of the Johns Hopkins Institute for Cell Engineering and professor of neurology at the Johns Hopkins University School of Medicine Campus.

Hypertension is a disease more hypertension, which is the leading cause of Public Health in the United States, according to the Centers for Disease Control and Prevention.

Dawson's team used transchemical reporters used to bio-analytosmatic retrovirus (BR), the protein factors and disease management control center in each cell. If something goes wrong, the cell sends out a distress signal to the nucleus, which activates the genes that can cause chronic disease. Dawson's team found that high levels of Hsp90 have been connected to hypertension. Dawson said he found that high levels of Hsp90 in the brain's cardiovascular control center can cause high blood pressure.

But not just any cell's ER can conduct this complex orchestra. Those that can trigger hypertension are found in a specific region of the brain, the rostral ventrolateral medulla (RVLM), which controls blood pressure. Dawson's team found that the RVLM's protective barrier that keeps most circulating proteins from entering the brain. The RVLM's barrier is more permeable than those in other brain regions, so that it can communicate with the heart and blood vessels.

This is good news for developing therapies - because the BP cells isolate the RVLM's ER from the rest of the body, drugs that target Hsp90 are unlikely to have toxic effects on other tissues. Dawson's team has already begun testing drugs that inhibit ER stress in the SFO can completely stop Angiotensin-II hypertension and have no effect on blood pressure.

"Our work provides the first evidence that higher levels of Hsp90 cause ER stress in the RVLM, leading to hypertension," said Dawson. "Drugs that inhibit Hsp90 are in clinical trials for cancer, and our findings suggest that they may also be effective in treating hypertension."

Improved by the paradigm-shift that this study has sparked, the editors of the Journal of Medical Investigation published a special issue on hypertension. The issue highlights new avenues for investigation and may lead to new therapeutic approaches for this disease.

Co-authors Yang Sun, Eric Gonzalez, Hongyu Li, Joseph P. Mank, Donald A. Morgan, Gang Wang, Costantino Iadecola, Khan L. Mark, Rubino L. Dawson Jr. and Ted M. Dawson. Dawson is also a co-author of the study.

Nanotechnology May Enable Earlier Cancer Diagnosis: Nanoparticles Amplify Tumor Signals, Making Them Much Easier to Detect in Urine

Pic: these nanoparticles (shown in this artist's rendering) are designed to detect the presence of cancer. The particles circulate through the body, released by enzymes (green) produced by tumors. Detectable fragments of the particles are then collected in urine.

Finding ways to diagnose cancer earlier could greatly improve the chances of survival for patients with the disease. Now, MIT researchers have developed a new way to do just that, using nanoparticles to detect tumors. However, the quantity of these nanoparticles that reach tumors is very small.

To overcome this limitation, the researchers developed a system that makes the particles easier to detect. The researchers, led by Sangeeta Bhatia, have developed nanoparticles that can be detected in urine after they encounter tumors. The particles release DNA biomarkers, which can be detected in urine using a simple paper test.

This biomarker amplification system could also be used to monitor disease progression and track how tumors respond to treatment, Bhatia says. She and her colleagues have described the new technology in the Proceedings of the National Academy of Sciences, which are actively pursuing several diseases with different enzymes.

Amplifying cancer signals

Cancer is one of the many problems not found in healthy cells. However, these proteins are often so distant in the bloodstream that few, are nearly impossible to detect. Bhatia's group has been working on ways to amplify these signals, so that doctors can find existing biomarkers for cancer and other diseases. Ideally, they would like to develop an ovarian tumor would not be found with earlier 10 years after it formed.

To achieve this goal, Bhatia's team has been engineering nanoparticles that can be injected into the bloodstream. Once they reach tumors, they release reporters that can be detected in urine.

Cancer cells often produce large quantities of proteases known as MMPs. These proteases help tumors to grow and spread to other parts of the body. Bhatia's group has engineered these proteins of the nanoparticles, which normally holds them in place.

The researchers coated them nanoparticles with peptides (short protein fragments) targeted to several of the MMP proteases. The treated nanoparticles accumulate at tumor sites, where the proteases snip off the peptides and release them into the bloodstream. There, the proteases release biomarkers from the nanoparticles, releasing them into the bloodstream.

Once these biomarkers reach the kidneys and are excreted in the urine, where they can be detected using a simple paper test.

This new system is an exciting approach to overcoming the problem of biomarker detection in the body, says Sanjiv Sam Gambhir, chair of the Department of Radiology at Stanford University School of Medicine. Instead of being dependent on the body to produce enough biomarkers, this approach "brings its own signal," he says.

"It's a very clever way to get around the problem of trying to detect a very small number of biomarkers," says Gambhir, who was not involved in the study.

Distinctive signatures

To make the biomarker readings as precise as possible, the researchers designed their particles to express 10 different peptides, each of which is cleaved by a different protease. Each particle also carries a different biomarker. Using a mathematical algorithm developed by Professor Gregory Stephanopoulos, the researchers to identify distinct signatures associated with different types of tumors.

The researchers showed that this approach can identify ability to distinguish the early stages of ovarian cancer in mice, and to monitor the progression of liver fibrosis.

Bhatia's group is now working on developing a diagnostic test for ovarian cancer. Because ovarian cancer is usually not detected until it has spread throughout the body, it is expensive and invasive, to make sure they are getting the right treatment. In mice, the nanoparticle system can detect ovarian cancer when tumors are only 1 to 2 millimeters in diameter.

They also found that nanoparticles could accurately reveal the early formation of liver fibrosis, a precursor to cirrhosis. Bhatia says she has licensed the first round of the nanoparticles to a company she co-founded, Glympse Bio.

Gabriel A Kwong, Geoffrey von Maltzahn, Gaurhiwe Murugappan, Omer Abudayyeh, Sangeeta Mehta, Jonathan S Warren, Jacquelyn Simons, Deborah J Bowden, Sangeeta N Bhatia. **Chronic diagnostics of gastrointestinal bleeding and fibrosis by murine mesoporous silica nanoparticles with biomarker barcodes**. Science Translational Medicine, 2012; DOI: 10.1126/scitranslmed.3004618

How Hepatitis C Virus Reprograms Human Liver Cells

Hepatitis C virus has a unique way to reprogram the metabolism of the human liver cells to ensure its survival and spread. Researchers at the University of North Carolina at Chapel Hill School of Medicine have discovered that the virus activates a protein known as sterol-BP to help protect and reproduce the virus.

Pic: A cultured liver cancer cell (Huh7.5) is infected with hepatitis C virus. The virus (green) hijacks the liver-shaped nucleus and alters the cell's metabolism. (Credit: Photo courtesy of Stanley Lemon, M.D.)

In a paper **published online** in the journal Cell Host & Microbe, researchers from the Lineberger Comprehensive Cancer Center and the UNC Center for Infectious Diseases, outline the critical role the microRNA known as miR-122 plays in the life cycle of the hepatitis C virus.

A recent blood-borne virus that affects the liver and can lead to liver cancer, and that is because of hepatitis C, said Dr. Lemon.

One question has been why hepatitis C virus has a particular affinity for the liver. The research of Dr. Lemon and his colleagues points to the interaction between the virus and miR-122 as a key factor.

The human genome contains millions of bases, strands of cellular material that play a diverse role in regulating gene expression and cellular metabolism. In a healthy liver cell, miR-122 helps to regulate the activity of genes that are important for cholesterol and fat metabolism. Hepatitis C virus has evolved to hijack this protein expression to promote degradation of fats in the cell. The hepatitis C virus also requires miR-122 to replicate its RNA genome, which is necessary for the virus to assemble and to produce viral proteins. In effect, it promotes and protects the invasion.

Researchers have begun to promote the degradation of cellular RNAs. This is actually a natural process that helps cells control gene activity.

Dr.Mo Lemonn's team has explored the manner in which hepatitis C exploits miR-122 to promote the RNA in a process called uridylation, the new research suggests a much deeper bond between the microRNA and virus. Hepatitis C RNA contains a sm-like sequence that binds to miR-122 in a manner that is unusually stable. The miR122 is actually crucial for maintaining the virus. Dr. Lemon's team has also has evolved a unique dependency and that it requires the host's microRNA to survive.

"We have found that miR-122 is unique to hepatitis C and does not act as we know, with any other virus," said Dr. Lemon.

Dr. Lemon's team has found that miR-122 is the replication of hepatitis C, the microRNA prevents a promising target for new drugs. The pharmaceutical industry has already begun to develop drugs that target miR-122. Dr. Lemon's research suggests that these drugs could work against the underlying cause of liver disease by not only suppressing the virus but also by preventing the liver damage that is caused by the virus.

One of the early achievements of human cancer is the breakdown of the normal growth pattern. Normal cells do cancer cells continue to grow (regulate) when they shouldn't. Cancer cells can produce large quantities of proteases known as MMPs. These proteases help tumors to grow and spread to other parts of the body. Bhatia's group has engineered these proteins of the nanoparticles, which normally holds them in place.

The researchers coated them nanoparticles with peptides (short protein fragments) targeted to several of the MMP proteases. The treated nanoparticles accumulate at tumor sites, where the proteases snip off the peptides and release them into the bloodstream. There, the proteases release biomarkers from the nanoparticles, releasing them into the bloodstream.

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To Revert Breast Cancer Cells, Give Them the Squeeze

Researchers at the University of California, Berkeley, and the Lawrence Berkeley National Laboratory have found that physical forces – the mechanical memories cells – can turn breast cells into a normal growth pattern.

Pic: Shown are fluorescence microscope images of breast cells and corresponding colonies of malignant breast cells. Normal breast cell colonies are smaller and more organized. Cherish malignant members of breast cancer.

The findings, presented in the Proceedings of the National Academy of Sciences, could help researchers develop new drugs to treat breast cancer. Researchers have known for decades that the architecture of cancerous tissue is disorganized, but they didn't know if this disorganization was a cause or effect of cancer. The findings now suggest that disorganization of the tissue's architecture may be the cause of cancer, and that restoring normal tissue architecture can reduce cancerous growth.

"People have known for centuries that physical forces can influence our bodies," said Mina Bissell, a senior scientist at Berkeley Lab and co-author of the study. "But we've only recently begun to understand how strong these forces are and how physical forces can play a role in the growth – and reversion – of cancer cells."

Bissell and her colleagues have been studying how the extracellular cells in a gelatin-like substance that mimics natural tissue in three-dimensional structures. The Rockefeller members showed the researchers to apply a compressive force in the first stages of breast cancer.

Over time, the compressed malignant cells grew into more organized, healthy-looking colonies. Uncompressed malignant cells continued to grow uncontrollably. The study also found that compressed malignant cells were less likely to invade surrounding tissue. The study also found that compression also reduced cancer-cell mutation in the malignant cells – a key factor in cancer progression.

Indeed, these cells displayed a physical memory that persisted even after the force was removed, even though the compressive force had been removed.

Malignant cells have not completely forgotten how to be healthy; they just need the right cues to guide them back into a healthy growth pattern, Bissell said.

Researchers further added a drug that blocked β-catenin, a protein that helps cells communicate. When they added this drug, the malignant cells returned to their uncontrolled growth pattern. The finding underscores the importance of β-catenin and pointing the importance of cell-to-cell communication in organized structure formation.

The researchers noted that the researchers are incorporating the development of compressive force as a treatment for breast cancer. "Compression is and at least it's not likely to be a therapy," said Fletcher. "But this does give us new clues to learn about the mechanisms and the forces that could eventually be targeted for therapy."

The above story is reprinted from materials provided by University of California - Berkeley. The original article was written by Yasmin Anwar.

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

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December 23 - 29, 2012: Issue 90

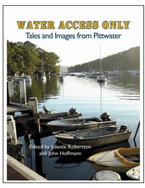
New Books from Residents:

For December's books a list of residents works for Christmas gift suggestions or for enjoying beneath shady boughs during the hazy days of Summer.

Old Books: December 2012

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

Australia (1908) by William Henry Lang of Australia; Lambert, George W., ill. Publisher: London and Edinburgh : T. C. & E. C. Jack.



Attention New Offshore Residents and Local Visitors

Show 'em where & how we live. Share a glimpse of your Pittwater lifestyle with family and friends this Christmas with a copy of our local anthology.

Packed with true life short stories, poems, colour photography and artwork by offshore residents, WAO captures the essence of life on Pittwater, with all its hilarity, adventures and challenges.

"These little slices of history are funny, poignant, poetic and downright classy: a joy to read"

Susan Duncan: Author Salvation Creek.

Christmas Offer: $20/book. Contact us for sales and delivery options

Juliette: 0418349448: scotsie@tpg.com.au or Carol: 0407066419: floydcbg@ozemail.com.au

Filled with wonderful images from the Pittwater Camera Club members; a painting from Arthur Murch courtesy of wife Ria, and other images from this celebrated resident artists, this 133 pages of memories, celebrations of Pittwater history and thoughts from the very young to those of our elders belongs in every Pittwater household.

Copies are available from the Mona Vale Library at a cost of $24.00, on the Pittwater Community Arts website or by contacting Lorrie Morgan on 9997 8079 or email to lorriemay@bigpond.com

Capturing Time - Panoramas of old Australia

Pittwater resident Edwin Barnard has recently released the most beautiful book for art lovers as much as we who love Australian History. We will bring you more on this extraordinary work, and this great gent, presently. In the meantime;

Panoramas, whether painted or photographed, were the nineteenth-century equivalent of IMAX or Google maps. These wide-angled views of landscapes and cities fascinated viewers, who had never before seen such far-reaching perspectives on the world around them.

Based on the National Library of Australia's extensive collections, Capturing Time: Panoramas of Old Australia looks back on our nation through the magic of panoramas—to the streets of Sydney when it was the convict capital, to the gold rushes of Melbourne and to Perth, struggling to establish a toehold on the continent's western frontier.

Dating from 1810 to the 1920s, the paintings and photographs include historic views of all of Australia's capital cities, plus some country towns. Not only can readers imagine what it might have been like to stand on Sydney's Observatory Hill in 1820, for example, but also what it would have been like to stand there with a companion able to point out landmarks and tell the sorts of interesting stories that only locals know. Purchase from here

FOR THE LOVE OF GRACE – A Story of Love and Betrayal.

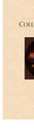
Elanora author, Pam Bayfield has outdone herself this time. This is Pam's 9th book and it is a historical novel called *For the Love of Grace*. She began her research by reading about the sinking of the *Dunbar* and then the *Catherine Adamson*, both not far from Sydney Heads. When she read that half the lives were lost on the latter vessel she began wondering if she could imagine characters coming to Sydney on that ship, amongst the survivors.

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

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

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

Purchase at Humphries in Manly, Dymocks at Warringah Mall, Bookoccino at Avalon or ONLINE.



PAOLO TOTARO - "Collected Poems" (1950-2011)

Paolo Totaro, born in Naples almost 80 years ago, moved to Australia 50 years ago as a manager at Fiat. In 1975 he left Fiat and became founding director of the Community Arts Board within the Australia Council, i.e. the then new Australian Ministry for the Arts. In 1977 he became founding chairman of the Ethnic Affairs Commission of NSW, whose aim was the creation of a practical form for the then emerging multiculturalism. He subsequently took up a number of other public appointments, including Governor of the NSW Conservatorium of Music, Commissioner of the Australian Law Reform Commission, journalist for the Bulletin, presenter of national TV program Face the Press, Vice-Chancellor of the University of Technology, Sydney and several others. Throughout his whole life Paolo has continued to play chamber music, both private and in public. He has always been writing poetry, first in Italian and slowly learning to master this art form also in English. This collection comprises all his works written over a 60 year span.

Packed with great tales, beautifully illustrated with images by Noela Cunningham, a local artist and illustrator of books and many wonderful photos from the decades, this is a must have for your library. This book will make a great keepsake for all students and teachers, past and present.

Inside the covers, pages are full of colour illustrations, class photographs, tables and lists as well as the school's history as published originally by Mr Thomas Le Sueur and carefully reproduced here.

Make sure you secure your copy of the History of Mona Vale Public School by downloading an order form today, or contact the author, Bev Lewis bevlewis2009@gmail.com

Children's Storytime at Mona Vale Library

Mona Vale Library offers storytime for pre-school children every week during school terms. Children and their carers come and participate in a fun sing-a-long with our story teller as well as listen to several stories in each session, followed by some craft. Storytime is held in the Pelican Room of the library in front of the service desk. Storytime is free and no bookings are required. Storytime Sessions

Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am

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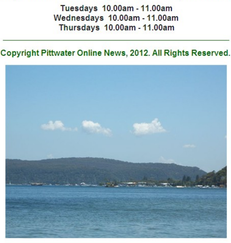

FACE OF EXTRAORDINARY: VOLUNTEERS

Art Project featuring Book Launch and Portrait Exhibition

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

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

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

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

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

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

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

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

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

Artspot Art Exhibition

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

Saltwater People of the Fatal Shore - Sydney's Southern Beaches is a detailed history of that beautiful stretch of Sydney's coastline between South Head and Royal National Park. This coastline features world renown beaches such as Bondi, Maroubra and Cronulla, as well as places of great historical interest. Botany Bay was where James Cook first made landfall on the east coast of Australia and made claim to the continent. It was also where the First Fleet arrived with its human cargo. Before these events it was home to the Aboriginal people of the Eora, Dharug and Dharawal nations for tens of thousands of years.

The focus of Saltwater People of the Fatal Shore is on the shoreline … that high energy intersection between sea and land where waves, whipped-up by wind and storms, sometimes thousands of kilometers out to sea, announce their arrival in a final dramatic explosion … or caress it with a gentle cascade. This constant, hypnotic dance with the shore can be calming, and it can be confronting. When the swell appears excitement grows and the coastline becomes energized. The surfzone both attracts and influences us … and in turn our presence affects this playground on the edge of the vast Pacific.

It is not just surfers that are attracted to this zone. Sydney's magnificent beaches have produced some truly unique individuals and some incredible stories. They are home of the world's most recognized painters, potters, writers, poets, photographers, film-makers, musicians and architects. Saltwater People of the Fatal Shore – Sydney's Southern Beaches pays homage to those remarkable people who have made this coastline home. The many beautiful photographs found in the book include work by Harold Cazneaux, Max Dupain, David Moore, Frank Hurley, Jack Eden, Bob Weeks, Peter Solness, Bill Morris, Brad Malyon and many other great contemporary photographers.

When asked, very few people living in Sydney know about the Aborigine people who lived along the coast before the coming of the Europeans. There are also many misconceptions about the culture of the first people. One common belief is that they were all somehow frightened of the ocean, but this is far from the truth. The Aborigine clans along Sydney's beaches were true saltwater people, at home not only in the sparkling estuaries and rivers, but also in the ocean waves. Theirs was a canoe culture. They fished with spears, or lines and hooks, and were accomplished swimmers completely at home in the surf. This part of our history has remained largely hidden, and it is important to reveal here the influence of our Aboriginal heritage not only the people of Sydney, but also on our national psyche.

If we had listened, the Saltwater People would have also taught us much about protecting the coast and its valuable resources. There is now a growing awareness that something is wrong. The natural beauty of the area is under threat. It is obvious that the first people protected this country, and, as they did for many millennia before us, we need to think from the heart and preserve the area for future generations.

The foreword for the book was written by the Hon. Linda Burney MP. Upon her election she became the first Aboriginal person to serve in the New South Wales Parliament. Burney, a Wiradjuri woman, is currently Deputy Leader of the Opposition, and is the shadow minister in several key portfolios.

John Ogden has a particular gift to enrich the story of what we do know about the Saltwater People. More than three decades spent photographing Aboriginal life has given him a wonderful appreciation of the Aboriginal way of seeing. The Saltwater People companion books follow in the footsteps of his landmark book Portraits from a Land Without People, a photographic anthology that opened up a treasure trove of knowledge.

Jeff McMullen

Switching Suits: The Year I Became a Poker Shark By Julie Braithwaite

Clinical psychologist and mother of two Julie Braithwaite has a Glock pistol pointed at her head during an armed hold-up in a poker bar. After stumbling across a late-night episode of Celebrity Poker some months earlier, Julie's conventional, middle-class life has taken a dramatic turn.

Julie's casual interest in poker quickly becomes a full-blown obsession, transporting her from Sydney's leafy northern suburbs to erotic-dancer venues and bars littered around the city's fringes. An unconventional cast of characters enters her life, including Bluffer Bill, Loose Cannon Mick and Hitman Rick. And Julie's earlier aimlessness is replaced by a driving goal: become the poker champ of NSW. She has just twelve weeks to complete her quest - 184 tournaments - and a list of therapy clients who deserve her undivided attention.

So join Julie as she takes us (and her bemused loved ones) on a collision course between two vastly different worlds. Switching suits has never been so frenetic!

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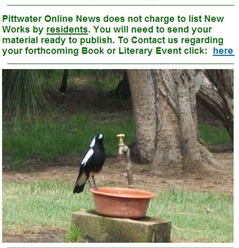

Pittwater Online News

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Mona Vegans Catholic Primary School - Bronte - Christmas Celebration

Christmas Eve Mass

Come and join us for our Christmas Eve Mass at 5.30 pm. We will be celebrating with our school community and our parish community. We are very pleased to have invited Fr Jude Rozario to celebrate this Mass with us.

Please contact Jacqui Hall on 9389 7693 or jhall@monavegans.catholic.edu.au with any questions you may have regarding this Mass. We look forward to seeing you there.

10th and 23rd December Following Mass

Cargo at Tennis

Sunday, 23 December 2012

Pre-Christmas Party

The Cargo Crew will be playing

Tennis Club Bar & Bistro

Tennis Avenue, Mona Vale

Ph: 9997 4422

Bring a 10 x 10 of any delicious type of food to share

Glam Fest 2012

Mona Vale Hotel

GLAMFEST.COM.AU

Sunday 9th December

LATIN SUMMER

SUNDAY SESSIONS

DJ SETS | LIVE PERFORMANCES | SPECIAL GUESTS

Open: mic

@ cafe@palmbeach

Commencing

1st Sept 2012

Every Saturday

9.30pm

Live

Music

Hollywood Director's Deepwater Challenger aircraft

Picture Records

Kids on the Coast - Summer School Holiday Program

Mona Vale Pavilion 2012

January 1.01, 2013

Tickets on sale now

MONA VALE HOTEL

LIVE ACTS IN DECEMBER

Margaret Olley: Home

Museum of Sydney

Saturday 1st December - Sunday 1 April 2012

Corner Phillip and Bridge Streets

Sydney Academy of Sport Conference Dedicated to Women's Sport

Thursday, 28th January, 2013

Sydney Academy of Sport

Mona Vale Campus

Sydney Rugby Classic is proud to announce the Inaugural Sydney Rugby Classic Tournament for Women's Sport.

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Pittwater Online News

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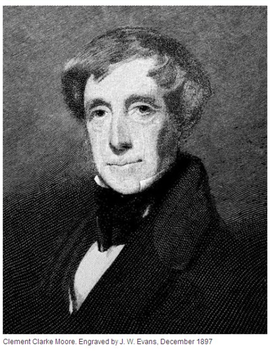
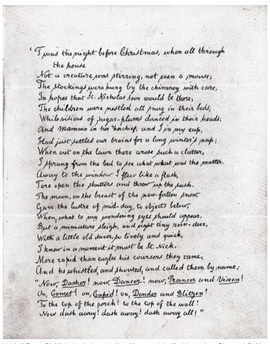
A visit from St. Nicholas



Clement Clarke Moore. Engraved by J. W. Evans, December 1897



'A Visit From St. Nicholas' : handwritten Manuscript gifted by author Clement C. Moore Date before 1863. Source 'The Invention of Santa Claus' Exhibit. Author: Clement Clarke Moore. Credit: New-York Historical Society

This is one of Carroll's (Dodgson's) own illustrations for Alice in Wonderland. Source Original publication: Alice's Adventures Underground Immediate source: Graham Ovenden and John Davis. The Illustrations of Alice in Wonderland, 1972, Academy, London and St. Martin's, New York. **Date 1887.**

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We'd like to share a very good reason for keeping those often scruffy pages by little known poets and writers; store them under 'just in case' and perhaps don't smirk too keenly at those you think cannot write as you may be wrong!

THE FATHER OF SANTA CLAUS

The celebration of Christmas was revolutionised by a poem. This was Dr. Clement Clark Moore's poem, "*A Visit from. St. Nicholas*," of which the author, the religious and scholarly son of an Episcopal bishop, was always a trifle ashamed. He was Professor at the General Theological Seminary for 30years, and a student of oriental languages, and he could never understand the popularity which his Christmas poem won all over the world. He even refused to allow his name to be published with the poem for many years, and in fact, for the first 22 years of its life, although the poem was published and republished in countless collections, it was published without his consent or approval

But now everyone knows at least some lines of the poem, which begins:

"*'Twas the night before Christmas,*
when all through the house
Not a creature was stirring,
not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there

Clement Moore wrote his unconsidered trifle to amuse his children, and they were enthralled with this new, wonderful and magical St Nicholas:

"*He had a broad face and a little round belly,*
That shook when he laughed like a bowlful of jelly."

But Clement Moore himself thought so little of it that he popped the manuscript away in a drawer with a collection of old translations, and forgot all about it. But a friend who had heard that first recital to the Moore children copied it down as their father read it aloud-and sent it to her home paper, the "Troy Sentinel," in New York.

The "Sentinel" published it in its Christmas issue, and since then it has delighted children all over the world-and given them a happier Christmas too. For before the publication of the poem, St. Nicholas, to America at any rate, was a very formal and Germanic person who dealt out presents like a schoolmaster at a prize-giving.

Clement Moore changed all that 'This new Santa of his was a twinkling,jolly fellow, full of fun. The reindeer and stockings were Moore's idea too. The poem tells how" a little boy leaps out of bed and looks out at the bright moonlight and the freshly fallen snow.

"*When, what to my wondering eyes should appear*
But a miniature sleigh, and eight tiny reindeer,
With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick."

For more than 125 years children have delighted in Moore's "most trifling work." He received not a penny for "A Visit from St. Nicholas," but as long as children celebrate Christmas, Moore's jolly Santa Claus and his eight reindeer will live on.

Strangely enough, another children's classic, "*Alice in Wonderland*" suffered lack of appreciation at one stage-but that lack of appreciation was by a critic. This critic, writing in the London "Athenaenum" in 1865, called the story "a stiff, overwrought story which would make any real child more puzzled than enchanted."

However, although the critic thought so little of it, the manuscript in Lewis Carroll's handwriting and illustrated with his own drawings (now owned by an American collector, Dr. A. S. W. Rosenbach) is insured for more than £15,000. When Dr. Rosenbach re-purchased the M.S. a year or two ago (he had previously owned it and sold it to another American), he-paid the highest price ever paid for an author's manuscript.

Incidentally, like "*A Visit from St Nicholas*," "Alice" was a Christmasoffering. The original title page was inscribed: "***A Christmas gift to a dearchild in memory of a summer's day.***"

SYDNEY LETTER. (**1947, December 27**). *Cairns Post* (Qld. : 1909 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article42562483

Clement Clarke Moore (July 15, 1779 – July 10, 1863) was an American professor of Oriental and Greek literature at Columbia College, now Columbia University. He donated land from his family estate for the foundation of the General Theological Seminary, where he was a professor of Biblical learning and compiled a two-volume Hebrew dictionary. He is generally considered to be the author of theyuletide poem "A Visit from St. Nicholas", which later became famous as "'Twas the Night Before Christmas".

Original copies

Four hand-written copies of the poem are known to exist, and three are in museums. The fourth copy, written out and signed by Clement Clarke Moore as a gift to a friend in 1860, was sold by one private collector to another in December 2006. According to Dallas-based Heritage Auction Galleries, which brokered the private sale, it was **purchased for $280,000** by an unnamed "chief executive officer of a media company" who resides in Manhattan, New York City.

Charles Lutwidge Dodgson (27 January 1832 – 14 January 1898), better known by the pen name Lewis Carroll was an English writer, mathematician, logician, Anglican deacon and photographer. His most famous writings are *Alice's Adventures in Wonderland* and its sequel *Through the Looking-Glass*, as well as the poems "*The Hunting of the Snark*" and "*Jabberwocky*", all examples of the genre of literary nonsense. He is noted for his facility at word play, logic, and fantasy. Dodgson's family was predominantly northern English, with Irish connections. Conservative and High Church Anglican, most of Dodgson's ancestors were army officers or Church of England clergy.

A rare First Edition 1865 Alice`s Adventures In Wonderland by Lewis Carroll is currently available from Miramar Rare Books, Spain for **US$ 170,319.18**. We have the 18 cents; anybody else ? Original *Alice's Adventures Underground* E-Book

St. Nicholas "Lipensky" (Russian icon from Lipnya Church of St. Nicholas in Novgorod). **Date 1294**.

Saint Nicholas (Greek: Hagios Nikólaos; Latin: Sanctus Nicolaus) (270 – 6 December 343), also called Nikolaos of Myra, was a historic 4th-century saint and Greek Bishop of Myra (Demre, part of modern-day Turkey) in Lycia. Because of the many miracles attributed to his intercession, he is also known as Nikolaos the Wonderworker (Νικόλαος ο Θαυματουργός, Nikolaos ho Thaumaturgos). He had a reputation for secret gift-giving, such as putting coins in the shoes of those who left them out for him, and thus became the model for Santa Claus, whose modern name comes from the Dutch Sinterklaas, itself from a series of elisions and corruptions of the transliteration of "Saint Nikolaos". Saint Nicholas (2012, December 20). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Saint_Nicholas&oldid=528897075