October 28 - November 3, 2012: Issue 82

The Royal Prince Alfred Yacht Club Olympics Celebration

Left to right: Daniel Fitzgibbons, Leisel Tesch, Nina Curtis, Lucinda Whitty and Olivia Price. Photo by A J Guesdon.

ON Sunday 21st of October the Royal Prince Alfred Yacht Club at Newport celebrated their Olympics 2012 and Paralympics 2012 winners with a wonderful presentation of their journeys to these events and a Q&A session that highlighted the family orientated tenats and Youth Development Program of this great club. Full Report HERE.

Timor Leste Consul Attends Soup for Soibada Evening

Consul Fonseca Dos Santos Pereira and wife Deolinda at Soup for Soibada on Friday evening. Photo by A J Guesdon.

ON Friday 26th of October the Pittwater Friends of Soibada hosted one of their ever popular Soup for Soibada evenings at Avalon. Full report HERE

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Royal Prince Alfred Yacht Club Olympics Presentation - 21st of October, 2012

Commodore Rob Curtis and Victor Kovalenko

On Sunday 21st of September the Royal Prince Alfred Yacht Club at Newport had a special event to celebrate their Olympic champions with a presentation of past champions in Olympic and World Championships followed by a question and answer session by attending current Paralympian champions Leisel Tesch and Daniel Fitzgibbons and Olympians Nina Curtis, Lucinda Whitty and Olivia Price. Members and guests were welcomed by Commodore Rob Curtis on a glorious afternoon at a time slot that had been chosen specifically so the children members of the RPAYC could enjoy meeting the champions and hearing all they had to say.

Commodore Rob Curtis, proud father of Nina, spoke of some of the many champions RPAYC members who had represented Australia in either the Olympics or World Championships before introducing a special guest, Victor Kovalenko, head Coach since 2000 of the Australian Sailing Team. We share some extracts from this celebration;

Nina Curtis

Commodore Rob Curtis: The reason we're here on a Sunday afternoon, apart from here being a nice place to be on a Sunday afternoon, is to allow our youth to be part of this. They're here and listening; a couple of things I'll say; Follow your dreams. Take opportunities when they come and … reality can wait until later. We do have a very special guest, I've mentioned Victor, he's going to come and say a few words to us. We had the opportunity to go down to the Harbour Yacht Club just before Nathan and Malcolm went to the Olympics in Athens. Victor gave a speech that was fantastic; he's a fabulous motivationalist ...he wins medals for Australia…ladies and gentlemen… Victor Kovalenko

Victor Kovalenko:
First of all I would like to congratulate all of you on your success. We are squad number 1 in Australia and we are team Number 1 in the world. A lot of people ask me what was the secret of our country's success; I answer all of us want to keep going until we have success. Patience is a key to our success and this was backed up by the critical mass of everyone; coaches, trainers, boat builders, it's all of us who have created this success. On top of this we have had the support of everyone in the community; this is critical mass of all of you, of this place, of your passion, of your hearts. It's really our success, it's all of us at every Olympics coming back again and again until we have success. We here say, " We will build boats and race them wherever you find them!"
It's all those sailors and you who follow us who are all working very hard in some way, supporting the teams financially, maybe giving them advice, here there are a lot of big names, you know how to win; you are winners of World Championships, you are winners of Sydney to Hobart, the most difficult race. All the time you have been thinking of the future and building and now you have many great sailors coming from your yacht club; Olympic gold medallists, the big medal, and also you are rich with potential as they (the girls) are so hungry to bring you the gold medal. You ask them, we will do this!

Olivia Price

We were ready in all classes, it was visible, in sparkling eyes, in the smiles of the sailors; we were coming to the Games ready to be the winners. We were coming with one goal; to be team Number One in the World.

Thank you very much for your support. Thank you for supporting all of these young kids who are sailing in your Youth Program, in your Match Racing program, for investing them with 'heart'. We have proved to the world that Australia is not just a big place, a big island surrounded by ocean, but also that this fantastic strong country, with strong people with big hearts and lots of class, and who have crossed the world many times to stand up when our flag was raised, and we will do this again and again. Thank you very much for and to your club. Congratulations to all of you personally and let's work one more time for a win!

Cmdr. Curtis; one of the platforms I've been working on during my time at the club is our youth, our centreboard program, our training and our Youth Development. We've actually been very lucky to have a short video which came about through Robert McClelland going over to San Francisco. This is the sort of thing that our Youth Development Program leads to…

This introduction preceded a video of James Spithill, currently in America working on the America's Cup who not only sent a personal message but also shared a snippet of his own dunking in San Francisco Bay on October 17th to show the girls how easy it is to end up in the water; "Hello everyone at the club it sounds like it's going to be a big night of celebration and I wish I was there to celebrate with you guys. On behalf of the team I want to congratulate Nina, Daniel and Leisel. Obviously Leisel's pretty much part of the club now. Obviously this was a fantastic result and we were watching it live.

Lucinda Whitty

Dean Curtis (brother of Nina) was in this video too and caused another cheer to rise from those gathered.

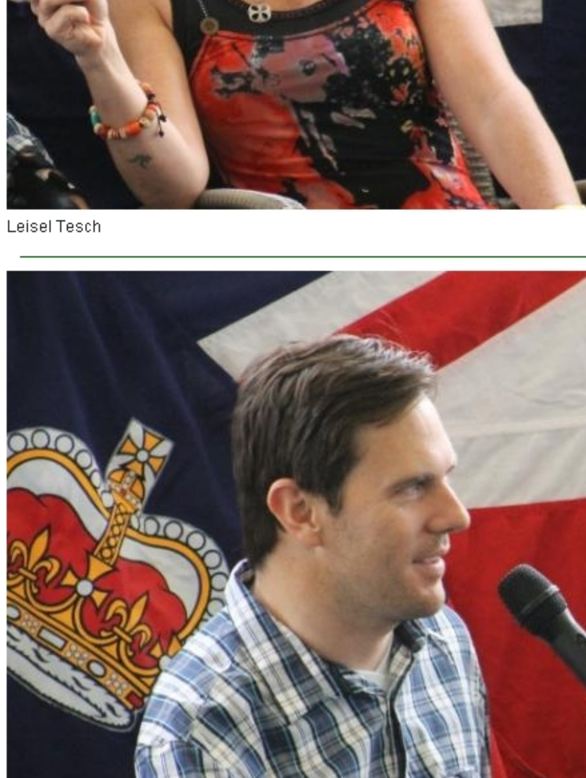
Commodore Curtis introduced the RPA coach Tommy Spithill who was the interviewer of the Olympians and Paralympians; Nina Curtis and teammates Olivia Price and Lucinda Whitty, and Daniel Fitzgibbons with Leisel Tesch.

Tommy: Since these guys have been so successful at the Olympics every Australian sailing course has been full. This afternoon I asked around to see what questions people would like to ask our winners and people came up with; How did it feel to win? Is the medal heavy? What would you have felt if you didn't get a medal? Where did you start sailing? And…Can you do the gangham style dance?

Who would like to take the first one?

Lucinda: it was very exciting, very lucky and great at the end standing on the podium was beyond our wildest dreams. And yes, the medal is heavy.

Tom: what would you have done if you didn't get a medal?
Nina: it would have been disappointing, a case of back to the drawing board and try again. I guess coming away with a silver medal was great but we're still going back to the drawing board in a way to try again.


Leisel Tesch

When did you start sailing?
Leisel: Yesterday with you! No, I have to take my hat off; Dan tracked me down, with Tim Lowe, who at that stage was one of the passionate volunteers and a really great supporter. Tim Lowe went on to be Head Coach and is the reason we won this gold medal 20 months later. Just as a quick side track here; I lived on and grew up on the shores of Lake Macquarie where everyone's next door neighbour had a Laser or a windsurfer and shared the love so I actually learnt to use these on Lake Macquarie when I was a little tacker and then we went through a program of relentless sailing for about 18 months before I was given this thing to wear around my neck.

Where/when did start sailing and competing in races at our club?
Nina: I started sailing when I was five or six and my first sailing was on Lake Macquarie. Then when I was six or seven I took lessons were here at BYRA at Bayview. I then went to Avalon Sailing Club for their team but Royal Prince Alfred Yacht Club had their eye on me and drew me in with their Match Racing Program when I was 15 years old. I joined up with Nicky Souter, who's also from the club, and that's when I had the chance to compete and we won our first National Championships when I was 15.

Daniel Fitzgibbons

How has the support been from the Club over all these years?
Nina: People have been so excited for me. I heard when we got back to the coach, someone tapped me on the shoulder and told me "You know the Royal Prince Alfred Yacht Club is going off at the moment; there were 200 people there." Hearing that made it such a special night for me, to hear so many people are behind you. I'm really proud to say I'm a Royal Prince Alfred girl.

What were your goals coming into the Olympics?
Lucinda: obviously going in, we wanted a gold medal. We were excited to race, every day when we got up we looked forward to racing. It was nerve racking to be honest but you train for that and learn how to relax.

With all the lead up events you do get time to deal with those emotions. How did it feel for you Olivia to go through your races undefeated?

Olivia: I guess we went there hoping to win each race but realistically you know that may not happen. We were stoked to win all and place first for the qualifying series. That was unreal for us. It really boosted our confidence for the semi-finals.

Tommy: I can tell you that back at the club here we had all the scores and results up on the board and everyone would come past the offices and ask "How are they doing? How are they doing?". There was a little shrine going with newspaper clips.

When we had that huge crowd upstairs here watching the medal races we saw how choppy and windy it was. How was it out there; was it really that bad or were you just putting on faces to gain sympathy (laughter from audience) and it really wasn't that big; What speed of wind were you sailing in that day?

Tim Lowe

Nina: It was in excess of 25 knots, sometimes more but never anything less then 20 knots. Going into Weymouth we spent a lot of time there in former years so we knew the area quite well and were prepared for those conditions. In that part of England you do get massive seas but I don't think we saw waves like that in our lead up training, but we were prepared for it as we'd done a fair bit of in those conditions. The Elliot is a great boat but it was pretty wild downwind in those conditions. You could see the spinnaker stretching between normal speed to bullet straight away. It definitely made those downwind legs exciting. Our technique in the racing was tacking downwind so it added a layer of complexity to our racing but we had the best day of racing. We had a ball.

Tommy: hold on a Jacko's (child) dying to ask a question; ok mate; what have you got?

Jacko: Who fell in the water?

Olivia: That was me.

Tommy Spithill

Tommy: while we're on that; Nina I noticed in the footage, and I know when one of the young sailors falls in the water here I'm reaching for them with two hands and huffing and puffing, you basically did a single lift and almost threw her over your shoulder. Have you been spending some time in the gym?

Nina: Yes. On a serious note we've got a great fitness instructor who has worked with us closely over the long years. I had a little joke with him at the aftermath of the presentation about how I didn't fall apart; we were all in the clear having prepared, perhaps not prepared so much for that but prepared for everything else.

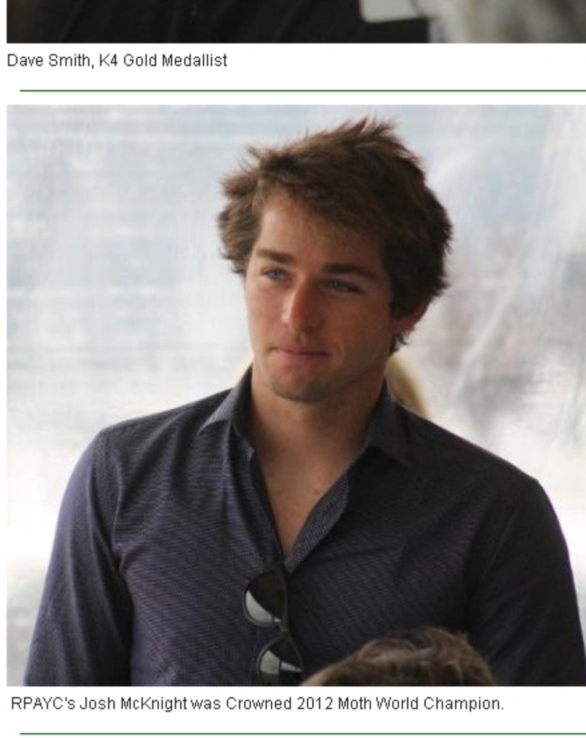
Tommy: I guess your training kicked in then and you went back into your routine before the next race; clean slate, another race, take it on?

Nina: There's a lot of respect that goes to Olivia to come back after that race. You can imagine that the water is so cold in Weymouth and for her to come back so strong after being in that water takes a lot of inner and mental strength.

Tommy: Absolutely. Yes, we were all very impressed. Ok Nina, I'm going to hammer you with a couple of tough questions now; apologies to our other guests, but just for a second.
Nina, the media has labelled yourself and Dave here, winning gold in the men's K4, the 'Golden Couple'; what's your take on this?

Nina: Tommy, I believe you have labelled us 'the Golden Couple'.

Tommy: No I went online, to the Sydney Morning Herald and it was there…


Dave Smith, K4 Gold Medallist

Nina: Ok, we'll get Dave to stand up (applause and laughter from audience)

Tommy: OK, we might ask this one and Dave put me up to this one as well; I guess one of the things we need to talk about is with a campaign like this there's a financial toll and you're running on the smell of an oily rag, to pay for flights and get everything you need but we hear there's something, back in Australia, you forgot to do that is relating to a motor vehicle; and this is also something I read in the Sydney Morning Herald; can you explain?

Nina: You've really done your research Tommy.

Tommy: Yep.

Nina: unfortunately you're now going to hear a sob story. We got home and had a function to attend for family and friends so we jumped in my car, as you do, and got pulled over by a really cranky copper and my car was two days out of registration; and I cried and told him about the medal and just getting back…

Tommy: I hear you tried to put the medal on him…

Nina: Then I got my mum to write a letter, she writes the best letters.. "To The Courts of This land… can you please give a reprieve…

RPAYC's Josh McKnight was Crowned 2012 Moth World Champion.

Tommy: Yes, sounds like a very good thing…
(words lost amongst too much laughter)
Nina: but that didn't work…

Tommy: I want to get to Dan and Leisel next so; girls, I do agree with what Rob said (Commodore Curtis) in that we were all very proud in watching your races unfold and the way you came through and here comes Rio.

Nina: I just want to thank you all very much for coming today, it means a lot to me, to all of us. I think I speak on behalf of everyone up here when I say we've had such a lovely reception and want to say thank you to the club for all the years you've supported us.

Tommy: Dan and Leisel; firstly Leisel. As Rob touched on one of your previous endeavours was far from sailing; this isn't your first Olympics?

Leisel: Yes, I was a mad sailor on Lake Macquarie and a sportsperson as a basketballer. When I was 19 I came off my bike and broke my back. During the two months when I was lying in bed, and didn't know if I was ever going to walk again, Judy Prince, my physio noticed I was getting into basketball from a small board and ball a friend brought me, and asked if I'd like to get into the basketball team. So they took me into that basketball team and for twenty years they kept me there! I got back from Beijing and was asked in 2009 to participate in the Sydney to Hobart Initially I was a little bit unwell … Two weeks after that another old hand asked if I'd like to come for a Twilight Sail on 54ft yacht on Sydney Harbour and I said "Life!" but got there and there's a camera and person there asking "How does it feel to be a triathlete?" and I said "Not. We're all athletes. And that's the thing we are all athletes."

Andy Hudson; Andy was Head Coach and part of the crew of the Farr 30 and a World Champion in 2011 and 2012.

Tommy: did anyone watch that great documentary on SBS? I saw in one scene that one of the things you have to do is learn how to swim under the boat; you have people who are blind and all sorts of different disabilities, and you have to learn how to, if the boat did turn over, get out.

Leisel: it was pretty full on for a young basketballer out there, or a volleyballer; we can talk to each other. Out there it's different, but in all stages of our preparation learning to swim under the boat was probably the easiest. I can tell you that a blind sailor is probably the best sailor at night!

Tommy: for three years people have been seeing you training here. How has it been sailing out of the RPAYC?

Daniel: It's been great to be based in this club which I can say, having experienced so many other sailing facilities around the world, has great experienced people who have welcomed and supported us. The waters out here are so secret and can be so like a jewel one moment and so tricky the next or all of these at once…

Tommy: With the SKUD Program, the logistics and the shore team, it's quite complicated; get the boat the boat in the water, use the crane to get yourself in the boat and the SKUD as well being such a technical boat explains some of the help you had…

Daniel: we had Time Lowe and the ABS but Tim mostly working 24/7 on some of the difficulties we faced. We have to take our hats off to him.

Tommy: Dan, In Beijing you won a silver medal, and told Leisel you'd won a silver medal and a bronze as well, what's the secret ingredient to bringing back the gold?

Colin Beashel who represented Australia from 1984 until 2004 in the Olympics and was Flag Bearer at 2004 Athens OPening Ceremony

Daniel: it was a whole team effort, starting here at the RPA but everyone all along the way, as well as Leisel's attitude. But I'd have to say it was the whole team, everyone involved.

Tommy: Finally, I heard there was a bit of controversy during one leg; Leisel, you got into trouble for sledging the Pommies; were they a bit soft or what was happening there?

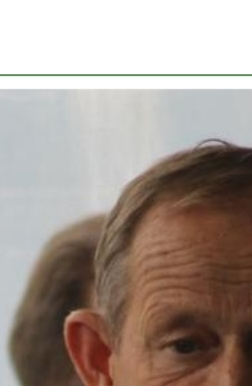
Leisel: well, on a performance boat you have to keep sitting on your seat and when I saw the opposition boats and saw they weren't sitting on their seats I'd call out "get on your seat!". After the fourth race of them doing this they made a complaint and poor old Fitzy had to put up with all of this. At any rate, my mum had just passed away and I was pretty upset anyway but it ended up that they called me into the jury and they told me I'd been reported for harassing the Poms and I was banned from trash talking on the course; I guess it's a hangover from the basketball when we always had to help the referee…

Alyse Saxby - Silver medal, 420 Class, Special Olympics Beijing 2007 and Gold medal, 420 Class, Special Olympics Athens 2011

Tommy: Yes, that Aussie 'staring at you' gaze in competition can be deadly! Who'd like to take this; what did it feel like being on the podium?

Olivia: For me it was absolutely unreal. There aren't even words to describe how proud I was; smiling, tearing up. It was an amazing experience.

On Tuesday 23rd of October Paralympic gold medallist Leisel Tesch received the keys to Gosford City. On Friday evening, 26th of October Olivia Price, Nina Curtis and Lucinda Whitty won the Female Sailor of the Year Award at the 2012 Australian Yachting Awards in Sydney. Daniel Fitzgibbon and Liesl Tesch were awarded the Disabled Sailor of the Year category, the second year in a row they have been recognised for their great athletic abilities on water.



Final words must go to Rob Curtis, Commodore of the RPAYC, who pointed out a now evident truth;

So to our Olympians and Paralympians; as well as your supporters here, the rest of Australia was following you and supporting you all the way. **You have shown the rest of the world what Australians can do *on top of the water* and really led the way, so congratulations.**

Photos by A J Guesdon.

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Evie, young songstress who sang first

Jade and Hannah

Merryn and Sophia

Consul of Timor Leste Attends PFOS Soup for Soibada Evening

ON Friday night a wide range of delicious homemade soups drew a large crowd to the Scout Hall in Dunbar Park to feast and support the projects of the Pittwater Friends of Soibada. Klaus Sandle, a PFOS Committee member has arranged several of these Soup for Soibada events and each gets more popular.

Attended by Consul Fonseca Dos Santos Pereira and his lovely wife Deolinda, the evening was a great success. Soups such as Spicy Lentil, Thai Coconut with seafood, Chilli, Bacon and Tomato, Vegetables and pasta, Potato and Leek or even a Chicken Minestrone ensured something was available for all tastes with many diners coming back for seconds and thirds.

Entertainment was provided by Year 10 students from Barrenjoey High School, with their tutor John Stone assisting them and offering encouragement. Also on show this evening were the just unpacked Pittwater Friends of Soibada t-shirts which we'll bring you more news on next issue. Especially where to get one from.

Consul Fonseca Dos Santos Pereira and wife Deolinda.

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Photos by A J Guesdon.

Pittwater Online News

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Articles This Week:

Olympics Presentation at Royal Prince Alfred Yacht Club

Soup for Soibada - Consul Fonseca Dos Santos Pereira enjoys homemade soups in Avalon

Beatrice's War: Timor Leste's First Feature Film in the Native Tongue by Steve Meacham

Pink Ribbon Day at Maria Regina by Joanne Seves

A Solar Powered Boat Powered Office by Dick Clarke

Lady Skippers Race by Robyn McWilliam

Australian Wood Duck Family at Newport

Pictures: **Pittwater from On High;** to close our October focus on Pittwater Hills in the History pages we present some views from high up vantage points on other hills of beautiful Pittwater.

All Previous Articles

Profile: Spring Gents 2012; men who have and continue to contribute to Pittwater and Australia: Malo Legardinier is an 18 year old musician who is winning competitions and hearts with his great music and securing recording contracts with his professional attitude to his chosen vocation.

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 Bopulaters 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

History: Pittwater Hills: Sheep Station Hill - Warriewood

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

Park Bench Philosopher: A recent visitor to Pittwater sent some poems to share with you: **Tarrangaua by Susan Davies**

Books:Gardens for All Seasons, Easy, Kong: The Life and Times of a Surfing Legend, Walks, Tracks and Trails of New South Wales, Lost Voices, Essential Bushfire Safety Tips, Silver Brumby Centenary Edition

Old Books: Australia (1916) by Gregory, J. W. (**Professor John Walter F.R.S.. Univ. of Glasgow**), 1864-1932

Australia (1908) by **Lang, W H** of Australia; with 12 **Coloured reproductions of colonial drawings by Lambert, George W**.

News From our Inbox A Whale With a Distinctly Human-Like Voice, The ART of Sustainable Development, Milky Way's Black Hole Getting Ready for Snack, Don't Be Foolish, Clean your Room!, God's 3 Answers, **Health:** Discoveries Hold Promise for Treatment of Hepatitis B Virus, Discovery of Biological Energy-Sensing Switch Could Have Broad Implications for Biology and Medicine, Chinese Plant Compound Wipes out Cancer in 40 Days Says New Research, Natural Process Activating Brain's Immune Cells Could Point Way to Repairing Damaged Brain Tissue, A HISTORY OF PITTWATER - PART 1: DISCOVERY - by pittwaterpathways, Internet Connector.

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Community News: Pittwater Camera Club – Good News, Learn 2 Swim Program - Narrabeen Rock Pool, Yachting Association Formed 110 Years Ago this Tuesday, United Hospital Auxilaries Annual Conference, FREE INCORPORATED ASSOCIATIONS SEMINAR, ANZAC Centenary 2015, Environmental Planning and Assessment Amendment Bill 2012, Scientists Step Up Hunt for Bacterial Genes Tied to Lyme Disease, Indent 2013 Partnership Grants, Free e-waste drop off point launched at Kimbriki, SEEKING YOUTH INPUT ON PITTWATER'S FUTURE, Frogging for all the family!, 10K Talent Quest at Pittwater RSL, Warm water call to action, **PITTWATER ARTISTS TRAIL WEEKEND OCTOBER,** Update on Palliative care campaign, Asparagus Fern Out Day at Woody Point, **AUSTRALIA'S FIRST ECO BOAT SHOW AT BAYVIEW**, Avalon Golf Course, iPublication of Australia's maritime heritage, Speak up now for new transport infrastructure, AFTSF 2013 Grants Open, Our Council's Notices, Fed. Govt. Media and more

Environment; Fishy Physics, **Weed Workshop**, Warmer Future Oceans Could Cause Phytoplankton to Thrive Near Poles, Shrink in Tropics, 100-Million-Year-Old Coelacanth Fish Discovered in Texas Is New Species from Cretaceou, Protect Antarctica's Southern Ocean & Protect the places you love online Petitions, **Asparagus Fern Out Day - yummy gourmet lunch involved**!, Solar eclipse of November 13, 2012, Cooee October Issue, local Environment groups and orgs.

Lynda Hill: **Update 14.10.12**: Heralding The Dawn: October's Libran New Moon

Pictures: Pittwater from On High; to coincide with our October focus on Pittwater Hills in the History pages we present some views from high up vantage points on other hills of beautiful Pittwater

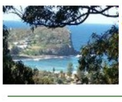
Youth: Council SEEKING YOUTH INPUT ON PITTWATER'S FUTURE, Youth Leading the World Congress @ CEC in Nov., Learner Driver Workshop, Science and Innovation to be rewarded, Friendship 2.0: Teens' Technology Use Promotes Sense of Belonging and Identity, New Study states; TV, Devices in Kids' Bedrooms Linked to Poor Sleep and Obesity, **A Flycycle Built For Two**: The Three Stooges FUN! Cool Tools - Tree of Life Branches out Online, New online tool for students from Fed. Govt., **Prime Minister's Online Program to Name Your Favourite Teacher**, Cowboys and Aerials – New TRACKS MOVIE, **Nominations open for 2012 Australian Vocational Student Prize**, Star Texts, Online Computer History Museum Exhibits, **Pittwater Science Club for Juniors**, Library Story-times for Littlies.

Seniors; SENIORS SHOPPING & SCAMS SEMINAR, **$50 Million for Ageing Research**, 'How to plan for a Downsize' Workshop, Hobby for Seniors; Writing, Washing Day, **The Atlantics**, Exercise May Trump Mental Activity in Protecting Against Brain Shrinkage, Study of Patients Ages 90 and Older Links Poor Physical Performance, Increased Odds of Dementia. Seniors Month at the Sands, Home Power Savings Program, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: October 2012: Patsy Clayton-Fry; Sculptress in many mediums and forms

Reflections by George Repin. **This week; KEUKENHOF – 1954**



DIY Hints: Spring Homes – Preparation for Painting of Interior Walls and Ceilings Johnson Brothers Mitre 10, local hardware stores that support community

Collector's Corner: one for the romantics; we once used to give small pocketbooks of love poems to our intended as a part of courtship; two over a 100 year old examples for you from Ella Wheeler-Wilcox and Elizabeth Barret Browning

Food: Sea4th Sushi Train at Avalon

Events: Spilt Drinks at Av Bowlo, Manly Warringah Choir, Try Sailing Day 2012, Live Music at Palm Beach Golf Club, Soup for Soibada, Avalon Market Day Early Bird Special, The Trews and Daryl Braithwaite at The Tavern, Open Mic at Club Palm Beach, Bullets Regatta, Wooden Boat Show at RMYC, Cricket at Painters Gallery, Chill Out at The Arms, Great Film to Screen in Avalon, Bilgola PS FETE, Pittwater to Coffs Regatta OPEN for Entries, Bird Workshop, Guringai Aboriginal Tours, Sidney Nolan & Patrick White at State Library, Council Events and more.

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Beatrice's War: Timor Leste's First Feature Film in the Native Tongue

By Steve Meacham

Betty Reis speaks very soft English. And when we meet in a Dili nightspot, she's understandably more concerned with looking after her five year old daughter, Manche, than talking movies. Manche has a small part - just two scenes - in a new history-making movie about the country of their birth, Timor Leste (East Timor) to be released in Australia next year.

The movie, A Guerra da Beatriz (or Beatrice's War, in English), is the first non-fiction, feature-length drama ever made in Timor Leste in Tetum, the country's natural tongue.

Betty, 29 - a co-founder of Dili Film Works, Timor Leste's premier film and TV training organisation - is also in the film: in both the first and last scenes. But that's her prerogative since she is also the film's co-director, along with the more experienced Australian, Luigi Acquisto.

This evening she, Manche and Melbourne-based editor Nick Calpakdjiangi have arranged to meet our Pittwater Friends of Soibada delegation in the noisy restaurant/bar of the Novo Horizonte hotel on Dili's foreshore. Given the background hubbub and Betty's distraction, Nick does most of the talking.

A Guerra da Beatriz, he explains, is a reinterpretation of the classic 16th Century French story best-known to English-speaking movie fans through The Return of Martin Guerre, the 1982 version starring Gerard Depardieu.

According to the original tale (supposedly based on historical fact), Martin Guerre went off to war, leaving a young wife and children. When he returned years later, he seemed changed. Was he crippled by the events he'd witnessed? Or was he an imposter, trying to implant himself in the bed of a dead man?

A Guerra da Beatriz transplants this iconic tragedy to Timor Leste, 1975.

It's the eve of the brutal invasion by Indonesia of the impoverished colony neglected by Portugal for a century or more on the eastern half of the isle of Timor - an hour's flight north-west of Darwin.

Beatriz is marrying Tomas in a small, mountain village in the central mountain range of Timor Leste. A few months later, they flee the invading army and head for the hills, only to be captured in 1979 when the world has ceased caring about their plight.

In 1983, Beatriz gives birth to a son. But Tomas is arrested and disappears, presumed dead. Sixteen years later, in 1999 as Timor Leste is finally about to win its hard fought-for independence, Tomas reappears, explaining that he has fought for the resistance all this time. Their reunion is raptuous. But doubts soon afflict Beatriz. Is Tomas really who he says he is?

"We've made this film on a shoestring budget," Nick explains. "So far, its cash budget is less than $100,000."

By comparison, the biggest-budget movie made in Timor Leste since independence was Balibo, starring Anthony La Paglia as journalist Roger East, who was executed by the Indonesians while investigating the deaths of the so-called Balibo Five - Australian TV journalists controversially killed as Indonesian forces invaded.

"Balibo cost around $5 million," Nick guesses.

A sizeable proportion of the crew making A Guerra da Beatriz also worked on Balibo. The Australians - such as John Maynard, the award-winning producer of Balibo, the first foreign language feature to be made in Timor Leste – have given their time and creative energy for a fraction of their normal rates.

"We've had Australians in key roles," Nick says. "Director of photography, sound recordist, camera operator.

"But each Australian crew member has had at least one Timorese (crew member) to mentor. So there were about 40 Timorese crew working on the film, and anything up to 150 actors, including extras. A lot of the people involved have gone through the workshops organised by Dili Film Works."

Lead actress Irim Tolentino (who plays Beatriz) was one of them. She penned the first draft of the screenplay after appearing in Balibo and has since directed a short documentary about Dili's tourist-centred Tais Market for Dili Film Works. She wrote the initial script in Tetum in 2009. Then it was translated into English so it could be finessed by Luigi Acquisto in Melbourne. Thereafter it went back and forth, between Dili and Australia until both were happy.

"The film is set over three time periods and three locations," Nick continues. "Filming was done at the end of 2011 and March 2012. Now it is in post-production.

Nick is too polite to mention it - and Betty too pre-occupied with her daughter. But according to a report by Wendy Frew in the *Sydney Morning Herald* in September, Dili Film Works needs another $100,000 funding to ensure the movie is completed.

The plan is to have it ready for commercial release next April, with a showing in Dili followed by an outdoor screening tour of Timor Leste.

But where will the Australian premiere be? Melbourne is favourite, considering the number of Victorian film makers who have contributed. But wouldn't it be good if we could organise an international film premiere in Pittwater for once?

More information: www.dilifilmworks.com

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Parish Priest, Father George Kolodziej presented with a rose on International Teachers' Day.

Year 1 Mum, Jo Longhurst

Principal Mrs Kathy Gee with School Captains and Student Class Representatives among roses for International Teachers' Day.

Parents, Tamara Harding, Alison Quinton and Danny Longhurst

Regina School Parent Photographers, Victoria O'Neill and Peta Wise

Tweet Like +1

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Maria Regina Catholic Primary School at Avalon

Pink Ribbon Day at Maria Regina

By Joanne Seve

Year 1 Class parents, Jo Longhurst and Lisa Taylor at Maria Regina Catholic Primary School, Avalon did a marvellous job organising the annual Pink Ribbon Day Breakfast fundraiser at the School on Friday, 26 October.

For $10 per family, parents, grandparents, students and teachers at the School each enjoyed a wonderful breakfast, donated by Year 1 parents, so that all funds could go to the Cancer Council for its prevention programs, support services and research for Women's Cancers.

For a gold coin donation, students dressed in pink mufti, adding to the spirit of the day and they and their families purchased merchandise from Pink Ribbon, ranging from $3 to $10.

Year 1 and other parents also made generous donations for hamper raffles at the Breakfast. Year 1 Class teacher, Mrs Rebecca Billing was an active catalyst for this.

There were also silent auctions of a big children's Doll's House donated by I Am Kidz of Avalon and a framed autographed swimming cap and photo of Australian Silver and Bronze Olympic Medallist, James Magnussen and there were two very special guest speakers at the Breakfast.

The School's P&F Association and all the School are pleased that in addition to raising moneys for the Cancer Council, the morning was a celebration of community support for one another.

Friday, 26 October 2012 was also International Teachers' Day and each of the teachers at the School were presented with a rose as an expression of appreciation by all the students.

Joanne Seve, President, P&F Maria Regina Catholic Primary School, Avalon. Photos by Victoria O'Neil and Joanne Seve.

Year 2 Students

Mrs Wright (teacher), baby and students

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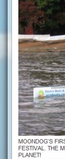
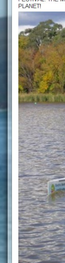
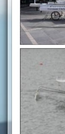


MOONDOG'S FIRST OUTING – LAKE BURLEY GRIFFIN TRADITIONAL BOAT FESTIVAL. THE MOTIVE POWER IS VERY TRADITIONAL – IT BUILT THE PLANET!



A CLASS CATAMARAN 'BAD DOG' IN ITS LAST REGATTA, PRIOR TO CONVERSION TO 'MOONDOG'

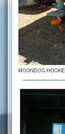


THE OLD 'DISCOVERY' CHANNEL INTERNATIONAL CLASS SOLAR RACEBOAT AT NEWCASTLE ENERGY EXPO 2052 (ABOVE), AND WINNING ITS LAST RACE ON PENRITH LAKES 2008 (BELOW)

4 x 125w SOLBANFLEX CP125 LIGHTWEIGHT FLEXIBLE SOLAR PANELS ON MOONDOG'S FOLDING & ROTATING SPACE-FRAME ARRAY

Movie of Moondog exploring some of the shipwrecks in Sydney Harbour: **Mullet dives on Long Bay wreck** - Published on May 12, 2012 by georgeofsatonga

MOONDOG HARD AT WORK IN THE OFFICE DRIVEWAY



MOONDOG HOOKED UP TO THE INVERTER, MAKING 240v POWER

REDARC 700 WATT INVERTER TURNS MOONDOG'S 24v DC CURRENT INTO 230v AC FOR USE IN THE OFFICE

AUSTRALIA'S FIRST ECO BOAT SHOW AT BAYVIEW, PITTWATER NSW
SUNDAY 18 NOVEMBER, 2012

A group of boating enthusiasts and small businesses who have a swag of innovations to make boating more sustainable will be putting their technologies and products on display at Australia's first ever Eco Boat Show, at Pittwater's Bayview Anchorage, on Sunday 18 November.

A range of brand new technologies will be displayed, including:
- the world's first solar-hybrid motor cruiser – the beautiful Greenline 33,
- a brand new solar powered luxury houseboat design – the stylish Mothership,

- a range of electric saildrives, outboards and inboard motors – Eco Boats' wide range,
- hydro generators and hydrogen fuel cell generators for cruising and racing yachts – Ynoves has some amazing innovations,
- new flexible lightweight solar panels – Solbianflex, the new standard,
- 'Moondog' solar powered catamaran demonstrating solar-electric power in-water.

The Bayview Eco Boat Show is open to all, free of charge, at 1741 Pittwater Road, Bayview NSW. Sunday 18 November 2012, 10am till 5pm.

CLICK HERE FOR MORE INFORMATION on all the exhibitors and the amazing innovations and brilliant new designs on show.

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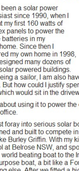
A SOLAR POWERED BOAT POWERED OFFICE – IS THIS A WORLD FIRST?
by Dick Clarke



I have been a solar power enthusiast since 1990, when I bought my first 160 watts of Solarex panels to power the house batteries in my motorhome. Since then I powered my own home in 1998, and designed many dozens of other solar powered buildings. And being a sailor, I am also have a fascination with solar powered boats. But how could I justify spending thousands on a fancy solar boat which would sit in the driveway at least five days a week?

What about using it to power the office? Or at least, the computers in the office.

My first foray into serious solar boats was a race boat specifically designed and built to compete in the new defunct solar boat races on Lake Burley Griffin. With my kids' school, Covenant Christian School at Belrose NSW, and sponsored by Discovery Channel, we built a world beating boat to the International Solar Rule. It was a one purpose boat, a bit like a Formula One race car – useless for anything else. After we fitted a high performance lightweight array built by Solar Sailor, the boat was unbeaten during eight years of competition. Rather than spoil our competition, we seemed to scare it away!

Click to see the 1 Minute Movie MOONDOG ON LAKE BURLEY GRIFFIN. Also see a longer movie of Moondog being useful – exploring shipwrecks, below.

THE MAKING OF MOONDOG

A couple of years ago I decided to build a multi-purpose solar boat – one that could take a few passengers, with an open deck that could be accessed by a wheelchair, or used for photography, fishing, camping, almost anything. A kind of lightweight water-ute. So Moondog, the solar powered cat, was conceived and designed with what we had available – our standard architectural CAD program.

SOURCE BOAT

My sailing boat of choice is the A Class Catamaran – the Formula One of sailboats. A lightweight single hander, it is fast, precise, and more than enough of an adrenalin fix for anyone. The boat I was sailing at the time was nearly twenty years old, and apart from being much slower than newer boats downwind, it was beginning to creak when pushed hard.

Time to give it an easier life. It is an early example of kevlar epoxy and foam sandwich construction – pretty advanced for 1990. It also had very deep hulls for an A Class, which provided useful buoyancy for the extra weight it would carry. I was determined to make the construction as sustainable as possible, in the end being about 75% reused or recycled.

Retaining the hulls and cross-beams, I replaced the trampoline with a box-girder ply and carbon fibre deck. The ply is FSC Gaboon marine ply, sourced from Denman Marine in Tasmania. It is grown in the Philippines, and made in France. Gaboon is the boatbuilder's ply of choice for its strength to weight ratio, but is a rainforest tree, so being certain of its provenance was essential, and FSC is the only certification system I fully trust. Clearly it has covered a lot of sea miles to get to Sydney, but I wanted to be part of the early push for FSC marine ply, in an industry which still sources a lot of ply from unsustainable sources.

The carbon fibre applied to the underside of the bottom skin for tension skin that enables the rest of the deck to be thin and light. The new deck extends forward of the original main beam, to allow the longitudinal centre of gravity to be located over the deeper forward sections of the hulls. Second hand hatches allow access to the hulls, which had foam fill installed to half depth for positive buoyancy.

SOLAR ARRAY

The solar array was reused from the old school race boat, but I discovered the soldered connections between cells on the original cells were failing by degrees, in spite of micro-surgical resoldering. So 500 watts of new Solbianflex lightweight panels was installed onto the original aluminium space-frame. This array is supported by an A-frame fore and aft, which can be lowered for trailing. The PV output is maintained in either position.

The A-frames were constructed from the mast of another old A-cat, with other bits of scrap aluminium used for the head fittings and braces. The raising and lowering mechanism is brute strength, but as the array only weighs 10kg, it is not that hard.

Assorted old boat fittings provided the stays and safety clips to keep the A-frames pointing upward. The advantage of A-frames is that they allow the array to tilt from side to side to pick up low sun – a feature carried over from the old raceboat. It gives over 2m standing headroom: giving shade and some protection from rain. In stronger winds we have a policy of not tilting the array, just to be sure we have no windage problems.

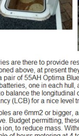
The four Solbianflex CP125 panels give a maximum rated output of 500 watts. As Collyn Rivers and other PV gurus are at pains to point out, actual output is usually 20% less than rated output, although the Solbianflex panels appear to be less prone to heat fade than many cheaper panels. They are 16.5% efficient, and although there is a higher performance series available, the layout on the frame meant they offered no advantage in this case.

These mass-produced panels cost exactly 25% of the cost of the super-duper experimental hand-made Solar Sailor1 panels in 2001, for exactly the same output. Nice how PV affordability has changed! 500w drives the boat at about 4 knots (7.5km/h). Faster speeds theoretically then draw down on the batteries.

ELECTRICAL CONTROLS & BATTERIES

The charge control is currently in a state of flux. Originally we installed a GSL BMPPT800 maximum power-point tracker (MPPT), with the panels in parallel for 12v input to the controller, which then outputs 24v to the batteries. This is because the motor is 24v (more on that below). We are also testing a couple of Redarc BCDC1240 charge controllers, which also have MPPT functionality.

One of the issues we are yet to fully resolve is that while the controller is charging the batteries nicely, it is not allowing the PV array to power the motor fully – that is, the array is being held back from delivering full power. This is causing some scratching of heads, but I'm confident there is a simple elegant solution waiting somewhere.



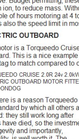
CONSTRUCTION PHOTOS: DECK HATCHES (LEFT) AND OLD MAST TURNED INTO NEW A-FRAMES

Batteries are there to provide reserve power, although as mentioned above, at present they are contributing too much. We have a pair of 55Ah Optima Blue Top spiral wound AGM deep cycle batteries, one in each hull, as far forward as we could get them to balance the longitudinal centres of gravity (LCG) with buoyancy (LCB) for a nice level trim.

All cables are 6mm2 or bigger, and circuit breakers protect every point. Where possible permitting, these will one day be replaced with lithium ion, to reduce mass. Without any solar input, 55AH provides a couple of hours motoring at 4 to 5 knots, or about half full speed. This is also the speed limit in most closed waterways.

ELECTRIC OUTBOARD

The motor is a Torqueedo Cruise 2.0R two kilowatt electric outboard. This is a nice example of German engineering with a price tag to match compared to cheaper Chinese motors.



TORQUEEDO CRUISE 2.0R 2kv 2.2kW ELECTRIC OUTBOARD MOTOR FITTED TO MOONDOG

But there is a reason Torqueedo is the standard by which all others are judged: they still work long after others have died, so the investment in longevity and importantly, reliability, is well worth it. The Cruise 2.0R is the remote control forward steering version. This allowed me to install two brand new (couldn't find second hand) swivel seats in a forward position, with a deck mounted horizontal steering wheel mounted between them. So you can sit in either chair, steer with one foot, leaving both hands free for camera, rod, beer – whatever.

Click to see Moondog on the NBN News, Coffs harbour, prior to the 2012 Bellingen Energy Festival where we shared the stage with Bob Brown and Dick Smith: *NBN News – Moondog at Bellingen Energy Festival*

The motor contains a GPS, and the remote control shows speed over ground, instantaneous power consumption, battery charge and distance remaining at current power draw. A conventional forward and reverse lever controls speed. The motor is rated to draw 2kw, but at full throttle from a standing start will draw 2.4kw. Happily, all the components allow this without complaining. But as everyone knows, if you can find power your energy reserves don't last long. I added a cavitation plate to the outboard leg, to allow full power reverse to stop the boat from full speed ahead within 1.5 boat lengths.

GETTING OUT AND ABOUT

The old A-cat trailer was no longer suitable, so Ebay provided a useful donour which was adapted with scrap steel and second hand rollers into a purpose-built trailer which makes launching and retrieval a breeze, without submersion, which extends its life dramatically. The whole rig weighs less than 400kg, so is quite easily and economically trailed on the road.

So far we have only used Moondog for short trips exploring the shipwrecks of Sydney Harbour, the quite backwaters of Pittwater, and a trip to the Kalang and Bellinger Rivers to promote the Bellingen Energy Festival. We will be exploring the Myall Lakes in early 2013, but we are looking for something more meaningful for Moondog to sink her teeth into – suggestions welcome.

MOONDOG'S NEW JOB

In the meantime, her Monday to Friday job is running the computers in the Envirotecture office. The boat is parked in the sunshine, so it is able to make a useful amount of power – we just had to find a way to get it into the equipment. We have a Redarc 700w inverter, connected by a heavy duty 12v cable with 35amp Anderson plugs.

The inverter is similar to those in any grid-interactive PV system, just a bit smaller. It is mounted in a secure weatherproof box beside the boat, with the 240v outlet cable running into the UPS which already supplies smooth uninterrupted power to all the computers and printers in the office.

We need a UPS because the electricity supply to Sydney's northern beaches is very susceptible to thunderstorm and windstorm disruption. This effectively gives two reserves of power – the boat's own batteries in the first instance, and the UPS' back-up batteries as well.

In the office we have three 700w iMacs, A2 and A4 printers, and occasional laptops and other devices. If all of these were to run simultaneously at full power, we would draw more than 3kw. In practice, the iMacs mostly run at less than half pace, and with phone calls and interruptions, are often in monitor sleep mode at various times throughout the day. This gives the boat time to recharge any periods of over-draw.

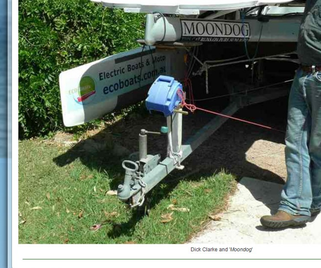
In practice, the array's (rated) 500 watts of power, in full sun or near to, covers the office demand nicely. Once the sun goes off the boat, we revert to 100% Accredited Greenpower to drive the UPS. In summer, nearly all working hours will be directly powered by the boat, but in winter we will draw at least half from the grid.

Over the course of a year, it is expected to be slightly cash-flow positive, after accounting for the cost of the new PV panels, the inverter, and all ancillary equipment, including interest at bank rates.

I'm not absolutely sure, but I think this may be the world's first solar-powered-boat-powered office. Contact us if you know of another – we could form an association!

Dick Clarke, Director, Envirotecture

At: www.envirotecture.com.au/ Ph: 9913 3997



Dick Clarke and 'Moondog'

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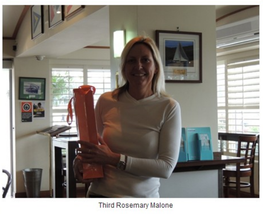
Lady Skippers Race

by Robyn McWilliam

Here's Trouble

Firefly with seaplane overhead

Second Jan Gillies



Third Rosemary Malone

Skies were grey and course number 19 was displayed on the tower as seven monohulls started in the Royal Motor Yacht Club's Lady Skippers Race on Sunday 21 October 2012. Ladies must helm for the race duration but men are permitted as crew.

A light northerly breeze of two to three knots saw the faster boats move ahead towards Towlers Bay mark. *UpnAdam*, skippered by Rosemary Malone, *Electra*, skippered by Anne Worsley and *Firefly* skippered by Jan Gillies then unintentionally parked in a hole near the first mark allowing *Supernova*, skippered by Karen Davenport to round first. Then the three found a breath of wind to continue followed by *Red Red Wine*, skippered by Robyn McWilliam then That Boat, skippered by Jenny O'Neill and bringing up the rear Kayo Ozaki skippering *Here's Trouble*. Sailing is so much easier in a consistent ten to fifteen knot wind.

The leg across to Taylors Point saw *Electra* take the lead and *Supernova* drop back to fourth place. In these light conditions it's essential to keep the boat moving. On the way to the Mackerel Beach mark the breeze picked up to six or seven knots and *That Boat* snuck past *Red Red Wine*.

Pittwater was unkind to sailors on the downwind leg back to Taylors as the wind dropped to under five knots. Sails hung listlessly, crew sat on the gunnels to increase the angle of heel. Earnestly looking for any puff from behind, skippers of the smaller yachts watched as the bigger ones increased their lead. They ghosted out of sight beyond Taylors heading for the finish line back off the club.

The race duration of three hours was becoming a concern to the back markers. Finally, on the last leg the breeze picked up to around ten knots and *Red Red Wine* finished with eleven minutes of time remaining. *Here's Trouble* followed right on the gun.

Scratch boat was *Electra* and boat crews gathered in the Quarterdeck for some finger food and the presentation. Kirk Watson, the race organiser, presented the prizes. First on handicap again this year was Jenny O'Neill on *That Boat*. Second place went to Jan Gillies on *Firefly* and third to Rosemary Malone on *UpnAdam*. They received their prizes but the winner will have to wait for the trophy presentation at the award night in March next year. Jenny's name will be engraved on the shiny silver trophy for a second time.

The winners - First – Jenny O'Neill

Light airs sailing is a challenge. Ten to fifteen knots provide much more fun. Let's hope more boats with lady skippers are on the water in October next year.

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Tweet | Like | +1

Supernova

UpnAdam, *Firefly* and *Electra*

That Boat catching Robyn on *Red Red Wine*

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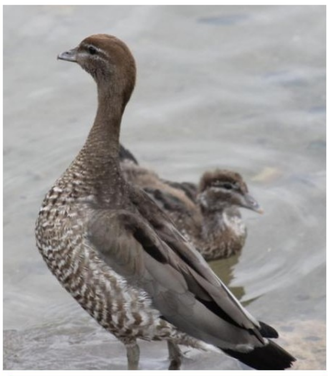

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Australian Wood Duck Family in Newport – Spring 2012

On Sunday this family of Australian Wood Ducks, mum and dad, and their new offspring, were enjoying a swim on Crystal Bay, Newport. Although cautious they were quite happy to come closer and looked in expectation at the photographer; perhaps someone is feeding them in the vicinity.

The Australian Wood Duck *Chenonetta jubata* is a medium-sized 'goose-like' duck with a dark brown head and a pale grey body with two black stripes along the back. *Chenonetta jubata* is from the Greek words *chen*, meaning 'goose', and *netta*, meaning 'duck'. *Jubata* is from the Latin word *jubatus*, meaning 'maned'. Males have the darker head and a small dark mane, with a speckled brown-grey breast and a black lower belly and undertail. The females have a paler head with two white stripes, above and below the eye, a speckled breast and flanks, with a white lower belly and undertail. In flight, the wings are pale grey above, contrasting with black wingtips, and have a noticeable white bar on the underside (the secondaries). They walk easily on land and may be seen perching on logs and in trees. They will only take to open water when disturbed. This species is also known as the Maned Duck or the Maned Goose.

They form monogamous breeding pairs that stay together year round. Nests can be found in tree holes, above or near water, often re-using the same site. These nests are lined with down. The female incubates 9-11 creamy white eggs while the male stands guard. As you can see from these pictures there only three left in this brood as many folk forget we have ground dwelling waterbirds in Pittwater that are prey for domestic cats and dogs as well as feral animals. To see more waterbirds return to and be safe in Pittwater we all need to take responsibility for our pets and ensure they are either kept in at night or placed in a secure yard where they will not 'hunt' these beautiful feathered creatures.

Once the ducklings are ready to leave the nest, the female flies to the ground and the duckling will leap to the ground and follow their parents. Like other waterbirds, the Australian Wood Duck hatches with a covering of waterproof down and can enter the water almost straight away. Both parents feed young and the juvenile ducklings will remain with their parents up to a month after fledging.

They are found throughout Australia in grasslands, open woodlands, wetlands, flooded pastures and along the coast in inlets and bays. The most common call is a loud, rising gnow sound the female makes while the male call is shorter and higher than the females. Staccato chattering is also present in flocks when feeding. They eat grasses, clover and other herbs, and occasionally, insects.

Further:

Australian Wood Duck. (2012, September 5). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Australian_Wood_Duck&oldid=510885614

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Ducklings.

Australian Wood Duck - Male.

Australian Wood Duck - Female.

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TARRANGAUA

by Susan Davies

Friends of mine recently took me to Scotland Island for a few days, it was a surprise visit and I had no idea where they were taking me. They chose this area because I have told them how much I have enjoyed books written by Susan Duncan (it was these friends who gave me my first SD book). Since then I have become interested in Tarrangaua and I was delighted when the ferryman took me over for a look, which inspired me to write these poems that I would like to share with you.

TARRANGAUA

With eyes squinting I look across the bay
waves sparkling through the morning rays
like a glorious vision she appears
near the water's edge
elegantly standing, looking proud
dressed in a coat of pale cornflour
her beauty alluring, an air of mystique
the graceful lady of Salvation Creek

Susan Davies 22/10/12

With eyes squinting I look across the bay
waves glistening in the morning rays
Like a glorious vision she appears
only in dreams do I dare go near
Elegantly standing in pale gold
alluring, her beauty is to behold
When shadows fall across her face
gum trees engulf her in warm embrace
There's something about her, an air of mystique
the silent old lady of Salvation Creek

Susan Davies about Tarrangaua 16/10/12

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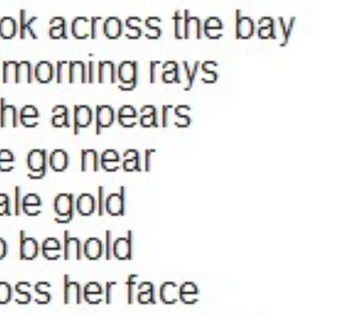

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

Pittwater Online News

Pittwater's Community Newspaper

Wednesday, 3 October 2012

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Thanks Mr. Truscott & NSC Scout Hall

Thanks Mr. Truscott & NSC Scout Hall

Mayor Rob Stokes, Mark Lowrie MP, Mr Truscott and Scouts

Visions The Week

Visions The Week

Pittwater Rugby Club Under 16's Girls Team

Sydney Wide Sale - Sydney's biggest garage sale

Sydney Wide Sale - Sydney's biggest garage sale

Sydney Wide Sale is the biggest garage sale in Sydney and will be held on Saturday 13th October 2012. Sydney Wide Sale is a great opportunity to clean out your garage, attic or spare room and sell your unwanted items. Sydney Wide Sale is a great opportunity to clean out your garage, attic or spare room and sell your unwanted items. Sydney Wide Sale is a great opportunity to clean out your garage, attic or spare room and sell your unwanted items.

Pittwater Rugby Club Under 16's Girls Team

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October 28 - November 3, 2012: Issue 82

Malo Legardinier

Malo is an 18 year old musician. A vocalist and more than apt on piano and guitar, he has known from an early age that he wanted to be a musician. Leading a group of Pittwater musicians, his lyrics and music won the first Youngbloods competition earlier this year and his EP's have sold in excess of 160 thousand copies so far. Long term professionals such as Paul Robertson, who initiated and runs the Northern Beaches Music Festival, when announcing he and his band as winners, also told the audience that this was someone to keep an eye as he could see great things in this young man's future. This week we took the opportunity to speak with this young man who calls Pittwater, as much as France, 'home'.

Where were you born?

Caen; a little part of Normandy. It's like a little city. In France it's not the same as in Australia. You have Paris, which is the main city but where I was born it's just a little city.

You have a tradition of music in your family, your father Gael Legardinier used to play. What kind of music did he make?

He used to play different styles. He began with punk music; I used to go with him to concerts. I lived with my grandparents but they also travelled around the world and when they were away I would go with him. He moved on to playing Folk and Funk and he used to play Metal as well. Then he got back to pop music.

He has a bit of a following in France?

Yes. He used to manage a few bands in France too, bands that have done really well.

So he moved into the management sphere of the music industry after being a musician?

Yes.

Did this help in learning how to be a professional musician?

Not really. Of course he helped me by always including me and when I was younger he tried to teach me guitar but I wasn't really interested in learning how to play guitar in the beginning. I made up my mind when I was very young that I wanted to play music. **I have always wanted to be a musician.**

When was your first conscious musical moment; that moment when you knew this was for you?

When I was about six or seven, six I think, when my dad was touring as part of the festivals and I was watching them all on stage, he was a guitarist, I could feel so much love coming from everyone in that place. I was like 'yeah' (this is it).

The year after this, when I was seven and touring with my dad when he was managing a new band, we stopped at Bergerac which is close to the border. The band were playing their gig and I don't know why but I decided to join them on stage at the end of their gig to play a song and people really liked it.

They applauded and you realised that you liked it?

Yes. I could feel their love.

What was the name of this band?

Tiere-lantit.

How big was the audience?

A little audience, maybe about 200. That was great.

Can you remember what you sang?

Yes, that was funny, because I didn't know how to speak English and I just started to sing "One, two baby." It was very bad (my singing in English) but also good for me to experience that.

What inspires your music?

I draw inspiration from everywhere. I used to listen to many different kinds of music when I was younger, for example, my dad used to make me listen to Classical music; I listened to so much Classical music when I was young and I loved orchestras, all the different sounds you can get from orchestras.

When I was about nine or ten I started listening to Marnandi music which is a different style, there's lots of picking in that. I like different styles of music, I'm open to listening to soft music as much as the harder songs. My main influences, I really like The Doors for all their different dimensions, The Rolling Stones as well obviously.

You have just recently released an new EP called 'EP', was this choice a tongue in cheek one or does EP have another meaning for you?

Not really. It's called EP because I didn't really decide on a name.

How many tracks are there on EP?

Six.

Which is your favourite track and why?

It's hard to explain this; for the EP and for the first album I recorded them myself, I didn't go to a studio. When you're recording them yourself you are listening all the time to the same song and by the end you can't listen anymore it's such a long and involved process. So I don't have a favourite track but I do like 'Crazy Mind', it's one that I can't get bored of. It's a very different style; It was something I wanted to do as well, it's a bit of trip-hop music.

What's trip-hop music?

It's a bit of hip hop and electronics fused, you know Portishead?, That's trip-hop music.

NB: ***Trip hop music*** *fuses several styles and has much in common with other genres; it has several qualities similar to ambient music, its drum-based breakdowns share characteristics with hip hop, and it also contains elements of house, dance, R&B and dub reggae.* Trip hop. (2012, October 27). In Wikipedia, *The Free Encyclopaedia*. Retrieved from http://en.wikipedia.org/w/index.php?title=Trip_hop&oldid=520077002

Your music is rating very well on iTunes charts, it just keeps going up and up; we've seen recently a chap from Korea as a phenomenon and being listened to by millions but you're rating really well against such names. How does it feel to see people appreciating your music?

It feels great. My first album and my EP are something very special to me, I just started and did these by myself, I put so much love into them; I couldn't really expect that they'd be that successful. My first album has been very successful in France and it's great to see them keep going up and up. I'm so happy about this but it's something I really didn't expect.

You have established a growing audience in Australia and France. Are there other countries where people are becoming aware of your music?

We've been able to see that people in the United States, Mexico and a few in Canada are getting the tracks. Canadian people like my music.

What do you do when you decide to have a day off music?

I like going to the beach or somewhere where it's very quiet. Somewhere that's calm, hearing the sounds of Nature, closing my eyes and relaxing. I really love one of the places here in Avalon – Paradise Beach.

Paradise Beach is your favourite place in Pittwater?

Yes.

Why is that?

Because it's so quiet and very very peaceful. It's so beautiful and it's the best place around.

If you could be a feathered, furred or finned creature what would you be and what would you do?

I would be a duck because ducks area amazing. They can fly and swim; they can go in the water, across the land and they can also fly.

Do you like eating duck?

Oh yes, it's great. Yes, they're good for eating as well.

What is your favourite food then?

In France I really like the Mussels and Chips. On the coast, each region has a specialty dish and in Normandy there's this place on the coast called Cabour and they make this; it's amazing. Everywhere you go in France each place has a specialty dish. When I'm in Australia I really like the Sushi and Thai food.

You have recently been signed by French record company Atmosphériques. How did they happen?

I received a few offers from different record companies in France because my first album did so well in France. The first offer was the beginning of March, about two weeks after I released the album and I was on the first page of Deezer which is a huge website in France, similar to YouTube except it is for music only, like Spotify too, there's 8 million people everyday on this website.

One morning, just before I went to school, one of my friends called and said "Dude, you're on the first page of Deezer!"

I said "No way!", I knew that people would be possibly listening to my music in Deezer but I couldn't expect that I would be on the first page. They contacted me and after looking at what they planned I knew they would be best for me and accepted their offer.

What does being on the first page mean?

It means you're getting a lot of hits or people listening to your music; if they like it then they talk to others about your music and you get more people listening or 'hits'.

I did have an agreement, a publishing agreement with a little record company; they didn't do any promotions or anything like that but then Diesel discovered my album and loved it and decided to put it on the first page. Thanks to that I got a lot of people listening to the album. There was 160 000 listeners and people who bought my record which was fantastic.

What does your contract involve?

It's a five year contract. I explained to them that it may take a little bit longer for the next lot of music as I've just put out my second one, the EP called 'EP', and they said that's fine, we'll do another EP, three or four songs, and then an album, but when I got back here this time I have had so much inspiration that I have written about 15 new songs and next week I'm going to record a Demo.

I will send this to my record company and if they like it, if they like the 15 songs, then I'm not going to release an EP I'm going to release an album. I may record this in Los Angeles; the boss of my record company is a great guy. He likes to send his artists everywhere around the world for recording their albums, he looks at what is going to work best for them, for the music.

Do you think it's very important for an artist to be supported financially so they can get on with and focus on their work?

It's vital. For the first album I didn't have much money and made it all myself. I bought one microphone and did the best I could with what I had.

How old were you when you recorded your first song?

I was 12. I met this guy who managed me for five years and taught me how to record yourself as well. He was a very important influence in my life, he taught me how to mix songs and all the very important aspects of sound engineering. He would leave me alone all afternoon in the studio and tell me "record yourself". He was a producer and I started to record an album with him when I was 13. I had to move around then so that stopped completely.

The name of this song was 'Cours' it means 'run'.

When you compare that song to the music you're making now can you notice an evolvement?

Yes. The songs I did before were not very good, horrible.

What was Cours about?

About running into life, embracing life; '*run, run, don't stop*'; I always have thought that you have to enjoy your life as much as you can, realise all the dreams you can because you may be dead tomorrow.

You knew that at 13?

I always knew that because my dad, I think I had a very special but odd childhood, was always taking me into pubs and I'd see so much of life. It's not like here where you cannot take children into such places, or then, where you could go, in France, into smoky pubs.

What was it like growing up going on tours with your dad, did you have a tutor?

School was always second for me, music was first. When I was young dad was like 'don't waste your time on homework we have so many other much better things to do', the teachers got a bit annoyed with him because sometimes I was in the class and sometimes I wasn't due to being on tour with my dad. He knew reading and writing was important but being in school wasn't a priority, experiencing life was an education as well.

What plans do you have for the future?

Well, if music doesn't really work I'd like to keep learning and one day open my own record company so I can help people with their music. Next year, in 2013, I'm going to do a European Tour, so I'm excited about that. I remember when I toured Tasmania it was great, I had some of the musicians I've worked with here on that.

What did you think of Tasmania?

It was great. I went to this amazing place called Wine Glass Bay, it was beautiful. We were there for a week and a half with the Barrenjoey Music Band.

How long are you in Australia this time and are you doing any gigs while here?

I'm going back to France at the end of November. I'm doing a solo gig tonight at the Chelsea Teahouse and another at Avalon Market Day as the last music before the DJ in Dunbar Park. We'll be playing for an hour or so.

So what does a week's work involve at present?

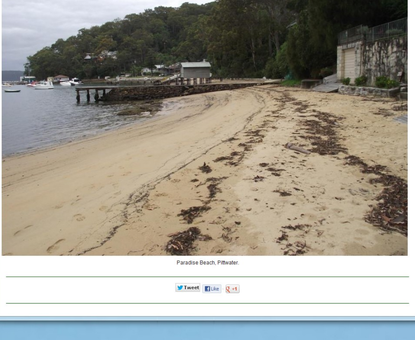
I'm working at present with my record company on re-releasing 'The Old Way' the first album in France, it's going to be available in shops. This will happen around January 2013. We will be doing some video clips to support this. I'm also doing interviews and promotions at present, as well as working on the new songs; it's a full time job. You have to approach it with a professional attitude as much as have passion.

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

'***Vis ta vie et profite de chaque instant!***'

English: '***Live your life and enjoy every moment!***'

You can listen to Malo's Music HERE



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Paradise Beach, Pittwater.

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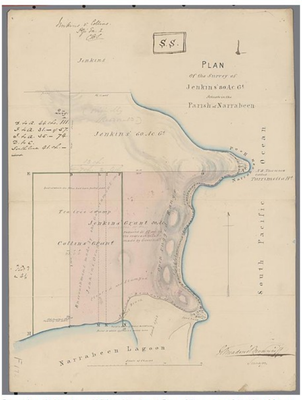

Brownrigg, W. Meadows (William Meadows) Plan of the survey of Jenkins' 80 acre grant [cartographic material] : situate in the Parish of Narrabeen 1831 - 1859. MAP F 172.Courtesy National Library of Australia.

Above and Below both titled; Towards Manly from Sheep Station Hill, Narrabeen. Images d2_53089h and d2_53100 From NSW Govt Printer series. Courtesy State Library of NSW.

Curve on Sheep Station Hill Southern side. **Dec 1934**. Image No.Government Printing Office 1 - 01822r and Below: 01823r. Courtesy State Library of NSW.

Title: Main Road 164: on top of Sheep Station Hill looking south. **10 Mar 1938**. Image d1_26929 Courtesy State Library of NSW.

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Sheep Station Hill – Warriewood

The origin of the name for this hill now is obscured. We spoke to former Mayor and Councillor David James who recalls this rise being named Sheep Station Hill as a teenager and that you could just tell the bus driver you want to alight at Sheep Station Hill and they would know where you meant, sheds a little light on a possible answer as to where the name may have derived from;

I have a remembrance that at some point in the early development of the sheep industry in NSW the coastal areas were tried out and failed due to the prevalence of foot rot caused by the damp conditions that the sheep species of the day could not cope with. Something about running them on waterlogged or swampy ground, which part of that Jenkins land grant including the (now called Warriewood) Wetland and surrounds.

I think it may prove to be in the end more a folk memory, which is still an authentic source of history, of a failed attempt at sheep industry that was tried in the coastal regions. Fluke or liver disease is another supposed reason that early attempts at sheep did not succeed on the coast and had to await movement by the Macarthurs to the Camden and Parramatta areas (higher and better drained land). Also the only salt tolerant native grasses on the coast (femita species or kangaroo grass) while being useful as fodder were slow to regrow after grazing and soon were eaten out.

The Pittwater Offshore Newsletter's historian, Leicester Warburton, offers another insight into the use of this hill;

It is true that for a few years crime did continue to stain the fair name of beautiful Pittwater. For many months detectives were continually sent there. At one time six were reportedly camped on nearby Sheep Station Hill to watch for trouble. But, finally, active crime ceased and the district settled down to the quiet it still enjoys.

Leicester Warburton. Pittwater Offshore Newsletter. Volume 9, Issue 113; January 2006

Many people tell of the outlook from this rise which shows you the lovely valley of Warriewood stretched to the western horizon and a lovely view south to Narrabeen. This hill also was well known for its steepness though;

"... So jaded were the horses at the holiday season that it was sometimes necessary for travellers to get out of the coach at steep grades and help push it up hills. This happened at Sheep Station Hill, beyond Narrabeen."

JSN Wheeler, 1941.

Sheepstation lookout. If you look diagonally across the sport fields, to the northwest, you will see Sheepstation Hill, separating Warriewood and Mona Vale. Before a cutting was made for Pittwater Road, it climbed up and over the steep slope. In the 1880s, coach travellers to Pittwater had to dismount at the foot of the hill to help push the coach to the top.

With its highly fertile soil, Warriewood is an area with a long history of farming. In 1829 a 350 acre parcel of land was granted to James Jenkins who established Cabbage Tree Hill farm. In 1906 the land was subdivided and sold in residential and farm blocks. The area expanded as a farming district and by the middle of the century was known as Glass City. This was due to the large number (over 3500) of glasshouses which were used to cultivate tomatoes. *Pittwater Council Website.*

Warriewood has also been an indication of the rural side of Pittwater and despite its swampy boggy ground yielded produce and timber for many;

The climate is so salubrious, and the temperature so mild and even, that all plants and flowers flourish with luxuriance and come to maturity and bear some weeks earlier than in other districts around Sydney, with the consequent high prices always paid for early products of good quality.

There is almost an entire absence of frost, as proof of which it may be stated that as many as three crops of potatoes have been obtained in one year from the same piece of land.

... Fine timber, including Ironbark, Stringybark, Grey Gum, Turpentine, Mahogany, Forest Oak and others are available in plenty for building, fencing, firewood and other purposes. Many of the trees are very fine and were pushing their leaves to the sunlight long before Captain Cook landed.

The fine coastal rainfall here is ample for all requirements, and the excellent loamy soil possesses that grand characteristic of retaining the moisture for much longer than ever happens between rains; the surface never cakes or bakes, so that even in what might be termed a dry season all vegetation continues to flourish, and droughts as experienced in the country districts are quite unknown." *Henry Halloran & Co, The Great Warriewood Estate, 1907.*

Sales; PROPERTY MARKET. Messrs. Henry F. Halloran and Co. report a successful sale of the Warriewood Estate on the ground at Narrabeen and Rocklily, on Monday, when there was an excellent attendance and fair competition. 25 township lots were sold at from 11s to 25s per foot, 13 hill sites at from £00 to £72 10s each, and13 farm blocks at from £20 10s to £35 per acre. Total sales. £3571. PROPERTY MARKET. (**1906, October 3**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article14803817

In geological terms the soil composition and height seems rich with lightning attracting qualities;

LIGHTNING FLASH. Men Struck at Warriewood. TREE SPLINTERED. Three men were slightly Injured by a flash of lightning, which struck a tree at Warriewood, near Mona Vale, on Friday. Mr. D. McLaren was clearing debris from his garden in Hill-street, and Mr. J. Skinner was watching him from a nearby house. Both men were almost blinded by a vivid flash when lightning struck a tall gum tree about 70 yards from Mr. McLaren. Every bough except one was hurled from the tree by the force of the explosion, and pieces of bark were thrown hundreds of feet in all directions. One bough, 4ft in length, was tossed 100 yards, where it struck the chimney of a cottage. Windows in neighbouring houses were shattered. Mr. McLaren, dazed and paralysed in one side, was able to reach Mr Tarry's home, a neighbour's house, where he collapsed. He was treated, and suffered no ill-effects.

James Savage and Hermann Schrelnerp were working at the switchboard of the Mona Vale post-office, when their instruments were struck by a blinding flash. The two men were stunned, and when they recovered were almost helpless for some time. Then they returned to duty, to find that a number of lines had been rendered useless by the disturbance. Patrolling Mona Road, Constable Langhurst received a severe shock in the right arm, but' was able to resume duty.LIGHTNING FLASH. (**1931, April 27**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article16772870

Houses Rocked by Fireball. One man was temporarily paralyzed; two telephonists and a constable were struck by lightening; houses rocked and windows shattered when yesterday a fireball, exploding in a tree, smashed against an earth embankment near Mona Vale, says the Sydney Daily Telegraph.

Lighting the district for miles, the flaming missile crashed into a tall tree in Hill Street, Warriewood, near Mona Vale. There was instant confusion and terror-the tree splintered and smashed to the ground, and the fireball finished against a nearby embankment. Parts of the tree were hurled over 100 yards.

As the glare died away Mr. D. McLaren, dazed and paralyzed in one side, stumbled from his house in Hill Street, where he had been clearing away storm debris, to Mr Tarry's home nearby. There he collapsed. He was revived later by Dr. Bruce.

Meanwhile at Mona Vale Post Office, telephonists Hermann Schrelnerp and James Savage had been struck while at their switches. They soon recovered to find that six local and five trunk lines bad put out of action. Patrolling Mona Road, Constable Langhurst received a severe shock in the right arm, but was able to resume duty. Houses Rocked by Fireball. (**1931, May 1**). *The Charleville Times* (Brisbane, Qld. : 1896 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article75686553

Cultural identity influenced a way of life in developing Warriewood. Many Yugoslavians who made their fortunes through hard work in the glasshouses and fields became a large part of our community were also part of the 'growing pains' every nation must live through and mature beyond;

I, MRS M. L.... of Warriewood Road Warriewood, New South Wales, hereby wish to apologise for having made untrue statements about the Nationality of Messrs. J. W. and I' F Szand of Sheepstation Hill, Warriewood. I find on Investigation that these statements absolutely untrue in every parameter, and I've had proved to me that they, their parents, and forbearers are thoroughly English in every respect. M LOFTUS Warriewood Road Warriewood. Advertising. (**1940, July 17**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article17680164

Sheep Station Hill has also been the scene of a few deaths. One notable one caused by misadventure;

Stolen Car Overturns. SYDNEY, Today. In a stolen motor car Mr. Harry Slater (aged 30 years), of Dalton street, Mosman, was hurled to his death when the car overturned at Sheep Station Hill, Warriewood, near Narrabeen early this morning. He was thrown 20 yards down an embankment, and died a few minutes later with a fractured skull. Miss Annie Ryan (19), of Harbor street, Mosman, who was also in the car, received a fractured collarbone and injuries to the head, legs, and arms.. She is in hospital in a critical condition. Although dazed, she walked three miles to Narrabeen and told the story of the accident. The car was stolen last night from the residence of Dr. Wardlaw. of Bellevue Hill. The girl was admitted to Manly Hospital. HURLED TO DEATH. (**1930, August 2**). The Mail (Adelaide, SA : 1912 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article63655236

One other mystery that perplexes; we do hope Gip found his or her way home;

DOG-Lost, Black and White FOX TERRIER answers to name of Gip between 10 and 11a m Sunday 30th April from Hill street Warriewood near Sheep Station Hill Reward. Ring Mona Vale 82 Advertising. (**1933, May 3**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 19. Retrieved from http://nla.gov.au/nla.news-article16958758

Pittwater Online News

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Words of the Week

Green: adjective. Of the colour green; covered by green growth or foliage or consisting of green plants or foliage (a green salad); Youthful, vigorous; Marked by a pale, sickly, or nauseated appearance; Lacking in ripeness or full development; Lacking in experience and mature judgment; Concerned with or supporting environment or environmentalism.

From Middle English *grene*, from Old English *grēne*; akin to Old English *grōwan* to grow. Find Known as Pittwater Online

Youth Leading the World Congress - 27th Nov 2012 - 1st Dec 2012

3-day environment congress for young people (core group 15 - 19 years) from around the world to meet, share ideas and develop skills in leadership, communication and environmental action. Australian and overseas, November 27 - 29. 9am - 3pm. It is a 3-day environment congress for young people (core group 15 - 19 years) from around the world to meet, share ideas and develop skills in leadership, communication and environmental action.

Participants explore local and global environmental issues, develop a personal philosophy for sustainability and learn how to take action plans to make changes in their lives, schools and communities. Emphasis on the value of networking and working individually or with groups from their schools.

The Youth Leading the World Congress is held at the Coastal Environment Centre, Narrabeen. Cost: Attendance is free. Bookings: 02 9970 7789 or email: dee@coastcare.org.au. Web: www.coastcare.org.au

New online tool for students

A new online search tool has been set up about eligibility for Centrelink payments.

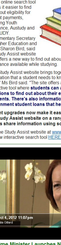
Including Youth Allowance, Austudy and Parliamentary Secretary Bill Shorten and Minister Shane Stone announced the Study Assist website would help students find out about the range of financial assistance available while studying.

"The Study Assist website brings together a wide range of information that students need to know about financial help to study," Mr Bird said. "The site offers a new quick and simple **online calculator to help students find out what they may be entitled to and how much they could receive in payments. There's also information about scholarships and government student loans that can help cover the cost of study.**"

Recent upgrades now make it easier for students to access the Study Assist website on a mobile phone and access text as well as share information using social media.

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

Prime Minister Launches New Online Program to Name Your Favourite Teacher - OCTOBER 08 2012: Prime Minister Launches New Online Program to Name Your Favourite Teacher



Students of all ages will be encouraged to celebrate their favourite teacher of all time as part of a new online program launched by the Minister for School Education Peter Garrett and Prime Minister Julia Gillard.

Speaking of social media, they have also launched a new online game to help children learn about the importance of the technology out of the bedroom," said co-author Paul Verspeden, a professor in the College of Education at the University of Florida in Population Health and Alberta Innovates - Health Solutions Chair in Nutrition.

Youngsters, down in the Australian Antarctic Territory, can now keep in touch with the Aurora Australis by controlling active Long and Short Range Direction Finding (LRDF/SRDF) antennas which link to connect the dints on the relationship between sleep, diet and

Nearly 3,400 Grade 5 students were asked about their nighttime habits, including how much sleep they got, what they ate, and how much physical activity they did. Researchers also looked at video game console in their bedroom; 21 per cent had a computer and 17 per cent had a television. Those who had more screens in their bedroom slept less.

Some 57 per cent of students reported using electronics after their parents told them to go to bed, and 43 per cent of students have been the most popular activity. Twenty-seven per cent of students reported playing video games before bed.

Researchers found that students with access to one electronic device in their bedroom were 30 per cent more likely to sleep less than seven hours. Students who had a TV in their room, as well as three devices, with smaller results reported among obese children. **Kids who have more screens in their room have physical activity and better diet choices**, researchers found.

Co-author Christine Lemmon, a graduate student, is not stopping as much as previous generations, with two-thirds not getting the recommended nine hours of sleep. Lack of sleep has been linked to a variety of problems, including poor academic performance, academic outcomes, fewer mood disorders and other positive health outcomes.

"It's important to teach these children at an earlier age and teach them healthy habits to prevent obesity."

The research was published in September by the journal Pediatric Obesity. Co-authors include Dr. Jaime Hart, Dr. Jean Kerr and Dr. Andrew Tarzian from the University of Alabama at Birmingham.

Al Chintai C, Fang S, Kohle F, J Vreugdenh. **Availability and night time use of electronic communication devices are associated with short sleep duration and obesity among Kuwaiti children.** Pediatric Obesity. 2012 DOI: 10.1111/j.2047-6310.2012.00087.x

Cool Tools - Tree of Life Branches out Online

Tree of Life Branches out Online

A fortnightly exploration of cool tools for learning

Tree of Life Web Project

Tree of Life branches out online

explanatory article in the "Cool Tools" series of the open access journal PLOS Biology. Each article in the series is contributed from a common ancestor that lived in the distant past. Since Darwin, biologists have understood that all life on Earth is interconnected. Learning about the many branches of the tree of life helps us understand one another. However, even relatively familiar groups of organisms are surprisingly diverse, and many remain poorly known and incompletely described.

Now OneZoom, which was partly inspired by the zooming, interactive tree of life explorer, has been released in its start with a broad view of life on earth, then zoom in on any point to explore the evolutionary relationships of 35,000 species in fine detail.

Andreas Rosenberg, from the Department of Life Sciences at Imperial College London, created the interactive visualization with OneZoom in collaboration with Dr Luke Harman, from the Department of Biological Sciences at the University of Alberta.

The traditional tree of life is generally drawn by starting with a thick trunk at the bottom of the page, which then splits into two, with each large boughs for different categories of life, such as plants and animals. Each of these splits into smaller branches, and so on, until the tips of the smallest twigs are reached. Usually, only a few of them are revealed, such as the degree to which their members are related to humans, leaving most of the tree's many species unnamed and unexplored.

Currently the OneZoom site only features the tree of mammals, but the researchers say that they have already mapped out many other groups and colour-coded to indicate extinction risk. Dr Rosenberg said: "Our ambition is to build the tree of life, and make it easy to explore. That will include many more species than mammals, and its content as more data becomes available from international collaborations such as the Open Tree of Life project."

A 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 it faces. We hope that by helping people explore the tree of life in a new and stimulating way, it's like a map to exploring a uni 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.

Cowboys and Aerials – THE MOVIE By Luke Kennedy - 10 October 2012

Cowboys and Aerials is a documentary following the lives of two up and coming sand boarders. This one's going to back like a Brahman bull with a full head of dynamite. Waves are the sand's pals who either bring the unswerves for this bunch of board-strangers who flip, fly and spin but they're also the ones who sometimes bring them crashing down. It's a tale of the world's best sand racers and acrobats and it's a ride for the landlubber. Cowboys and Aerials is jammed so tight with doublefront action, it explodes off the screen.

Featuring Matt Meola, Ric Cowlee, Clay Marzo,Chippa Wilson, Matt Hoffman and Mike Jones.

Rated: "Get the DVD with December Tracks on sale 5th November"

PITTWATER COUNCIL 20

SCIENCE CLUB FOR JUNIOR RESIDENTS

Mona Vale Library is offering a special four week science club for 7-Pewter pre-schoolers from November. Known as the 'Little Beaker Discovery Club,' the science club begins on **Tuesday 6 November** and will run every Tuesday for four weeks. Each session Discovers Museum and is suitable for children aged 3 to 5 years and their accompanying parent or caregiver.

Library Manager, Cathy Rowell says the course would encourage ideas and skills among young children, inspiring them to get excited about the scientific processes of exploration and discovery. Ms Howe said the course was designed for experiential learning, with hands-on activities.

"The course will run on **Tuesday from 9 October to 30 October from 1.30pm to 2.30pm**, culminating in a science fair and graduation of the budding scientists with their very own science certificate. Each child will also receive a 'Discovery Club' pencilbook to help them remember their fun.

The fee remains at $20 per child.

Children need to be accompanied - discover how to match objects from different sets, sort objects by colour, shape and size, and more.

Measuring and recording – learn all about weighing and measuring, and use the most important skills in the 'Measure' session.

Experimenting - design your own experiment to find the answers.

Science fair and graduation – explore the exciting table-top science fair, and receive your graduation certificate.

The cost of the four week course is $20 per child and bookings are essential on 8970 1600, with payment required at the time of booking. For more information please contact Cathy Rowell at Mona Vale Library or located at 1 Park Street, Mona Vale.

Bullying; NO WAY !!!

This website has many different items and guidelines on how to deal with bullying. If you can't find it there, ask someone or check or talk to mum and dad. **Make sure you are heard**. We are here to listen to your problems. Please remember someone who likes to help out otherwise is wrong.

Send In Your Stuff

Pittwater Online News is not only Fun and About you, it is also **BY** you. We cannot publish something we don't receive (unless it's from the opposite of what we stand for!). If you have a poem, story or something you want to see published, please send it to pittwateronline@optusnet.com.au

All are Welcome, All Belong !

Headspace 'the v's put 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 activities that can help them to look after their mental health. The campaign kicked off for the next 3 years.

eheadspace is a confidential, free, **anonymous, secure space where you can talk to a professional about anything** youth mental health professionals **if you are 12 to 25 years**.

No charge for mobile phone calls to Lifeline from anywhere in Australia - Lifeline is now calling for Australians from anywhere in Australia will be free of charge from **1 July** under an agreement made between Telstra and Lifeline.

Australian Stories Online

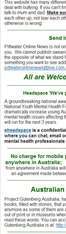
Project Gutenberg Australia, has a great list of old legends and books, filled with stories. Many of these stories are about exotic animals as some of them are a few hundred years old and reflect the time in which they were written. Project Gutenberg Australia is a non-profit organisation founded in 1998 by Colin Choat, Project Gutenberg Australia is at: http://gutenberg.net.au/

Study Tools 101 - Mind Maps

If you decide to go to university or even into the beginnings of High School studies one of the first study tools you will be introduced to is what is called a 'Mind Map'. Mind maps are a great study tool that is subject you wish to apply them to in your life, especially as a way of organising information. Mind maps are also a great way to remember information, and also to help you construct a central key word or idea. Mind maps are used to generate, visualise, structure and classify ideas, and as an aid in study and in organising information, in problem solving, and in decision making and writing.

The constituent elements of a mind map are arranged according to the importance of the concepts. Elements are classified into groups, and the relationships between the groups are illustrated, connected, or other connections between groups are established. Mind maps may also record all of existing memories. By presenting issues in a radial, graphical manner, mind maps encourage a brainstorming approach to planning and organising ideas.

Ashley Tony Ruban suggests the following guidelines for creating mind maps.



Start in the center with an image of the topic, using at least 3 colors.

Use images, symbols, codes, and dimensions throughout your mind map.

Select key words and print using upper or lower case letters. Each word/image is best alone and floating in space.

The lines should be connected, starting from the central image. The central lines are thicker, organic and flow and become thinner as the lines move out.

Make the lines the same length as the word/image.

Use multiple colors throughout the page which are also visually stimulate and also to encode of group.

Develop your own personal style of mind mapping.

Use emphasis and show associations in your mind map.

Keep the mind map clear by using radial hierarchy, numerical order or outlines to embrace your major points.

Test out a draft more concise than a complete one. Once the information and the mind map of these guidelines, is itself intended to be more memorable and quicker to scan than either the prose or the list.

LaunchPad Gymnastics Australia

A new initiative of Gymnastics that caters for groups from Kinder/Gym to Recreational development is seeking recruits with more exercise and access to the fun side of gymnastics. Their website is www.launch-pad.org.au

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

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

Pittwater Online Kids

Online Fun, games and a website for parents experts on the children's learning website HERE.

Bus Pass Replacement

HERE

Sound In Your Stuff

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Early opening hours at Mona Vale Library will also be on offer from **Monday 8 October to Friday 26 October.** The library is open **Monday 8 October to Friday 26 October.** The library normally opens at 10am on weekdays, but H2C Mona Vale Library wants to be library from 9am during this period.

Library Manager Cathy Howes said that the after-hours study opportunities will be a great benefit to students in the lead up to assessment for studying. "We hope the offer of free pizza on Wednesday 10 October from 5pm will be a drawcard for students," Ms Howe said. "We know that students can take advantage of the study 'lock in' to be there to arms by 6.15pm so that they can enjoy pizza from 6.30pm to 7.30pm," Ms Howe said.

Mona Vale Library is located at 1 Park Street, Mona Vale.

Star Tents - CSIRO

Star Tents is recruiting Australian residents to help astronomers find the most important galaxies in the early universe.

Experimenting –design your own experiment to find the answers.

Science fair and graduation – explore the exciting table-top science fair, and receive your graduation certificate.

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Move over Comic Sans, we've found a stellar typeface. Galaxy Zoo fans can now use the font, which looks suspiciously like Comic Sans, playing with the universe. www.mygalaxies.co.uk/

Powerhouse Museum Online Fun

The Powerhouse Museum, besides offering great exhibits, has a great website for children and parents with a lot of educational insight.

An example: The online clothing game is based on a Victorian, Edwardian and 1920s era made of wool and dressed in paper. Currently Powerhouse Museum curators are working on another A2STS). Games which, when completed, will be available online for free. The coordination were very popular, attracting the latter part of the 19th and early 20th centuries. More HERE

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

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

Love Food Hate Waste Cookbook

Our Pittwater Online Council has joined with Sydney Water to produce a Love Food Hate Waste Cookbook for children. This "Kids in the Kitchen Tidbook" Program allows you to read recipes, cook and eat them online or print them out. Love food hate waste HERE

Murder under the Microscope by Lesley Stevens

Murder under the Microscope is an environmental murder mystery, geared to students in years 5 to 10 in every Australian state. Lurking in its covers, the game is all about environmental science. Students are given the scientific method and team work.

Student teams are asked to sign on as 'investigators' to assist environmental scientists in the Pharmaceutical Industry over a period of 5 or 6 weeks. In that time the investigating teams must collect evidence, analyse it, write reports, present their findings to peers and officers of the company and ultimately name and shame, discover the Villain and place an accusation online.

The game is recommended by Australian Science Teachers Association and has received rave reviews from teachers.

Murder under the Microscope is available for purchase online at www.microscope-kits.com.au for $49.95 and will be delivered within 10 days.

Tweet Share

October 28 - November 3, 2012: Issue 82

SENIORS SHOPPING & SCAMS SEMINAR

Pittwater seniors are being invited to a free seminar hosted by the NSW Office of Fair Trading and Pittwater Village on **Tuesday 30 October at 10.30am**. The one-hour seminar held at Pittwater Village, Mona Vale will be attended by the Minister for Fair Trading, Anthony Roberts MP and Local Member for Pittwater Rob Stokes.

The seminar will shed light on consumer law relating to shopping such as contracts, change of mind purchases, returning goods, warranties and guarantees. The session will also alert participants to some of the current scams doing the rounds, including how to identify them and how to avoid them.

After the presentation participants will have time for questions and discussion on the topics raised, as well as enjoying a tasty morning tea. Those attending the workshop will also receive free giveaways including reusable shopping bags and handy publications.

Pittwater Village is located at 16-32 Mona Vale Road, Mona Vale. Places for this seminar are limited and registration is required. Register by calling Wendy on 9895 0051 or emailing wendy.hurd@services.nsw.gov.au

'How to plan for a Downsize' Workshop - Join Senior Movers for a free workshop on moving from the family home - 3rd Nov 2012 ; 2pm - 3:30pm

We will expose our hottest tips from each of our "7 secrets of How Seniors can enjoy moving from the family home". Are you wanting to: work out what to sell, keep, and dispose of, organise the downsize so you don't feel overwhelmed, know how to present your property in its best possible light for sale & therefore add value for the property. This is for you!

Venue: Conference Room L1, Narrabeen Sands Hotel, 1260 Pittwater Road (Cnr Robertson & Pittwater), Narrabeen, New South Wales 2101

Cost: **2 x tickets FREE** Contact: http://seniormoverssaturdays.eventbrite.com/

Website: http://seniormovers.com.au/live-events/

Hobbies for Seniors

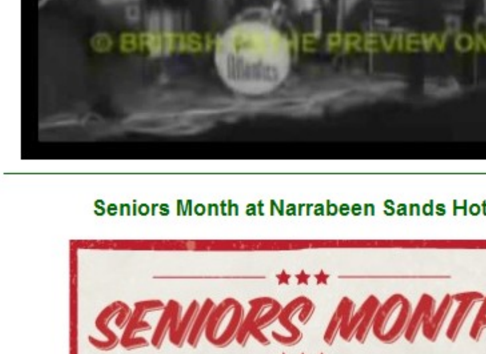
For anyone who is interested, there is a fantastic site called www.writing.com where writers of all levels of skill are welcome. I started writing seriously in April of 2005, joined that site in October, and just had my first novel published last month.

We seniors have a wealth of experience and knowledge that can be passed on to the younger generation. Judy.

Bombora by The Atlantics

The Atlantics are an Australian surf rock band formed in the early 1960s and arguably Australia's most successful of the genre. Most well-known for their classic hit, "Bombora", their later recordings such as "Come On" are examples of 1960s garage rock. They were the first Australian rock band to write their own hits. In 2000 the group reformed with three of the original members, and they are still actively releasing new material and performing live.

The Atlantics seminal surf classic instrumental "Bombora" shot to number one for a record eight weeks in 1963 and charted around the world. Their follow up single "The Crusher" also charted strongly. The Atlantics went on to record seven more singles and four LP"s, all of which are now regarded as classics of the Surf Instrumental Genre. In 2000 Bombora was given the ultimate accolade by being used in the Closing Ceremony of the Sydney 2000 Olympic Games. Their website lists new releases/dvds



Seniors Month at Narrabeen Sands Hotel

Home Power Savings Program

Through the Home Power Savings Program, 220,000 eligible households will save up to 20% a year on their power use. By joining the program you will save up to 20% a year on your household's power use. The installed Power Savings Kit will save you around 10% a year. Putting your personal Power Savings Action Plan to work can save another 10% a year. By saving power you are reducing carbon pollution and helping the environment. The average home makes about 160,000 black balloons of carbon pollution a year. Carbon pollution impacts on our environment and leads to climate change.

Every eligible household that joins the program will get a FREE:
Home power assessment by an energy expert to identify ways to save power in the home
Power Savings Kit to help kick start savings which includes:
stand-by saver power board
4 energy efficient light bulbs
low flow showerhead
shower timer
tap aerator
draught-proof strips for around the door
door snakes.

To be eligible for the program you must live in NSW and contribute to the power bills for the property. At least one person in your household must have one of the following cards:
Centrelink Pensioner Concession Card
Centrelink Low Income Health Care Card
Department of Veterans' Affairs Pensioner Concession Card
Department of Veterans' Affairs (Gold) Repatriation Health Card
Department of Veterans' Affairs (White) Repatriation Health Card
OR
be a recognised energy utility hardship customer.
You'll need to confirm your eligibility when joining the program. Book your free home power assessment. Call 1300 662 416 or Request a call back.

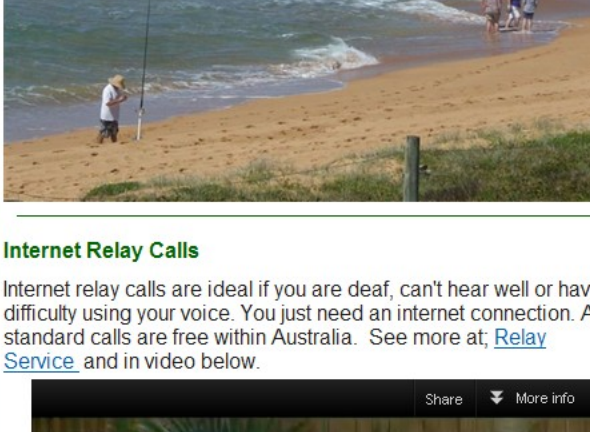
Keep your Wits About You

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

The Senior Newspaper Online

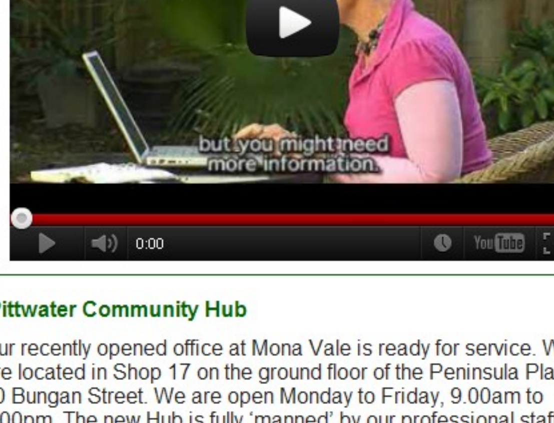
Click on logo:

Australian Senior PUBLICATIONS



Internet Relay Calls

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



Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community CONNECT

Tweet | Like | +1

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$50 Million for Ageing Research - Ministerial Media Release -

THE HON MARK BUTLER MP- Minister for Mental Health and Ageing, Minister for Social Inclusion -Minister Assisting the Prime Minister on Mental Health Reform –

Health and medical research into dementia, macular degeneration and other age-related conditions will benefit from $50 million in new Australian Government funding. Minister for Mental Health and Ageing Mark Butler today announced funding for 92 National Health and Medical Research Council (NHMRC) grants.

"The potential of the projects to help us gain a better understand the management of osteoarthritis, and give us more information on the relationship between iron deposits in the brain and Parkinson's and Alzheimer's disease for example, is very exciting."

"The Australian Government is committed to improving the health and quality of life of our older Australians. One of the key ways we can achieve these goals is by funding quality research that will expand our knowledge of the diseases that affect our elderly population," Mr Butler said.

The NHMRC grant allocations include: 46 ageing grants totalling $28,152,874; 29 dementia grants totalling $13,247,849; 17 Parkinson's disease grants totalling $8,630,990.

Grant highlights include:

Dr Ashley Bush, University of Melbourne, will receive $807,822 to look at the relationship between the regulation of iron levels in the brain and the development of dementia.

Dr Arthur Thevathasan, University of Melbourne, will receive $215,738 to develop a new treatment for gait 'freezing' and poor balance associated with Parkinson's disease. The treatment involves implanting a pacemaker into a very deep brain region.

Professor Perminder Sachdev of the University of New South Wales will receive $912,023 for the Older Australian Twins Study (OATS) of healthy brain ageing and age-related neurocognitive disorders.

Doctor Joseph Nicolazzo of Monash University will receive $281,456 for a study which looks at a novel approach for the treatment of Alzheimer's disease.

Professor Andreas Evdokiou of The University of Adelaide will receive $455,695 to look at a new therapeutic approach targeting pathological bone loss associated with osteoporosis.

All NHMRC grants announced today can be found on the NHMRC website here.

Exercise May Trump Mental Activity in Protecting Against Brain Shrinkage

Exercising regularly in old age may better protect against brain shrinkage than engaging in mental or social activities, according to a new study published in the October 23, 2012, print issue of *Neurology*®, the medical journal of the American Academy of Neurology. Research suggests that brain shrinkage may lead to problems with memory and thinking

"People in their seventies who participated in more physical exercise, including walking several times a week, had less brain shrinkage and other signs of aging in the brain than those who were less physically active," said study author Alan J. Gow, PhD, with the **University of Edinburgh in Scotland**. "On the other hand, our study showed no real benefit to participating in mentally and socially stimulating activities on brain size, as seen on MRI scans, over the three-year time frame." Researchers looked at medical records of 638 people from Scotland born in 1936. The participants were given MRI scans at 73 years old.

The group gave details about their exercise habits, ranging from moving only in connection with necessary household chores to keeping fit with heavy exercise or participating in competitive sports several times per week. They also reported their participation in social and mentally stimulating activities.

The study found that after three years, people who participated in more physical activity experienced less brain shrinkage than those who exercised minimally.

"Our results show that regularly exercising in old age is potentially important to protecting the brain as we age," said Gow.

The study was supported by Research Into Aging, the Age UK-funded Disconnected Mind Project and the United Kingdom's Medical Research Council.

A. J. Gow, M. E. Bastin, S. Munoz Maniega, M. C. Valdes Hernandez, Z. Morris, C. Murray, N. A. Royle, J. M. Starr, I. J. Deary, J. M. Wardlaw. **Neuroprotective lifestyles and the aging brain: Activity, atrophy, and white matter integrity.** Neurology, 2012; 79 (17): 1802 DOI:10.1212/WNL.0b013e3182703fd2

Study of Patients Ages 90 and Older Links Poor Physical Performance, Increased Odds of Dementia

Poor physical performance on activities including walking was associated with increased odds of dementia in a study of individuals 90 years and older, according to a report published **Online First** by *Archives of Neurology*.

Individuals 90 years and older are a unique segment of society that has not been well studied. Previous studies have suggested a relationship between poor physical performance and cognitive impairment in the younger elderly populations, according to the study background.

The study conducted by Szofia S. Bullain, M.D., and colleagues from the University of California, Irvine, involved 629 participants from the 90+ Study on aging and dementia performed at the university from January 2003 through November 2009. The average age of participants was 94 years, and most (72.5 percent) were women.

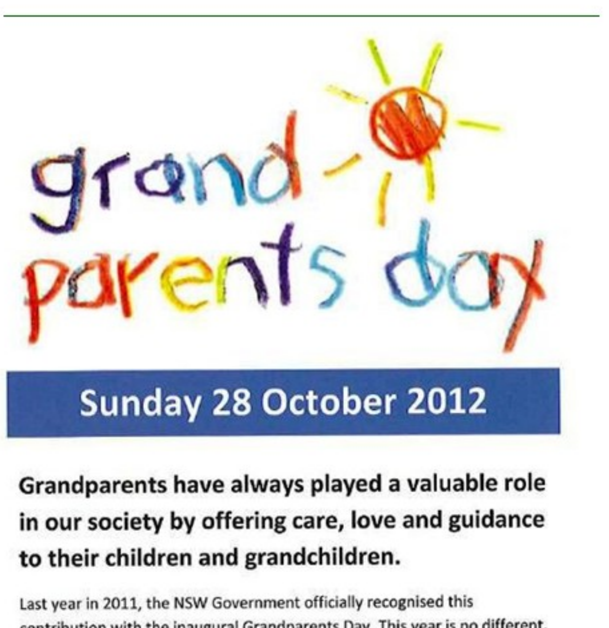
"Our cross-sectional study found a strong dose-dependent association between poor physical performance and dementia in the oldest old, with higher odds of dementia associated with poorer physical performance," the authors note. **"The results reveal that even modest declines in physical performance are associated with increased odds of dementia. The strongest association is seen with gait slowing, followed by five chair stands, grip strength and standing balance."**

The odds ratios for every unit decrease in a physical performance score were 2.1 for a four-meter walk, 2.1 for chair stands, 1.9 for standing balance and 1.7 for grip strength, according to the study results.

Participants who were unable to walk (score of 0) "were almost 30 times more likely to have dementia than people with the fastest walking time," the study results indicate. Even minimal slowing in the walking speed (less than or equal to 1.5 seconds, from score 4 to score 3) was associated with four times greater odds of dementia, according to the results.

"In summary, similar to younger elderly populations, our study found that poor physical performance is associated with increased odds of dementia in the oldest old. The establishment of this association may serve as a major stepping stone to further investigate whether poor physical performance is in the causal pathway and a potentially modifiable risk factor for late-age dementia," the authors conclude.

Bullain SS, Corrada MM, Shah B, Mozaffar FH, Panzenboeck M, Kawas CH. Poor Physical Performance and Dementia in the Oldest Old: The 90+ Study. Archives of Neurology, 2012; DOI:10.1001/jamaneurol.2013.583



Avalon Computer Pals for Seniors

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

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

Article on their Seminar

Media Releases concerning Seniors this week from National Seniors Australia

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

Senior Movers

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

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

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

www.seniormovers.com.au

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

Super Seniors Directory

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

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

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

Contact Community Care Northern Beaches by clicking their logo:

Tweet | Like | +1

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

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

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

U3A Lectures on Wednesday Afternoons at Newport -

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

October 28 - November 3, 2012: Issue 82

Sweet-Pea Shrub

Although this attractive flower looks as though it may be an Australian native pea it originates from South Africa and is a hybrid between two species (P. oppositifolia x P. myrtifolia). Also called Milkwort Polygala x dalmaisiana the flowers are a brilliant purplish pink with two winged petals around a white purple crest. This evergreen shrub flowers almost all year round in Australia and attracts small birds. It grows well in semi-shade and direct sun, and prefers medium levels of water and can be propagated from cuttings. It is recommended that you prune it regularly to prevent it spreading too far or becoming straggly in appearance.

The sweet pea shrub's similarity to our own peas may indicate the correlation between the continent of Africa and Australia that stems back 200 million years to when we were adjoined to India, South America, southern Africa and Antarctica. For hundreds of millions of years all land of Earth was joined together in one large mass or super continent scientists call Pangaea (meaning 'all lands' in Greek). Then about 200 million years ago the land began to drift apart, this is termed 'continental drift', and broke into two pieces; scientists called the continent in the north Laurasia and the continent in the south Gondwanaland. Gondwanaland included what we know as Antarctica, which was joined to South America, Africa, India, and Australia. Gondwanaland was named by Eduard Suess, an Austrian geologist and stems from a district in India where the fossil plant Glossopteris was found. Suess stated that because this fossil plant could be found in India, South America, southern Africa, Australia, and Antarctica, then all these lands must once have been joined together. Gondwanaland was a hot and dry place with rainy seasons; the first tree ferns and coniferous trees appeared there.

Reference

Sydenham, S. & Thomas, R. Gondwanaland [Online] www.kidcyber.com.au (2004)

Fishy Physics: Adaptation Lets Silvery Fish Reflect Light Without Polarization, May Help Them Evade Predators

Silvery fish such as herring, sardine and sprat have evolved special skin that gets around a basic law of physics, according to new research from the University of Bristol published Oct. 21 in *Nature Photonics*.

Reflective surfaces polarize light, a phenomenon that fishermen or photographers overcome by using polarizing sunglasses or polarizing filters to cut our reflective glare. However, PhD student Tom Jordan and his supervisors Professor Julian Partridge and Dr Nicholas Roberts in Bristol's School of Biological Sciences found that these silvery fish have overcome this basic law of reflection -- an adaptation that may help them evade predators.

Previously, it was thought that the fish's skin -- which contains "multilayer" arrangements of reflective guanine crystals -- would fully polarize light when reflected. As the light becomes polarized, there should be a drop in reflectivity.

The Bristol researchers found that the skin of sardines and herring contain not one but two types of guanine crystal -- each with different optical properties. By mixing these two types, the fish's skin doesn't polarize the reflected light and maintains its high reflectivity.

Dr Roberts said: "We believe these species of fish have evolved this particular multilayer structure to help conceal them from predators, such as dolphin and tuna. These fish have found a way to maximize their reflectivity over all angles they are viewed from. This helps the fish best match the light environment of the open ocean, making them less likely to be seen."

As a result of this ability, the skin of silvery fish could hold the key to better optical devices. Tom Jordan said: "Many modern day optical devices such as LED lights and low loss optical fibres use these non-polarizing types of reflectors to improve efficiency. However, these human-made reflectors currently require the use of materials with specific optical properties that are not always ideal. The mechanism that has evolved in fish overcomes this current design limitation and provides a new way to manufacture these non-polarizing reflectors."

T. M. Jordan, J. C. Partridge, N. W. Roberts. Non-polarizing broadband multilayer reflectors in fish.Nature Photonics, 2012; DOI: 10.1038/nphoton.2012.260

Join the Watch to protect Antarctica's Southern Ocean

From **October 23** CCAMLR (that's the Commission for the Conservation of Antarctic Marine Living Resources) will welcome to Hobart 200 marine scientists, policy makers and diplomats from around the world. On the agenda? The protection of one of the most pristine and intact marine ecosystems left on Earth: the Southern Ocean of Antarctica.

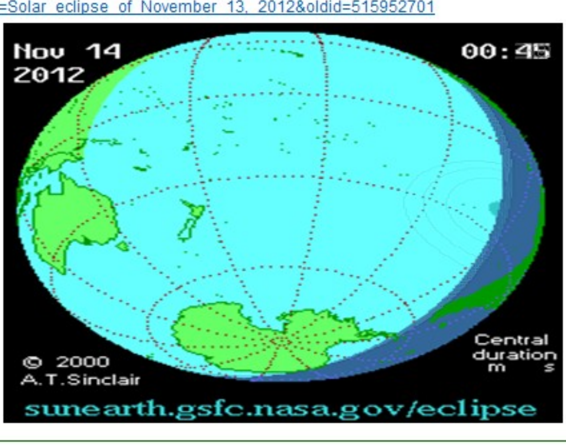
Over the past months, an international collective of environmental organisations and high-profile supporters have come together to call for the world's largest network of Marine Protected Areas (MPAs) and no-take marine reserves to protect this precious ecosystem. See more on their Antarctic Ocean Alliance Website.

The fate of Antarctica's ocean is at stake. Show decision-makers at CCAMLR you're watching their meeting and want Antarctica's ocean protected. Petition HERE.

Solar eclipse of November 13, 2012

A total solar eclipse will take place on 13–14 November 2012 worldwide and in Australia and New Zealand on 14th November, with a magnitude of 1.0500, occurring only 12 hours before perigee, with greatest eclipse totality lasting just over 4 minutes. A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby totally or partially obscuring the image of the Sun for a viewer on Earth. A total solar eclipse occurs when the Moon's apparent diameter is larger than the Sun, blocking all direct sunlight, turning day into darkness. Totality occurs in a narrow path across the surface of the Earth, while a partial solar eclipse will be visible over a region thousands of kilometres wide. For this eclipse totality will be visible from northern Australia and the southern Pacific Ocean. The most populous city to experience totality will be Cairns, which will experience 2 minutes of totality just an hour after daybreak (06:38 AEST, 20:38 UTC) with the sun at an altitude of just 14°. Norfolk Island, a small pacific island east of Australia, will experience a partial eclipse with a maximum of 98% of the sun obscured at 09:37.

Solar eclipse of November 13, 2012. (2012, October 4). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Solar_eclipse_of_November_13,_2012&oldid=515952701



100-Million-Year-Old Coelacanth Fish Discovered in Texas Is New Species from Cretaceous

A fossil discovered in Texas is a new species of coelacanth fish. Paleontologist John Graf, Southern Methodist University, Dallas, identified the skull as a 100 million-year-old coelacanth. (Credit: Image courtesy of Southern Methodist University)

The species is now the youngest coelacanth from Texas; fish jaw and cranial material indicate a new family - Dipluridae - that was evolutionary transition between two previously known families. Pieces of tiny fossil skull found in Fort Worth have been identified as 100 million-year-old coelacanth bones, according to paleontologist John F. Graf, Southern Methodist University, Dallas. The coelacanth has one of the longest lineages - 400 million years - of any animal. **It is the fish most closely related to vertebrates, including humans.**

The SMU specimen is the first coelacanth in Texas from the Cretaceous, said Graf, who identified the fossil. The Cretaceous geologic period extended from 146 million years ago to 66 million years ago. Graf named the new coelacanth species *Reidus hilli*.

Coelacanth fossils have been found on every continent except Antarctica. *Reidus hilli* is now the youngest coelacanth identified in the Lone Star State. Previously the youngest was a 200 million-year-old coelacanth from the Triassic. Reidus hilli is the first coelacanth ever identified from the Dallas-Fort Worth area.

The coelacanth fish has eluded extinction for 400 million years. Scientists estimate the coelacanth reached its maximum diversity during the Triassic. The coelacanth was thought to have gone extinct about 70 million years ago. That changed, however, when the fish rose to fame in 1938 after live specimens were caught off the coast of Africa. Today coelacanths can be found swimming in the depths of the Indian Ocean.

These animals have one of the longest lineages of any vertebrates that we know," Graf said.

The SMU specimen demonstrates there was greater diversity among coelacanths during the Cretaceous than previously known. "What makes the coelacanth interesting is that they are literally the closest living fish to all the vertebrates that are living on land," he said. "They share the most recent common ancestor with all of terrestrial vertebrates."

Coelacanths have boney support in their fins, which is the predecessor to true limbs.

"Boney support in the fins allows a marine vertebrate to lift itself upright off the sea floor," Graf said, "which would eventually lead to animals being able to come up on land."

Texas coelacanth, Reidus hilli, represents a new species and a new family. Graf identified Reidus hilli from a partial skull, including gular plates, which are bones that line the underside of the jaw.

"Coelacanths are not the only fish that have gular plates, but they are one of the few that do," Graf said. "In fact, the lenticular shape of these gular plates is unique to coelacanths. That was the first indicator that we had a fossil coelacanth."

Reidus hilli was an adult fish of average size for the time in which it lived, said Graf. While modern coelacanths can grow as large as 3 meters, Reidus hilli was probably no longer than 40 centimeters. Its tiny skull is 45 millimeters long by 26 millimeters wide, or about 1.75 inches long by 1 inch wide.

"Reidus hilli helped me tie a group of coelacanths together into what I identify as a new family of coelacanths," he said. "This family represents a transition between the two large groups of youngest living coelacanths from the fossil record, Mawsoniidae and Latimeriidae."

Diplurid coelacanths are typically smaller than the two families with which they are most closely associated, Mawsoniidae and Latimeriidae. Mawsoniidae and Latimeriidae both have late Cretaceous members reaching large body sizes, ranging from 1 meter to 3 meters in total body length, Graf said.

Reidus hilli provides clues to missing coelacanth historyReidus hilli is named, in part, for the amateur collector who discovered the fish, Robert R. Reid.

A Fort Worth resident, Reid has collected fossils for decades. He found the fossil specimen while walking some land that had been prepared for construction of new homes. Reid noticed the fossil lying loose on the ground in a washed out gully created by run-off. Following Graf's analysis, Reid was surprised to learn he'd collected a coelacanth -- and a new species.

"When I found it, I could tell it was a bone but I didn't think it was anything special," said Reid, recalling the discovery. "I certainly didn't think it was a coelacanth."

The fossil was found in marine sediments, Graf said. It is one of many marine fossils found in the North Texas area, which 100 million years ago was covered by the Western Interior Seaway that divided North America from the Gulf of Mexico to the Arctic Ocean.

"That is unique to younger coelacanths," Graf said. "The oldest coelacanths were usually found in freshwater deposits and it wasn't until the Cretaceous that we start seeing this transition into a more marine environment."

Fossil also named for Robert T. Hill, "Father of Texas Geology" Graf also named the fossil for Robert T. Hill, a geologist with the U.S. Geological Survey who led surveys of Texas during the 1800s. Hill described much of the geology of Texas, including the Duck Creek Formation. Hill is acclaimed as the "Father of Texas Geology."

Identification of Reidus hilli brings the number of coelacanth species worldwide to 81, including two that are alive today. Sources report that 229 living coelacanths have been caught since 1938.

John Graf. **A new Early Cretaceous coelacanth from Texas.** Historical Biology: An International Journal of Paleobiology, Volume 24, Issue 4, 2012 DOI:10.1080/08912963.2012.696636

Willy Wagtail, Careel Playing Fields, October 2012.

Wetlands Care 2012 Art and Photo Comp

Wetlands, often seen as homes for mozzies, snakes and other undesirables, are getting a public image makeover thanks to WetlandCare Australia, the leading Australian not-for-profit wetland conservation organization. WetlandCare Australia's 6th annual National Art and Photography Competition is offering prizes for works exploring Australia's diverse wetlands and waterways.

"Wetlands are important for all of us. They are a beautiful part of the landscape, provide recreational spaces, habitat for wildlife and are crucial for clean waterways," says competition coordinator Liz Hajenko. "I hope the competition will encourage people of all ages to get to know their local wetlands, and share their experiences and impressions of these valuable habitats."

Entries are invited in the Youth and Open categories and must be received by 9 November 2012. There are great prizes including cash, art packs and books. The first 25 Open Art and Open Photography entries will receive a gift voucher from The Native Shop to purchase native plants and seedlings. Winning works will be displayed in an exhibition and awards night at the Hunter Wetlands Centre, Newcastle on World Wetlands Day, 2nd February, 2013. Entry forms and information can be found on the WetlandCare Australia website www.wetlandcare.com.au or by phoning 1800 816 147. The major competition sponsors are the NSW Office of Environment and Heritage and the Central West Catchment Management Authority.

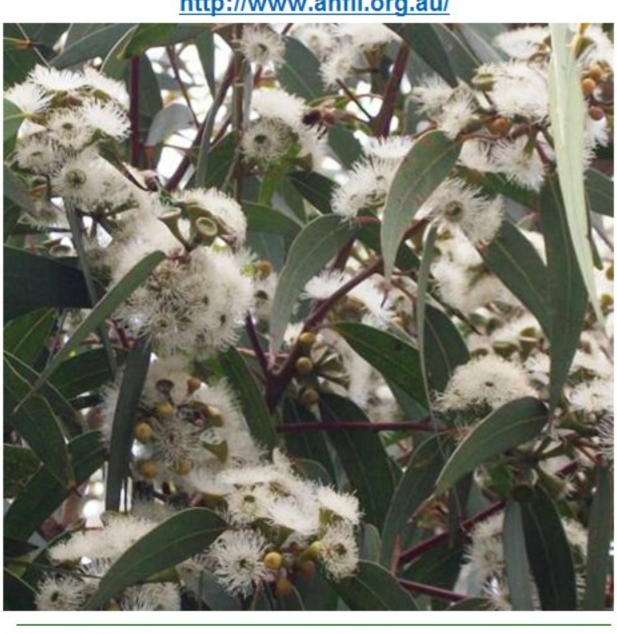
Pittwater's Environmental Foundation

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

Our **PROFILE**

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

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



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

Sydney Harbour Foreshore Authority Carbon Footprints Document

Pittwater Weed of the Week – Blue Billygoat Weed - *Ageratum Houstonianum*

The fluffy blue flower pictured above is an introduced species from tropical America which is becoming one of our localised weeds throughout NSW coastal regions and pasturelands and is signifinicatntly more widespread in northern Queensland. Erect to sprawling herb, 0.3-1m high. Leaves hairy, 2-7cm long and 2-5cm wide while flowers – are 4 – 5 mm across, pale lavender blue to white Inflorescences and occur in fluffy clusters on the end of erect or slightly drooping stems. To rid your garden of this; simply pull ensuring you have root system prior to the shedding of new seeds. This one was photographed alongside a creek in Pittwater.

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

PROTECT THE LAWS THAT PROTECT THE PLACES YOU LOVE

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

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

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Come for a day out removing Asparagus Fern, Pittwater's worst weed. Asparagus Fern Out Day, **Sunday November 18** is at Woody Point on Pittwater's western shores. In return for a morning's work in lovely Spotted Gum forest you get a free ferry ride, gourmet lunch, great company and the good feeling of doing something worthwhile..... and the bush will love you for it. RSVP to pnhainfo@gmail.com or ph: 9918 3368 0439 409 202

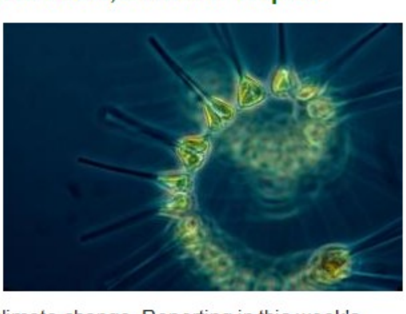
Weed Workshop - 17th Nov 2012: 1pm - 3pm

Pittwater Natural Heritage Association (PNHA) are holding a second weed workshop in November focusing on the smaller weeds that are invading our landscape such as Ehrharta grass, Cobblers Pegs (Farmer's Friend), Blackberry Nightshade, Asthma Weed, Tradescantia (Trad), Fleabane, Pennywort and so it goes on.

How do we identify them and more importantly how do we deal with them? Local bushcare experts will be on hand to help with identification and demonstrating techniques to get on top of these troublesome plants.

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Bookings Online. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Warmer Future Oceans Could Cause Phytoplankton to Thrive Near Poles, Shrink in Tropics



Phytoplankton in a dark sea; countless numbers drift through the world's oceans. (Credit: NOAA MESA Project)

In the future, warmer waters could significantly change ocean distribution of populations of phytoplankton, tiny organisms that could have a major effect on climate change. Reporting in this week's online journal *Science Express*, researchers show that by the end of the 21st century, warmer oceans will cause populations of these marine microorganisms to thrive near the poles and shrink in equatorial waters.

"In the tropical oceans, we are predicting a 40 percent drop in potential diversity, the number of strains of phytoplankton," says Mridul Thomas, a biologist at Michigan State University (MSU) and co-author of the journal paper. "If the oceans continue to warm as predicted," says Thomas, "there will be a sharp decline in the diversity of phytoplankton in tropical waters and a poleward shift in species' thermal niches--if they don't adapt."

Thomas co-authored the paper with scientists Colin Kremer, Elena Litchman and Christopher Klausmeier, all of MSU.

"The research is an important contribution to predicting plankton productivity and community structure in the oceans of the future," says David Garrison, program director in the National Science Foundation's (NSF) Division of Ocean Sciences, which funded the research along with NSF's Division of Environmental Biology. The work addresses how phytoplankton species are affected by a changing environment," says Garrison, "and the really difficult question of whether adaptation to these changes is possible."

The MSU scientists say that since phytoplankton play a key role in regulating atmospheric carbon dioxide levels, and therefore global climate, the shift could in turn cause further climate change. **Phytoplankton and Earth's climate are inextricably intertwined.**

"These results will allow scientists to make predictions about how global warming will shift phytoplankton species distribution and diversity in the oceans," says Alan Tessier, program director in NSF's Division of Environmental Biology. "They illustrate the value of combining ecology and evolution in predicting species' responses."

The microorganisms use light, carbon dioxide and nutrients to grow. **Although phytoplankton are small, they flourish in every ocean, consuming about half of the carbon dioxide emitted into the atmosphere.** When they die, some sink to the ocean bottom, depositing their carbon in the sediment, where it can be trapped for long periods of time. Water temperatures strongly influence their growth rates.

Phytoplankton in warmer equatorial waters grow much faster than their cold-water cousins. With worldwide temperatures predicted to increase over the next century, it's important to gauge the reactions of phytoplankton species, say the scientists.

They were able to show that phytoplankton have adapted to local temperatures.Based on projections of ocean temperatures in the future, however, many phytoplankton may not adapt quickly enough.

"Since they can't regulate their temperatures or migrate, if they don't adapt, they could be hard hit," Kremer says."We've shown that a critical group of the world's organisms has evolved to do well under the temperatures to which they're accustomed," he says.

But warming oceans may significantly limit their growth and diversity, with far-reaching implications for the global carbon cycle.

"Future models that incorporate genetic variability within species will allow us to determine whether particular species can adapt," says Klausmeier, "or whether they will face extinction."

Mridul K. Thomas, Colin T. Kremer, Christopher A. Klausmeier, and Elena Litchman. **A Global Pattern of Thermal Adaptation in Marine Phytoplankton**. Science Magazine. 2012; DOI: 10.1126/science.1224836

Coastal Environment Centre

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

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

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

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

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

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

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

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

Visit us at facebook.com/pcga.org

image artwork: www.gravey.com

Birdlife Australia - New Website and Quarterly Magazine

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

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

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

CLIMATE ACTION PITTWATER

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

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program. Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather patterns and hazards to the environment, such as weed species. The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biocalendar

To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

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

From CSIRO Media Releases

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

How Green is a Spotted Gum when Wet?

Tweet | Like | +1

Coastal website linking local research with local councils

From CSIRO Media Releases

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

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

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

from the Prayer of Saint Patrick

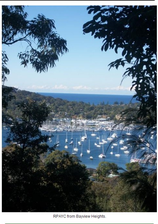
October 28 - November 3, 2012: Issue 82

Pittwater from On High

During October 2012 we have been celebrating Pittwater Hills and sharing a few insights on where their names came from and how they have evolved from bush, to rural to cultural places we live and love in. In our final week of this it seems fitting to share some views from other hills and how this wonderful place looks from these high vantage points. For those of you not given to sprinting up tall hills or leaping broad mountains (or if you're stuck indoors for most of the week) we present Pittwater from on high ...

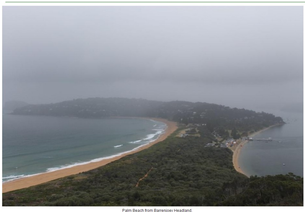
Tweet Like +1

All Photographs by A. J. Guesdon, October 2012. All Rights Reserved.



RPAYC from Bayview Heights.

Lion Island photographed from cliff above Shark Point, Barrenjoey Headland during recent 2012 Lion Island Challenge



Palm Beach from Barrenjoey Headland.

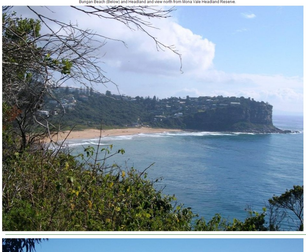
Bangalley Headland from North Avalon Headland.

Scotland Island from Stapleton Reserve, Avalon.

View over Avalon from The Outlook Hill, south Avalon.

Newport Beach from Bilgola Headland

Bungan Beach (Below) and Headland and view north from Mona Vale Headland Reserve.



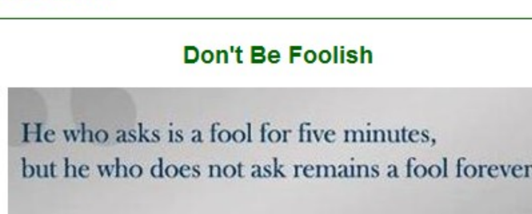
Bayview from Bayview Heights Hill.

Narrabeen Lake view to ocean from Narwen Parade Lookout

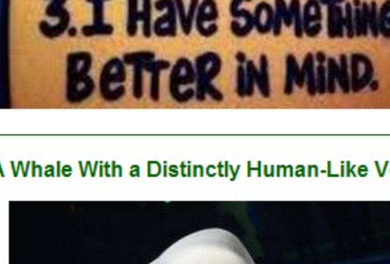
October 28 - November 3, 2012: Issue 82

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

Don't Be Foolish



A Whale With a Distinctly Human-Like Voice



For the first time, researchers have been able to show by acoustic analysis that whales - or at least one very special white whale - can imitate the voices of humans. That's a surprise, because whales typically produce sounds in a manner that is wholly different from humans, say researchers who report their findings in the October 23 issue of *Current Biology*.

"Our observations suggest that the whale had to modify its vocal mechanics in order to make the speech-like sounds," said Sam Ridgway of the National Marine Mammal Foundation. "Such obvious effort suggests motivation for contact."

It all started in 1984 when Ridgway and others began to notice some unusual sounds in the vicinity of the whale and dolphin enclosure. As they describe it, it sounded as though two people were conversing in the distance, just out of range of their understanding.

Those unusually familiar sounds were traced back to one white whale in particular only some time later when a diver surfaced from the whale enclosure to ask his colleagues an odd question: "Who told me to get out?"

They deduced that those utterances came from a most surprising source: a white whale by the name of NOC. That whale had lived among dolphins and other white whales and had often been in the presence of humans.

In fact, there had been other anecdotal reports of whales sounding like humans before, but in this case Ridgway's team wanted to capture some real evidence. They recorded the whale's sounds to reveal a rhythm similar to human speech and fundamental frequencies several octaves lower than typical whale sounds, much closer to that of the human voice.

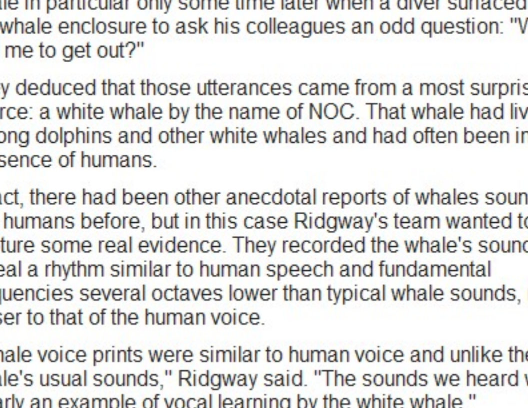
"Whale voice prints were similar to human voice and unlike the whale's usual sounds," Ridgway said. "The sounds we heard were clearly an example of vocal learning by the white whale."

That's all the more remarkable because whales make sounds via their nasal tract, not in the larynx as humans do. To make those human-like sounds, NOC had to vary the pressure in his nasal tract while making other muscular adjustments and inflating the vestibular sac in his blowhole, the researchers found. In other words, it wasn't easy.

Sadly, after 30 years at the National Marine Mammal Foundation, NOC passed away five years ago. But the sound of his voice lives on.

Audio file of whale:
www.eurekalert.org/multimedia/pub/48866.php?from=224114

Sam Ridgway, Donald Carder, Michelle Jeffries, Mark Todd. **Spontaneous human speech mimicry by a cetacean.** Current Biology, 2012; 22 (20): R860 DOI:10.1016/j.cub.2012.08.044



The ART of Sustainable Development

Einstein said that we can't solve problems by using the same kind of thinking used when we created them. Wise words, except few people heed them when it comes to sustainable solutions for our ailing planet. Despite decades of scientific research into everything from air pollution to species extinction, individuals are slow to act because their passions are not being ignited.

For Paul Shrivastava, the Director of the David O'Brien Centre for Sustainable Enterprise at Concordia University's John Molson School of Business (JMSB), combining science with the arts will bring about the passionate implementation of sustainable development. "No significant human endeavour has ever been accomplished without passion. Science and technology by themselves aren't enough. We need to turn to the arts in order to infuse passion into the pursuit of sustainability and get real results that will heal the planet," he says.

In a forthcoming article in the *International Journal of Technology Management*, co-authored by colleagues from the University of Lorraine and the ICN Business School in Nancy, France, Shrivastava argues that art is a survival instinct. ***"Narratives, stories, music and images served to warn our early ancestors against predators and natural disasters. Art helped them develop defence mechanisms. My colleagues and I believe that art should be used to deal with modern survival threats such as climate change and environmental crises."***

This is an idea that the corporate world would be wise to take into account. **Sustainable organizations need the arts to enhance employee creativity and innovation, attract creative workers, improve worker satisfaction, as well as design eco-friendly and innovative products and services. Indeed, the arts influence the sustainability of companies through architecture, aesthetics of workspaces, design of products and services, graphic art in advertising, and arts-based training methods.**

Here in Montreal, that attitude is becoming a reality. Best-selling author Richard Florida wrote in 2008 that Montreal is well positioned not just to weather the economic storm but also to flourish in the long run because of its widespread creative class. "Nearly a fifth of the Montreal region's workforce forms a super-creative," writes Florida. This means that Montreal has "underlying economic and social capacities which, if properly harnessed, will position [it to] serve as a model for other regions in Canada."

Shrivastava hopes that model will be quick to spread. "We've spent decades relying on science and technology and the planet is still in shambles. Art allows fresh perspectives and new ways interpreting the world. In Montreal and beyond, art is what will make us give up our old habits in favour of planet-changing behaviour."

Paul Shrivastava, Vera Ivanaj, Silvester Ivanaj. **Sustainable development and the arts.** International Journal of Technology Management, 2012; 60 (1/2): 23 DOI:10.1504/IJTM.2012.049104

Milky Way's Black Hole Getting Ready for Snack

Photo courtesy of M. Schartmann and L. Calcada/ European Southern Observatory and Max-Planck-Institut fur Extraterrestrische Physik.

Get ready for a fascinating eating experience in the center of our galaxy. The event involves a black hole that may devour much of an approaching cloud of dust and gas known as G2. A supercomputer simulation prepared by two Lab physicists and a former postdoc suggests that some of G2 will survive, although its surviving mass will be torn apart, leaving it with a different shape and questionable fate.

The findings are the work of computational physicist Peter Anninos and astrophysicist Stephen Murray, both of AX division within the Weapons and Complex Integration Directorate (WCI), along with their former postdoc Chris Fragile, now an associate professor at the College of Charleston in South Carolina, and his student, Julia Wilson.

They came up with six simulations, using the **Cosmos++ computer code developed by Anninos and Fragile, which required more than 50,000 computing hours on 3,000 processors on the Palmetto supercomputer at Clemson University in Columbia, S.C.**

Previous simulations of the upcoming event had been done in two-dimensions, but the **Cosmos++ code** includes 3D capability, as well as a unique "moving mesh" enhancement, allowing the simulation to more-efficiently follow the cloud's progression toward the black hole.

The black hole is known as Sgr A*. "Sgr" is the abbreviation for Sagittarius, the constellation near the center of the Milky Way. Most galaxies have a black hole at their center, some thousands of times bigger than this one.

"While this one is 3-to-4 million times as big as our sun, it has been relatively quiet," according to Murray. "It's not getting fed very much." **Contrary to their name, black holes can appear very bright. That's because gas orbiting them loses energy via friction, getting hotter and brighter as it spirals inward before falling into the black hole.** The composition of the G2 cloud is still a mystery.

Astronomers originally noticed something in the region in 2002, but the first detailed determinations of its size and orbit came only this year. The dust in the cloud has been measured at about 550 Kelvin, approximately twice as hot as the surface temperature on Earth. The gas, mostly hydrogen, is about 10,000 Kelvin, or almost twice as hot as the surface of the sun. Its origin is still unknown.

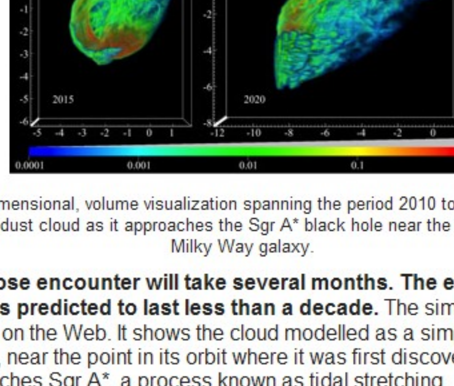
Murray says: "The speculation ranges from it having been an old star that had kind of a burp and lost some of its outer atmosphere, to something that was trying to be a planet and couldn't quite manage it because the environment was too hot."

As the cloud approaches the black hole and begins to fall into what Murray describes as "a gravity well" beginning next September, it will begin to shed energy, causing it to heat to incredibly high temperatures, visible to radio and X-ray telescopes on Earth as well as orbiting satellites such as NASA's Chandra X-ray Observatory. But it won't be a collision course.

The point at which a stellar object can no longer escape being swallowed by a black hole is known as the Schwarzschild radius, a quantity whose value depends on the black hole's mass, the speed of light and the gravitational constant.

The cloud will actually pass far enough away that it will escape the point of no return by approximately 2,200 Schwarzschild radii, which in this case is about 200 times as far as Earth is from the sun. The supercomputer simulations show that the cloud will not survive the encounter.

According to Anninos: "There's too much dynamical friction that it experiences through hydrodynamic instabilities and tidal stretching from the black hole. So a lot of its kinetic energy and angular momentum will be dissipated away and it will just sort of break up into some sort of incoherent structure. Much of it will join the rest of the hot accretion disk around the black hole, or just fall and get captured by the black hole. It will lose a lot of its energy but not all of it. It will become so diffuse that it's unlikely that any remnant of the gas will continue on its orbital track."

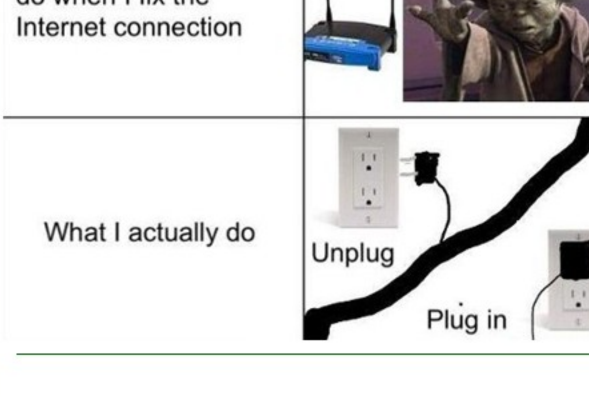


Three-dimensional, volume visualization spanning the period 2010 to 2020, of the gas and dust cloud as it approaches the Sgr A* black hole near the center of the Milky Way galaxy.

The close encounter will take several months. The entire event is predicted to last less than a decade. The simulation is posted on the Web. It shows the cloud modelled as a simple gas sphere, near the point in its orbit where it was first discovered. As it approaches Sgr A*, a process known as tidal stretching increasingly distorts the cloud. By the end of 2012, the cloud will be nearly five times longer than it is wide.

Along with tidal stretching, the cloud also experiences resistance in the form of ram pressure as it tries to plow through the hot interstellar gas that already fills the space around Sgr A*. The interactions of G2 with this background gas cause further disruptions to the cloud from Rayleigh-Taylor and Kelvin-Helmholtz instabilities. Collectively, these effects act to strip some material from the cloud and feed it into Sgr A*.

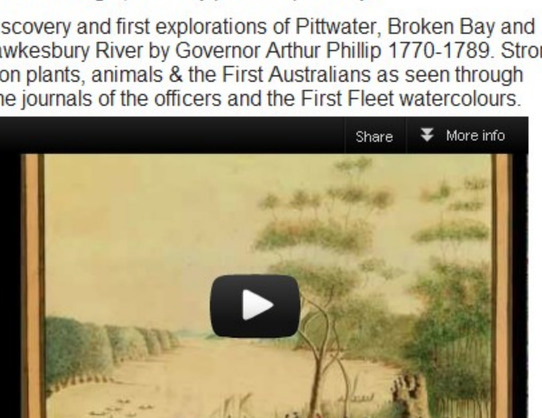
An article describing the simulation research will appear in an upcoming issue of the *Astrophysical Journal*. The above story is reprinted from materials provided by DOE/Lawrence Livermore National Laboratory.



A HISTORY OF PITTWATER - PART 1: DISCOVERY

- Published on Aug 8, 2012 by pittwaterpathways

The discovery and first explorations of Pittwater, Broken Bay and the Hawkesbury River by Governor Arthur Phillip 1770-1789. Strong focus on plants, animals & the First Australians as seen through both the journals of the officers and the First Fleet watercolours.



Health Research this week:

Natural Process Activating Brain's Immune Cells Could Point Way to Repairing Damaged Brain Tissue

The brain's key "breeder" cells, it turns out, do more than that. They secrete substances that boost the numbers and strength of critical brain-based immune cells believed to play a vital role in brain health. This finding adds a new dimension to our understanding of how resident stem cells and stem cell transplants may improve brain function. Many researchers believe that these cells may be able to regenerate damaged brain tissue by integrating into circuits that have been eroded by neurodegenerative disease or destroyed by injury. But new findings by scientists at the Stanford University School of Medicine suggest that another process, which has not been fully appreciated, could be a part of the equation as well. The findings appear in a study that was **published online Oct. 21** in *Nature Neuroscience*.

"Transplanting neural stem cells into experimental animals' brains shows signs of being able to speed recovery from stroke and possibly neurodegenerative disease as well," said Tony Wyss-Coray, PhD, professor of neurology and neurological sciences in the medical school and senior research scientist at the Veterans Affairs Palo Alto Health Care System. "Why this technique works is far from clear, though, because actually neural stem cells don't engraft well."

Neural stem cells can endure essentially unchanged for decades in two places in the mammalian brain, replicating just enough to meet the routine needs of those regions. In most parts of the brain, they aren't found at all.

While of critical importance to maintaining healthy brain function, true neural stem cells are rare. Far more common are their immediate progeny, which are called neural progenitor cells, or NPCs. These robust, rapidly dividing cells are poised to travel down a committed path of differentiation to yield new brain cells of several different types including neurons.

It's known that treating humans with radiation or drugs that prevent NPC replication causes memory deficits ("chemo brain") and, in children, IQ losses of up to 20 points. Conversely, studies are being initiated to see whether infusing neural stem cells into brains affected by Alzheimer's disease can enhance patients' memory function.

One category of brain cells, microglia, descends not from neural stem cells but from an immune lineage and retains several features of immune cells. "Microglia are the brain's own resident immune cells," Wyss-Coray said. Unlike most other mature brain cells, microglia can proliferate throughout adulthood, especially in response to brain injury. They can, moreover, migrate toward injury sites, secrete various "chemical signaling" substances, and gobble up bits of debris, microbial invaders or entire dead or dying neurons.

Microglia normally are distributed throughout the brain -- rather small, quiescent cells sprouting long, skinny projections that meekly but efficiently survey large areas that, taken together, cover the entire brain. But if this surveillance reveals signs of a disturbance, such as injury or infection, the microglia whirl into action. They begin proliferating and their puny bodies puff up, metamorphosing from mild-mannered Clark Kent-like reporters to buffed Supermen who fly to the scene of trouble, where they secrete substances that can throttle bad actors or call in reinforcements. Within these activated cells, internal garbage disposals called lysosomes form in large numbers and start whirring, ready to make mincemeat out of pathogens or cellular debris.

In addition to their part patrol-officer, part cleanup-crew status, microglia can also secrete substances that help neurons thrive. They also contribute to the ongoing pruning of unneeded connections between neurons that occurs throughout our lives.

But like immune cells elsewhere, said Wyss-Coray, microglia can be a force for evil if they engage in too much or inappropriate activity. They might, for instance, start to remove healthy cells (as occurs in Parkinson's) or stop cleaning up garbage strewn about the brain (for example, Alzheimer's plaque).

In a series of experiments, Wyss-Coray and his colleagues have shown that NPCs secrete substances that activate microglia. First, the researchers observed that microglia were uncharacteristically abundant and activated in the two regions in the mammalian brain where NPCs reside and new neurons are formed. Wondering whether the NPCs might be causing this increased microglial activity, the investigators incubated mouse microglia in a culture medium in which NPCs had previously been steeped. Two days later, they saw that the microglia had multiplied more, expressed different amounts of various signal molecules and featured more lysosomes. "The microglia were ready for action," said Wyss-Coray.

So they injected NPCs into an area of mice's brains where these cells are normally not found. In the same area in the opposing brain hemisphere, they injected a control solution. Again they found significant differences in microglial proliferation and activity, and more microglia in the NPC-injected side had assumed a "Superman" as opposed to a "Clark Kent" body shape. When they repeated this experiment using only the NPCs' "discarded bath water" rather than NPCs themselves, they got similar results.

Clearly NPCs were secreting something, or some things, that were spurring microglia to action.

Using sophisticated lab techniques, the team monitored purified NPCs plus several other cell types found in the brain and assessed nearly 60 different substances known to have powerful cell-to-cell signaling properties. Several such substances, it turned out, were secreted in much larger amounts by NPCs than by the other cell types: most notably, vascular endothelial growth factor, or VEGF -- a well-known molecule produced by many cell types throughout the body. VEGF stimulates the formation of blood vessels and exerts a beneficial effect on neurons. Conversely, drugs that block VEGF (such as Avastin) are frequently used to combat cancer because tumors require an immense blood supply in order to grow quickly.

VEGF is also known to boost microglial proliferation. Because it is produced in such volumes by NPCs, Wyss-Coray's team wanted to see if VEGF alone could mimic any of the changes wrought by NPCs or their culture-medium-borne detritus. So they injected VEGF into mice's right brain hemisphere, and saline solution into the left -- again with the same outcomes. Taking the opposite tack, the team injected NPC-saturated medium devoid of the cells, as they had done earlier. But this time they first used various laboratory techniques to deplete the fluid of the VEGF secreted by its former inhabitants. Doing this almost completely reversed its microglia-activating effects.

"All of this strongly suggests that VEGF produced by NPCs is playing a strong role in influencing microglial behavior," said Wyss-Coray. "This is important, because in all neurodegenerative diseases we know of we see microglia out of control." The new finding may open the door to reprogramming misbehaving microglia to play better with other cells.

The above story is reprinted from materials provided by Stanford University Medical Center.

Chinese Plant Compound Wipes out Cancer in 40 Days, Says New Research

A little-known plant with a truly bizarre name is now making headlines as a cancer killer, with the compound of the plant vanishing tumours in mice with pancreatic cancer. Known as the 'thunder god vine' or lei gong teng, the Chinese plant is actually integrated into Chinese medicine and has been used for ages in remedying a number of conditions including rheumatoid arthritis.

According to the new research out of the University of Minnesota's Masonic Cancer Center, the thunder god plant compound led to no signs of tumours after a 40 day period — even after discontinuing the treatment. Published in the journal Science Translational Medicine and funded by the National Institutes of Health, even the scientists working on the project were stunned by the anti-cancer properties of the compound. Known to contain something known as triptolide, which has been identified as a cancer fighter in previous research, it is thought to be the key component that may be responsible for the anti-tumor capabilities.

Study leader and vice chairman of research at the Cancer Center explained he was blown away by the effects of the simple plant:

"This drug is just unbelievably potent in killing tumor cells," he said.

Sci Transl Med 17 October 2012: Vol. 4, Issue 156, p. 156ps21 Sci. Transl. Med. DOI: 10.1126/scitranslmed.3004956 . Retrieved from: http://stm.sciencemag.org/content/4/156/156ps21

Discovery of Biological Energy-Sensing Switch Could Have Broad Implications for Biology and Medicine

Biochemists at The Scripps Research Institute (TSRI) have discovered a genetic sequence that can alter its host gene's activity in response to cellular energy levels. **The scientists have found this particular energy-sensing switch in bacterial genes, which could make it a target for a powerful new class of antibiotics.** If similar energy-sensing switches are also identified for human genes, they **may be useful for treating metabolism-related disorders such as type 2 diabetes and heart disease.**

"This discovery adds a new dimension to our understanding of how cells sense and manage their energy levels, which is one of the most important processes in biology," said the study's senior author, Martha J. Fedor, a professor in the departments of Chemical Physiology and Molecular Biology and a member of the Skaggs Institute for Chemical Biology at TSRI. **The findings are described online ahead of print on October 21, 2012, in the journal *Nature Chemical Biology*.**

A Fuel Sensor

This type of gene-switching sequence is known as a riboswitch because it appears on the strand of ribonucleic acid (RNA) that is first transcribed from a gene's DNA. Unlike other known riboswitches, which have relatively limited functions, this one acts as a sensor for the basic molecular fuel that powers all living cells and controls many genes.

The newly discovered riboswitch detects a small molecule known as adenosine triphosphate (ATP), the standard unit of chemical energy in all known organisms on our planet. Scientists had thought that cells use only large and relatively complex proteins to sense these all-important energy molecules and adjust cell activities accordingly. No one had found ATP sensors among riboswitches, which can alter cell activity at a more fundamental level -- usually by interrupting a gene's transcription from DNA.

Moreover, previously described riboswitches are relatively simple feedback sensors that affect narrow metabolic pathways. Most of them merely sense and adjust the expression rate of their own host gene. "This is the first riboswitch that is known to be involved in global metabolic regulation," said Fedor.

In recent years, the Fedor team had found hints that such a riboswitch could exist. Many RNA sequences with possible riboswitch activity had never been characterized, and several riboswitches in bacteria sense molecules that are closely related to ATP. Fedor and a graduate student in her laboratory, Peter Y. Watson, therefore set out to find bacterial riboswitches that could indeed sense ATP.

Caught in the Act

The task was more challenging than it might have seemed. Watson could not simply expose suspected riboswitches to ATP and see which ones stuck best to the energy molecules. ATP is present in high concentrations in cells, and its interactions with its known protein sensors are necessarily fleeting, low-affinity affairs. Interactions with a riboswitch would be expected to look the same. "Such interactions are really too weak to be detected using traditional methods," Watson said. But he found evidence that an RNA interaction with an ATP-like molecule would occur in a way that allows the brief coupling to be caught in the act -- using a burst of ultraviolet radiation, which can create a strong chemical crosslink between two molecules.

In this way, he discovered a stretch of apparent ATP-binding RNA known as the ydaO motif. Watson performed structure-mapping analyses of ydaO to confirm that it binds to ATP and to determine precisely where it binds. Attaching ydaO to a "reporter" gene, he found that in bacterial cells, the reporter gene's expression level stayed low when ATP levels were normal and rose sharply when ATP levels dropped -- as would be expected if ydaO is really an ATP-sensing riboswitch. Even in unaltered cells of a test bacterium, B. subtilis, levels of the genes that normally contain the ydaO motif rose and fell in the same way in response to changing ATP levels.

The ydaO motif occurs in the large subset of bacteria known as gram-positive bacteria. Across these bacterial species, it has been found, to date, on 580 separate genes. "These ydaO-regulated genes encode proteins that have a wide variety of functions, from cell wall metabolism to amino acid transport," Watson said. "It makes sense that a riboswitch in control of such disparate processes would be responding to a central metabolite such as ATP."

New Possibilities

The finding has basic scientific importance because it is the first known example of a riboswitch that binds ATP; it is also the first known riboswitch that has such broad regulatory functions. "It opens up the possibility that RNA switches are involved in the general regulation of metabolism," said Fedor.

The fact that ydaO motifs serve as "off-switches" for key bacterial genes also makes them a potential target for new antibiotics. "Hitting these riboswitches with a small-molecule, ATP-mimicking drug so that they can't turn on genes that promote bacterial growth and survival could be a viable approach," said Fedor.

Her laboratory will now search for other ATP-sensing riboswitches in bacteria and in higher organisms, including humans. A human ATP-sensing riboswitch, if targeted appropriately by drugs, might be able to alter cell activity in ways that help treat common metabolic disorders. Type 2 diabetes, which presently affects several hundred million people worldwide, is known to feature the improper regulation of ATP levels in cells.

Funding for the study, "The ydaO motif is an ATP-sensing riboswitch in Bacillus subtilis," was provided by the Skaggs Institute for Chemical Biology at TSRI.

Peter Y Watson, Martha J Fedor. **The ydaO motif is an ATP-sensing riboswitch in Bacillus subtilis.** Nature Chemical Biology, 2012; DOI: 10.1038/nchembio.1095

Discoveries Hold Promise for Treatment of Hepatitis B Virus

A University of Colorado Boulder-led team has discovered two prime targets of the Hepatitis B virus in liver cells, findings that could lead to treatment of liver disease in some of the 400 million people worldwide currently infected with the virus. CU-Boulder Professor Ding Xue, who led the studies, said scientists have been looking for cellular targets of the Hepatitis B virus, or HBV, for more than three decades. Infections from HBV promote hepatitis (inflammation of the liver), cirrhosis (scarring of the liver) and liver cancer and can be transmitted through blood and bodily fluids, unprotected sex, unsterile needles and from infected mother to offspring during birth.

Xue said **scientists have known for some time that HBV encodes a pathogenic, tumor-promoting protein known as HBx, but how it works has remained largely unknown. In two new studies, Xue and his colleagues showed that the "host targets" of HBx in human cells are two small cell proteins known as Bcl-2 and Bcl-xL, both of which are well-known cell death inhibitors but which have not previously been implicated in HBV infection.**

HBx uses a particular "motif," a small string of protein building blocks known as amino acids that resemble those seen in some cell death-causing proteins, to interact with the Bcl-2 and Bcl-xL targets and stimulate an elevation of calcium in the host cell. The calcium elevation then triggers both viral HBV replication and cell death, said Xue.

When the researchers introduced gene mutations into the motif, HBx binding to the Bcl-2 and Bcl-xL proteins and viral replication were prevented. Similarly, when either Bcl-2 or Bcl-xL proteins were "knocked out" or weakened in human liver cells, HBx was less able to cause an increase in calcium and viral replication inside the infected cells.

"Our most important findings are the identification of the motif itself and the two HBx host targets," said Xue of CU-Boulder's molecular, cellular and developmental biology department. "Now we can start thinking about new drug targets to treat HBV."

Two papers on the subject led by Xue were **published online Oct. 22** in the *Proceedings of the National Academy of Sciences*. In addition to major CU-Boulder co-authors Xin Geng, Brian Harry, Qinghua Zhou, Yan Qin and Amy Palmer, a group led by Professor Ning-Shao Xia from the National Institute of Diagnostics and Vaccine Development in Infectious Diseases at Xiamen University in China collaborated on one of the studies.

The World Health Organization estimated in July that about 600,000 people die annually from acute or chronic HBV infection, which is most predominant in Asia and Africa.

In one of the PNAS studies, the authors used a tiny roundworm known as C. elegans, a widely used animal model in biomedical research, to identify HBx host targets within the cell. Xue and his team showed that HBx can induce cell death in C. elegans through a protein known as CED-9, mimicking an early stage of liver infection by HBV.

Previous work had shown CED-9 in C. elegans is a homolog of the human Bcl-2 protein -- a different protein in a different animal that has a similar function. Despite the stark differences between roundworms and humans, scientists estimate 35 percent of C. elegans genes have human homologs.

"Our results suggest that C. elegans can serve as a good animal model for identifying crucial host factors and cell signaling pathways and aid in development of strategies to treat HBV-induced liver disorders," said Xue. "I think the use of C. elegans will galvanize the field of HBV study, which has been in search of a good animal model for three decades."

Simple animal models like fruit flies and roundworms have been critical for understanding fundamental biological processes such as aging, cell death and the regulation of gene expression. "Many would not have considered using C. elegans as a model to study HBV, but the genetic 'tools' of C. elegans are ideal for the identification of viral host targets, even though C. elegans is not a native host for the virus," said CU's Harry. Harry is pursuing both a Ph.D. degree in MCD Biology at CU-Boulder and an M.D. at the CU School of Medicine on the Anschutz Medical Campus in Aurora through the Medical Scientist Training Program.

"Both studies show that if you create two mutations in this small HBx motif, it takes away its ability to bind to Bcl-2 family proteins. This wipes out viral replication and host cell death caused by HBx expression," said Harry.

Xue said there currently is no effective treatment for chronic HBV carriers, although some people with chronic HBV are treated with interferon and anti-viral drugs. But such treatments are either unavailable or too expensive in developing countries where most of the HBV infections are occurring. "That's why these new findings could have profound clinical and pharmaceutical implications for the treatment of HBV patients," he said.

Harry said the Hepatitis B vaccine, which was developed in 1982, is administered around the world and has been shown to work well in preventing new infections. "The problem is that once you are infected, there is no effective way to remove the virus from the body," he said. "**When the virus replicates in liver cells, it causes cycles of cellular damage, inflammation and tissue regeneration, resulting in the accumulation of genetic mutations and liver cancer.**"

HBV is 50 to 100 times more infectious than the HIV virus, according to WHO officials. In China and other parts of Asia, most people acquire HBV during childhood and 8 to 10 percent of the adult population is chronically infected. "Because of this, understanding how HBV and HBx cause pathogenesis can have dramatic clinical impact," said Xue.

Xin Geng, Brian L. Harry, Qinghua Zhou, Riley Robert Skeen-Gaar, Xiao Ge, Eui Seung Lee, Shohei Mitani, and Ding Xue. **Hepatitis B virus X protein targets the Bcl-2 protein CED-9 to induce intracellular Ca2 increase and cell death in Caenorhabditis elegans.** Proceedings of the National Academy of Sciences, 2012; DOI:10.1073/pnas.1204652109

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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Sydney Opera House Big Moments

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

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Pittwater Online News

October 28 - November 3, 2013 Issue 83

Bilgola FETE
2nd year!
SUNDAY 3RD NOV
To have a party joining the biggest event on the Peninsula
Don't miss out. Enter your arts and stands for "Unlimited" All Star Show Bilgola Fete 2013 Sunday 3rd November 10am - 4pm

What's on

Pittwater Community gardens Yard Of Ensuit Bilgola Garden of Remembrance Bilgola Plateau Public School Newport Arts Festival Mona Vale Memorial Hall Mona Vale Surf Club Mona Vale Basin Palm Beach Surf Club Palm Beach Whale Beach Surf Club Whale Beach Avalon Community Centre Avalon Bowling Club Avalon Newport Surf Club Newport Bowling Club Newport Church Newport Community Centre Newport Arts Theatre Newport Arts Theatre Newport Arts Theat

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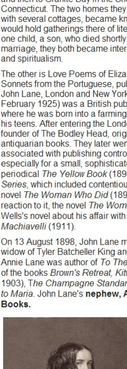
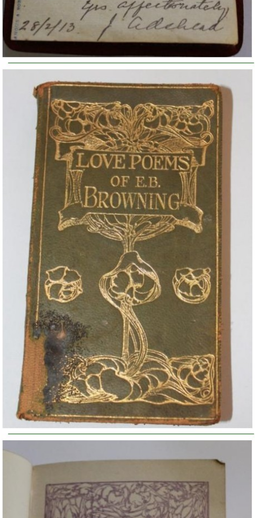
Miniature Books of Verse – A Romantic Tradition

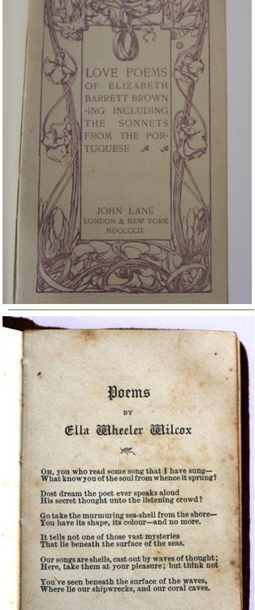
Penning a love poem to your intended or adored is as almost as old as love itself. We want our souls to merge or at least be able to speak plainly and in Highsong to our loved ones; for those a bit shy in pouring out their hearts into verse, or who find their verse atrocious, the words of more apt singers suffice. During the 18th and 19th century a tradition evolved of giving your sweetheart a little pocket book of verse, named 'miniature books' so she, or he, may refer to your good thoughts, warm love, and perhaps steamy passionate intentions, in any hidden place or while pausing from a tramp across the wilds. The two samples here, both over 100 years old, are lovely family heirlooms now which tell in their inscriptions of whom they were given to, of romance that blossomed into marriage and the eventual manifestation of those whose hands touch them now.



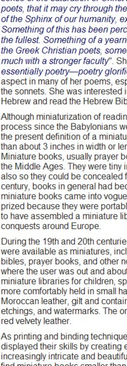
The first is the Poems of Ella Wheeler Wilcox, published in 1910 by W.P. Nimmo, Hay, and Mitchell of Edinburgh. Ella Wheeler Wilcox (November 5, 1850 – October 30, 1919) was an American author and poet. Her best-known work was Poems of Passion. Her most enduring work was " Solitude", which contains the lines: "Laugh, and the world laughs with you; Weep, and you weep alone". Her autobiography, The Worlds and I, was published in 1918, a year before her death. Ella Wheeler was born in 1850 on a farm in Johnstown, Wisconsin, east of Janesville, the youngest of four children. She started writing poetry at a very early age, and was well known as a poet in her own state by the time she graduated from high school. In 1884, she married Robert Wilcox of Meriden, Connecticut, where the couple lived before moving to New York City and then to Granite Bay in the Short Beach section of Branford, Connecticut. The two homes they built on Long Island Sound, along with several cottages, became known as Bungalow Court, and they would hold gatherings there of literary and artistic friends. They had one child, a son, who died shortly after birth. Not long after their marriage, they both became interested in theosophy, new thought, and spiritualism.



The other is Love Poems of Elizabeth Barret Browning Including The Sonnets from the Portuguese, published and copyrighted 1902 by John Lane, London and New York. John Lane (14 March 1854 – 2 February 1925) was a British publisher. Originally from Devon, where he was born into a farming family, Lane moved to London in his teens. After entering the London book trade he became co-founder of The Bodley Head, originally a firm that dealt with antiquarian books. They later went into publishing. Lane is mainly associated with publishing controversial and audacious texts, especially for a small, sophisticated audience. Examples are the periodical *The Yellow Book* (1894 - 1897) and Lane's *Keynote Series*, which included contentious material such as Grant Allen's novel *The Woman Who Did* (1895), Victoria Crosse's immediate reaction to it, the novel *The Woman Who Didn't* (1895), and H.G. Wells's novel about his affair with Amber Reeves, *The New Machiavelli* (1911).



On 13 August 1898, John Lane married Annie Philippine King, the widow of Tyler Batcheller King and the daughter of Julius Eichberg. Annie Lane was author of *To Thee, O Country* (national hymn) and of the books *Barrie's Retreat*, *Kibyk* (published by John Lane in 1903), *The Champagne Standard*, *Talk of the Town* and *According to Maria*. John Lane's **nephew, Allen Lane, founded Penguin Books.**



Elizabeth Barrett Browning (6 March 1806 – 29 June 1861) was one of the most prominent poets of the Victorian era. Her poetry was widely popular in both England and the United States during her lifetime. A collection of her last poems was published by her husband, Robert Browning, shortly after her death. Barrett Browning's first known poem was written at the age of six or eight, "*On the Cruelty of Forcement to Man*". When grown and living in London John Kenyon, a distant cousin, introduced her to literary figures including William Wordsworth, Mary Russell Mitford, Samuel Taylor Coleridge, Alfred Lord Tennyson and Thomas Carlyle. Her 1844 volume *Poems* made her one of the most popular writers in the country at the time and inspired Robert Browning to write to her, telling her how much he loved her work. He had been an admirer of her poetry for a long time and wrote "*I love your verses with all my heart, dear Miss Barrett*" praising their "*fresh strange music, the affluent language, the exquisite pathos and true new brave thought*". Kenyon arranged for Robert Browning to meet Elizabeth on 20 May 1845, in her rooms, and so began one of the most famous courtships in literature. He had a great influence on her writing, as did she on his: two of Barrett's most famous pieces were produced after she met Browning, *Sonnets from the Portuguese* and *Aurora Leigh*.

The courtship and marriage between Robert Browning and Elizabeth were carried out secretly as she and her siblings were convinced their father would disapprove. Six years his elder and an invalid, she could not believe that the vigorous and worldly Robert Browning really loved her as much as he professed to. After a private marriage at St. Marylebone Parish Church, they honeymooned in Paris. Browning then imitated his hero Shelley by spiriting his wife off to Italy, in September 1846, which became her home almost continuously until her death.

"Portuguese" was a pet name Browning used. *Sonnets from the Portuguese* also refers to the series of sonnets of the 16th-century Portuguese poet Luís de Camões; in all these poems she used rhyme schemes typical of the Portuguese sonnets. The verse-novel Aurora Leigh, her most ambitious and perhaps the most popular of her longer poems, appeared in 1856. It is the story of a female writer making her way in life, balancing work and love. The writings depicted in the novel are based on similar, personal experiences that Elizabeth suffered through herself. The North American Review praised Elizabeth's poem in these words: "*Mrs. Browning's poems are, in all respects, the utterance of a woman—of a woman of great learning, rich experience, and powerful mind. Something the woman's nature the strength which is sometimes thought peculiar to a man*".

Much of Barrett Browning's work carries a religious theme. She had read and studied such famous literary works as Milton's *Paradise Lost* and Dante's *Inferno*. She says in her writing, "*We want the sense of the saturation of Christ's blood upon the souls of our poets, that it may cry through them in answer to the ceaseless wail of the Sphinx of our humanity, expounding agony into renovation. Something of this has been perceived in art when its glory was at the fullest. Something of a yearning after this may be seen among the Greek Christian poets, something which would have been much with a stronger faculty*". She believed that "*Christ's religion is essentially poetry—poetry glorified*". She explored the religious aspect in many of her poems, especially in her early work, such as the sonnets. She was interested in theological debate, had learned Hebrew and read the Hebrew Bible.

Although miniaturization of reading material has been an on-going process since the Babylonians were in business around 1500 BC, the present definition of a miniature book is any book that is less than about 3 inches in width or length or less then these dimensions. Miniature books, usually prayer books, appeared in Europe during the Middle Ages. They were tiny in order to be easily carried and also so they could be concealed from prying eyes. By the 19th century, books in general had become more affordable and miniature books came into vogue. As with earlier eras, they were prized because they were portable. Napoleon Bonaparte was known to have assembled a miniature library that accompanied him on his conquests around Europe.

During the 19th and 20th centuries, books from almost every genre were available as miniatures, including classic fiction, dictionaries, bibles, prayer books, and other non-fiction works like fishing guides where the user was out and about. Publishers also began producing miniature libraries for children, specially designing the books to be more comfortably held in small hands. Many are bound in fine Moroccan leather, gilt and contain excellent examples of woodcuts, etchings, and watermarks. The one here of Ella's poems is bound in red velvety leather.

As printing and binding techniques improved, book makers displayed their skills by creating even smaller books with increasingly intricate and beautiful bindings. Today it is possible to find miniature books smaller than half an inch featuring gilt and intricate designs. Although these two 102 and 110 year old versions will only fetch around $40US in Collector's markets, their value is beyond measure in their content and as a representation of family history and the love therein.

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Miniature Books: 4,000 Years of Tiny Treasures by Anne Bromer.

Miniature Book Society: www.mbs.org/

Pictures

EB Browning: Elizabeth Barrett Browning, Engraving September, 1859, by Macaire Havre, engraving by T. O. Barlow. From Elizabeth Barrett Browning's Poetical Works, Ninth Edition, Volume I of V. London, Smith, Elder & Co., 15 Waterloo Place, 1871. EB Browning is 55 in this picture.

Ella Wheeler Wilcox (http://ellawheelerwilcox.tripod.com/) by Rosicrucian Fellowship's esoteric students.

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