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Mayor Harvey Rose Not Standing in 2012 Council Elections

Earlier this week Harvey Rose announced he will not be standing for re-election at the Council elections on the 8th of September. Mayor Rose received the biggest vote in Pittwater in the 2008 elections and has been Mayor for the last three years.

Mayor Rose said "There are a number of things I want to complete while still young enough. Most importantly I want to write '*The History of Pittwater Council – the first twenty years*'."

Mayor Rose added "I also want to spend more time in voluntary work and with my family." Harvey and Wilga have three sons, a daughter and four grandchildren.

An Avalon resident since 1971 this gent has Pittwater in his blood. Tireless in his efforts to keep essential services intact, to keep Currawong a place for all, Cr. Rose by his actions and words has proven that unity, perseverance and concerted efforts not only keep community they also instil it and communicate it for those who will own tomorrow, our children. We spoke to Cr. Harvey Rose, Mayor of Pittwater, regarding his announcement, his hopes for the future Council and his own plans.

You mention in your Press Release that you will be writing a history book on Pittwater Council; have you begun this yet?

No, not as yet. I still have two months to go as Mayor and have been working hard and shall continue to work hard to try and get the best for our community during that time. It's a project that I have in mind after leaving the Council; it's something that I believe needs doing and something I have the background to do (Cr. Rose has a Masters Degree from Sydney University in History).

I will need something substantial to do; it's something I want to do and something that is useful. The **Book of Pittwater poetry which is being launched on August 16th** will be good, a marvelous thing. Lorrie Morgan (PCA, Pittwtaer Community Arts) is doing a tremendous job.

You have stated that two of the achievements you're most happy with are Saving Mona Vale Hospital and the Maternity Ward and saving Currawong. Could you share an insight from each of those that epitomises the best moment of those challenges?

These things aren't won easily. They're the result of long fought campaigns. The whole of my strategy and attitude since I became a Councillor and then Mayor is that people have to work together to get the best for the Pittwater Community. It is essential for this to keep and have the kind of community that the vast majority of the people in Pittwater want.

Continued

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John Fleming, Broken Bay Marine Rescue, Andrew Tiede and Phil Ingram of the Anglers Action Group

Fiona Garrity and Amelia Buchanan, Pittwater Council, Lorrie Morgan, President Pittwater Community Arts, Brownyn Hammond, Pittwater Council

2012 Pittwater Community Service Award Winner Announced - 26th of July, 2012

Member for Pittwater Rob Stokes today announced Pittwater Rotary Club President Hans Carlborg as the recipient of the *Premier's 2012 Pittwater Community Service Award.*

The award was presented at a reception for Pittwater's community leaders at Mona Vale Golf Club and acknowledges exemplary service to the Pittwater community by a local volunteer. As the President of the Rotary Club of Pittwater, Hans has been instrumental in leading fundraising efforts for local charities and individuals, including the Club's recent efforts in raising funds for the extension of Mona Vale Hospital's palliative care unit.

"Hans is an outstanding member of our community and this award is a fitting tribute to his ongoing efforts," Rob Stokes said today. "Hans never shies away from a challenge and his leadership and passion has delivered significant benefits for our community.

"Along with his fellow Rotarians, Hans played a key role in assisting Mona Vale Hospital Auxiliary raise essential funds for the expansion of our local palliative care unit.

Left to right: Jean Beveridge, Pittwater Rotarian, Mayor Harvey Rose, Hans Carlborg,President Rotary Club of Pittwater, Hon. Rob Stokes, Larriane Hall, Pittwater Rotarian, Eileen Gordon, President Mona Vale Hospital Auxiliary, Gail Carew, Pittwater Rotarian

"It's only through passionate community advocates such as Hans that many of the opportunities and services our community often take for granted are available.

"Hans' invaluable contribution towards our community and the lives of others is truly admirable and this award is a great way to say thank you," Rob Stokes said.

We asked Hans Carlborg, who has recently commenced his second year as President of the Rotary Club of Pittwater, how it felt to receive this award.

"A total surprise but very good because it recognises and gives exposure and awareness to the need for this special medical service (Palliative Care). The Rotary Club of Pittwater has been working on this for 18 months now." Hans replied.

"Rotary is made up of business, community and professional leaders. It is important to try and get out into the community and do something which has high value and high focus within the community. The club is about Community Service with the wish to engage people outside of Rotary to add value, not only by doing things ourselves, but doing things with other people; engaging community in providing community support both locally and internationally."

The Rotary Club of Pittwater's Annual Spring Concert with our own Northern Beaches Orchestra and featuring special soloist Jane Rutter, flautist, shall be held at Warriewood Cinemas Grand Theatre, thanks to the generous support of Roy and Josephine Mustaca, on September 12th this year. Tickets available now.

Ian Nichols, Radio Northern Beaches, Dilys Graham, MAnly Warringah Football Association, Annette Burgoyne, President Pittwater RSL Football Club, Roland Luke, Executive Committe Avalon Soccer Club and 2011 recipient of Premiers Community Service Award

Lyn Illingsworth and Marita Macrae of Pittwater Natural Heritage Association

Peter Rumble, President Vietnam Veterans (Northern), Bill Hardman, Vice President Manly Warringah Pittwater District Council, Cmdr. Graham Sloper, President Avalon Sub Branch, Eric Ralphs, Secretary, Manly Warringah Pittwater District Council

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Mayor Rose and Shane Withington, Currawong Day

Mona Vale Hospital

Sophie and Rob Stokes with Cr. Harvey Rose and Cr. Patricia Giles, Past and Present Mayors of Pittwater

Avalon Tattoo 2011 with Supt. Doreen Cruikshank

Wilga and Harvey Rose

In these two campaigns it's the Council working with community. Take the case of Currawong, the Friends of Currawong, I was a member on the executive committee before I went on Council. This was Council working with a great community group (Friends of Currawong) and our local members, and I can't stress this too strongly, particularly in this case Rob Stokes, to pull together the different levels to get a result. That's what happened; the community group worked at its level, Council worked at its level, Rob worked at his level. These things don't happen without a lot of organised effort. In talking about being outside Parliament House, yes, that was largely a Council initiative that we put together with the community. That was an important event along the way, but all these things are one, a coordinated cooperative effort.

It was just great to win Currawong. I was Chair of the Pittwater Residents against Inappropriate Development, again before I went on Council; to think that Currawong, a place where all the people, no matter how well off or not well off could go and have a good holiday with the family, would be taken away and turned into an exclusive sub-division for the mega rich, I found that abhorrent. I know that most people in our Pittwater community found that very wrong. It took a long long time. The Friends of Currawong, a community group, that Shane Withington led, fought long and hard and Council fought long and hard. Certainly our local members were part of that. Rob Stokes did all he could. It was a big one to win.

When we found out that it was to be bought, that it was to be kept in public ownership for the people, and not be taken away for the few, yes it was one of those apocryphal moments, something you always remember.

It was exactly the same with the hospital; I was Chair of the Save Mona Vale Hospital Committee before I went on the Council, and I still believe that if it hadn't been for the efforts of that committee and Council and our local Members working together, that hospital would not be there. The aims were to keep the hospital, to make sure the land was kept for the community, to be used for health services.

When they took Maternity, again, I got a committee together and that committee was made up of Rob Stokes, Bronwyn Bishop, Eileen Gordon, head of the MVH Auxiliary and Eunice Raymond, who took over from me as Chair, and we ran a very good campaign which resulted in getting Maternity back.

You were a teacher of Year 12 English for decades; do you think that helped you with being Mayor?

Absolutely. I used to use the expression when I spoke of teaching sometimes, that '***teaching is the most noble profession of all***'. I do believe that and always have believed that. I believe there is no more important job in our community then teaching. Teachers take our young and not only give them skills, they also give them attitudes towards life, attitudes that are positive and constructive. Essentially teachers, for the majority of a young person's life, shape this.

Is this where your commitment to developing more for our youth in the community stems from?

Absolutely. One realises there are stages where kids can go off the rails, most kids are good kids, it's rare for one to end up in real trouble, but they can fall off. The major task is to keep them within community so they don't fall off and are lost; it's getting them old enough, until they can think for themselves. The more facilities we have and getting them involved in positive things along the way, is very important.

The other thing is the arts, I think Pittwater Community Arts is doing a great job, working with Council, and I think we've got a strong background in the arts in Pittwater and I do think that always has to be maintained.

On the future…

I was going to stand again, we had been down last Sunday and I registered, then came home and sat down and had a think about this; **it has been a great period and I must stress that this is what it has been about; this Council has been constructive and positive.** And if you're to get anywhere in these things you have to be constructive and you have to be positive. You have to work in a constructive positive way among each other as a Council. If you don't do that and get caught up in politics and conflict, you're not producing for your community.

Our Council has been very very good like that; positive and constructive. It's the same with Council staff; you have to be positive and constructive. There will be times where there will be differences. You have to go behind closed doors and sort it out and come out with the best position you can and get on with it, otherwise, again, the negativity will detract from achievement. **It's the same at all levels. You all have to work together in the interest of the community.** I've worked very closely with Rob in particular but with Bronwyn also and it's very very important that party politics have nothing to do with Council. Once you get party politics involved you get a whole plethora of things that have got nothing to do with the community; it's other things and other issues out there and they divide.

What it has to be about is working together for your community and where there are differences they have to be worked through, ironed out, best compromise. That's what it's all about and I desperately hope the new Council will have that kind of attitude. I don't know what the composition of the new Council will be, I just hope it's a good one.

Wilga and I were sitting down and discussing things and decided this Council has been good, they've achieved a lot, and we discussed the future and there were things that I wanted to do, and we all know politicians can go on for too long. We decided that now was the time to go and do other positive things rather then go through another campaign and then not know, in the new Council, where things are. We have established a legacy, we pass that legacy on and anywhere I can I will help in a positive and constructive way. I just hope that this positive constructive attitude is maintained through the Council.

What are you going to do in a few months time?

I'm looking forward to writing something substantial. I want to get into more volunteering, for St Vincent DePaul particularly, they do a lot of good and there a lot of people doing it hard in our community. The man, Paul, who runs that locally, was saying the numbers (helpers) were a bit down. We have four grandkids and my wife is writing another book of poetry. So it's all onward.

Mayor Rose said he would not rule out standing at future Council elections if he felt there was a need.

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Pittwater Online News

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Articles This Week:

Pittwater's Premier's Community Service Award 2012

Mayor Harvey Rose Announced this week he will not be standing in the forthcoming Council elections - more on this

All Previous Articles

Profile: July 2012; Pittwater gents with a confirmed love and aura of Saltwater: Graham Spong, IBM Manager for three decades, Sailor

Previous Profiles:

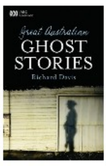
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Ben Baillie Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie Haythornthwaite Joan Fisher Mark Ferguson Veteran Carolyn McKay Christine Hopton Ian White Jack Elsegood Robert Grace Colin Casey Bob Waterer The Surfers Group The Palm Beach Yacht Club Pittwater Natural Heritage Association Pittwater Friends of Soibada Pam Bayfield Denise Casey Lynda Hill Belinda Grundy Paul Christie Neil Evers Andrew Holder Ian Curlewis Lange Theory Phil Colman-Peter Mitchell and Exploring tidal waters on Australia's temperate coast Geoff Clarke Palm Beach Sailing Club The Populaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM Doreen Cherry Cindy Goode Milman Stephen Marr Bob Hamilton Simon Abbott Peter Rumble

History: Bushrangers, Miscreants, Smugglers and other illegal activities in Pittwater by Shelagh Champion OAM and George Champion OAM all of July 2012; Issue 69, *Mona Vale Outrages* by George Champion OAM

Previous History Pages:

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

Park Bench Philosopher: Quest Basics - from the Everyday Angels



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

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

Events: MVH Auxiliary Fashion Parade, Train Museum Celebrating 50th this year, Winemakers Dinner, U3A Events, BURNT Exhibition, New AvPals Courses, Plant a Tree, Learn How to Weed Botham Beach, Dive into the Deep Ocean, Jane Rutter and NBO Rotary Spring Concert TICKETS, FoNLC Paddles and Walks, Dance in Chicken Town, Poetry, Books & Playreading @ MV Library, Council Events and more.

News From our Inbox 1956 Melbourne Olympics, CSIRO Time Lapse Array Telescope, Run Away!, 1951 Cadillac easy-parking, Opera House Competition, How to keep your Facebook photos PRIVATE

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Community News: PFOS Team home, MVDH Petition, CSIRO Scholarships, NDIS Good News, MyCompass, Jo Brigden-Jones Qualfying Olympic race, 2013 Pittwater to Coffs Entries Open, Author Talk on MVPS 100 Year History, Palliative Care petition, Loosely Woven Return, Dog Day by The Bay 2012, Artfest 2012, MVPS Centenary, Our Council's Notices, Fed. Govt. Media and more

Environment; First Snowdrop spotted this week, Hidden Rift Valley Discovered Beneath West Antarctica Reveals New Insight Into Ice Loss, CSIRO: Australia to catch the wave and hang ten; Australia's oceans hold a bounty of energy and could produce 24-hour power, either from the tides, currents or waves, Botham Beach Project, Sydney Wildlife needs Volunteers, Deep Oceans opens at Australian Museum, **Cooee July Issue**, local Environment groups and orgs.

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

Pictures: Winter brings some great sunsets; a handful from Paul Wheeler's collection.

Youth: BL's Blast Off 2012 Entries OPEN, Free MALO Download, Robotics Fun Day, NSW Steam Trains, First Cartoon Ever, Learner Drivers Help, Study Tools 101 - Mind Maps, 3d Surf tickets now on sale, 24/7 Youth Film Festival, Enter the BackMeUp anti-cyberbullying Comp and win a week in Film Production Course at NIDA, Free Wombat Story and Colouring In, Library Story-times for Littlies, ArtFest 2012.

Seniors; Asahel Bush poetry, Olympics 1948 London Opening Ceremony, New Drug Could Treat Alzheimer's, MS and Brain Injury, Mind your Mind® is Alzheimer's Australia's dementia risk reduction program, Yoga - Stroke study, 7 Wonders of the World, Smiles for the Week, 1959 Aust. Jazz Fest., New AvPals Courses, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

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

DIY Hints: Restoring old chairs; a few tips and how to videos; good winter fun for dull afternoons; reclaim your favourite seat!

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

Food: Homemade Indian; food to keep you hot and make you glow

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Pittwater Online News

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Artisan Thai Week

Pittwater's Premier Community Harmony Award 2013

Harry Seeney Rug Run raises $10,000 to help with cot deaths in Australia

Reflections by George Ferry by ALMAN

Surfing Australia Pro Junior Series at Tea Tree Whale Surfing Pro Series - July 2013 Photos and Video

Pittwater Rugby Club 2013 Season Start - Photos and Video

Pittwater Rugby Club 2013 Season Start and KOOKA's Rugby Union Carnival 2013 will change Clarence Street, Sydney into a Rugby Mecca this weekend

Pittwater Rugby Club July 2013 Weather Man - Graham Watson

Pittwater Rugby Club 2013 Season Start - Photos and Video

Pittwater Friends Of Wildlife - Post Tamara Dawn Hamilton

Kevin Jones presented with the Pittwater Community Harmony Award 2013

Harry Seeney Rug Run

Harry Seeney Rug Run

The Harry Seeney Rug Run was held on Sunday 28th July 2013 in Avalon Beach Reserve. Harry Seeney was born with a rare genetic condition called Trisomy 18 and sadly passed away at 4 months old. Harry's parents Jodie and Ben Seeney have created a foundation in Harry's memory to help raise funds for research into SIDS. Harry's parents have been very involved in the Pittwater community and are a great example of how a community can come together to support a family in need.

Harry Seeney Rug Run

Harry Seeney Rug Run

Harry Seeney Rug Run

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Quest Basics

It is incongruous to feel so soft and warm inside such hard heavy coldness even if you can make that armour glint, shine and catch fire. The kinds of ships you sail, with the same kind of fools you are, or the camel songs you learn, and all those foreign plains and winds, all those deserts you cross, or mountains you climb, and rivers you hear sigh, are born of the questing itself.

Long before you get anywhere near a chance to experience this there is a time, from the age of five it used to be in some domains, where you serve the arduous apprenticeship and walk the long road to becoming a champion. A '*knicht*' is a boy apprenticed to a champion originally. There are summers spent running marathons, because you have to be physically and mentally fit, not just strong. There is horsemanship until you and your steed are one. The getting of learning is paramount as there is no point following philosophies you don't understand. You must bring out and make strong in you the bone that begets your Knowing. On at least one subject you will become scholarly to be ever reminded of all else there must be to Know lest you become foolish with your wisdom and forget it is a door to everything… else. You must learn how to be a healer. You must know how to bring peace, not just keep the peace once you get there. Bringing peace denotes hallowing while keeping peace may intimate chanting paces but also the guardians' sword. There is a practicing of spirituality, not just the rituals of praying for others, *ora pro nobis*, but also the asking for blessings during a Vigil, and these are to keep yourself good and true as much as for the true and whole road taken. Orare becomes every breath until every breath is a prayer, as this helps maintain a being in the state of integrity it is necessary to be in to see what to do, to feel what to do, to sense the small shifts inside you which guide you on the way to go every single moment.

It requires daily rituals to be adhered to, practiced. The broad shoulders that develop from wielding long sword are not so becoming on a woman. The stretching to become a better person capable of legendary deeds may stall due to petty personality and flaws in your nature which may help you do some tasks but put others beyond you. You have to do the work even when sick, speak when breathless. Thus you practice the vigil, meditating until the beaming of the spiritous soul thread at the core of you becomes your upright sword backbone and you attuned to truth so all associated with each task, each questful seeking, pops up and is clear in your seeing.

Since I will not display my running blood for you, and even that which flows in tune with my whole being being is hidden from view, and Dravida is so much older then I, and far more given to wailing out his bloods' breath, it is he who will be your songer of what it is like to be on a given, a vocational, a blessed, quest.

Greetings and Salutations! Tis I, Dravida of the Younger Seas. Firstly, some righting…I am not much older or ancienter then yon little one from the source. And her songing has as much soul in it as mine does and does not clang with the false or duck the true eye of love.

We are spiritual alchemists, that is what we are born, in nature, to be in being. Our quest is to bring the spiritual inherent in all here back out, alike the transforming of base metal to gold other alchemists have practiced in imitation of what bringing the spiritual out will also bring. This questing, this recurring rising up in people of the resolute strand to bring goodness to remedy badness recalls coats of arms and an aspect of existence discarded and earned anew along each way by each generation.

At first those of today seem, due to the looming large knights past, a thin reflection. Those old knights had mud on them too though in their doing, in the action part of deeds. They are alike, painted with the same mud of modern day champions of trees, rivers, mountains, animals and starving children. Some now recognise the gleaming and shining from them comes not just from armour envisioned or even as the aspiring doing example, but also from the shining out of a blazing soul. This is seen, even if with other eyes. Discerned, sensed. A whole strata of people being, and all just to raise the cup up. Something warms that steel, something moves, still, in the blood.

Let me try and relate the skin and substance of each very different testing, trying, crusade of a quest.

Always begin such notions with a little chanting of 'bless this quest, bless this quest' until all thoughts of questing have overflowed outside this quiet rim and clear calm footsteps accompany you, as your inner footstep itself, yours, all through the wondrous questing. This is called 'walking upright' or realigning your backbone with the backbone of forever so no accumulated or adopted kink can thwart the invincibility in your walking.

The rituals of immersion begin seven full days before the actual long night of vigil for vigilance and keening, longing for, prayer. The practicing with bow, with horse, with long singing sword, although already adept, acquires an extra edge to the honing of skill and enhances the swordplay until the quivering golden edge of the sword has become like the edge of skin and both are full with pure purpose. The rituals and routines practiced are the same, but they have become higher, finer, are full with sustained holy energy. This becoming more then the usual at one with your sword goes throughout all you will take with you, or carry inside you.

You arise before dawn and dwell in the season, fold yourself inside its ever changing breaths and shifts. You bathe naked in the river, place your bare sole against the stony dirt. As the sun rises your long sword is swinging, marking the runs of the steel exercises. You have your repast, diet of cleansing in the morning, diet of strengthening at evening, all through the seven days. After eating is horseplay, canter, gallop and leap until both are covered in sweat. After this a study of an area about to be ventured into is researched, its customs and traditions noted so you are less likely to give offence. Permission from the garden about to be walked into, from that garden itself, is sought. After this hour of reverence another hour visualizing all obstacles that may come dissolving expands questing meditations.

After seven days of immersion, not just making the motions, but going through the rituals until they have changed the substance of you, filling you with pure intent, you are ready for your Vigil…

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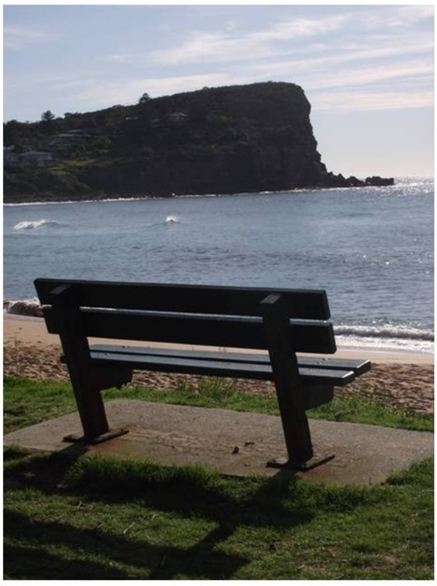

Park Bench Philosophers

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

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Graham Spong

An advocate of 'lifelong learning' who worked for IBM for 32 years, 28 of these as a Manager, and always jumped at the opportunity to further his education even when grown, attending the IBM Summer Program at Cambridge, the Colgate Darden School at the University of Virginia, is Graham Spong.

This gentleman's life, besides doing '*a million things*' has a constant thread of electronics through it, from interest in Crystal sets as a boy through to ham radios when older. He has seen some of the major advancements and shifts in computers and business, eventually leading up the Australian Quality Awards from 1988 when they were introduced. These were Australia's most prestigious business event and recognised outstanding achievements in organisations which are using Quality to achieve international competitiveness. A gent who has invested his essence into Australia, not just as a Rotarian and pursuing and promoting quality in all, but still supporting those who share knowledge.

The other constant threads in Graham are a love of enjoying the environment, particularly on yachts and doting on his children, remarking during his interview that hearing children playing on Clareville Beach was and has remained a clear favourite memory and experience. This and much loved wife Nola still light up Mr Spong's eyes.

I was born in Melbourne, in December 1936.

Can you remember much about World War II?

I can remember the war in terms of planes flying overhead and we had a dugout in the backyard; an air raid shelter.

Which suburb of Melbourne were you in?

Ivanhoe, north out of Melbourne. We lived on the main street, upper Heidelberg road. The trams didn't come out that far. We had trains that ran from the Princes Bridge station.

Can you remember peace being declared?

I remember a few things; I remember a celebration in Heidelberg park at the declaration of peace. Everyone singing and dancing…

Where did you go to school?

I went to Ivanhoe Public School and High School, then to the Royal Institute of Technology, it's called the University today, studying electronics. I was with OTC (Overseas Telecommunications) at that time; these were pre-televison days. Overseas communications was by radio.

What was your role?

I was a technical officer. That involved servicing equipment, building new equipment for communications with overseas.

In 1959 I joined IBM (International Business Machines) as a customer engineer. When I first joined IBM we still communicated by Morse Code with London each evening so I had to learn how to type and send and receive this; which stood me in great stead for computer keyboards later on. I remember paper tapes were used to send the messages to London and sometimes having to wait for better atmospheric conditions to send these by radio. I then went to Singapore to look after the computers there in 1963.

Singapore was interesting in 1963; there was a move to have the formation of Malaysia, which never occurred, they were almost at war with Indonesia, with the Konfrontasi: (the Indonesia-Malaysia dispute, 1963-1966); they would let bombs off when they came ashore from Indonesia. There were many Australians over there at that time, and the British Army and Airforce Base was fully staffed then.

What were your most memorable moments from there and then?

The most pleasant thing I associate with Singapore was getting married to Nola on the Saturday and I started work on the Tuesday. I couldn't be where I am today without her; everytime we had to go overseas it wasn't a problem.

The first time I saw her she was having lunch next door; her mother was friends with our neighbour. I went over to borrow some tool that I didn't actually need and invited her to the CMF Ball, which she agreed to.

I was doing my National Service then, where I was in Signals with the Army, and they put me into Radio. We were in 12 Platoon with Sergeant Heritage, who had been in Japan and ended up marrying a Japanese lady, and they needed someone to fix all the radios which had deteriorated since WWII.

Nola and I went to the Ball, I was dressed in my National Service uniform as it was one their do's, and Nola's sister's husband asked me; 'What band are you in?' (due to the uniform). We laughed.

Nola and I came back to Melbourne and I was asked if I'd like to be a Manager and I liked Singapore so much I agreed to go on another assignment. So in 1969 we went to Japan. This was a very interesting place then; there weren't a lot of English signs, it was a boom time for **Japan** in cars and electronics. I had a favourite place to go called 'Akihabara' also known as 'Akihabara Electric Town' (a district of Tokyo, Japan. Akihabara is a major shopping area for electronic, computer, anime, and otaku goods, including new and used items.). I'd go there on the subway. I bought my amateur radio equipment there.

Did you have a favourite garden in Japan?

I liked the gardens in Kyoto. We saw the Spring Festival, the Blossoms changing. We had one child then, our son who we took with us; he was about 12 months old then. I remember the food; I went to Hiroshima for a meeting and there we ate the Fugu fish. I was the special guest and tradition held that they took the special guest to a Fugu fish restaurant; I asked to see the chef's licence; there was lots of hilarity over that request. I was very friendly with one of these Japanese men and he said that when they were teenagers they used to put the poison on their tongues as a dare.

We were then asked to go to **Hong Kong** where my role was Region Manager in the IBM Customer Service Division. Hong Kong was still a British colony then, you couldn't go very far. For example you couldn't go into China. The food was terrific.

I think the ability to be able to travel so easily out of Hong Kong to other regions stands out from my years there; I was responsible for other countries then; **Korea in the north, Japan, Taiwan, the Philippines, Malaysia, Thailand, Burma, Singapore, and Indonesia, Vietnam.** We flew into Saigon in Vietnam, this was during the conflicts there, and would have to get into a 'stack' with the other planes and spiral down to land so as not to be shot at. I was travelling quite often as this was a growing area.

We lived in a lovely unit in Repulse Bay. Everyone had servants then. The interesting thing was we lived in a block of flats, which was quite large, and had Australian and New Zealand people there. I was friendly with guys from Dow Chemicals, a New Zealander and an Australian. We had an arrangement with the local taxi company to take us to work; we would leave at a certain time, come back at a certain time; the taxi's name was 'six finger taxi'; he had a telephone on a tree down on Repulse Bay; he had six digits, which was common then. These days they have surgery, but then there were a few born this way.

It was so easy to travel that I'd go away for the week and be home on the weekend, this was on Convair 880's; we'd travel with Cathay Pacific most of the time and I had friends who were pilots. The paintings in this room, which we bought during our travels, from the Philippines and Vietnam (made from eggshells) are a personal record of then. The Australian paintings, that one, an Outback scene, is a sailing prize.

Where did you go sailing?

I used to go sailing in Hong Kong, starting in dinghies. There was a Combined Services Club, that had their own boats. Back in Avalon I'd sail here, from the Royal Prince Alfred club. I had several boats; Pyxis I and II; I was always impressed with names for stars, and this is a constellation. (Pyxis is a small and faint constellation in the southern sky. Its name is Latin for a mariner's compass) But the latest boat, which I've unfortunately had to sell, was called 'Elysium'. These were 37feet boats.

One of my favourite races was the Pittwater to Coff's Harbour race, these began in 1981. This was memorable because we'd sail up there, as you go north it gets warmer, the family can come with you, then you'd stay a few days, have time together before coming back.

My first trip there was with Norm Kiddle, who's up the coast now, and it was a beautiful place, unspoilt.

What's the best thing, for you, about being out on the saltwater in sea breezes?

What's the feeling of sailing…it's been so much a part of our life, the kids were all brought up sailing. We'd spend holidays in The Basin. The kids would sail the Magna juniors… it's a part of living for us.

What does any Manager have to bring to the job to be a good manager?

The best thing any manager can do is find good people; Identifying those with the right attitude. It's also vital to have great people skills to succeed as a Manager.

What was the most exciting element about being part of IBM then?

They were world leaders in this field. For me, the opportunity to bring about change and do it in a foreign environment was both challenging and rewarding. What I noticed is we could all work together, I could work with the Chinese, with Russians; **the technology becomes a universal language itself, diminishing the restraints of spoken language barriers.**

After Hong Kong we came back to Sydney this time and lived at Wahroonga. My role then was Australian Manager for the Service side of IBM, 1974. The headquarters for IBM was in Sydney by then, it had all been moved from Melbourne.

What were some of the advances being made by IBM in the 1970's?

With the computers you'd have to say size. They went from filling a room to something that will fit on a desk. I can remember down in Melbourne, one of the company's National Mutual Life, they had a viewing platform where you could come in and stand and watch the computer.

The first commercial computer was the 1401 (The 1401 was the first commercial, all "solid state" computer. Solid state engineering greatly reduced the footprint of computers in computing rooms. **The IBM 1401 is called the Model T of the computer business**). It was probably two metres long. These were used for commercial work mainly; anywhere that required calculations, data storage, although storage wasn't big in those days.

The role changed a few times as there were mergers and so forth; I was Director, Customer Engineering but then they asked me to move into Marketing, so I gave that a go. It was important in the late 1970's, as they were doing one on one marketing but also just introducing one on many marketing; like a seminar; the product's price came down and this had to be matched by the way we were marketing it; one to one changing to one to many. We had a range of small to large computers then. What we were trying to do was stop two different marketing reps going to the one company saying 'I've got the solution for you.'

Then they asked me to move into a new operation, in Pymble, called Volume Products, and that's where we started handling the PC and originally handling this like a large computer. So we set in a path to cut down the process between the factory and the consumer. We had an office in Pymble, just near present day 3M, which was supposed to be a no frills operation.

Then we moved into the marketing of Services. It was a big change for IBM. What they realised was that you couldn't make money out of hardware anymore, or it was more difficult to. Services meant putting the whole solution together rather then just running something that was one piece. This involved providing the whole solution; product, software, services; that became the biggest growth area for IBM. I was part of that.

IBM then paid for a year in my next job; I went to Enterprise Australia as an executive; my role there was General Manager of the **Australian Quality Awards**. That involved companies coming in and being evaluated by our organisation; if they did well they'd receive an award. The chairman of Enterprise Australia was also the chairman of IBM. The aim was to lift the standard of quality of products and services in Australia, or to recognise these to further enterprise in Australia.

I did this for six years; the culmination of the year was always at the Awards night. Initially the Awards nights had been in either Sydney or Melbourne; they were small affairs. I changed all that; we had an awards night in each of the states with the State premier and the Prime Minister attending. Telecom provided the connection for us so they were all interlinked by television; that became the expensive part of doing the Australian Quality Awards.

The first one I experienced, we had the State Premiers connected, and we had the Prime Minister coming. Here I am, down in Melbourne, preparing for the night, and I answer the phone… "Bob Hawke here; not coming tonight." And I thought, 'oh dear.'; anyway, he sent one of the other ministers down.

What was it like meeting dignitaries in the course of your duties?

Oh, I was always keeping an eye on proceedings at the awards, making sure they'd arrive on time, stick to schedule during speeches, a; 'hurry up please, you're making us run late' experience.

So who were some of the outstanding winners of this award?

They were all very good, of a very high standard. In the Quality Award they had to demonstrate a number of categories in leadership; how they managed the business, how they related to the employees, their growth of employees and the business; they were all examples of how to excel in their particular business.

There was no limitation on what kind of businesses could enter. There was a manufacturing company down in Melbourne, run by a lady, and she'd be the outstanding one in my mind. She stepped in when another family member was ill; it was a family business.

Unfortunately during this time, I was in the backyard in Clareville and I got bitten by something, perhaps a spider. This caused an infection and associated health issues and I decided I'd have enough of working and retired. We were at Clareville for 17 years.

What is your favourite thing to do on computers now?

Doing the banking, not having to stand in line. Using Skype… that's good.

What to you is the best thing about the development of computers, what have they given to the human race?

Personally I think the ability of everyone to communicate around the world is great. Conversely, one of the things I dislike about computers today is the maintenance required. Behind every computer is all this maintenance; that hasn't changed. The cause behind many computers crashing is they need constant upgrades of programs; **if you do experience a crash you generally find they've been updating the programs**. The most positive thing that I can see is that they have narrowed the borders or that there are no borders anymore; no walls anymore.

Children?

I have two children and one grandchild. My son Evan is a yacht designer; he has a PhD in Naval Architecture, or more specifically Computational Fluid Dynamics; this is to do with the flow of water over the surface. Melanie, my daughter is a Senior Manager with the Federal Government; I think she's so good at what she does because she went to the Pizza Hut University; she trained to be a Manager there.

What is your favourite place in Pittwater and why?

Undoubtedly Clareville beach. The why is it's lovely to hear the waves and the children playing. We faced the beach.

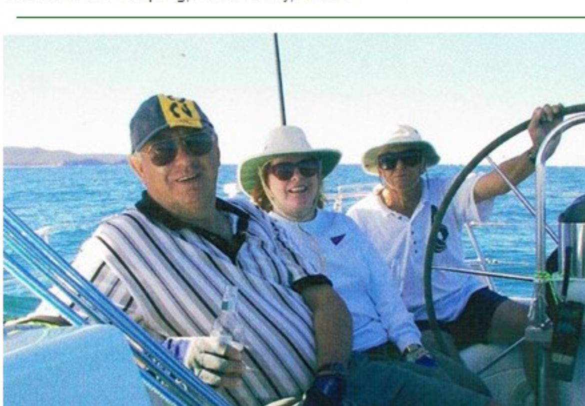
What is your 'motto for life' or a favourite phrase you try to live by?

Don't let things overwhelm you, try to get on with what you want to do. Do all you can to help yourself; keep active.

I've had onset of Parkinson's the last few years and I have good days and bad days; it effects my walking, but through this I remind myself to not let things overwhelm me.

Graham Spong, photo by and courtesy of Doug Elliott.

Graham and Nola Spong, Hunter Valley, 1980's.



Graham, Nola and friend, 1990's.

The Repulse Bay area is today one of the most expensive housing areas in Hong Kong. The prices are matched only by the Peak. In 2006, some property prices reached HK$20,000 (US$2,500) per square foot...

In 1841, the bay was used as a base by pirates and caused serious concern to foreign merchant ships trading with China. The pirates were subsequently repulsed by the British Fleet; hence the name. Another theory holds that the bay was named after HMS Repulse which was stationed at the bay at one point.

In the 1910s, Repulse Bay was developed into a beach, and the Repulse Bay Hotel was built in 1920. To attract swimmers, a bus route from Central to Repulse Bay was created, and now stands as one of Hong Kong's oldest bus routes. During the Battle of Hong Kong in World War II, Repulse Bay was an important strategic location. The beach was extended artificially, and thus the sand closer to the shore is coarser than that further away.

Until the early 1960s, residential buildings were quite restricted. Three blocks of six storey apartments were developed by Dr. P. P. Chiu and his brother P. W. Chiu, part way up the mountain overlooking Repulse Bay. These were luxury apartments with servants' quarters, with only two apartments per floor in Blocks A and B. Apartments in Block C are smaller. For a long time, these were the only apartments allowed on the mountain.

Occupying the whole of the west side cliff above the beach was a large castle with a swimming pool, greenhouse and tennis court called Eucliffe, one of three castles owned by the millionaire Eu Tong Sween. During the Japanese occupation it was used by the Japanese, and executions were said to be carried out by bayoneting or shooting the victims on the edge of the cliff, then allowing them to fall down to the rocks below. The Eucliffe structure and historical site was demolished to make way for an elegant row of low apartments.

The former Repulse Bay Hotel was demolished in 2 stages during the 1970s and 1980s. Later a boutique shopping mall was constructed on part of the old hotel site to mimic some of the lost colonial architecture.

On the eastern end of the beach is Kwun Yam Shrine, with prominent statues of goddesses Kwun Yum and Tin Hau. Also overlooking Repulse Bay, although from higher up, is the famous "building with a hole". Video Uploaded by camlproductions on Jan 16, 2007

Hallets Beach - Cowan Creek, 1985. On the southern shore of Cowan Creek immediately upstream from the entrance to Refuge Bay.

Pyxis II, October 1983

The IBM 1401 was a variable wordlength decimal computer that was announced by IBM on October 5, 1959. The first member of the highly successful IBM 1400 series, it was aimed at replacing electromechanical unit record equipment for processing data stored on punched cards. Over 10,000 units were produced and many were leased or resold in less developed countries after they were replaced with newer technology. The 1401 was withdrawn on February 8, 1971.

The all-transistorized IBM 1401 Data Processing System places the features found in electronic data processing systems at the disposal of smaller businesses, previously limited to the use of conventional punched card equipment. These features include: high speed card punching and reading, magnetic tape input and output, high speed printing, stored program, and arithmetic and logical ability.'

The 1401 may be operated as an independent system, in conjunction with IBM punched card equipment, or as auxiliary equipment to IBM 700 or 7000 series systems. ("1401 Data Processing System". IBM Archives. October 5, 1959.)

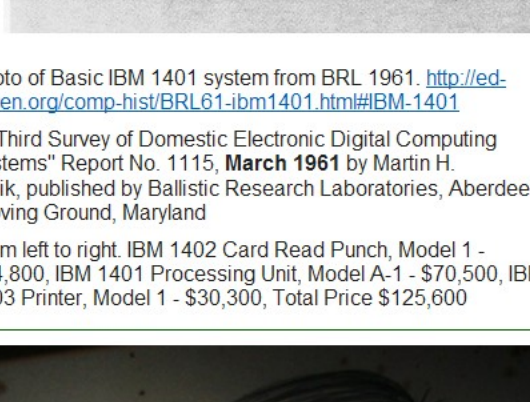


Photo of Basic IBM 1401 system from BRL 1961. http://ed-thelen.org/comp-hist/BRL61-ibm1401.html#IBM-1401

"A Third Survey of Domestic Electronic Digital Computing Systems" Report No. 1115, **March 1961** by Martin H. Weik, published by Ballistic Research Laboratories, Aberdeen Proving Ground, Maryland

From left to right. IBM 1402 Card Read Punch, Model 1 - $24,800, IBM 1401 Processing Unit, Model A-1 - $70,500, IBM 1403 Printer, Model 1 - $30,300, Total Price $125,600

Caricture of Graham during his Australian Quality Awards era holding one of the original Awards.

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Clareville Beach in late afternoon light; photo by and courtesy of Geoff Clarke.

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July 29 - August 4, 2012: Issue 69

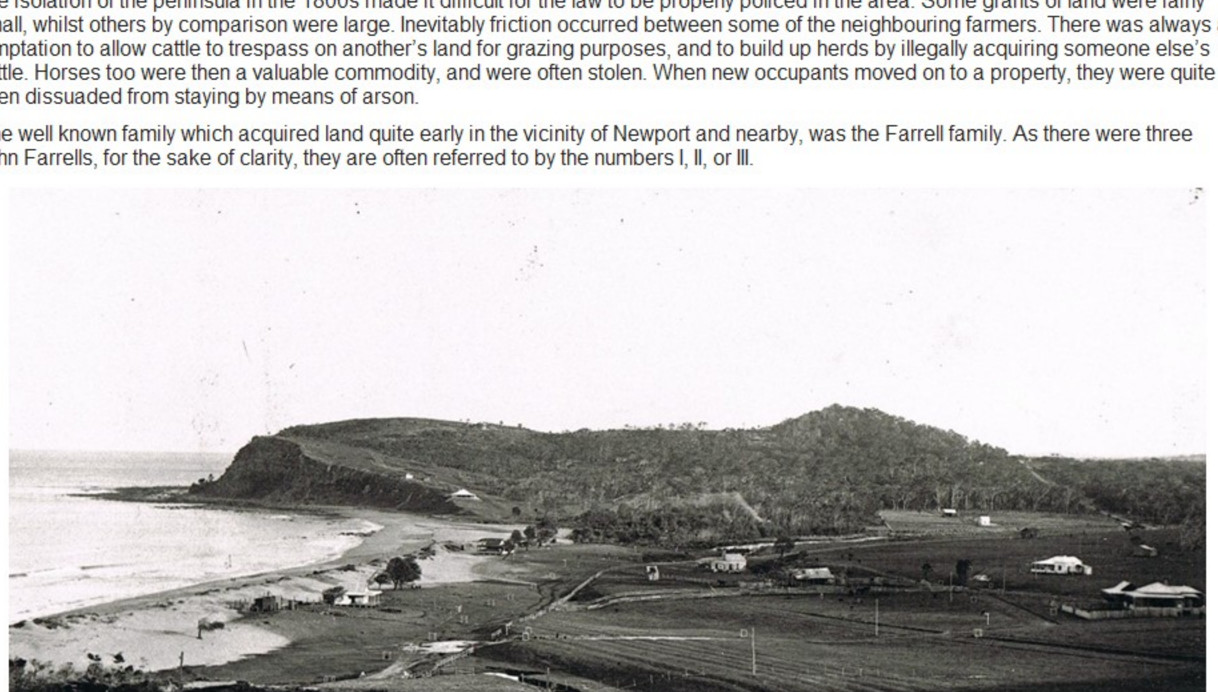
Mona Vale Outrages

By George Champion OAM

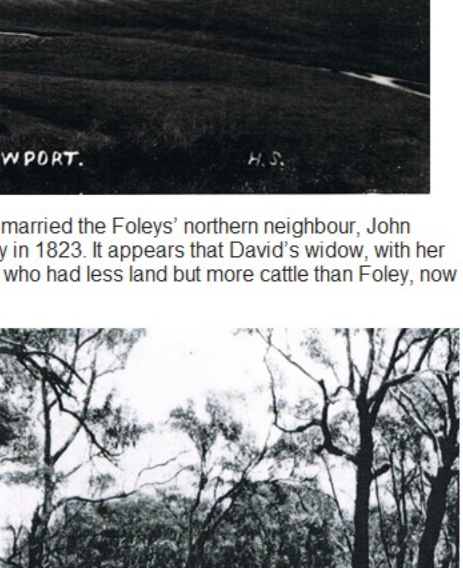
"As one wends his way along through the bush, and Mona Vale opens out before him, he stands to behold and enjoy the novel view that presents itself; it is so secluded and quiet, and yet so grand, with the rugged ridges on the one hand, and the turbulent ocean on the other, that it singularly impresses the visitor, who becomes eager to learn its history, and feels sure there must be many pleasant reminiscences to tell of past occupants. What a sad mistake! What fearful trials and losses and disappointments have been experienced here. Its history should be written in blood, for if ever red-handed crime flourished in any country, it flourished and triumphed here, till it brought ruin and death to honest people; and justice, outraged beyond bearing, rushed in and brought the delinquents to punishment." *The Town and Country Journal* 6 January 1877.

The isolation of the peninsula in the 1800s made it difficult for the law to be properly policed in the area. Some grants of land were fairly small, whilst others by comparison were large. Inevitably friction occurred between some of the neighbouring farmers. There was always a temptation to allow cattle to trespass on another's land for grazing purposes, and to build up herds by illegally acquiring someone else's cattle. Horses too were then a valuable commodity, and were often stolen. When new occupants moved on to a property, they were quite often dissuaded from staying by means of arson.

One well known family which acquired land quite early in the vicinity of Newport and nearby, was the Farrell family. As there were three John Farrells, for the sake of clarity, they are often referred to by the numbers I, II, or III.



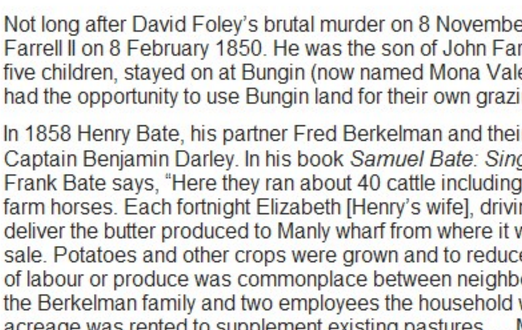
Not long after David Foley's brutal murder on 8 November 1849, his daughter Mary Ann married the Foleys' northern neighbour, John Farrell II on 8 February 1850. He was the son of John Farrell I and was born in the Colony in 1823. It appears that David's widow, with her five children, stayed on at Bungin (now named Mona Vale) for some years. The Farrells, who had less land but more cattle than Foley, now had the opportunity to use Bungin land for their own grazing.



In 1858 Henry Bate, his partner Fred Berkelman and their families leased Bungin from Captain Benjamin Darley. In his book *Samuel Bate: Singular Character* the author Frank Bate says, "Here they ran about 40 cattle including 20 milkers, with pigs and farm horses. Each fortnight Elizabeth [Henry's wife], driving a horse and cart, would deliver the butter produced to Manly wharf from where it was shipped to Sydney for sale. Potatoes and other crops were grown and to reduce the need for cash, bartering of labour or produce was commonplace between neighbours. With six Bate children, the Berkelman family and two employees the household was a large one. Additional acreage was rented to supplement existing pastures. ... Many years later, Mary Bate, daughter of Henry and Elizabeth, wrote that despite the hopes which the farm at Mona Vale gave rise to, it eventually failed because of the activities of cattle duffers who frequently drove off and killed their cattle."

It was at this time that the name "Mona" or "Mona Vale" began to be used. "Mona" is a Celtic word meaning "high-born", and the name seems to have had some popularity in the Colony.

On 5 June 1860 the following advertisement appeared in the *Sydney Morning Herald*: "TO LET, MONA VALE, consisting of 700 acre grant, but by measurement about 2000 acres [a gross exaggeration - authors]. It will carry about 300 head of cattle, besides the fenced in paddocks, will milk about 60 to 70 cows all the year round. There is coals and a good wharf on the estate, the fire-wood will three times pay the rent, as the wharf and other conveniences are greater than any other place in the colony for the Sydney markets. For particulars apply by letter to H.J.BATE, at Mr. F.R. Robinson's ironmonger, George-street, opposite Sydney Markets."



The advertisement was repeated, and by 24th October 1860 Mr Lush, with his family, had been installed as caretaker. The Lushes were in occupation when Charles de Boos and his companions called at the farm in 1861. De Boos described their arrival at the homestead:
"... it is so nestled down amidst the sand hills that surround it as to be unperceived until you are within a hundred yards of it. We found it a neat looking little place so far as outside appearance went, but evidently the worse for wear, like every building we had then met, and I may add, like every one we afterwards came to in the district. It had, at one time, been a dwelling of some pretension, as was evident from the stabling, fowl-house, and dairy, now somewhat dilapidated; and from the enclosed garden in front of the house, in which flowering plants, roses, pinks and geraniums, struggled manfully for existence with the straggling couch grass, amidst which they were all but buried. A large stockyard, in which was a shed, covering in the milking bail and calf pen, lay to the north of the house, the venerable grey hue of the timber speaking for the antiquity of the construction, as well as for the durable characters of our colonial timber, since the posts, though somewhat eaten away by decay below the surface, were still sound and hard as flint above it. At the back of the domicile, or eastward, the high sandbanks sheltered it from the fierce sharp breezes from the ocean, through the surf, as it curled and dashed upon the long sandy beach, roared and moaned incessantly in such close proximity as to be inconvenient until the ear had got accustomed to the sound. To the right, or northerly, a high range terminating in a rocky headland which jutted far out into the sea, and abruptly ending the long line of beach, arose almost bluffly from the edge of a small paddock reserved for a kitchen garden; whilst southerly a close belt of honeysuckle [i.e. banksia] protected it. To the front or westward, the view was open, extending along the broad clear flat which I have before spoken of as reaching to the head of Pittwater and a large portion of which I could now see was enclosed, thereby forming a vast paddock."

A squall of rain was approaching and Mrs. Lush welcomed them inside, placing them in comfortable seats around the log fire, over which there hung a large three-legged iron pot which steamed and bubbled, sending forth a captivating savoury odour. The squall passed, and in the drizzling rain which followed, the Lushes' seventeen year old daughter took out coats for her father and brother. When they came in, they all sat down to eat the contents of the pot, followed by bread and honey. That night they had beef and pumpkin for supper.

"Mona Vale" continued to be advertised for lease until July 1862. About this time James Therry arrived in the Colony with his family. He was the nephew of the Rev John Joseph Therry, who had substantial land holdings to the north of John Farrell II. James Therry took the lease of "Mona Vale" and renovated the house for his family. However, before they could occupy the residence it was destroyed by fire, on 5 November 1862. Suspicion fell on John Farrell II, as Therry had already had occasion to speak to him about his cattle trespassing on "Mona Vale", whereupon Farrell had said that Mr Therry would not remain on the farm for six months. At the inquest into the fire, however, the jury concluded that "the said premises, situated at Mona Vale, Pitt Water, were wilfully and maliciously set fire to, but the evidence does not clearly show who the guilty party or parties are." According to the *Sydney Morning Herald*, Therry was then threatened that if he did not leave the district he might expect further injury, not only to his property but to his person.

The Therry family persevered, living in tents and a makeshift hovel. A reporter from the *Empire*, who visited the remains of the ruined homestead, said he saw standing near what had been the hearth of the burnt dwelling-house, a woman, who, from her manners and conversation, was evidently a lady. A number of young children were also gathered round a small hovel which had been erected on a rising ground beyond.

Several horses were also stolen from the Therrys. John Farrell took Mr and Mrs Therry to court for using insulting language, and they were both fined. Farrell had Therry charged with cruelly beating a heifer, for which he was fined forty shillings, although Therry and his daughter denied it. James Therry then took Farrell and two of his employees, Henry John Wright and Malcolm Turner, to court for destroying his fences and six trees, which offences they admitted, John Farrell giving as his defence that he could not use the new public road, proclaimed in June 1860, to get to his farm. What was more, he said he needed a road sixty-six feet wide, the nine feet of fence which had previously been broken down not being enough for him. The court imposed fines on Farrell and Wright and Turner was sent to gaol for fourteen days.

As the feud progressed, there were charges of trespassing, perjury, and finally cattle stealing.

The trial of John Farrell II, charged with having stolen ten cows, the property of James Therry, began in the Central Criminal Court in Sydney on 30 September 1863. The jury could not agree on a verdict and a retrial was ordered.

The feud raged on unabated. Therry's horses were stolen, charges against Farrell and Turner for assault were dismissed, and charges against Therry for perjury were withdrawn.

On 29 September 1864 four charges of cattle stealing and receiving were preferred by James Therry, the defendants being John and Mary Ann Farrell, John Farrell the younger (John Farrell III born 1851, son of John Farrell II), Thomas Collins, Lavinia Collins and Frank Poyner.

The breakthrough came when Malcolm Turner, who had been brought up by the Farrells from the age of seven, apparently had had enough, and worked with an experienced detective, Daniel McGlone, to give evidence against the Farrells. After preliminary hearings, John Farrell II appeared in the Central Criminal Court on 28 December 1864, indicted on five counts concerned with stealing and killing ten cows. After hearing evidence for three long days, the jury found Farrell guilty of maliciously killing cattle.

In sentencing Farrell Judge Wise said, "The crime of which the prisoner has been found guilty was of a most heinous character, and rendered more atrocious by his attempt to fix a charge of perjury on an innocent man. His Honor then sentenced the prisoner to be imprisoned and kept at hard labour on the roads or other public works of the Colony for the period of seven years. Farrell was released after serving four and a half years.

On 27 January 1865 Mrs Lavinia Maria Collins, who was also about to face legal proceedings, died from injuries received, when her dray upset in Manly.

John Farrell II and Mary Ann Farrell, early 1870s Courtesy Manly Library Local Studies

The trial of Mary Ann Farrell (wife of John Farrell II) began in the Central Criminal Court on 6 February 1865, before the Chief Justice. She was charged with stealing thirteen calves. Once again it was Malcolm Turner's evidence that proved to be decisive, as he had shown Detective McGlone the remains of calves dug into the ground in Farrell's orchard, near Pine Street, Manly. McGlone also had the remains of calves he had found in a gully about seven or eight hundred yards away from the Farrells' Pittwater farm.

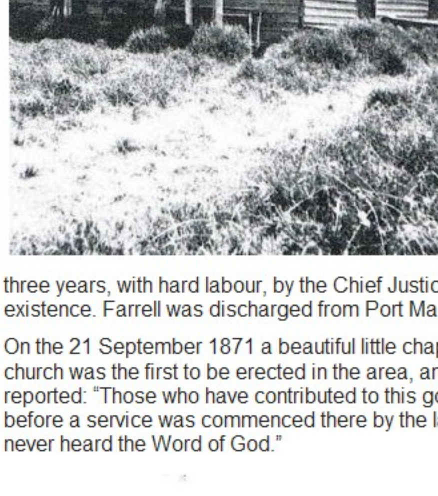
After two days, the jury returned a verdict of guilty, with a recommendation to mercy, on account of her family. The next day, the Chief Justice sentenced her to be kept at light labour in the gaol at Sydney for the term of three years. She was released after serving two and a half years.

James Therry's evidence showed that he was ruined as a farmer, and left with only two horses. From his losses reported to the police, and published in the *New South Wales Police Gazette* in 1863 and 1864, it can be calculated that James Therry lost at least forty head of cattle and twelve horses. To make ends meet during these difficult times, Mrs Therry ran a boarding house in Manly.

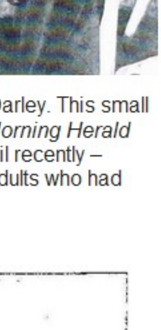
Malcolm Turner was then charged with perjury by the Farrells' solicitor, but was found not guilty.

The following descriptive extract from an article titled "A Ride to Barrenjoey", in the *Sydney Morning Herald*, 22 March 1867, speaks for itself:
"It is the same until you reach the farm once occupied by the Farrells, who were two years ago convicted of destroying cattle owned by a farmer named Terry [Therry]...Beautiful and interesting as the country is from Manly Beach to Broken Bay, one feature presents itself of an unpleasant character, and that is the apparent decay of the farms – it is evident that a large quantity of land was under cultivation at one time in this district, 'ruthless ruin' seems, however, to have seized on what a few years ago must have been an animated scene. The land now lies fallow, and save for the feeding of a few cattle, and sustaining about fifty people, is of no use whatever in contributing its quota to the general welfare. No doubt, the comparative difficulty of communication with the city by land has something to do with this state of things, but it is impossible not to believe that the chief cause of this inertia is to be found in the bad reputation of the district for agrarian out-rages. The history of the Mona Vale case reveals a condition of society, within a few miles of Sydney, that might well deter persons from settling there; and though the arm of the law fell on some of the evil-doers in that locality, there is now too much reason to fear that similar outrages will again disturb the district, as, only a few weeks ago, Mr Wilson found a valuable bull of his, and a heifer belonging to another person, grazing on his land, both dead, having been shot evidently by design. This is a serious matter to the owner, but it is still more serious to the community in the demoralisation likely to ensue from these villainous practices. It is the duty of the authorities *at once* to take such steps as may ensure protection for honest and hard working men, who with the responsibilities of large families to support and educate, are striving hard to do so, and are willing to contend with climatic variations, and other disadvantages, but cannot stand against the treachery of scoundrels who stealthily destroy the means by which they live. A reward for the discovery of the offenders and the presence of a well mounted policeman in the district would probably lead to good results; and above all, in case of conviction, a punishment that shall remove them from the district for some years."

It should be noted that Thomas Wilson was now the lessee of "Mona Vale", and that he was experiencing trouble similar to that encountered by previous lessees.



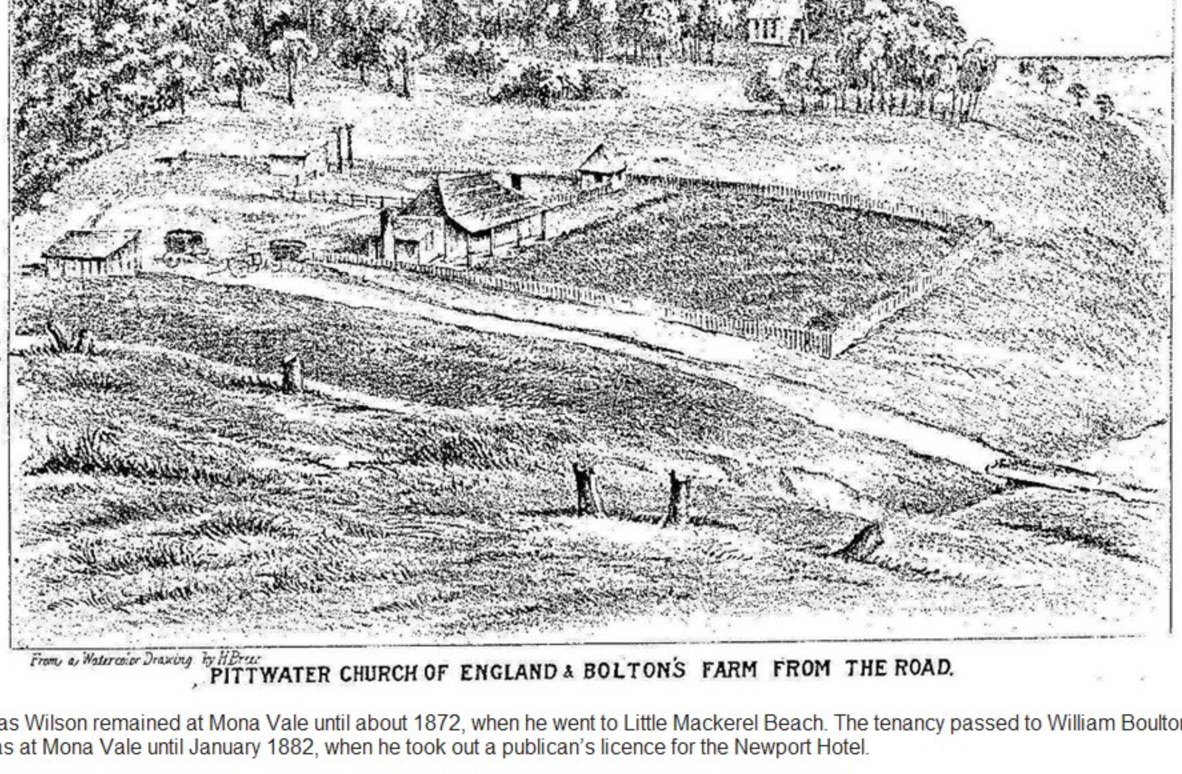
On 4 August 1870, Thomas Wilson saw John Farrell III on horseback about an hour before sunset, driving some of Wilson's cattle towards Farrell's own place. A red and white heifer, about three years old and within six weeks of calving, was found to be missing. Wilson reported the matter to the police, who went to Farrell's with a search warrant. In the stockyard they found a dead calf and entrails covered with corn stalks. They also found fresh beef in a cask. In August 1870 legal proceedings commenced against John Farrell III in the Water Police Court (now a museum in Phillip Street, near Circular Quay, Sydney). In an apparent act of retaliation, John Farrell II charged Thomas Wilson on 14 October with allowing two bulls to trespass on his property and damage growing crops. Wilson was fined eight shillings, without costs.



After much legal wrangling and disagreement, the case against John Farrell III was eventually brought to the Central Criminal Court, but the jury could not agree upon a verdict. During the protracted proceedings, little Blanche Wilson, aged two years and two months, drowned in a shallow pond, about eighteen inches deep, on Friday, 11 November 1870. She had been playing with other children near the waterhole on Mona Vale farm, where the men were employed in making hay. Apparently she had overbalanced into the water on to her face, and was unable to extricate herself from the reeds. Thomas Wilson received this shocking news at the Central Criminal Court.

The case against John Farrell III was brought to court again in February 1871, and this time the jury returned a verdict of guilty. John Farrell III was sentenced to be imprisoned in Parramatta Gaol for three years, with hard labour, by the Chief Justice, who said he was as certain of his guilt as he was of his own existence. Farrell was discharged from Port Macquarie Gaol two and a half years later, in August 1873.

On the 21 September 1871 a beautiful little chapel was opened near Mona Vale farm, on land donated by Mr Benjamin Darley. This small church was the first to be erected in the area, and about one hundred people assembled for the occasion. The *Sydney Morning Herald* reported: "Those who have contributed to this good work have conferred an incalculable benefit upon a locality, where until recently – before a service was commenced there by the late incumbent, the Rev G. Gurney - lamentable to say, were to be found adults who had never heard the Word of God."


From a Watercolor Drawing by H.Bres
PITTWATER CHURCH OF ENGLAND & BOLTON'S FARM FROM THE ROAD.

Thomas Wilson remained at Mona Vale until about 1872, when he went to Little Mackerel Beach. The tenancy passed to William Boulton. He was at Mona Vale until January 1882, when he took out a publican's licence for the Newport Hotel.

Soon after this, land subdivisions increased and the lifestyle of the local inhabitants changed greatly.

Main source
Manly, Warringah and Pittwater 1850-1880 by S. and G. Champion. Killarney Heights NSW, 1998.

Images

1 A view of Pittwater from *Illustrated Sydney News, 1854*. (Courtesy State Library of NSW)
2 Cattle grazing at Pittwater from *The Sydney Mail*, 28 December 1938 page 12 (Courtesy State Library of NSW)
3 Farrell's Beach and Bushrangers Hill, Newport from Small Picture File, Courtesy Mitchell Library.
4 Farrell's cottage, Newport Beach. Photograph - by and Courtesy Jeanne McGlynn.
5 Shooting a bull. Watercolour, 'A bush incident' by Abraham Lincolne from his Australian Sketches, c.1838-44. (Courtesy Mitchell Library). Copied from *Australians 1838* page 154.
6 John Farrell II and Mary Ann Farrell, early 1870s Courtesy Manly Library Local Studies.
7 John Farrell III. Photograph - by and Courtesy Jeanne McGlynn.
8 Pittwater Church of England and Bolton's Farm from the Road; illustration from the Pittwater and Hawkesbury Lakes Album. 1880, Courtesy the Mitchell Library

Shelagh and George Champion History Pages:
Governor Phillip's Exploration of Broken Bay 2-9th of March 1788 | Bushrangers At Pittwater | Smugglers at Pittwater | An Illicit Still at McCarr's Creek | The Murder of David Foley

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Pittwater Online News

July 29 - August 4, 2012: Issue 69

Fantasmagorie (1908) First Cartoon Ever by Silent Film House

Fantasmagorie is an 1908 French animated film by Émile Cohl. It is one of the earliest examples of traditional (hand-drawn) animation, and considered by film historians to be the first animated cartoon. The film largely consists of a stick figure moving about and encountering all manner of morphing objects, such as a wine bottle that transforms into a flower. There were also sections of live action where the animator's hands would enter the scene. The main character is drawn by the artist's hand on camera, and the main characters are a clown and a gentleman.

The film, in all of its wild transformations, is a direct tribute to the by-then forgotten Incoherent movement (The Incoherents, *Les Arts Incohérents* was a short-lived French art movement founded by Parisian writer and publisher Jules Lévy in 1882, which in its satirical irreverence anticipated many of the art techniques and attitudes later associated with avant-garde and anti-art).

The title is a reference to the "fantasmograph", a mid-Nineteenth Century variant of the magic lantern that projected ghostly images that floated across the walls. This picture, from the Children's Museum of Indianapolis, shows what the inside of a magic lantern looked like; they projected images, or slides.

Cohl worked on Fantasmagorie from February to either May or June 1908. Despite the short running time, the piece was packed with material devised in a "stream of consciousness" style. The film was released on **August 17, 1908** and is still enjoyed today.

Australian Clearing House for Youth Studies

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

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

Great Website with daily Updates HERE

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

JOIN IN THE 2012 24/7 YOUTH FILM FESTIVAL!

Are you between the ages of 12 and 24 and fancy yourself as the next Spielberg, Scorsese or Eastwood? Then come along to the 24/7 Youth Film Festival info night on Tuesday 31 July! Now in its 11th year, 24/7 is an annual event where young film-makers from Mosman, Manly, Warringah and Pittwater have the chance to create their own short film in the space of 24 hours. Finalists have their film shown at local cinemas and the overall winners will receive cash prizes.

The information night on 31 July is free and participants will learn more about the event and listen to tips from industry professionals. Participants also attend free workshops during August (9, 13, 14) covering scriptwriting and directing, acting for screen and cinematography to help put their film together.

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

24/7 Youth Film Festival Info Night: Tuesday 31 July, 6.30 - 8.30pm, Star of the Sea Theatre, Cnr of Collingwood and Iluka Ave, Stella Maris College, Manly.

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

HELPING LEARNER DRIVERS BECOME SAFER DRIVERS

Has your child expressed interest in learning to drive or just got their learner license?
Come along to a free workshop for parents and supervisors of learner drivers which will be held by the Roads and Maritime Services and Pittwater Council at Mona Vale Library on Wednesday 8 August from 6.30pm.

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

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

The free course will cover topics such as:
laws for learner and P-plate drivers
how to use the Learner Driver Log Book
how to plan on-road driving sessions

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

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

Free Guitar Lessons Online

This gent's video lessons, from Free Guitar Videos.com, come with a high recommendation from a local musician and may be good for those short on pocket money and bored during the rainy parts of your school holidays; practice, practice, practice!

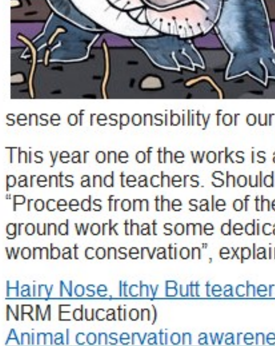
Jody Worrell has been playing guitar for forty years, and teaching for thirty. A veteran of countless studio sessions comprising practically every style, he brings a great deal of real world experience to the table to help bring the subject matter into a clear focus for the student. Whether it's blues,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

Guitar Lesson: Soloing Concepts

In this lesson by Jody Worrell we'll look at ways to solo over a chord progression containing Am7 and D7 chords.

Environment Education For Children

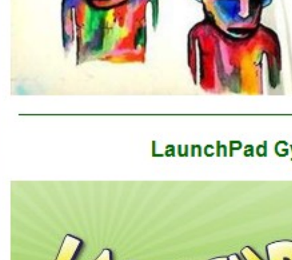
An Environment Group that's been around for decades and originated in Tasmania, where you may still walk in pure wilderness, is The Wilderness Society. Apart from being at the forefront to protect many of our still pristine areas they also seek to engage the custodians of the future; our children.



Each year they hold a Children's Literature Award. The winners of the Wilderness Society's Environment Award for Children's Literature in 2012 Award are *Hairy Nose, Itchy Butt* by Elizabeth Frankel and Garry Duncan and *One Small Island* by Alison Lester and Coral Tulloch. The Wilderness Society's annual Environment Award for Children's Literature is designed to encourage children to take an interest in nature and to feel a sense of responsibility for our wild places and unique wildlife.

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

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



Lime Cordiale – July 2012
New EP out 6/7/2012. NEXT LOCAL GIG: Mona Vale Hotel: **Saturday July 28th, 2012**.
More at: **www.limecordiale.com/**

LaunchPad Gymnastics Australia

A new initiative of Gymnastics that includes all age groups from KinderGym to Professional development is seeking to instill more exercise and access to this through promoting gymnastics. Their Launch Pad website can be found at: www.launch-pad.org.au/

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

Headspace 'We've got your back' campaign

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

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

Australian Youth Olympics Festival 2013

australian youth olympic festival 2013

The Australian Youth Olympic Festival (AYOF) is an initiative of the Australian Olympic Committee (AOC) following the success of the Sydney 2000 Olympic Games. It is the largest Australian multi-sport event for athletes aged 13 to 19 years – the next edition will be held in Sydney from 16 to 20 January 2013. The AYOF is now an established multi-sport event on the youth international sporting calendar.

Volunteer Opportunities (from AOC website):

Volunteers play a fundamental role in the Australian Olympic Committee's organisation of the Team for the Olympic Games, the Winter Olympic Games and the Australian Youth Olympic Festivals (AYOF). Volunteers come form all walks of life with energy, ideas, skills or just an interest, all of which eminently help us put together the Olympic Team and our Youth Olympic Festival. Volunteering for The Australian Olympic Committee may include your choice of a wide variety of tasks, including:

• administration and general office help • driving vehicles for athlete pickup • measuring for outfitting • spectator services • airport arrivals and transport • opening ceremony

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

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

Australian Stories Online

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

Send In Your Stuff

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

All are Welcome, All Belong !

National Year of Reading 2012 — Discover and rediscover the joy of reading.

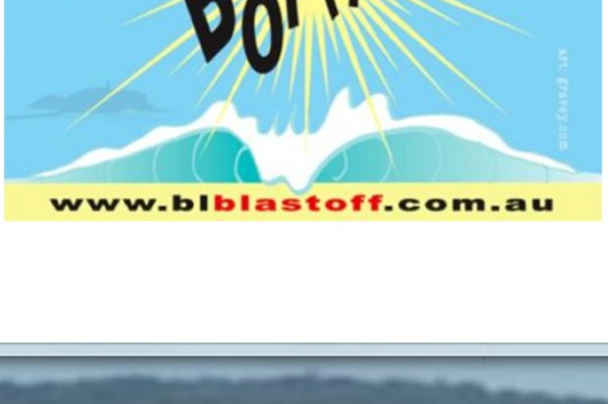
National Year of Reading 2012:

For teens, we (Federal Government) will be running the National Year of Reading Creative Reading Prize. It's an expansion of something that already happens through the Centre for Youth Literature (http://www.insideadog.com.au/blog/inkys-creative-reading-prize-2011).
Young people will be asked to nominate the one book they think their peers must read in 2012 and then to provide a convincing argument in the form of a creative response to the story. This will be a book review, but it could be in the form of words, pictures, film, song, or something even more avant garde. We'll be partnering with insideadog.com.au, spineout.com.au and Madman Entertainment to create a fantastic competition with some really great prizes. More at: http://www.love2read.org.au/

Bus Pass Replacement

HERE

IN 2012 BL'S BLAST OFF WILL RUN FROM **MONDAY 24TH TO THURSDAY 27TH OF SEPTEMBER**. THIS IS OUR TRADITIONAL FIRST WEEK OF THE NSW SCHOOL HOLIDAYS AND THERE ARE SOME GREAT PLANS AND NEW IDEAS FOR THIS YEARS EVENT. **Entries close September 7th, 2012.** To enter BL's Blast Off 2012 just download and print out this entry form, sign and mail with your entry fee to PO Box 458 Narrabeen 2101 NSW. You will receive confirmation via your email so please make sure you fill out all sections of the form.



Word of the Week

imagine: To form a mental picture or image of. To think; conjecture. To have a notion of or about without adequate foundation; fancy. v.intr. To employ the imagination. To make a guess; conjecture.

From Middle English *imaginen*, from Old French *imaginer*, from Latin *imaginari*, from *imago, imagin;* to fancy, picture mentally, from imāgō 'likeness'.

Malo News

Northern Beaches Music Festival winner of the Young Bloods Competition while heading up a band comprised of local young musicians and of the same name 'Malo' has some good news for those missing his distinctive vocals this week;

Download for free the bonus track off the forthcoming EP ! This track is only available until the release in August and won't be available after! This song won't appear on the EP so don't miss the chance to get it! Let your comments and feel free to share!

MALO is currently in France, his other home, working hard on this forthcoming EP. Download the Big Black Vulture at:

The Big Black Vulture [Bonus Track] at soundcloud.com - EP coming out in August.

Robotics Fun Day - 5th Aug 2012 2pm – 4pm

As part of Australian Engineering Week, Macquarie University is hosting an afternoon of robotics fun and learning. Participate in exciting activities including: Hear lectures, See displays, Learn more about our engineering program, Get an opportunity to drive and program robots built by students competing at international level

Robot enthusiasts of all ages are welcome to join in the fun. If you are a school student, why not bring along a lego robot you have built and show it off at our robot display table. Where: Building E7B Internal Courtyard, Macquarie University, North Ryde. Parking: Free parking in car parks: C1, C2 and C3. Parking fees apply in other campus carparks. Cost: **Free**

Australian Steam Trains: NSW RTM Blue Mountains Flyer to Katoomba

Heritage Express are the operations side of the NSW RTM (New South Wales Rail Transport Museum). They operated the Blue Mountains Flyer to Katoomba with steam locomotive 3526. This train traveled up the through the Blue Mountains from Sydney on Saturday 6th August 2011.

Study Tools 101 - Mind Maps

If you decide to go to a University once you've finished your High School studies one of the first studt tools you will be introduced to is what is called a 'Mind Map'. These are great tools for every other subject you wish to apply them to in your life, especially as a way of putting all into perspective. A mind map is a diagram used to represent words, ideas, tasks, or other items related to a central key word or idea. Mind maps are used to generate, visualize, structure, and classify ideas, and as an aid to studying and organizing information, solving problems, making decisions, and writing.

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

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

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

The connections between ocean and atmosphere

The Southern Ocean is a sponge for carbon dioxide. Here, Australian oceanographer and Southern Ocean specialist Steve Rintoul explains how the ocean absorbs CO2.

Storm Surfers 3D Movie - Tickets now on sale

Tom Carroll and Ross Clarke-Jones will host special Premiere screening on Tue 14 Aug: 7:00pm, at EQ Fox Studios, SYD Hoyts Cinemas. NSW. Tickets for Storm Surfers 3D now on sale: ONLINE

Tue 21 Aug: 7:00pm, Warriewood, COMING SOON

Wed 22 Aug: 7:00pm, Warringah Mall SYD Hoyts Cinema

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

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

"Our message to young people is don't stand by when you see someone being cyberbullied, it could be you," Commission spokesperson Dr Helen Szoke. "These school holidays are the perfect time for young people to get creative and make a short two minute film about how they back-up someone who has been cyberbullied.

"We are encouraging young people to grab their phone or a video camera and make a simple short video showing how you can back someone up who has been cyberbullied," she said. "Not only are there cool prizes up for grabs like the opportunity to learn filmmaking at the world famous National Institute of Dramatic Art and stay at the award winning Sydney Harbour YHA but the videos will be played on the special BackMeUp site and used in education programs by the Commission and our partners and stakeholders.

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

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

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

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

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

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

Join BackMeUp and take a stand against bullying. BackMeUp is a video competition to help eliminate cyberbullying in Australia! If you're 13-17, then get snazzy with your camera and enter the competition to win an all-expenses paid trip to Sydney for a NIDA film-making course or some juicy JB HiFi vouchers. Goodbye cyberbullying, hello Hollywood!

What you need to do:

1. Make a video—up to 2 minutes long—on how you would backup someone who has been cyberbullied.

2 Create an account and upload your video.

3. Like the BackMeUp Facebook timeline to join the discussion, comment on videos and get competition updates.

4. Impress the judges by getting your friends and family to vote for your video.

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

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

Love Food, Hate Waste Cookbook

Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'flipbook' Program allows you to read through and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book: HERE

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

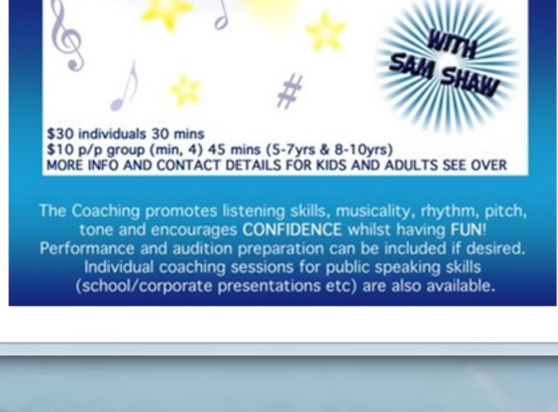
Tweet | Like | +1

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

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

Bullying; NO WAY !!!

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



Pittwater Online News

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"Divide and conquer"

It's the Devils work!

If opinion is brilliant,
Truth is genius

If nations are brilliant,
United is genius

If love is brilliant,
World love is genius

If a mind is brilliant,
A sum of minds is genius

If our god is brilliant,
God is genius

Asahel Bush 2012

MIND YOUR MIND - REDUCE YOUR RISK OF DEMENTIA

Alzheimer's Australia NSW is the peak body for people with dementia and their families and carers. It provides advocacy, support services, education and information. **National Dementia Helpline 1800 100 500**

Mind your Mind® is Alzheimer's Australia's dementia risk reduction program. It provides advice about reducing the risk of developing dementia and promotes a 'brain healthy' lifestyle. Dementia cannot yet be prevented or cured, so it's important for us to be aware of what we can do to reduce the risk of developing dementia. Our Dementia risk reduction website provides detailed information and practical advice about dementia risk reduction. Visit our Mind your Mind website now!

We now have good evidence that adopting a 'brain healthy' lifestyle may reduce your risk of developing dementia. Mind your Mind, Alzheimer's Australia's dementia risk reduction program involves seven signposts or health messages to help keep your brain healthy and reduce your risk of dementia. There are no guarantees, but the evidence shows that people who stay active and look after their vascular health are less likely on average to develop dementia. And if they do get dementia, the onset may be delayed so they have more years of healthy life.

THE 7 MIND YOUR MIND SIGNPOSTS

Mind your Brain: Challenge your brain with new activities, e.g. learn a language, do puzzles or crosswords, read or enrol in a course.

Mind your Diet: Eat fruit and vegetables, legumes, wholegrain breads and cereals, fish, lean meats, reduced-fat dairy products, unsaturated oils such as olive, sunflower, canola, and flaxseed.

Mind your Body: Be physically active in ways you enjoy, e.g. walk, play sport, go to the gym, dance, do yoga, pilates or tai chi, gardening.

Mind your Health Checks: See your doctor to make sure your blood pressure, cholesterol, blood sugar and weight are healthy for you.

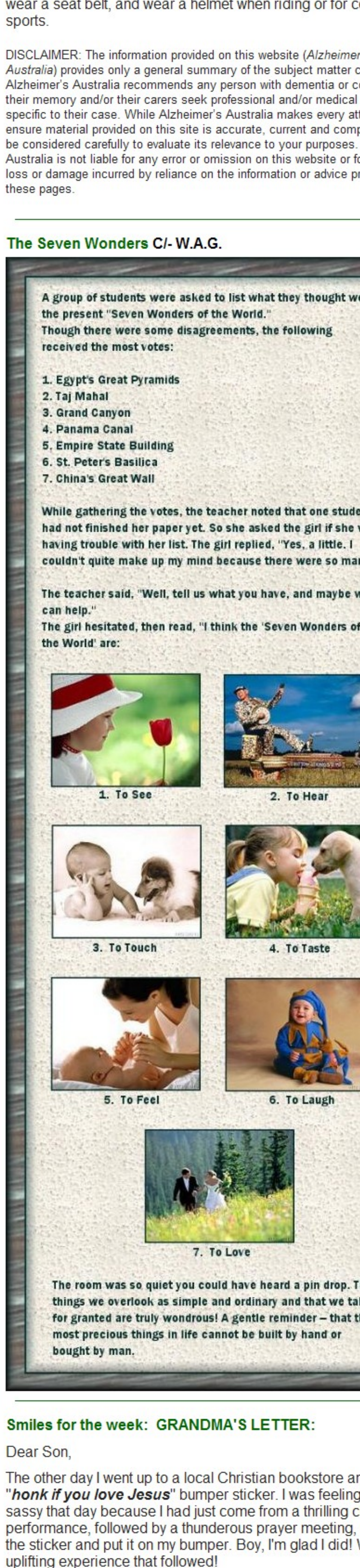
Mind your Social Life: Catch up with family and friends, join a club or group, volunteer, or go to events.

Mind your Habits: Don't smoke, and drink alcohol only in moderation.

Mind your Head: Take care not to fall, take care as a pedestrian, wear a seat belt, and wear a helmet when riding or for certain sports.

DISCLAIMER: The information provided on this website (*Alzheimer's Australia*) provides only a general summary of the subject matter covered and Alzheimer's Australia recommends any person with dementia or concerns about their memory and/or their carers seek professional and/or medical advice specific to their case. While Alzheimer's Australia makes every attempt to ensure material provided on this site is accurate, current and complete it should be considered carefully to evaluate its relevance to your purposes. Alzheimer's Australia is not liable for any error or omission on this website or for any injury, loss or damage incurred by reliance on the information or advice provided on these pages.

The Seven Wonders C/- W.A.G.



Smiles for the week: GRANDMA'S LETTER:

Dear Son,

The other day I went up to a local Christian bookstore and saw a "***honk if you love Jesus***" bumper sticker. I was feeling particularly sassy that day because I had just come from a thrilling choir performance, followed by a thunderous prayer meeting, so I bought the sticker and put it on my bumper. Boy, I'm glad I did! What an uplifting experience that followed!

I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good He is and I didn't notice that the light had changed. It is a good thing someone else loves Jesus because if he hadn't honked, I'd never have noticed!

I found that LOTS of people love Jesus! Why, while I was sitting there, the guy behind started honking like crazy, and then he leaned out of his window and screamed, "For the love of GOD! GO! GO! Jesus Christ, GO!"

What an exuberant cheerleader he was for Jesus!

Everyone started honking! I just leaned out of my window and started waving and smiling at all these loving people. I even honked my horn a few times to share in the love! There must have been a man from Florida back there because I heard him yelling something about a "sunny beach"... I saw another guy waving in a funny way with only his middle finger stuck up in the air. Then I asked my teenage grandson in the back seat what that meant, he said that it was probably a Hawaiian good luck sign or something.

Well, I've never met anyone from Hawaii, so I leaned out the window and gave him the good luck sign back.

A couple of the people were so caught up in the joy of the moment that they got out of their cars and started walking towards me. I bet they wanted to pray or ask what church I attended, but this is when I noticed the light had changed. So, I waved to all my sisters and brothers grinning, and drove on through the intersection.

I noticed I was the only car that got through the intersection before the light changed again and I felt kind of sad that I had to leave them after all the love we had shared, so I slowed the car down, leaned out of the window and gave them all the Hawaiian good luck sign one last time as I drove away.

REALITY CHECK

1. Eventually you will reach a point when you stop lying about your age and start bragging about it.

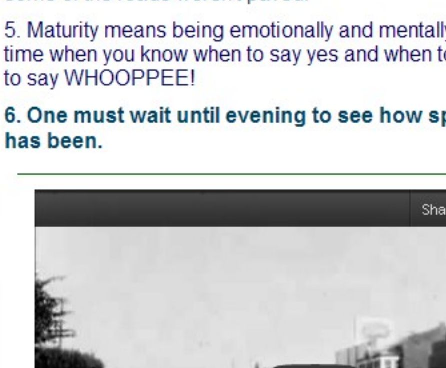
2. Don't let anyone tell you you're getting old. Squash their toes with your rocker.

3. The older we get, the fewer things seem worth waiting in line for.

4. Some people try to turn back their odometers. Not me. I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved.

5. Maturity means being emotionally and mentally healthy. It is that time when you know when to say yes and when to say no, and when to say WHOOPEE!

6. One must wait until evening to see how splendid the day has been.



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

Media Releases concerning Seniors this week from National Seniors Australia

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

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Internet Relay Calls

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

See more at; Relay Service

The Senior Newspaper Online

Click on logo:

Australian Senior PUBLICATIONS

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

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

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

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

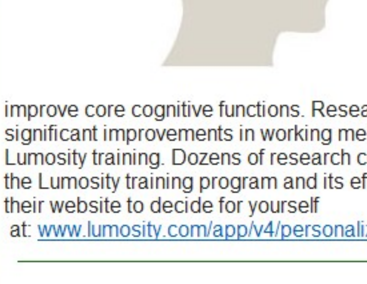
Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community CONNECT

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

HEARTMOVES | Heart Foundation

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

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

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

Tweet | Like | +1

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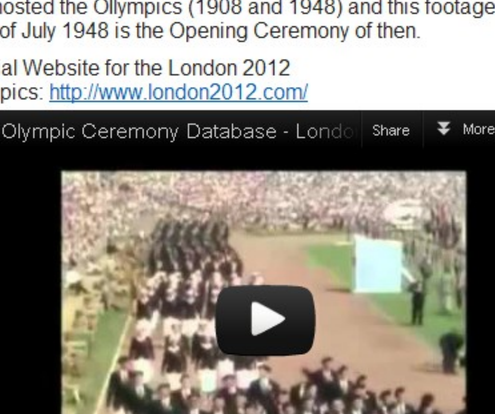
Olympic Ceremony Database - London 1948 (Opening Ceremony) - olympicceremony.org

Friday night saw the Opening Ceremony of the third time London has hosted the Olympics (1908 and 1948) and this footage from 29th of July 1948 is the Opening Ceremony of then.

Official Website for the London 2012 Olympics: http://www.london2012.com/



New Drug Could Treat Alzheimer's, Multiple Sclerosis and Brain Injury

ScienceDaily (**July 24, 2012**) — A new class of drug developed at Northwestern University Feinberg School of Medicine (located on the University's Chicago campus) shows early promise of being a one-size-fits-all therapy for Alzheimer's disease, Parkinson's disease, multiple sclerosis and traumatic brain injury by reducing inflammation in the brain.

Northwestern has recently been issued patents to cover this new drug class and has licensed the commercial development to a biotech company that has recently completed the first human Phase 1 clinical trial for the drug.

The drugs in this class target a particular type of brain inflammation, which is a common denominator in these neurological diseases and in traumatic brain injury and stroke. This brain inflammation, also called neuroinflammation, is increasingly believed to play a major role in the progressive damage characteristic of these chronic diseases and brain injuries.

By addressing brain inflammation, the new class of drugs -- represented by MW151 and MW189 -- offers an entirely different therapeutic approach to Alzheimer's than current ones being tested to prevent the development of beta amyloid plaques in the brain. The plaques are an indicator of the disease but not a proven cause.

A new preclinical study published July 24 in the *Journal of Neuroscience*, reports that when one of the new Northwestern drugs is given to a mouse genetically engineered to develop Alzheimer's, it prevents the development of the full-blown disease. The study, from Northwestern's Feinberg School and the University of Kentucky, identifies the optimal therapeutic time window for administering the drug, which is taken orally and easily crosses the blood-brain barrier.

"This could become part of a collection of drugs you could use to prevent the development of Alzheimer's," said D. Martin Watterson, a professor of molecular pharmacology and biological chemistry at the Feinberg School, whose lab developed the drug. He is a coauthor of the study.

In previous animal studies, the same drug reduced the neurological damage caused by closed-head traumatic brain injury and inhibited the development of a multiple sclerosis-like disease. In these diseases as well as in Alzheimer's, the studies show the therapy time window is critical.

MW151 and MW189 work by preventing the damaging overproduction of brain proteins called proinflammatory cytokines. Scientists now believe overproduction of these proteins contributes to the development of many degenerative neurological diseases as well as to the neurological damage caused by traumatic brain injury and stroke.

When too many of the cytokines are produced, the synapses of the brain begin to misfire. Eventually the entire organization of the brain falls into disarray, like a computer failing. The neurons lose their connections with each other and can eventually die. The resulting damage in the cortex and hippocampus can compromise memory and decision-making.

"In Alzheimer's disease, many people now view the progression from mild cognitive impairment to full-blown Alzheimer's as an indication of malfunctioning synapses, the pathways that allow neurons to talk to each other," said Watterson, the John G. Searle Professor of Molecular Biology and Biochemistry. "And high levels of proinflammatory cytokines can contribute to synaptic malfunction."

Because this harmful inflammatory mechanism also appears to be a major player in other neurodegenerative disorders in addition to Alzheimer's, the class of drugs represented by MW151 might hold bright potential as co-therapies for Parkinson's disease, frontotemporal dementia, amyotrophic lateral sclerosis, M.S. and the longer term complications of brain injury, Watterson said.

"We need more studies of therapeutic time windows in models of these other diseases so we can better plan future clinical trials," Watterson noted.

In the new study by Northwestern's Watterson and Linda Van Eldik, director of the University of Kentucky Sanders-Brown Center on Aging, a mouse model of Alzheimer's received MW151 three times a week starting at six months of age, right at the time the proinflammatory cytokines began to rise. This would be the comparable stage when a human patient would begin to experience mild cognitive impairment.

When the mice brains were later evaluated at 11 months (at a time when disease pathology is usually present), cytokine levels in the mice receiving the drug were restored to normal levels and their synapses were functioning normally. The inflammatory cytokine levels of the mice not receiving the drug, however, were still at abnormally high levels, and the mice had misfiring synapses.

"The drug protected against the damage associated with learning and memory impairment," Van Eldik noted. "Giving this drug before Alzheimer's memory changes are at a late stage may be a promising future approach to therapy."

Drug Inhibits Multiple Sclerosis Development

In M.S., overproduction of the proinflammatory cytokines damage the central nervous system and the brain. The proteins directly or indirectly destroy the insulation or coverings of the nerve cells that transmit signals down the spinal cord. When the insulation is stripped, messages aren't properly conducted down the spinal cord.

When mice that were induced to develop an M.S.-like disease received MW151 orally, they did not develop disease as severe.

"We inhibited the development of the disease," said William Karpus, the Marie A. Fleming Research Professor of Pathology at the Feinberg School. "Now we need to learn if the drug can prevent relapses of M.S." That study is ongoing in mice and the results will determine whether a patient trial will be planned.

The only current oral drug treatment for M.S. acts at the level of the lymph nodes, Karpus said. Because the brain is the site of the inflammation and damage, a drug that works in the brain is an ideal therapy.

Drug Protects Brain After Traumatic Brain Injury

After a traumatic brain injury, the glia cells in the brain become hyperactive and release a continuous cascade of proinflammatory cytokines that -- in the long term -- can result in cognitive impairment and epilepsy. As a result of this hyperactivity, researchers believe the brain is more susceptible to serious damage following a second neurological injury.

In a study with mice, Mark Wainright, M.D., professor of pediatric neurology at Northwestern's Feinberg School and a physician at the Ann & Robert H. Lurie Children's Hospital of Chicago, showed that when MW151 is given during an early therapeutic window three to six hours after the injury, it blocks glial activation and prevents the flood of proinflammatory cytokines after a traumatic brain injury.

"If you took a drug like this early on after traumatic brain injury or a even a stroke, you could possibly prevent the long-term complications of that injury including the risk of seizures, cognitive impairment and, perhaps, mental health issues," Wainwright said.

Stroke also causes inflammation in the brain that may also be linked to long-term complications including epilepsy and cognitive deficits. As in traumatic brain injury, this inflammatory response is part of the recovery mechanisms used by the brain, so the use of brief and focused treatments like MW151 could prevent the harmful effects of inflammation while allowing the protective effects to occur unimpeded.

In another study, Wainwright showed MW151, when given after a traumatic brain injury, prevented the increased risk of epileptic seizures.

Northwestern University (2012, July 24). *New drug could treat Alzheimer's, multiple sclerosis and brain injury*. ScienceDaily. Retrieved from here

Yoga May Help Stroke Survivors Improve Balance

ScienceDaily (July 26, 2012) — Group yoga can improve balance in stroke survivors who no longer receive rehabilitative care, according to new research in the American Heart Association journalStroke. In a small pilot study, researchers tested the potential benefits of yoga among chronic stroke survivors -- those whose stroke occurred more than six months earlier.

"For people with chronic stroke, something like yoga in a group environment is cost effective and appears to improve motor function and balance," said Arlene Schmid, Ph.D., O.T.R., lead researcher and a rehabilitation research scientist at Roudebush Veterans Administration-Medical Center and Indiana University, Department of Occupational Therapy in Indianapolis, Ind.

The study's 47 participants, about three-quarters of them male veterans, were divided into three groups: twice-weekly group yoga for eight weeks; a "yoga-plus" group, which met twice weekly and had a relaxation recording to use at least three times a week; and a usual medical care group that did no rehabilitation. The yoga classes, taught by a registered yoga therapist, included modified yoga postures, relaxation, and meditation. Classes grew more challenging each week. Compared with patients in the usual-care group, those who completed yoga or yoga-plus significantly improved their balance.

Balance problems frequently last long after a person suffers a stroke, and are related to greater disability and a higher risk of falls, researchers said.
Furthermore, survivors in the yoga groups had improved scores for independence and quality of life and were less afraid of falling. "For chronic stroke patients, even if they remain disabled, natural recovery and acute rehabilitation therapy typically ends after six months, or maybe a year," said Schmid, who is also an assistant professor of occupational therapy at Indiana University-Purdue University in Indianapolis and an investigator at the Regenstrief Institute.

Improvements after the six-month window can take longer to occur, she said, "but we know for a fact that the brain still can change. The problem is the healthcare system is not necessarily willing to pay for that change. The study demonstrated that with some assistance, even chronic stroke patients with significant paralysis on one side can manage to do modified yoga poses."

The oldest patient in the study was in his 90s. All participants had to be able to stand on their own at the study's outset. Yoga may be more therapeutic than traditional exercise because the combination of postures, breathing and meditation may produce different effects than simple exercise, researchers said.

Researchers can draw only limited conclusions from the study because of its small number of participants and lack of diversity. The study also didn't have enough participants to uncover differences between the yoga and control groups. The scientists hope to conduct a larger study soon. Researchers also noticed improvements in the mindset of patients about their disability. The participants talked about walking through a grocery store instead of using an assistive scooter, being able to take a shower and feeling inspired to visit friends.

"It has to do with the confidence of being more mobile," Schmid said. Although they took time to unfold, "these were very meaningful changes in life for people."

American Heart Association (2012, July 26). *Yoga may help stroke survivors improve balance*. ScienceDaily. Retrieved from http://www.sciencedaily.com¬

Disclaimer: *Articles on this page 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.*

U3A Lectures on Wednesday Afternoons at Newport
Topic: Kokoda Experience; In the Footsteps of Heroes with presenter Robert Kohn on 1st Aug 2012, 1pm - 3pm

University of the Third Age Open Lectures 1st Wednesday of the Month starting 1st August. In the Footsteps of Heroes with presenter Robert Kohn. All welcome - no need to book. Just come along hear interesting speakers and make new friends. Cost: $2 includes tea coffee and biscuits. Venue: Newport Community Centre. Contact: More info contact Jan Malone 9918 9126 or Mavis Bickerton 9970 7161. Website: HERE

Avalon Computer Pals for Seniors

AVALON COMPUTER PALS FOR SENIORS

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

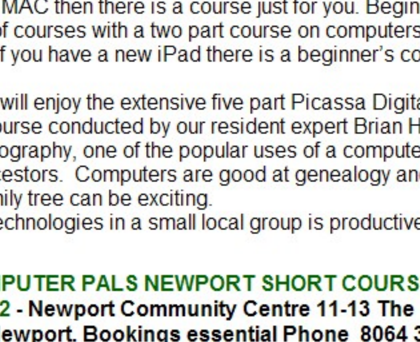
The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

Article on their Seminar

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

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

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



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

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

TUESDAY 31ST JULY
Room 1: AN INTRODUCTION TO SKYPE ON LINE (cost $10) COMMUNICATION USING YOUR PC -set up including how to use Skype
Room 2: PICASA DIGITAL PHOTOGRAPHY-part 1 (course cost $60 for 5 parts)

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

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

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

TUESDAY 28th AUGUST
Room 1: APPLE MAC COMPUTING
-how to use the hardware & software
-introducing the new Mountain Lion software
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 5

TUESDAY 4TH SEPTEMBER
Room 1: ANDROID TABLETS – SLATES &E READERS (cost $10) -how to use and obtain apps
Room 2: INTRODUCTION TO IPads part 1 (cost for 3 weeks $30)
-Different models and sizes-what size should I buy?
-set up and using control buttons

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

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

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.

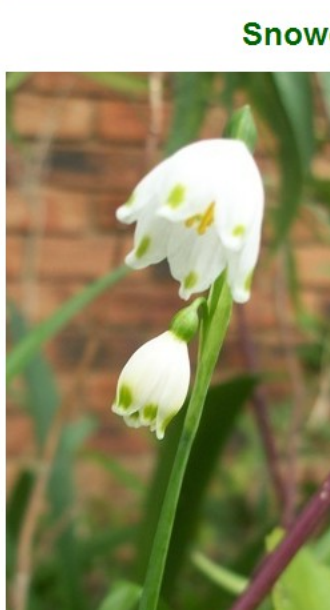
SENIOR MOVERS
Gracefully downsize with our experience and care...

www.seniormovers.com.au

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

July 29 - August 4, 2012: Issue 69

Snowdrop



Spotted this week; the first snowdrop for this year, a sure sign Spring is not too far away. The snowdrop, *Galanthus* (Snowdrop; Greek gála "milk", ánthos "flower") is a small genus of about 20 species of bulbous herbaceous plants in the family *Amaryllidaceae*, subfamily *Amaryllidoideae*. Most flower in winter, before the vernal equinox (in Australia this year the Spring equinox will occur on **Sunday, 23 September 2012, 00.49am EST**), but certain species flower in early spring and late autumn.

Native to Europe these flowers are perennial, herbaceous plants which grow from bulbs. Each bulb generally produces just two or three linear leaves and an erect, leafless scape (flowering stalk), which bears at the top a pair of bract-like spathe valves joined by a papery membrane. From between them emerges a solitary, pendulous, bell-shaped white flower, held on a slender pedicel. In the UK there open garden days that celebrate Snowdrop Festivals.

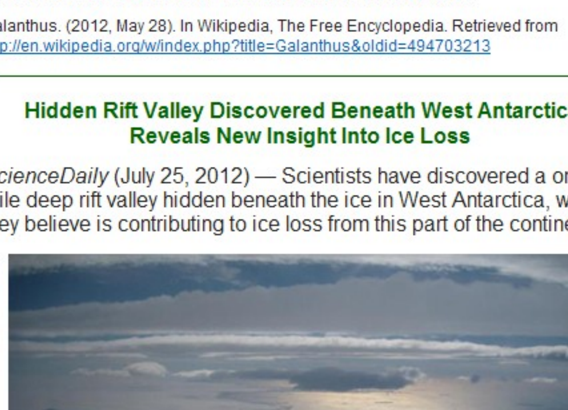
It was suggested by Andreas Plaitakis and Roger Duvoisin in 1983 that the mysterious **magical herb moly that appears in Homer's Odyssey is actually snowdrop**. An active substance in snowdrop is called galantamine, which, as anticholinesterase, could have acted as an antidote to Circe's poisons (1). *Galantamine* (or galanthamine) can be helpful in the treatment ofAlzheimer's disease, though it is not a cure; the substance also occurs naturally in daffodils and other narcissi.

1. Andreas Plaitakis & Roger C. Duvoisin (1983). "*Homer's moly identified as Galanthus nivalis L.: physiologic antidote to stramonium poisoning*". Clinical Neuropharmacology 6 (1): 1–6. DOI:10.1097/00002826-198303000-00001.PMID 6342763.

Galanthus. (2012, May 28). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Galanthus&oldid=494703213

Hidden Rift Valley Discovered Beneath West Antarctica Reveals New Insight Into Ice Loss

ScienceDaily (July 25, 2012) — Scientists have discovered a one mile deep rift valley hidden beneath the ice in West Antarctica, which they believe is contributing to ice loss from this part of the continent.



The ice-margin of Ferrigno Ice Stream where it flows into Eltanin Bay. (Credit: Photo Rob Bingham)

Experts from the University of Aberdeen and British Antarctic Survey (BAS) made the discovery below Ferrigno Ice Stream, a region visited only once previously, over fifty years ago, in 1961, and one that is remote even by Antarctic standards. Their findings, reported in Nature this week reveal that the ice-filled ancient rift basin is connected to the warming ocean which impacts upon contemporary ice flow and loss.

The West Antarctic Ice Sheet is of great scientific interest and societal importance as it is losing ice faster than any other part of Antarctica with some glaciers shrinking by more than one metre per year. Understanding the processes that influence ice loss from West Antarctica is important to improve predictions of its future behaviour in a warming world.

Dr Robert Bingham, a glaciologist working in the University of Aberdeen's School of Geosciences and lead author of the study, discovered the rift valley whilst undertaking three months of fieldwork with British Antarctic Survey in 2010. Dr Bingham, whose fieldwork was funded by the UK's Natural Environment Research Council (NERC) said: "Over the last 20 years we have used satellites to monitor ice losses from Antarctica, and we have witnessed consistent and substantial ice losses from around much of its coastline.

"For some of the glaciers, including Ferrigno Ice Stream, the losses are especially pronounced, and, to understand why, we needed to acquire data about conditions beneath the ice surface."

The team gathered the data using an ice-penetrating radar system towed behind a skidoo driven across the relatively flat ice surface, over a distance of 1500 miles -- greater than that between London and Athens.

Dr Bingham continued: "What we found is that lying beneath the ice there is a large valley, parts of which are approximately a mile deeper than the surrounding landscape. If you stripped away all of the ice here today, you'd see a feature every bit as dramatic as the huge rift valleys you see in Africa and in size as significant as the Grand Canyon. This is at odds with the flat ice surface that we were driving across -- without these measurements we would never have known that it was there.

What's particularly important is that this spectacular valley aligns perfectly with the recordings of ice-surface lowering and ice loss that we have witnessed with satellite observations over this area for the last twenty years."

Co-author and geophysicist Dr Fausto Ferraccioli from British Antarctic Survey added: "The newly discovered Ferrigno Rift is part of a huge and yet poorly understood rift system that lies beneath the West Antarctic Ice Sheet.

"What this study shows is that this ancient rift basin, and the others discovered under the ice that connect to the warming ocean can influence contemporary ice flow and may exacerbate ice losses by steering coastal changes further inland."

Professor David Vaughan, from British Antarctic Survey leads Ice2sea, a major EU-funded FP7 research programme to improve projections of global and regional sea-level. He said, "Thinning ice in West Antarctica is currently contributing nearly 10 per cent of global sea level rise. It's important to understand this hot spot of change so we can make more accurate predictions for future sea level rise."

Glossary

Rift valley: A linear-shaped lowland between highlands or mountain ranges created by the action of a geologic rift or fault. This action is manifest as crustal extension, a spreading apart of the surface which is subsequently further deepened by the forces of erosion.

Glacier: A 'river of ice' fed by the accumulation of snow. Glaciers drain ice from mountains to lower levels, where the ice either melts, breaks away into the sea as icebergs, or feeds into an ice shelf.

Ice sheet: The huge mass of ice, up to 4 km thick that covers bedrock in Antarctica or Greenland. It flows from the centre of the continent towards the coast where it feeds ice shelves.

Robert G. Bingham, Fausto Ferraccioli, Edward C. King, Robert D. Larter, Hamish D. Pritchard, Andrew M. Smith, David G. Vaughan. *Inland thinning of West Antarctic Ice Sheet steered along subglacial rifts*. Nature, 2012; 487 (7408): 468 DOI: 10.1038/nature11292

Bothams Beach Project

Pittwater Environmental Foundation

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

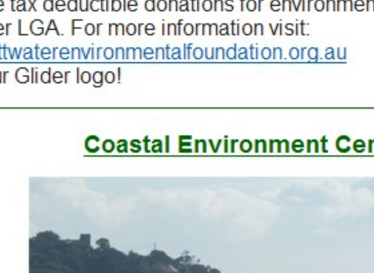
Stage 1 involved contract bush regeneration resulting in piles of weed material which was burnt to encourage regeneration. As expected the result has been spectacular with many dormant pea and wattle seeds germinating. Spring will be lovely here!

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

This Tweed Valley Wildlife Carers site suggests how to build suitable boxes: HERE
Attracting volunteers to help with bushcare here has not been easy. Weekend parking is difficult, so our future work days will be during the week. **We'd love you to join one (or more) of our bushcare days on Tuesday 17 July, Thursday 2 August, Tuesday 14 August, Thursday 6 September, Tuesday 18 September from 8:30am – 11:30am. Come on any day that suits. Tools and cake provided.**

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

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

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

Sydney Wildlife

Sydney Wildlife Volunteers Needed

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

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

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

Pittwater's Environmental Foundation

Pittwater Environmental Foundation

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.

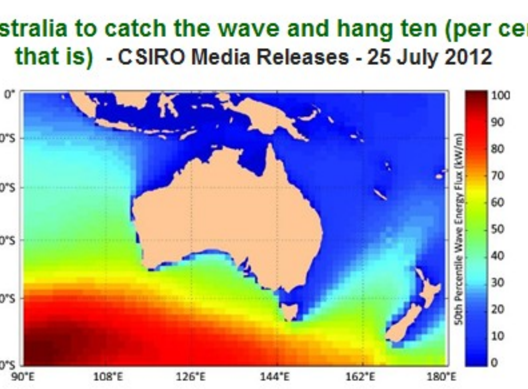
Australian Native Foods website: http://www.anfil.org.au/

Tweet | Like | +1

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

Australia to catch the wave and hang ten (per cent that is) - CSIRO Media Releases - 25 July 2012



Australia's oceans hold a bounty of energy and could produce 24-hour power, either from the tides, currents or waves. A study by CSIRO has found that the waves in the ocean could supply about 10 per cent of Australia's electricity by 2050. This is equivalent to powering a city the size of Melbourne.

Ian Cresswell, Acting Director CSIRO Wealth from Oceans Flagship said understanding the potential of this clean, sustainable energy source was important for CSIRO.

"Given the potential of ocean energy and the fact that it's a very new technology, CSIRO wanted to understand what is the sustainable level at which this resource could be used for energy supply and whether it could be competitive with other energy technologies," Mr Cresswell said. "Assessing the opportunities and challenges from resource to the market is a first for ocean renewable energy in Australia."

The report, *Ocean renewable energy: 2015-2050* is now available online and CSIRO hopes that it will inform the ocean energy industry, government and investors about the challenges and potential for the technology. Key findings from the study include: Although wave energy could supply about 10 per cent of our energy by 2050, there are many economic, technological, environmental and societal challenges that will determine its place in Australia's future energy mix.
The areas that could benefit from wave energy technology include Perth, the southern coastline and to a lesser extent the east coast of Australia. Tidal technology could supply niche areas such as north east Tasmania and the Kimberley region in Western Australia.

The study was carried out by the Wealth from Oceans and Energy Transformed Flagships and included an analysis of the resource, cost to market, technologies and future take-up projections by oceanographers, engineers, economists. The study also engaged the ocean energy industry and related sectors.

Co-author of the report Dr Sam Behrens presented the findings during Clean Energy Week, on Thursday 26 July at the Sydney Convention and Exhibition Centre.

Download the report: www.csiro.au/ocean-renewable-energy
Australia's coast line in the Southern Ocean has the best wave resources. Particular areas to note are the west coast of Tasmania, the southern ocean in Victoria and south-west Western Australia.

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.

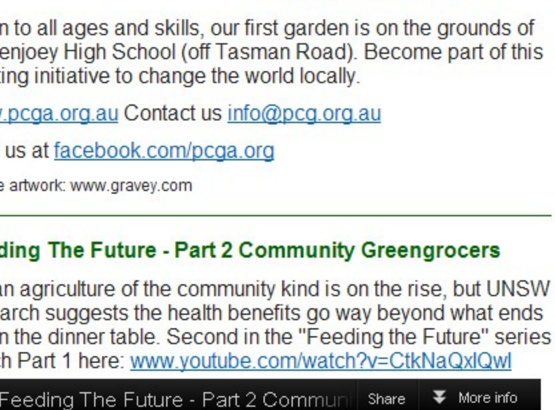
www.pcga.org.au Contact us info@pcg.org.au

Visit us at facebook.com/pcga.org

image artwork: www.gravey.com

Feeding The Future - Part 2 Community Greengrocers

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



Birdlife Australia - New Website and Quarterly Magazine

birdlife AUSTRALIA

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.

Marine and Freshwater Research - Volume 63 Number 7 2012

Includes: Incorporating habitat preference into the stock assessment and management of blue marlin (*Makaira nigricans*) in the Pacific Ocean , Short-term effects of a prolonged blackwater event on aquatic fauna in the Murray River, Australia: considerations for future events , Reintroduction success of threatened Australian trout cod (*Maccullochella macquariensis*)based on growth and reproduction and more

Wildlife Research Volume 39(5)

Includes: Publish or perish: why it's important to publicise how, and if, research activities affect animals, Monitoring indicates greater resilience for birds than for mammals in Kakadu National Park, northern Australia, Population dynamics of *Dasycercus blythi* (Marsupialia: Dasyuridae) in central Australia: how does the mulgara persist? And more

Environment Education For Children

An Environment Group that's been around for decades and originated in Tasmania, where you may still walk in pure wilderness, is The Wilderness Society. Apart from being at the forefront to protect many of our still pristine areas they also seek to engage the custodians of the future; our children.

Each year they hold a Children's Literature Award. The winners of the Wilderness Society's Environment Award for Children's Literature in 2012 Award are *Hairy Nose, Itchy Butt* by Elizabeth Frankel and Garry Duncan and *One Small Island* by Alison Lester and Coral Tulloch. The Wilderness Society's annual Environment Award for Children's Literature is designed to encourage children to take an interest in nature and to feel a sense of responsibility for our wild places and unique wildlife.

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

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

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.

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

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

New coastal website linking local research with local councils

From CSIRO Media Releases

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

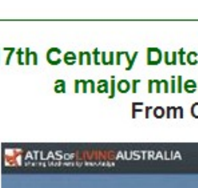
CSIRO committed to creating the Coastal Research Webportal at last year's Australian Coastal Councils Conference, when it was realised local councils had a low awareness of the range of coastal research available.

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

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

CLIMATE ACTION PITTWATER

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

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

From CSIRO Media Releases

The **Atlas of Living Australia** added its 30 millionth species occurrence record last week, making it the largest collection of rich information on Australia's plants, animals and fungi. The Atlas, a collaboration between all Australian museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, reached this milestone when over half a million records from Birdlife Australia were incorporated. 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?

July 29 - August 4, 2012: Issue 69

Homemade Indian

For those of you who love to cook and relish rib sticking recipes that aren't going to weigh you down during colder nights this combination, concocted during the week, may suit. Indian food, with original tweaks, is great for we who love fresh vegetables and legumes for their clean protein and high energy content. The chicken will keep meat lovers happy. These dishes, as learned from Indian friends, are a great combination. The bhajis are also good for lunch boxes when cold. Making these dishes at home means you can tweak them; cut out oil, add a bit of chilli, up the ginger if you choose, and be running well on great fuel, always a good way to go.

Menu – serves 4
Vegetable Bhajis
Chick Pea and Green Lentil Dahl
Tandoori Chicken
Rice
Mint Yogurt

Vegetable Bhajis
1 cup Besan flour
Seasoning; salt pepper
1 Carrot
6 Whole Mushrooms
1 ½ Green Capsicums
2 Onions
Oil for frying

Prepare your vegetables; skin mushrooms, remove stalks and dice theses (stalks) to add into batter mix. Wash and slice capsicum and cut into long strips. Peel onion and cut into rings. Make a batter with the besan flour and seasonings so mix is not too thick and too thin. Grate carrot into this. Heat your oven to 180 C or cook these at same time you're roasting the Tandoori Chicken (note that this works best if chicken dish is ¾ cooked and you use oven simply to keep warm/finish off vegetable bhajis). Heat oil; about 2cm deep in frying pan.
Place whole mushrooms in batter and put in oil to brown; turning over when brown then transfer to hot tray in oven. Do the same with the capsicum only ensure you place a spoonful of each in oil to form fritters.
Lastly; onion rings, same process as with capsicum; a spoonful that will form a fritter. Place all on tray in oven to keep warm.

Chick pea and lentil Dahl
1 ½ cups dried chick peas; soak overnight
1 cup of green lentils
2 tbls mustard seeds
2 tbls coriander
2 garlic cloves crushed
2cm fresh ginger crushed
1 tbls tumeric
5 whole tomatoes, diced
1 tbls oil
Salt to season

Heat the oil in a deep saucepan (about 3 litre capacity); add spices, ginger and garlic and allow to come to popint beneath 'smoke'; add the diced tomatoes and allow to simmer for 30 seconds then add chick peas, lentils and enough water to cover by 3cm. add salt. Allow to simmer for at least 30 minutes or until lentils begin to dissolve (not all will but they will be cooked). Allow to stand for an hour at least to develop flavours and reheat in concert with rice.

Tandoori Chicken
Tandoori Paste
Greek yoghurt
1.5 kg chicken

Follow jar instructions; letting the marinade soak in all day is best so do in the morning to make easier to toss in the oven at end of day. Cut whole chicken in 8 pieces and bake at 180 c for ¾ an hour.

Rice: cook when chicken is halfway through its cooking process. Reduction method takes around 12 minutes for 1 ½ cups of rice and this is usually enough for 4 with a bit left over sometimes for a 'next day rice pudding!'.

Mint Yoghurt
½ cup of Greek Yoghurt
¼ cup fresh Mint leaves torn into shreds
1 teaspoon sugar
½ teaspoon of cumin

Mix all ingredients well and let stand for a few minutes; serve with bhajis and dhal.

Whole Mushroom and Capsicum Bhajis

Chick pea and Green lentil Dhal

Glow Food

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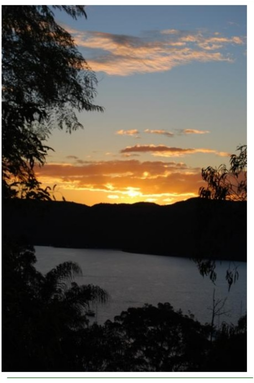
Tweet Like +1

July 29 - August 4, 2012: Issue 69

Paul Wheeler's Winter Sunsets over Pittwater



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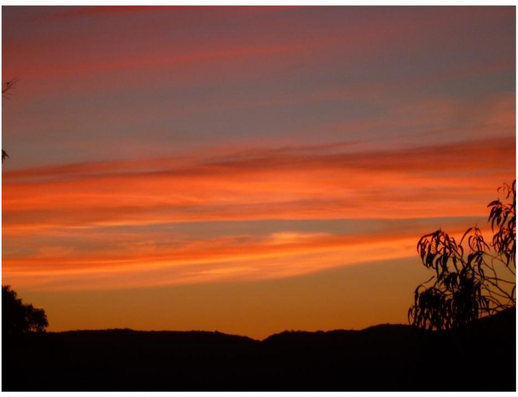
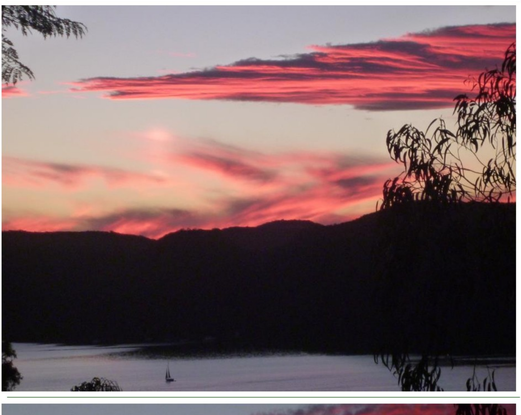
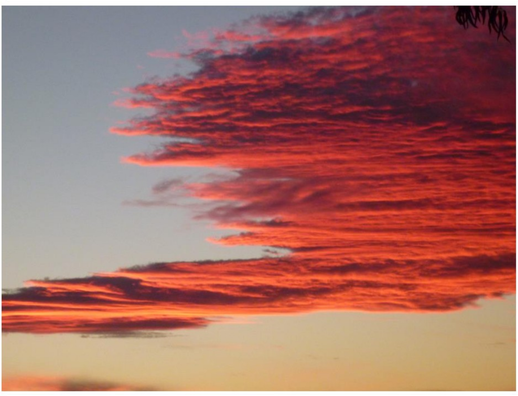
Tweet Like +1







Pittwater Online News

July 29 - August 4, 2012: Issue 69

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

Nearing The Melbourne Olympics - Published on Jul 22, 2012 by FILMAUSTRALIA

As the London Olympics of 2012 are in the final stages of preparation we look back 56 years to the 1956 Melbourne Olympics and see how that city undertook the same task. Made by The Commonwealth Film Unit 1956.

FYI Facebook

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

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

Sydney Opera House Big Moments

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

Tweet | Like | +1

Australia Telescope Compact Array time lapse - Published on Jul 23, 2012 by CSIRO

This time lapse footage features CSIRO's Australia Telescope Compact Array against the night sky and Milky Way.

Run Away ! C/- Irene Anderson

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

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

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Pittwater Online News
Wednesday 31 August 2011

SOLD!...Superb 4 Bed Home!!!

THE TERRACE
Wynns Coonwarra Estate Winemakers Dinner
2012 "Wynnsday" Release
Wednesday 7th September
Bookings 9917 4999 or email: info@theterrace.com.au

Technology Skills Morning Tea for Women
Wednesday 7th September 10.00am - 12.00pm
Social Media for Home & Business - Email Introductory Workshop - Wednesday 14th September 10.00am - 12.00pm
Bookings essential - Phone 9999 4922 or email: Mona Vale Library Contact

Spring Dance Festival - Sydney International Dance Festival Mona Vale Dance Academy 9979 6744
Saturday 10 October - 4.30pm and 6.30pm

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Sunday 16th October 2011 2.30pm Mona Vale Memorial Hall
Tickets $20 Adults $15 Concession Children Free
Bookings 0412 466 000 or www.trybooking.com/EBJT

Grow your business in 5 hours
Pittwater Business Expos
80% of people like to do business with people they know
Wednesday 19th October 2011
Mona Vale Memorial Hall
Exhibition Stands $220 or Table Top $110
Contact Sandra Dunn 0414 966 000
www.pittwaterbusinessexpos.com.au

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Conductor: Jane Rutter
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Wednesday 12 September 2011
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Wednesday 12 September 2011
7.30pm
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Guest Speaker Dr Peter Stanbury
Contact Peninsula Historians 9999 4922

Mona Vale Dance Academy
Spring Dance Festival
Saturday 10 October 2011
4.30pm and 6.30pm
Contact Mona Vale Dance Academy 9979 6744

Pittwater Online News

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OLYMPIA

By George Repin

While attention is focussed on the Games of the XXXth Olympiad in London it is a good time to reflect on the background to the Olympic Games. Although the Pythian Games were held in Delphi and games were held in other places in Greece it is the Games held in Olympia from 776 BC to 394 AD which capture the imagination and generally are regarded as the forerunners of the modern games.

Every fourth summer, Greeks from the Black Sea to the Western Mediterranean came to Olympia in the Peloponnese for five days of games, celebrations and rituals as a form of worship of pagan gods. Months before, athletes came for a mandatory period of training. The Games were abolished in 394 AD by the Christian Emperor Theodosius I because, to him, they represented a connection with paganism.

The archaeological site at Olympia is well preserved because it was covered with silt from the flooding of two rivers and because stones were not removed from the site to build elsewhere. Consequently when excavation started it yielded a treasure trove of artefacts many of which now can be seen in the two museums associated with the site and Olympia continues to yield up new discoveries. It and the associated museum are well worth a visit.

Site of the Olympic Stadium

On the site itself of particular interest are the Temple of Zeus, the Temple of Hera and the site of the stadium.

The Temple of Zeus was a central feature and held the magnificent statue of Zeus made by Pheidias in the 5th Century BC. Built of wood in Pheidias' workshop nearby and covered with gold and ivory it was named by Antipater of Sidon as one of the Seven Wonders of the Ancient World. It has not survived but ancient drawings give some idea of its size and magnificence. The workshop of Pheidias, still with some of his tools and other equipment, was discovered and excavated in the 1950s.

The pediment of the temple was embellished with sculptured figures of the pagan gods known to us through Greek mythology. Fragments of the figures which have been assembled in the Archaeological Museum give some idea of the impressiveness of the Temple.

Ensemble of figures from the Western Pediment of the Temple of Zeus - central figure is Apollo (5th Cent. BC)

Some of the Doric columns of the Temple of Hera have been restored to provide a fitting location in the modern era for the lighting of the Olympic Flame before each new Games. Eleven women dressed in flowing white gowns, representing the Vestal Virgins, kindle the flame from the rays of the sun through a parabolic mirror and the torch is lit.

Pierre de Fredy, Baron de Coubertin generally is credited with the establishment of the modern Olympic Games which were first held in Athens in 1886. He founded the International Olympic Committee and was its second President. He expressed his idealistic view of the competition in the following words: The *important thing in life is not to triumph but the struggle, the essential thing is not to have conquered but to have fought* well (Translated from the French). This view has been expressed more simply by others as: *It is not the winning but the taking part that counts.*

In contrast Professor John R Hale of the University of Louisville has written: "Nothing could be more alien to the ancient Greek idea of *agon* (i.e. contest). The games at Olympia and elsewhere were all about winning. There were no second prizes. Winners were lavished with feasts and gifts and remembered in statues and stories; losers returned home in shame."

Footnote: On 17 February, 2012 armed robbers stole artefacts, mostly bronze and clay statuettes from the Archaeological Museum.

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Segments of columns from Temple of Zeus awaiting restoration.

Restored Doric columns of the Temple of Hera.

Head of Apollo.

Bronze decoration from a shield or breast plate.

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MITRE 10: HOW TO TURN OLD FURNITURE INTO TREAURES PRESENTED BY SCOTT CAM: This how to video filmed in Scotty's workshop shows you step by step instructions on how to turn old furniture back to new again, and into little pieces of treasure.

Tweet Like +1

MITRE 10: HOW TO DISTRESS FURNITURE WITH RUSTIC CHARM: Want to make furniture look like it's an antique? This how to video will show you how.

Restoring Old Chairs

There's something satisfying about taking a favourite old chair and restoring it or cleaning it up to bring it back into use. Discarded chairs thrown out on clean up days can be made usable and attractive and great when extra visitors attend your table and you're also saving them from landfill. Family pieces and those you restore have an extra value and each piece becomes a project to celebrate lovely grain in old wood or be a bit fanciful and paint small flowers for girls or bold checks for boys. You're limited only be your imagination and how much time you wish to indulge in your DIY hobby.

Nine tips:

1. Allocate time to do it right; you may not finish in one afternoon.

2. Identify the era and material of your piece; it may be quite valuable and you would increase its value by allowing a professional restorer to do the work.

3. Decide how much you will spend; depending on its use you may choose to use paints for teenagers chairs or if it's for fine dining at home, purchase shellacs to give any wood a lovely gloss finish that shows the grain.

4. Decide what you want it to look like; if you're going to 'create' an art object, perhaps do a few sketches first or look at making stencils for neat finishes. You may want people to feel they're sitting in a tiger's lap and will need to work out proportions, how to paint a tail winding down it's back. Look at your chair. Make a list of what you may need.

5. Always employ good safety practices; ensure you are wearing plastic gloves if handling strippers, solvents or varnishes, a mask for the fumes, or goggles for eye protection if sanding or chiselling; you don't want a splinter in your eye.

6. always clean the piece thoroughly before you begin; you don't want streaks of dirt or old dust ruining your finish. Old toothbrushes are great for fine details and seams.

7. Repair your piece: legs may need replacing (a good reason to keep the other old chairs) and screws may need tightening or replacing altogether if rusted. Wood putty any holes and sand smooth.

8. Paint or Refinish; use strippers and sandpaper to remove old finishes; this can take time and patience to get back to the virgin wood. Research the kind of stain you may want. If you're painting it, choose products that will be long wearing but also cleaner-friendly.

9. Tools: you will need moderately rough stuff (80 to 120 grit) and the finest grades (300 to 600). Get a couple of putty knives, one plastic and one metal. Also pick up some steel wool and a liquid stripping gel. You'll also probably use a Phillips head and flathead screwdrivers for tightening joints and a small hammer and rubber mallet, which will allow you to adjust the wood without leaving a mark. Other handy items: Wood glue, Wood putty, Oil soap, Measuring tape, Plastic gloves, Respirator, 2- to 3-inch (5.08 to 7.62 centimeters) angled paint brush, Toothbrush.

We suggest you pop in and talk to the folk at Johnson Brothers Mitre 10 Hardware who are always great with advice to help you with any DIY project.

Click on logo to visit their website

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MITRE 10
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