August 5 - 11, 2012: Issue 70

John Paul Young and John Williamson Wow Crowd at Mermaids Fundraiser

John Williamson and John Paul Young

The Mermaids; Viktorija MacDonnell. Beryl Driver and Elyse Cole

Brian Friend, Beryl Driver and Barry Leef

Successful auction bidder John Lewer with Beryl Driver and auctioneer Stuart Telfer

Col Dalgleish (Col the Butcher, Avalon) who with Lasse Hansen won this great painting, these gents have contributed a lot to the Mermaids during the years.

Entertainers John Paul Young and John Williamson at Mermaids Fundraiser

by Brian Friend (Friendly) and Michael Mannington

The 13th Mermaids Variety Fundraiser night at Club Palm Beach (the Palm Beach RSL) on Monday 30th of July, 2012 has been acclaimed as one of the best ever. The Palm Beach night is one of several fund raising events that the Mermaids hold each year. This night raised five thousand dollars in entrance and raffle prizes. Mermaid Beryl Driver wanted the night to be a tribute to the long time band leader Joe Hassen who sadly recently passed away after a long battle with cancer. Joe had supported the Mermaids for the past 13 years and his and his band's rendition of 'Gloria' will always remind this Palm Beach lady of Joe.

Special guests included John Paul Young who was earlier this year was awarded an OAM for his work for charities and the other John, John Williamson. Both sang their well known hits to the great delight of the guests, John Williamson dedicating his famous '*True Blue*' to Beryl. Popular local musician Barry Leef also took to the stage and all three joined in to sing with Nic Long's Endless Strummers.

A feature of the evening was the auctioning of the last piece of the original bar of the old RSL club. Now crafted into a collectible chopping board it generated spirited bidding under the control of honorary auctioneer Stuart Telfer aided by 'spotter' John Williamson. Knocked down for $620 the successful bidder was John Lewer who generously donated the item back to Variety to raise more funds.

The annual Variety Bash is Australia's most successful charity motoring event. It is the focal point of fund raising efforts by many hundreds of supporters of Variety, with the money raised helping children who are sick, disadvantaged or have special needs to live, laugh and learn. Events Manager for the NSW Bash Stuart Telfer told the audience that the bash has never been the same since Beryl and the Mermaids first participated some 14 years ago. The Mermaids have raised half a million dollars for Variety.

The Variety Bash this year 19th Aug. to 28th Aug., 2012 goes from Balmain (in Sydney's west) to Barnaga (on the tip of Cape York Peninsular) the towns that it travels through are Narrabri, Goondiwindi, Roma, Emerald, Carters Towers, Cairns, Archer River before reaching it's destination…or falls off the top of Australia. To enter the Bash it costs $8,500 minimum per vehicle which is a donation and is tax deductable. Any money raised above this can be used at the team's discretion (Bribes, Corruption etc) during the trip.

The Bash originally commenced from an idea of Dick Smith's back in June 1985 raising a whopping $250,000. The motor vehicle must be built pre 1974 and must survive Australia's harsh outback. The motor, gearbox and diff are to remain as per manufacturer's specification. The body can be decorated with anything the crew can come up with. Only mechanical modifications to the brakes and suspension are allowed.

Beryl turned 79 this year and will be 80 in next years Bash, which she intends to participate in. Beryl has stated that she will keep competing until the car gives up the ghost. Then she will retire so her sons Michael and Bruce will have to work miracles to keep the old girl (car) going. Beryl is the oldest female participant in Bash history.

Michael Mannington's Volunteer Photography Public Gallery

The Endless Strummers with John Paul Young; Graham Frazer, Nic Long, Nathan Alley and Nick Frazer

Full House

Kathleen Feehely and Beryl; Kathleen never misses a function; the bookshelf you see behind her is secondhand books sold through the club for golds coins and raises further funds; an idea Beryl started years ago now and still working well. Photo by Brian Friend

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Pittwater Online News will feature a special Pittwater Council Election edition on **2nd September, 2012, Issue 74**.

Candidate groups or individuals are invited to submit basic information to assist our readers. Please contact editor@pittwateronlinenews.com.au for further information.

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Pittwater Online News

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Articles This Week:

Mermaids Fundraiser - John Paul Young and John Williamson entertain large crowd

Pittwater Pirates - Winter Swimming Club

Plant A Tree Day in Pittwater 2012

All Previous Articles

Profile: Pittwater Organisations that invest in people, culture and health: Sailability Pittwater

Previous Profiles:

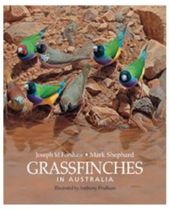
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Ben Baillie Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater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

History: Fields of Dreams I; Golf, Camping, for Food and Enterprise, how did economic, cultural and aspirations figure in our own dreaming paddocks: Avalon Camping Grounds

Previous History Pages:

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

Park Bench Philosopher: The Original Coming Home: Ulmna the Braha has offered his thin brown chest up to many snows in his long walking, has filled many places with his heart's song.



Books: The Hunter by Scott Bevan. On Shakespeare by John Bell plus details of Berkelouws Talk, MVPS 100 Year History, CSIRO August Releases

Old Books: The poetical works of Percy Bysshe Shelley by Shelley, Percy Bysshe, 1792-1822; **1875**

The poetical works of Coleridge, Shelley, and Keats : complete in one volume 1846, Coleridge, Samuel Taylor, 1772-1834; Shelley, Percy Bysshe, 1792-1822; Keats, John, 1795-1821. Publisher: Philadelphia : Crissy & Markley

Events: Bobbysox at AvRSL, Birdwatching with PNHA, Curry in the Fireshed, RMYC Ladies Lunch, 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 CSIRO Mars Landing update, Ridiculous Extremes, Chinese Circus do Swan Lake, Dewed Dandelion, Avalon Sunrise, 1956 Melbourne Olympics

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Community News: Oz Opera: Hansel and Gretel, Book Character Parade and Picnic Lunch at Mona Vale Primary School, Further Upgrade For Warriewood Wastewater Treatment Plant, Mona Vale Boardriders Club July Comp., Discover Property Styling - Free Workshop, WINNERREMEMY BAY PLAYGROUND UPGRADED, New hope for eyes damaged by Parkinson's disease, 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; Great News on Regent Honeyeater, Coral Reef Thriving in Sediment-Laden Waters, New discovery of how carbon is stored in the Southern Ocean, Great Australian Marsupial Nightstalk, Birdwatching with PNHA, Going Solar on Sustainable House Day Workshop, Deep Oceans opens at Australian Museum, **Cooee August Issue**, local Environment groups and orgs.

Lynda Hill: Update 30.7.12: In A Silent Hour, A New Inspiration That May Change Your Life: August's Full Moon In Aquarius

Pictures: Birdland on Careel Creek this week with a returning Great Egret and White Faced Heron fishing together.

Youth: BL's Blast Off 2012 Entries OPEN, Mona Vale Library Photo and Short Story Comp, Are We There Yet Competition, Children's Book Week 2012, Reading Hour Challenge, Online Environment Game, Fed. Govt. Youth Media Releases, What a Wonderful World, Free MALO Download, Robotics Fun Day, NSW Steam Trains, Learner Drivers Help, Study Tools 101 - Mind Maps, 3d Surf tickets now on sale, Enter the BackMeUp anti-cyberbullying Comp, Free Wombat Story and Colouring In, Library Story-times for Littlies, ArtFest 2012.

Seniors; NSW Govt. Smoke Alarm Subsidy, You Make Me Feel So Young, Neighbourhood Wellbeing, Ginger, Funny Word Skirmish; Cars vs. Computers, New AvPals Courses, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: August 2012: Scotland Island lady June Lahm's stunning and beautiful works are '***painting with pixels***'

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: WL1895 Thinking Monkey figurine; Chinese symbolism and enlightenment

Food: the humble potato is in season now; facts, cultural notes, nutrition and a few favourite recipes.

Disclaimer: The content of editorials and Advertisements in this Publication have been provided by a number of independent sources. Any opinions expressed are not necessarily those of *Pittwater Online News*, and no responsibility is taken for the accuracy of the information, or any factual errors contained within items published. Readers should make their own enquiries directly to any organisation or business prior to making any plans or taking any action.

August 2012 - June Lahm

June Lahm studied design at East Sydney Technical College (now the National Art School) leading to a career in Gallery Management in London and Sydney.

During her childhood she spent many hours "messing about on boats" with her family, both on Pittwater and the Whitsunday Islands and enjoying all the pleasures of a seaside lifestyle. She has lived on Scotland Island since 1976 and followed many creative paths.

June's abiding interest in photography led to her resuming studies to learn the new technology of the digital age, which she describes as "***painting with pixels***"

Living near the sea is an essential element of her life. She loves colour and is fascinated by texture and nature's patterns, so the sea and surrounding bushland provide constant inspiration for her colourful and varied works.

June is also documenting the many activities and personalities of her lively local community and this is a work in progress.
http://jecasuweb.google.com/offshoregallery

Travels to distant shores, especially Italy, are another source of her images, particularly where life on or near the water is an integral part of and defines the community and are a feature of the varied images in her portfolio. It could be Isola di Procida in the Bay of Naples where the fishermen and their colourful nets on the quayside of Cornicella are almost an art installation in themselves; the reflections of architectural elements in the canals of Venice; the detritus on sea washed shorelines in Calabria or Sicily.

June's images are in limited editions and printed with pigment inks on specialist fine art archival papers. June also produces a unique range of greeting cards inspired by her travels and the local area of Pittwater under the banner Purple Basil Editions.

June is an inaugural member of the Pittwater Offshore Artist's Community and has been an organiser and participant in its many successful shows, including the "OFFSHORE" Exhibition at Manly Art Gallery and Museum in September 2011.

Her work has been published in *Craft Arts International No 26* (April 1992) "*Chair Up*" Exhibition "*Water Access Only*" (2006) and "*A Pittwater Life*" by Susan Duncan (Nov 2009).

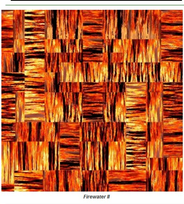
June is a member of the Gone Fishing Gallery, founded by a group of offshore Artists from Scotland Island & the Western foreshores of Pittwater. Since the closure of their exhibition space in the old Pasadena building at Church Point due to the sale of the building, the varied and exciting work of this group of artists can be viewed at www.gonefishingallery.com.au

June is currently exhibiting at The Incinerator Art Space, Willoughby in **BURNT** August 1-19 – Thirteen artists presenting their diverse visions of the concept "burnt".

Pittwater Reflected - this photograph was used to promote the Offshore exhibition at 2011 by Manly Art Gallery.

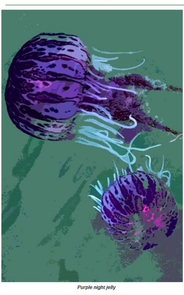
Tallinn Transience

Tallinn is the capital and largest city of Estonia. It is situated on the northern coast of the country, on the shore of the Gulf of Finland, 80 km (50 mi) south of Helsinki, east of Stockholm and west of Saint Petersburg. Tallinn's Old Town is in the list of UNESCO World Heritage Sites.



Firewater II

Venice



Purple night jelly

Key to my heart

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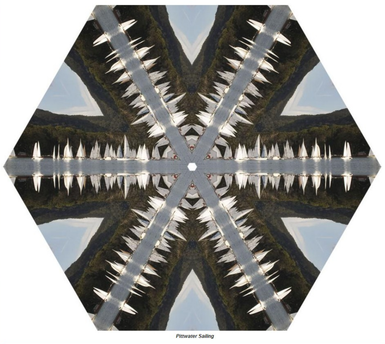
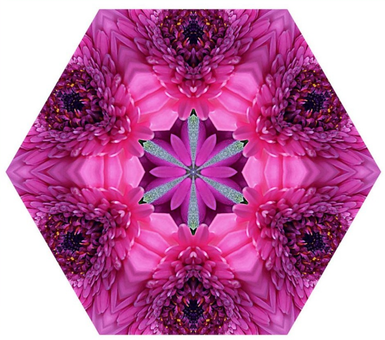
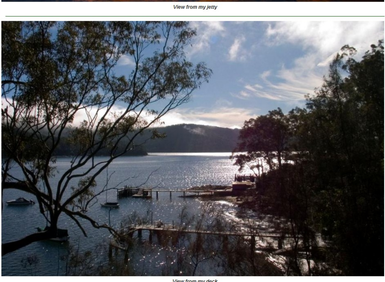


Pittwater Sailing



Gerbera

View from my jetty



View from my deck

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Pittwater Pirates – Winter Swimming

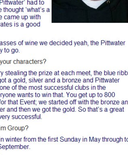
Swimming at Dee Why today (5.8.2012) to compete for the Northside Shield, are Winter Swimming group the Pittwater Pirates.

Winter Swimming groups originated in Surf Clubs and were a way for members to keep fit during the off season. From the Depression era on hardy folk have smiled while standing in the least you can wear and cheerfully dived into ocean pools, claiming the water there is 'warmer then being out'. In icy snow winds last Sunday members of the Pittwater Pirates gathered at Mona Vale ocean pool, their home pool, to practice and collect their trial statistics. They do a lap, yes, just one, perhaps a '66', which is a two lap race, then head to the Mona Vale Hotel for hot soup and bacon and eggs washed down with a Bloody Mary or beer. There is a strong tradition between winter swimming and drinking, with some clubs describing themselves as "a drinking club with a swimming problem".

It's not all fun, toasting games and braving winter weathers in the name of keeping fit though. The Pittwater Pirates, who are members of the Winter Swimming Association of Australia, have won bronze, silver and gold (2000) in the 50 metre open Handicap Relay Champions at the Australian Winter Swimming Championships held annually, an event they hosted in 2001 at the Warringah Aquatic Centre.

The Pirates are community minded folk too, raising funds during meat raffles at Mona Vale Hotel, their main sponsors; to donate Playstations, darts/pool players and televisions sets to the Children's Ward at Mona Vale Hospital in 2008. The Pirates also asked the Mona Vale Hospital nurses what they needed and 47 Manual Blood Pressure monitors, that could be used in all wards, were provided by these cold water swimmers. The group also raise funds by imposing 'fines' for complaints by members about the temperature of the water and by charging $5.00 for the rather large breakfasts each Sunday morning.

Age is no barrier in winter swimming groups with swimmers reigning from the quite young to an over 85 division from 2010 at the National Championships. The Pittwater Pirates have family groups among their number with the youngsters diving in to do one lap too, mostly without complaint.



Last Sunday we spoke with David Hanley, Chief Referee of the Winter Swimming Association of Australia, who with Eric Haynes, is a co-founding member of the Pittwater Pirates, to gain a few insights on these feisty folk.

Why are you called the Pittwater Pirates?

One drunken night in the spa at my house we were tossing up names for a local swimming club, and at that stage we were sponsored by the Pittwater RSL, so 'Pittwater' had to be there, and so we thought 'what's a good name' and we came up with 'pirates?', yeah, pirates is a good name.

After a few more glasses of wine we decided yeah, the Pittwater Pirates was the way to go.

Is that indicative of your characters?

In the way that we try stealing the prize at each meet, the blue ribbon event, yes. We've got a gold, silver and a bronze and Pittwater Pirates have been one of the most successful clubs in the Association as everyone wants to win that. You get up to 800 people competing for that Event, we started off with the bronze and then we got the silver and then we got the gold. So that's a great result, we've been very successful.

You're a Winter swim Group?

Yes, we only swim in winter from the first Sunday in May through to the last Sunday in September.

Why only in Winter?

It was something that originally started by the Surf Clubs and run during winter in order to keep fit; there's over 50 clubs in the Association and it started from Surf Clubs and just continued on. It's a really good social outlet, a good means of getting to know people and good fun and afterwards we have a few drinks as well.

How many members usually turn up for training?

It fluctuates, depending on how cold the wind is on a Sunday morning and how snuggled up in bed people are; probably about 15 or 16 locals this morning. And this same lot will be going to the Gold Coast in September for the Australian Titles competitions. That's the National Titles, there will be upwards of 2 000 swimmers there. The Pirates have always been well represented at the Nationals; I'm a life member of both the Pirates and the National body, and I've been a carnival referee for four years now.

How long have you been doing this?

32 years, since 1980.

That's a long lasting commitment to good health.

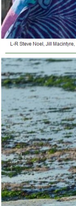
Off and on; when I was working as a diplomat overseas I flew back once each year to maintain membership at a previous club at North Narrabeen, just to show that I was committed to the sport of Winter Swimming, so I swam each year and can truthfully say I swam each year of that 32 years.

The Mona Vale pool was built around 1930 and it's 33 yards which is the same with a lot of Sydney pools, they're all of a standard size when built in that era. The Wylie baths at Coogee, or North Curl Curl which is infamous for a nudity great cock in the middle of the pool which you have to swim around. Or Balmoral, which is a harbour pool; absolutely freezing; you had to jump off the tower, and you could only jump feet first, straight into mud.

You have swim meets with other Clubs; how often is that?

Usually two or three times a year. There's a Northside Shield which all the clubs compete for. We were up at Pearl Beach last weekend and we'll be at Dee Why competing for the Northside Shield, which is always the first Sunday in August. THis year it's at Dee Why Pool from 9.30-10.00.

In September the Pittwater Pirates will attend the Australian Winter Swimming Championships at Southport in Queensland. 2012 marks the 37th running of this event. Membership of Australian Winter Swimming Clubs has grown to approximately 5,000 members and includes such notable ex-Olympian swimmers as Neil Rogers and Greg Fasala (first of the Mean Machines).



Northern Beaches Winter Swimming groups: Dee Why Ice Picks, North Curl Curl Cool Cats, Freshwater's Frigid Frogs, Narrabeen's Shivering Sharks, Pittwater Pirates.

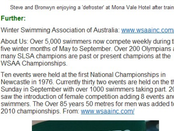
Steve and Bronwyn enjoying a 'dehoster' at Mona Vale Hotel after training.

Further:

Winter Swimming Association of Australia: www.wsaainc.com/

About Us: Over 5,000 swimmers now compete weekly during the five winter months of May to September. Over 200 Olympians and many SLSA champions are past or present champions at the WSAA Championships.

Ten events were held at the first National Championships in Newcastle in 1976. Currently thirty two events are held on the third Sunday in September with over 1000 swimmers taking part. 2008 saw the introduction of female competition adding 8 events and 200 swimmers. The Over 85 years 50 metres for men was added to the 2010 championships. From: www.wsaainc.com/



Photos by Michael Mannington, Volunteer Photography.

L-R: Steve Noel, Jill Macintyre, David Macintyre (front), David Stower, Alan Macintyre (front),Bronwyn Dutton, Dave Jeffress, Dave Hanley, Steve Landell and Trent Kennedy.

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Maureen Brown and Callum Parker

Sally Doyle and Tori Casazza

Lochie and Katie

Young enthusiast with dad

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National Tree Day 2012 at Narrabeen – 10 Year Anniversary for Pittwater

29th of July, 2012

Last Sunday a good turn out of adults and children participated in National Tree Day 2012 at the Lakeside Holiday Park at North Narrabeen. National Tree Day, initiated by Planet Ark in 1996, occurs on the last Sunday in July each year. Last year over 1 million native trees and shrubs were placed in the good Australian soil at over 2900 sites. We asked Callum Parker, who was attending the planting with grandmother Maureen Brown, if he'd enjoyed the planting and he said it was "really good". Callum and his grandmother had planted dozens of native shrubs by the time we arrived.

Pittwater Council has participated in the National Tree Day for ten years this year. Council has an emphasis on restoring local indigenous plants and creating wildlife corridors to encourage our birds and furry creatures to return as part of a strong bush regeneration program from Narrabeen to the tip of the Barrenjoey lighthouse promontory.

Removing weeds is a high priority with other 'weed removal days' scheduled throughout each year's Bushcare Calendar. This policy was followed again on Sunday with the removal of the Canary Island Date Palms (*Phoenix canariensis*) and replacing these with local indigenous Cabbage Tree Palms(*Livistona australis*). The African Olive Weed, a prevalent weed in Pittwtaer bush reserves and private gardens, had already been removed in weeks prior to last Sunday.

The other plants included on Sunday were *Eucalyptus botryoides* (bangalay), *Westringai frutcosa* (coastal rosemary), *Correa alba* (white correa), *Kunzea ambigua* (tick bush), *lomandra longifolia* (spiny mat rush), *Myoporum boninense* (boobiala)

Pittwater Council always provides highly knowledgeable and enthusiastic Bushcare officers for each planting or weeding day as well as bringing tools, sunscreen, giving training and a nice morning tea. Volunteers also recieve free native plants for their own gardens.

On Sunday we counted 50 participants who were all very enthusiastic and did a great job. The amount of children and young adults attending, some of their own voilition, bodes well for the future of our green areas. More were arriving as we left. Council staff were very appreciative and stated earlier this week; "*It was not easy planting into difficult soil and thick mulch. The staff of Sydney Lakeside Holiday Park have agreed to finish planting what we could not achieve on the day. Many of the participants showed an interest in joining in other environmental activities in the area.*"

Bushcare groups are a great way to see your own personal investment in Pittwater grow, literally, enjoy our great outdoors and good company, learn more about our reserves and their plants as well that great 'feel good' factor that comes with getting your hands in the dirt. Information about Bushcare opportunities in Pittwater can be found on Council's website on the following link: HERE. Or call Council's Bushcare Officer Helena Dewis on 9970 1367 (pictured).

Pam Bateman (Noxious Weeds Officer - Pittwater Council) and Marita Macrae (of PNHA)

Previous National Tree Days in Pittwater*

2002 - Hitchcock Park, Avalon
2003 - Pittwater Rugby Park, Warriewood
2004 - Hitchcock Park, Avalon
2005 - Winnererremy Bay, Mona Vale
2006 - Hitchcock Park, Avalon
2007 - Governor Phillip Park, Palm Beach, and around the North Narrabeen Indoor Sports Centre behind Narrabeen High
2008 - Des Creigh Reserve, North Avalon
2009 - Bilarong Reserve, North Narrabeen
2010 - Bilarong Reserve, North Narrabeen
2011 - Lakeside Caravan Park, Narrabeen
18 months after revegetation, native fauna including small wrens and ringtail possums, have been recorded and observed on these sites!

* From Pittwater Council Website.

Photos by Michael Mannington of Volunteer Photography.

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Wednesday, August 8, 2012

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Articles This Week

Mermaids Parade/Swim – Lights Flare/Dragons and Lion Afternoon entertain large crowds

Pittwater Profile – Writer Swimming Club

Paint & Take Day at Pittwater Place

Pittwater Online Marine Radio Photographic Competition Part 2 Professional results, Lucky Lures and Newsletter, Quarterly Report

Feature: Paths of Dreams | Golf, Camping, Ten Food and Wine Events, Aviation, Art, economics, culture and exploration

Feature: Pittwater Online Marine Radio Photographic Competition Part 1

Pittwater Online Marketing Law 2012 June Lyons, disarming beautiful lawyer and author

Celebrity Cruises: Ms Infill Thinking Monkey, pro-choice from

Further Upgrade For Warriewood Wastewater Treatment Plant – Tuesday, 24 July 2012

Some of the representatives from the Warriewood Wastewater Treatment Plant Upgrade Community Consultative Committee

Members for Pittwater Rob Stokes today announced a further upgrade to the Warriewood Wastewater Treatment Plant to cater for growth in the area. Mr Stokes said $10.5 million is allocated to the $30.4 million allocated by the NSW Liberal Government to upgrade the plant, which services more than 30,000 people in the area bounded by Mona Vale, Ingleside, Warriewood and Elanora Heights. "The upgrade will increase the capacity of the plant by approximately 40 per cent, which is necessary to cater for growth in the area," Mr Stokes said. "The upgrade will also ensure we can keep the plant operating within the strict licence conditions set by the Environment Protection Authority (EPA)." The Sydney Water Corporation is undertaking the upgrade, which is expected to be completed by mid-2013.

JJ's Olympic Qualifying Race
Public Event by Pittwater Rowing Club at Bilgola Lagoon
Monday, August 6, 2012, 7.30pm

Lynda Jane & Stephen Jones has his first qualifying race on **Monday August 6th** at Bilgola Lagoon. Lynda Jane is the boat he is now in some and each JJ in the boat name of the PRC Pittwater Rotary Club Sponsored Youth Program. The **Public Event** is at **7.30pm** on Monday August 6th at Bilgola Lagoon. The **Builders Club 18 Fisher Rd, Dee Why** Please click on the photo to see a larger image.

Stephen is a member of the Pittwater Rowing Club and is a volunteer to crew on our yell boat. To Contact Stephen Jones please email him at stephenjones@live.com.au

Lynda Jane is a Rotary Youth Program Boat. Lynda Jane is named after Lynda Jane Hall, Lynda Jane Hall was a member of the Pittwater Rotary Club and Lynda Jane Hall was a member of the Pittwater Rowing Club. Lynda Jane Hall was the mother of Jason Hall, Jason Hall is a member of the Pittwater Rowing Club. Lynda Jane Hall was a member of the Pittwater Rotary Club. Lynda Jane Hall was the mother of Jason Hall. Lynda Jane Hall was the mother of Jason Hall. Lynda Jane Hall was the mother of Jason Hall

Pittwater Online News

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August 5 - 11, 2012: Issue 70

The Original Coming Home

We run all night. Before *Daegesege* we are beneath *WennDover*; white cliffs looking at a smooth whitegreen thin sea. A song of '*Glavaya Breton DonnAlde'* comes across this pond.

As the sun rises, making gold and white the fog clouds, we see a lone white sail floating over even scrolls of jade waves. In this open boat a white faerie comes songing the names of the waves, songing the names of the white cliffs and greens running to their edges.

She is dry and mysty, mud stains her pure white robe. She glimmers and becomes mere sparkles beneath veiled *munnahull*, like the silver sparklings across the glassy waves. Her song is of the nectar of these lands, the dews gathering in their cup. Her song, like *BrahaUlmnas*', is filled with Ja, truth, and lubere, love. Her souls' name is 'Lily'. Her songname is 'Sunday'. She giggles laughter and floats through the air to press white light like that around her into BrahaUlmnas' hand.

"This is *Saramagyill*." she smiles and Ulmna nods to the light.

Her pale hand gestures to the white cliffs behind us, she says they are '*sharamagyil'*, old old steps, and now part of a young land. If we listen closely we can hear them songing their name. The white green smooth waves lapping to cobbled shore are, in nature, lights and sound, '*Marambil'*. They are a liquer too, can be supped to merge with our bones and souls so they emerge in our sighs. Her boat is '*Maranambilia*' in meaning and name and it is the craft just for this tide and these kinds of lappings of this part of this sea.

Sunday floats through the air back to this coble, calls quietly and its old wood becomes new sheened planks while a summoned wind gently fills its sail. The whitegreen waves begin to turn at its will and take it back out into the soft breaths of white misting sea. Her bubbling laughter disappears into the further out high banks of fog.

We run to *Bede* and watch the full moon rise. We hear, from the north, a high mountain calling BrahaUlmna '*BragiBraha*' by name.

The green *Byrr* breath that comes from this treed mountain is the same as Ulmnas' pining breath. It rushes into Sumunah and around us calling him "Bragi Bragi Braha" until the moon has risen high then suddenly drops clean away.

We run to *Mercia*, a place of forests and wolds. We pad through *ArDerrn* and the Tempremens of *SherWoods*. We tread amongst the dreamsong of *Hull* and find it is a deep well of tidal cup. A little further on the promontories of land are called '*Mull*', and '*MullHull*' as meaning begins to song out around us as *MullHullin* in being.

"Mollhullin is soulname, hallowed name, and MullHull is songname and means this place is being a great green cup." Ulmna whispers and leans his head to one side to listen closer before pronouncing, *"This is a fountain of sea and land beneath TulucAmons' great green wing. This is her breast's cup."*

The moment BrahaUlmna announces this truth out into air we hear this name of BrahaBragi has become another meaning of his. We hear it is song for his myrrh breath and thus is his souls' name.

Ulmna the Braha is coming home. *Braha* is his souls' name, the breath his spirit exhales. *Bragi* is his being. He is nearing familiar grounds, familiar echoes, songnames he knows even though he has never met or heard them before, has never felt their meanings fill him. His blood runs with the blood in this land.

A son coming home to his land, to connect to the second nature of his birthland, to the nature of its nature, is a son yearning to be embraced wholly and kissed until breaths of peace render him fully met. This coming home of his seeing feet, this coming home of his soul to the soul of his birthgrounds, is like the coming home of his soul to all lands as all lands' bloods run through him, all are one. His soul rejoices, his body is lit. His spirit knows the love within, and the home, all lands and seas can make and truly be. He can call them in, call them closer to him. He knows their names. What a homecoming, and kiss, and embrace, is his to have, to hold, to make, to be.

'*Come home.*' the green earth hums, '*Lay your weary bones over voluptuous me.*'

Joyous rain is falling from Brahas' eyes as we pad forward. His feet, even though I see them touch this fresh green lawn, appear to be half dancing into the air as the Sunday fairy had a turn of moons ago. These grounds are rising, in song, to kiss his poor worn feet.

Ulmna the Braha has offered his thin brown chest up to many snows in his long walking, has filled many places with his hearts' song. None were like the simple myrrh breaths he breathed out now, perfuming the highlands we pad up into. There is no song in them, only a bare rhythm as Braha breathes out pure myrrh. Salt drops of water are raining from Sutudes' eyes too. He snuffles to me that the green grounds we run deeper into are joined in measures to the sweet glen he was born from. Every tread is balm to his soul.

Extract from *Coming Home*. Village Green. Copyright A J Guesdon. 1985 - 2012

Wordsmithing:

Daegesege: 'days eye' name for 'daisy', from Old English
WennDover: from Old English wendan, related to Old High German wenten, Gothic wandjan. To direct ones' course. + Dover: A municipal borough of southeast England on the Strait of Dover opposite Calais, France. A a port in SE England, in E Kent on the Strait of Dover: the only one of the Cinque Ports that is still important; a stronghold since ancient times and Caesar's first point of attack in the invasion of Britain (55 bc).
Glavaya Breton DonnAlde: from Gla 'glen' from Welsh. Y; as a BEAM, showing two becoming one. Vaya, vail; archaic spelling of veil (sea mists) from Celtic. Gwyn 'white, fair, blessed' from Welsh; Gwendolen 'ring, bow' from Welsh, Gwynedd 'the sky' from Brythonic. Don (double letters to symbolise connection of outer and inner); 'mother, fertility' from Brythonic, 'keeper' from Breton, also 'river' from Celtic, Sarmatic. A name for Goddess, Earth Mother in Brythonic mythology. Akin to Mab, Danu. Alde; 'old'.
Faerie: from Old French; faerie 'fairyland', from feie 'fairy', from Latin; Fata the Fates. Compare Latin; Fari 'to speak'. See FATE. A supernatural being, usually in small human form with wings. Known to be clever, playful, enchanted, delicate and possessing magical powers. An angel of earthly places.
Saramagyill: 'Essence of the land and in the dew' of the clifftops and their green runs, allike giant steps, sung by Sunday, the Morgan fairy. Is a liquor. A Dreamsong word for DOVER. From Sarafim 'seraphim' from Hebrew, Saraid 'excellent', or Sara, from Old Irish, Ma or Mab 'mother, fecund element of earth' from Celtic, Gyil, variation of Welsh, gwyil and Old Irish gwill, shortened forms of William Will, meaning 'will' and from ghyll 'a narrow stream, a wooded ravine', from English dialects.
Sharamagyil: From Shara referring to coastal plain, Sara fem. name meaning 'excellent', Sh; word root symbolising the primal or spiritual breath, Ma 'mother, mother earth'; Mab (English and Irish folklore) a fairy queen said to create and control dreams, Ghyll 'a narrow stream or wooded ravine' from Old Norse gi1 'steep sided valley', Gill archaic; a girl or sweetheart and also Archaic or dialect name for ground ivy, and from Old English gyldan 'gold' referring to the essence in this Breath.
Marambil: From Old Norse marr 'sea', from Old Irish mur 'sea', from Serbian mara 'name of Cinderella', and also mean¬ing the phospheric flashing of the surface of the sea, from Bil; a sweetheart, from Norse myth. Bil is the little girl who accompanies Mani as he drives the chariot of the moon. The Milky Way is given her name; Bils' Way.

Maranambilia: from; MARAMBIL and; From Amber; with dream significance of; a voyage.
Coble: a single masted, flat bottomed fishing boat. Probably of Celtic origin, compare Welsh; ceubal; skiff.
BragiBraha: from Bragi; 'poetry' from Old Norse Bragr. From Bragi; Norse god of poetry and music and son of Odin. Name denotes Eloquence. Odins' son and Norse god (divine and divinity) of poetry and music, and Braha; From Brahmana 'Orator of High Song' from Sanskrit. From Bragi; Nose god of poetry and music and son of Odin. From Brahma 'praise' (divine primordial essence) and Brahmun (Brahman) 'prayer' both from Sanskrit, and 'world soul, breath' from Tibetan.
Mercia: 'Middle Lands' from Old Saxon. A kingdom and Earldom of S and central England during the Anglo-Saxon period. Reached its peak under King Offa 757-96. Mercian was the dialect of Old and Middle English spoken in Midlands south of the River Humber. Area corresponds roughly to current; E. Midlands; Derby¬shire, Leicestershire, Northamptonshire, Nottingham¬shire (containing Sherwood forest), W.Midlands; from parts of Staffordshire, Warwickshire (containing Arden forest) and Worcestershire, and S Midlands; Bedford¬shire, Buckinghamshire and Oxfordshire.
ArDerrn: possibly from Celtic ar 'the' + den 'oak', or from Celtic Arduenna 'high land'. Arden; A former oak forest and region of North Warwickshire, England with dual letters to signify inner creating outer.
Tempremens: 'temperament' from mixing temper and temperament. Temperament from Latin temperamentum 'a mixing in proportion'. Temperance from Latin temperare 'to regulate'. Archaic; An individuals' character when influenced by the four HUMOURS. Archaic word for temperature
SherWood: 'shires' wood' from Old English scir sher 'shire' + wood. Shire office, from Old English: a British county.
Hull: 'hill' from Low German. Also; 'an inlet or basin' from Scots, and place in Humberside. HOLL 'hill' from Old Saxon. Also; HOLLA 'hill' from Old Frisian. HOLLOW; a depression or dip in the land, from Old English holu, related to Old Norse holr. HOLM s'ea, island' from Old English. Also; low lying flat land near a river, sea. HALLOWED 'to consecrate as holy' from Old English halgian, from halig 'holy'. ULL; Norse myth; winter god who spread the fields with white(snow).
Mull: 'a promontory' from Scots, related to Gaelic maol, Icelandic muli. Also; a layer of non-acidic humus formed in well drained and aerated soils, from Dutch muld. Also 'to study or ponder' from Old English. Also; a cup of wine or ale heated with spices and sugar to make a drink. Also; a mountainous island in west Scotland, largest island of the Inner Hebrides, separated from the mainland by the Sound of Mull
Myrrh: 'Gladness' from Old English myrre, via Latin from Greek murrha, ultimately from Akkadian murru, compare Hebrew mor , Arabic murr. African and South Asian bursaraceous trees and shrubs of the genus Commiphora, especially commiphora myrrha, that exude an aromatic resin. The resin from such a plant used as incense, in medicine and perfumes.

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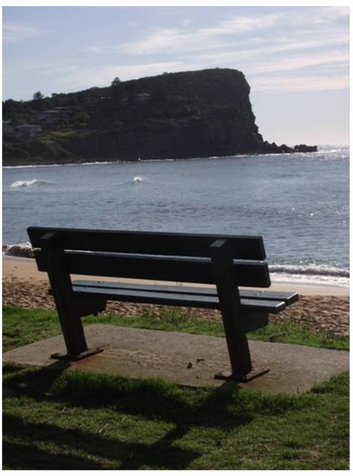

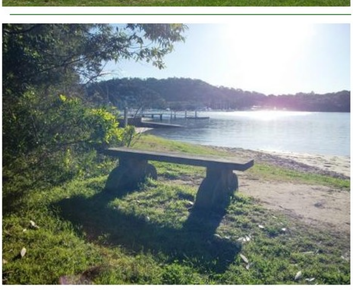

Park Bench Philosophers

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.

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Sailability Pittwater

Sailing is exhilaration and freedom for all, an inherent part of our culture and enjoyment of Pittwater. An Organization's that subscribes to this love of water and the expanded horizons given by being in a boat and in a breeze, to the calmness and big grin brought out in all, is Sailability Pittwater. Their affirmed purpose is 'to facilitate sailing for everyone, regardless of age or ability with emphasis on opportunities for people with disabilities'.

As we head towards the new sailing season this local branch of the empowering and liberating Sailability organisation opens Auguststs' celebrations of organisations that invest in people and health, in culture and spirit, in Pittwater itself.

Sailability Pittwater has been in existence for 16 years now (April each year is anniversary) and is an established part of our community. Why do you think the community, apart from hearing delightful squeals and laughs, has so quickly embraced and supported this great organisation?

It is in no small measure a credit to the drive and enthusiasm of Allan Jones, who with his wife Jan and many supporters, did the 'hard yards', establishing the basis of what is arguable the most successful Sailability Branch in NSW, and probably Australia. Early operations were out of BYRA, where sailors and crew had to negotiate tidal flats before sailing. This involved a lot of heavy lifting and hard work, however at Rowland Reserve we have been able use equipment which takes all the heavy work out of it.

Allan garnered support from local councillors and politicians, including the Governor of NSW Marie Bashir, John Brogden and now Rob Stokes, and particularly Patricia Giles and David James of Pittwater Council.

How did you develop a system for safely teaching your new sailors or is it adjusted to individuals needs ?

The needs for teaching and coaching vary according to the person, so all our programs are tailored to the individual. Our policy is the give the sailor as much control of the boat as they can handle, starting from young boys from Fisher Rd who use the boats as dodgem cars, in the process learning to steer, to high school students and adults, who can assess where the wind is coming from and sail accordingly. For those with limited movement we have joystick servo electric controls.

What is the best thing about taking people out on the water?

It is both a great activity for the volunteers and an empowering activity for many people with a disability. To get out of a wheelchair and be able to control a sailing boat allows many people with a disability to compete with able bodied sailors, as witnesses at the recent Access Class World Championships, held at Middle Harbour Yacht Club in April this year.

Greg Hyde won the World Liberty Championship at the World Access Championships (April 2012). Greg's sailing skills and determination has led him to World Champion status.

We have a lot of fun with children from Fischer Rd Special School, and are always looking for talent to follow in the footsteps of Alyse Saxby, who along with her crew Bob Hamilton, took out GOLD at the Special Olympics in Athens in 2011.

Alyse Saxby and Bob Hamilton

Often it is the carers who comment on how calm their people are after sailing, or how excited they get when they know they are going sailing.

How does the club raise funds ?

Over the years we have had a couple of major fundraising dinners organised by John Brogden, who is our Patron. We also regularly apply for grants through Club Grants (Pittwater RSL), State and Federal grants, however we do get great support from many local businesses and groups including Sydney Powerboat Centre, Enterprise Marine, Ken Bullen Marine, Mona Vale Swingers (Ladies golf), and the Pittwater Aquatic Club.

What is your 2012 Season Programme (September) involve?

Our recreational Sailing Program starting again in September consists of fortnightly sailing on Wednesdays for Organised Groups and Saturdays which is for anyone with a disability. The competitive sailing is conducted on a needs basis, Mainly out of RPAYC Newport, where we have a separate fleet of mainly single person Access Liberty and 2.4m yachts.

A few comments from particpants ?

"***Sailability has allowed me to compete in a sport which I love, all over the world***" & "***without all the fabulous volunteers none if this would be possible***" **Maria Dalmon**

What is Sailability's favourite place in Pittwater and why ?

Rowland Reserve provides us with a very safe venue for our Recreational Sailing, which is the majority of our activity. With great support from Pittwater Council and NSW Dept of Sport and Recreation we have a storage shed for all our equipment and an excellent Shelter close to our operations.

What is Sailability's 'motto' or a phrase for life it tries to live by ?

Sailability NSW has the motto

"***FREEDOM ON THE WATER, REGARDLESS OF ABILITY***"

John Brogden (& son), Mayor Harvey Rose & John McCausland at official opening of shed in Pittwater Council Compound, Rowland Reserve, Nov 2009

Early days at BYRA sailing Access 2.3

Allan Jones with young sailor in Access Breeze, note joystick steering

David Pulver guides David Cheung into boat using C crane

Paul Tayler, John Brogden, Browyn Bishop, Maree Bashir and John McCausland with Lindsay & Maria Dalmon and Marianne Ireland at Liberty Launch 2007

Above: Lindsay & Maria Dalmon, Allan Jones and Henry Zylmans at Liberty launch RPAYC 2007. Below: Maria Dalmon sailing Access Liberty Sophie at Rowland Reserve

Sailability Pittwater is a volunteer organisation which provides sailing for people with a disability. Our main recreational sailing activities are at Rowland Reserve, Bayview, and we run competitive sailing for people with a disability out of RPAYC Newport.

We are currently looking for new volunteers for our Saturday morning program at Rowland Reserve and Tuesdays at RPA. Visit our website for more information at www.sailability.org.au/pittwater or call John on 99825656 / 0409391065

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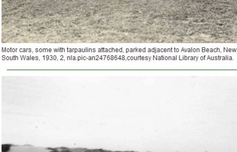
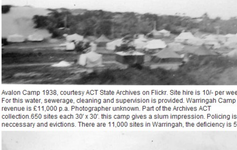
Motor cars driving along road, Avalon, New South Wales, 1930, nla.pic-an24768632, courtesy National Library of Australia.

Motor cars, some with tarpaulins attached, parked adjacent to Avalon Beach, New South Wales, 1930, 1, nla.pic-an24768637, courtesy National Library of Australia.

Motor cars, some with tarpaulins attached, parked adjacent to Avalon Beach, New South Wales, 1930, 2, nla.pic-an24768648 courtesy National Library of Australia.



Avalon Camp 1938, courtesy ACT State Archives on Flickr. Site hire is 10/- per week. For this water, sewerage, cleaning and supervision is provided. Warringah Cams tax revenue is £11,000 p.a. Photographer unknown. Part of the Archives ACT collection 650 sites each 30' x 30' this camp gives a slum impression. Policing is necessary and evictions. There are 11,000 sites in Warringah, the deficiency is 50%.



Above: IN a well-equipped canvas kitchen Mrs. H. Bowden, holiday camper at Avalon Beach, prepares a fish lunch. Below: Mrs. Bowden (centre) at lunch with Mrs. O'Day and her children in the canvas "dining room" of their- camp. from *Sydney Morning Herald* p. 1 Supplement: The Sydney Morning Herald Magazine, Jan. 7th, 1947.

Frequent adjustments of tent ropes are necessary. The material stretches when dry, shrinks when damp. (insert) Nothing is more handy in a tent than a hand mirror(left) fastened to a pole. From *Sydney Morning Herald*, p. 1 Supplement: The Sydney Morning Herald Magazine, Jan. 7th, 1947.

Mr. Syd Forrester, of Leichhardt, digging a trench during heavy rain in an effort to prevent the flooding of his tentat the Avalon camping ground yesterday. The occupants of six of the 90 tents on the reserve left for home. From (1948, January 15). *The Sydney Morning Herald*.

The tent on the left, owned by Mr.D. Needham, was completely capsized by the rushing waters. From Freak Storm Hits Avalon: Drives Out Tent Dwellers. (1953, May 7). *The Sydney Morning Herald*.

Avalon Beach & surroundings by Frank Hurley, 1950's, nla.pic-an23817014 (showing Avalon Camping Ground Tents). Courtesy National Library of Australia.

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Avalon Camping Ground

In August 2012 we'd like to share some history pages on Pittwater's own Fields of Dreams. A rural area soon after European settlement where food crops and dairies were tended, the landscape itself shows evidence, in the 'keeping' practices inherent in our indigenous people's cultures, of being an Eden with green open spaces prior to then. As time progressed Golf ranges, camping grounds and sports fields ensured open green spaces remained a part of our community and culture. Their own ebb and flow, in some of these, reflects the economic conditions, the aspirations of generations and the passion for sport that is part of our nature.

Those who came first though, in stepping off those ships, lived first in tents and under the brilliant southern stars. Before A J Small opened the 'Avalon Beach Private Pioneer and Camping Grounds' or the Avalon Picnic Grounds operated on what is now the green area where the 'yellow brick road' or path wends behind Avalon Dunes, others who came to the area lived under canvas and off the fat of the land. Alexander Stewart Jolly in the book he wrote for his children, *'The Spirit of the Bush'* speaks of eating oysters from Careel Bay and an abundance of other seafoods. This gentleman was renowned for camping on the blocks of land where he would build some of our more famous and quirky houses.

Alexander Stewart Jolly came to Avalon early in the Depression era, exhausted by working in the city and one of those who was poor. The Depression in Australia, stated by some to have reached its peak in 1932, caused many to construct crude dwellings or pitch permanent tents along the whole of the Australian eastern coastline where they could live without paying unaffordable rents and feed families with what they could catch from the sea or glean from the shorelines. Many of the 33 yard pools built on the Northern Beaches coast during this period were constructed by unemployed folk. There were also road building programs and most of what were termed 'Unemployed Camps'. Some of these folk sought to make a few pennies to buy bread or flour to make bread from selling fish caught, not always without heaping tragedy upon tragedy;

SWEPT OFF ROCKS. Fisherman Drowned.; James Wise, an unemployed carter, was swept from the rocks at Avalon on Saturday and despite the attempts of a friend to save him was drowned wise, with his wife and three children, was camping at Pittwater, and was earning his living by fishing. With another man, James Williams, he was fishing on Saturday off the rocks at Avalon at a spot called "The Hole in the Wall " The sea was rising, and waves were breaking over the men, and Williams suggested that they should move to a higher place. Before Wise could move, a wave swept him away Williams swam out, and struggled to bring Wise ashore for almost 20 minutes A wave separated them, and Williams was too exhausted to succeed in another attempt at rescue. Narrabeen police were informed of the tragedy, but the body had not been recovered up to last night. SWEPT OFF ROCKS. (**1932, November 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article160933805

For others a vestige of dignity is restored in 'having a holiday' rather then being among those who have no other option in the rising popularity of the 'Motor Camp', cars being a then popular refuge for the homeless:

Narrabeen, Avalon, and other havens on the coast presented a remarkable sight. The popularity of the motor camp has increased enormously in recent years, and hundreds of cars were parked at these places. The motorist has received every assistance and encouragement from municipal authorities to spend a holiday in this manner, and the response has exceeded all expectations. Thus, many thousands of people can feel accounted for they are spending their holiday under canvas beside their cars. The CITY RELAXES. (**1934, December 27**). *The Sydney Morning Herald*, p. 8 Supplement: Women's Supplement. Retrieved from http://nla.gov.au/nla.news-article171135091

This was still basic living, with weather and bushfires to contend with; At many places hoses were used to fight the fire. **Water was connected to Avalon only a fortnight ago** (*The Sydney Morning Herald*, **Friday 13 November 1936**, page 10). By now many semi-permanent residents lived in this flat area behind the dunes, a paddock subject to flooding. Their children attended Newport School, often without the luxury of shoes.

Post WWII Australia had a lot of army surplus equipment and a shortage of building supplies. When speaking to Doreen Cherry and Doug Crane, both of whom had to hand build their own homes in Avalon, the prevalence of living in converted garages or tents and hunting around hard and long for building supplies, whether bricks or boards, some resorting to making their own, was a feature in both their reminiscences. Returning service personnel were eager to 'get on with it' and begin the kind of life World War Two had put on hold; they wanted to get married and start families, to have their own homes and went about doing so with the same gusto and nerve they'd applied to life during the war.

"If you want a thing done, do it yourself," was a pioneer's precept. Once more it is being put to practice by some house-less Sydney families. Tired of waiting for the contractor who never comes, they're.. Building their own homes By FRANK SNOW: Within a 20-mile radius of Sydney's G.P.O., scores of families are living a home-life that puts the clock back 100 years. Like the early colonists, they are roughing it in all sorts of temporary structures while they build their own homes. Outdoor fireplaces, creek-bank burdening water carrying, kerosene lamps and candles, and general bunk raw conditions are being endured by some of the women belonging to a new age of pioneers. Most of the amateur home-builders are at outlying districts-Liverpool, Moorebank, Asquith, Mt Colah, Kuring-gai, Berowra, Newport, and along the coast to Avalon. In some cases whole neighbour-hoods appear to have been gripped by the build your own home" craze. Most municipal councils and urban shires are anxious to help the owner of a building site who wants to build, and subject to certain conditions permits, are issued to erect "temporary" premises as an abode. **Some people, because of difficulties in getting building materials, have already been a year or more in their temporary habitations**. Councils extend the permits in such unavoidable circumstances."IF- you want a thing done, do it yourself," was a pioneer's precept. Once more it is being put to practice by some house-less Sydney families. Tired of waiting for the contractor who never comes, they're.. Building their own homes (**1947, May 13**). *The Sydney Morning Herald*, p. 11. Retrieved from http://nla.gov.au/nla.news-article18025875

Earlier in 1947, in part in recognition of the bruised psyche of all who had survived this conflict, and with a firm basis in real truth in other cases, the popularity of 'holiday camping' was touted again and lends an insight into Avalon's Camping grounds and tents fitted out like houses, complete, in some cases, with small plots of flowers:

HOLIDAY camping is reaching a new peak of popularity this summer. Reasons are the scarcity of accommodation at resorts, a more generous petrol allowance for motorists, and the disposal of military equipment which is ideal for campers. January, when schools are closed, is the month for family holidays. For the last week or more thousands of families, have moved into canvas and. caravan settlements at favourite spots throughout the State. Lately—to take just one popular area – **there have been 900 tents at Lake Park, Narrabeen Lakes, 500 at Philip Park, Palm Beach, and 150 at Avalon Beach.** Canvas Holiday By SUSAN ROSS: Few figures remain attached to holiday camp life. Primus and oil stoves and a multitude of portable domestic gadgets, mostly from military disposal stores, have seen to that. WHEN I visited the camping ground at Avalon Beach over-looked by 150 tents and caravans housed a sun-tanned community, lacking few - of the comforts of home -Washing fluttered on tent - ropes, radios gave the news and there was a healthy sound of primuses and kerosene stoves working to prepare their midday meal.

I called at a smart green and white tent which Mrs. Elsie O'Day, of Arncliffe, her husband, and three small children, are sharing with Mr. and Mrs. H. Bowden, of Ashfield, for six weeks of the school holidays. They conducted me through the tent which was divided by curtains into three rooms. The bedrooms contained folding beds and collapsible wardrobes and cabinet. Hand mirrors were fastened to tent poles. In the living room they have a long folding table, seven folding chairs, an ex-army ice food box, and a folding food cabinet. "We have made full use of army equipment," Mrs. O'Day said. "The ice box was one that was used in the front line for keeping food hot for the troops, but makes a perfect ice chest."

A caravan painted cream and orange and stationed near the O'Day's tent caught my eye. I called over and found Mr. and Mrs. J. Southwick of Glenbrook at home. Canvas blinds, attractively striped in orange, brown, yellow, green and beige, keep the caravan cool inside and the curtains Mrs. Southwick made and gauze coverings keep out stray flies and insects. inside green and beige linoleum covers the floor, matching the green Chairs and table. At night the table is lifted out allowing the cushioned bunk behind it to collapse into a double bed. Another double bunk forms the opposite end of their 14ft 6in x 6ft 4in house. Canvas Holiday (**1947, January 7**). *The Sydney Morning Herald* .p. 12 Supplement: The Sydney Morning Herald Magazine.. Retrieved August 4, 2012, from http://nla.gov.au/nla.news-article27903905

Some long term residents recall flooding through the Avalon Camping Grounds as a regular occurrence and seeing tents and possessions being swept from the area "all the way to Careel Bay": THEY SUFFERED DISCOMFORT FROM THE RAIN: Mr. Syd Forrester, of Leichhardt, digging a trench during heavy rain in an effort to prevent the flooding of his tentat the Avalon camping ground yesterday. The occupants of six of the 90 tents on the reserve left for home. THEY SUFFERED DISCOMFORT FROM THE RAIN. (1948, January 15). *The Sydney Morning Herald*, p. 3. Retrieved from http://nla.gov.au/nla.news-article18057497

On July 28th, 1952 four feet of water rushed through these tents again. Those forced to live permanently in the Avalon Camping Ground were avoided by some garage or cottage dwelling residents, their children warned to stay away as they were 'gypsies'. Another flooding quickly restored the prevalent community spirit that was and is the village of Avalon's prevailing tendency:

Freak Storm Hits Avalon: Drives Out Tent Dwellers: A freak hailstorm yesterday flooded many parts of Avalon, doing hundreds of pounds' worth of damage. Scores of people living in the camping area at Avalon were forced to leave their homes. Tents were torn to-shreds and the roofs of caravans severely damaged. Several tents and the furniture inside them were washed out to sea by floodwaters. Most of the families living in the camping area were given shelter for the night in the Avalon surf shed.

Mrs. Joyce Andries, of the Avalon Fire Station, said last night that immediately residents realised the floodwaters were rising, volunteers raced to the camping area to help to evacuate the children. The children were carried to safety through the racing water. Most of them were taken to the Avalon surf sheds, and the remainder were taken to the homes of relatives and friends.

Among the worst sufferers in the camping area were Mr. and Mrs. W. Harrington, who estimated their losses at about £250. Their tent was not washed away, but damage to the roofing, sides and floor coverings was "enormous," said Mr. Harrington. The roof of Harrington's tent was torn to shreds by the hailstones while water roared over the floor, destroying floor coverings and food supplies. Mr. Harrington had to use a suction pump to clear the water from the tent. He said he had only just cleaned up and repaired the damage done by last Saturday morning's floods. The storm began shortly after 2 p.m. and lasted for nearly three and a half hours.

Hailstones, measuring almost two and a half inches across, rained on the shopping and camping centres. Stormwater, in places three feet deep, raced through the shopping centre, flooding shops and homes. Hundreds of pounds' worth of stock in the shops was destroyed. Road traffic from Palm Beach and Sydney was dislocated. Vehicles were unable to pass Avalon. One of the shops which suffered most damage was Le Clercq's general merchandise store in Avalon Parade. Mr. Le Clercq, the owner, bored holes in the floorboards in an attempt to drain away the two feet of water which was damaging his goods. He said he had only just cleaned up the debris from a flood which occurred on Friday. He had suffered more than £250 worth of damage in that flood. The rush of water through Avalon Parade was so great at one stage that several cars were almost submerged. The swirling flood carried one car almost 200 yards before dumping it on the pavement. Freak Storm Hits Avalon: Drives Out Tent Dwellers. (**1953, May 7**). *The Sydney Morning Herald*, p. 1. Retrieved February 1, 2012, from http://nla.gov.au/nla.news-article18372783

A few weeks later:

Avalon Camp To Be Closed; The Warringah Shire Council decided on Monday night to close the Avalon camping area in three months' time. The shire president, Councillor J. L. Fisher, said the council considered the camp an eyesore and not in the best interests of the district. Forty-three families are living at the camp. Hundreds of people camp on the area during holidays. Councillor Fisher said accommodation would be found for Avalon campers who wished to transfer their camps to other camping areas in the shire. Avalon Camp To Be Closed. (**1953, May 27**). *The Sydney Morning Herald*, p. 3. Retrieved from http://nla.gov.au/nla.news-article18372351

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August 5 - 11, 2012: Issue 70

Are We There Yet ?

Children's Book Week this year is August 18-24, 2012 and the theme is '***Champions read***'. Book Week is the longest running children's festival in Australia, celebrating its 67th birthday in 2012. This year is also the National Year of Reading. Sharing a book with your child for 10 minutes a day, an hour a week is our aim for **The Reading Hour on the 25 August 2012**. The Reading Hour is for everyone and there will be events and activities for all age groups all day, all around the country. Find out more about The Reading hour and all the local events happening at www.thereadinghour.org.au. See all details at www.love2read.org.au/

Alison Lester's book *Are We There Yet?* tells the story of her family's journey around Australia in a camper van. This great adventure captures the essence of the country – the cities and the countryside; the European settlements and the special places of the First Australians. Now it's your turn to tell us about your home town or a special place you have visited in Australia. Just send us a short story or a letter or a drawing of your favourite place (get your parents or a teacher to help) and you could win a fabulous prize. Enter the *Are We There Yet?* competition for your chance to share in $40,000 worth of prizes, including author visits, books, games and more.

Award winning author and illustrator, Alison Lester 's artwork from her book *Are we there yet?* will be part of a beautiful exhibition. The exhibition shows both the original illustrations as well as the preliminary and developmental stages in the making of the book – from Alison's children's actual travel diaries, through text, illustration and design drafts, to the final published book - including a number of folios of developmental drawings.

We want to find out about your favourite place. So please send us your description as a short story, in 200 words or less, or as a picture (your own original work). Our judges will choose the ones they like best and your story or picture could be part of our National Year of Reading children's gallery (and you could win one of our very special prizes!)

There's a separate competition for each state and territory and there are prizes for different ages, so there are lots of opportunities to win.

Our age categories are:

Pre-school (for under five-year-olds);

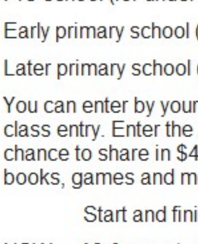
Early primary school (five to eight years);

Later primary school (eight to 12 years).

You can enter by yourself, or you can be part of a school or kinder class entry. Enter the Are We There Yet? competition for your chance to share in $40,000 worth of prizes, including author visits, books, games and more.

	Start and finish dates	Prize announcement
NSW	**16 August - 21 September**	**19 October**

Enter online here: www.love2read.org.au/awty-form.cfm



Are We There Yet? by ALISON LESTER $24.95 from Penguin: HERE

The year I turned eight, Mum and Dad took us on a trip around Australia. Luke, Billy and I missed school for the whole winter term.

Join Grace and her family on their adventurous and sometimes funny expedition. A warm, heartfelt story based on an actual journey undertaken by the much-loved, award-winning author and illustrator, Alison Lester.

Federal Government Media Releases this week:

National strategies to tackle school bullying | PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: The Gillard Government will provide $4 million to develop new online toolkits to help parents, teachers, those training to be teachers, and students deal with school bullying, School Education Minister Peter Garrett said today. Finally, the other key theme that emerged today was the need for every school to have a Safe School Plan' in place so that everyone at the school has clear, practical guidelines on how to deal with bullies and help and support for students experiencing bullying. Resources for student support staff, such as school counsellors, school chaplains and student welfare officers to help them provide support and advice to students and.

Raising awareness of autism in schools | Senator the Hon Jan McLucas
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
SNIPPET: Around 10,000 schools across Australia are set to receive a DVD aimed at helping school children understand, accept and support children with an Autism Spectrum Disorder.. Parliamentary Secretary for Disabilities and Carers, Senator Jan McLucas and Parliamentary Secretary for School Education, Senator Jacinta Collins said the Australian Government is providing $80,000 to support the distribution of the DVD to schools across Australia. I would like to thank and congratulate Autism Awareness Australia for this film and for all their work supporting children with autism and their families, Senator McLucas said.

"**What a Wonderful World**" is a song written by Bob Thiele (as "George Douglas") and George David Weiss. It was first recorded by Louis Armstrong and released as a single in 1968.

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

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

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

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, On Sale Now

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

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 !

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

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.

Tweet | Like | +1

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.

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.

Word of the Week

wonderful: adjective. excellent; great; marvellous. of a sort that causes or arouses wonder; amazing; astonishing: exciting a feeling of wonder; marvellous or strange. extremely fine; excellent.

Origin: before 1100; Middle English; Old English *wundorful* (**see wonder + -ful**) cognate with German *wundervoll*

wonder: verb to think or speculate curiously: to wonder about the origin of the solar system.. to be filled with admiration, amazement, or awe; marvel. the emotion excited by what is strange and surprising; a feeling of surprised or puzzled interest, sometimes tinged with admiration. miraculous deed or event; remarkable phenomenon.

Origin: before 900; (noun) Middle English; Old English *wundor,* cognate with Dutch *wonder,* German Wunder, Old Norse undr; (v.) Middle English *wonderen,* Old English *wundrian,* derivative of the noun.

-ful: a suffix meaning 'full of,' or 'characterized by'.

Origin: Middle English, Old English -full, -ful, representing full, ful full

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

SHORT STORY AND PHOTO COMPETITION

Pittwater residents with a flair for writing or photography are invited to enter a competition to celebrate History Week. The competition which is run by Mona Vale Library is open to children as well as adults and asks participants write a short story, submit a photograph or both.

Competition organiser Sharelle Ravenscroft said entries should be based on the broad interpretation of the word 'threads'. "Which, for example may include vintage clothing and textiles; the thread of a story, or a spider's web," added Ms Ravenscroft.

Entrants need to submit their short story with a 500 to 1000 word limit, or one photograph to be submitted per entry. Ms Ravenscroft said that the competition was open to three age groups, including 8 to 12 years, 13 to 17 years and 18 years plus.

"Prizes, including book vouchers, will be awarded to entrants in the three age groups," she said.

The competition will open on **Monday 20 August, with entries closing on 16 September.** All entries must be brought to the library on a USB. These will be available for collection at the library after the competition ends. All entries must be accompanied by an entry form.

For more information about the competition and to download an entry form visit www.pittwater.nsw.gov.au/library

Murder under the Microscope by Lesley Stevens

Murder under the Microscope is an environmental murder mystery, played by students in years 5 to 10 in every Australian state. Lesley is its creator. This online game is all about environmental science, with a strong focus on the scientific method and team work.

MURDER UNDER THE MICROSCOPE

Student teams are asked to sign on as 'investigators' to assist Catchment Headquarters take on a mysterious murder case over a period of 5 or 6 weeks. In that time the investigating teams must research vital information, understand clues, grasp the concept of cause and effect, not get distracted by any soap opera elements, discover the Villain and place an accusation online.

The first to nominate the correct Victim, Crime-site and Villain is named Eco Sleuth for that year. This year's case is called '*Lament in the Lucky Country*'. The game website opens on 23 July. Visit www.microscope.edu.au for the full story.

Summer vacation scholarships: make a positive impact

CSIRO

Dreaming of summer? This year, you can spend your summer break working on real problems and make a positive impact. Applications have opened for CSIRO's undergraduate vacation scholarships in engineering, computer science, mathematics, statistics and astronomy around Australia. More information here: http://ow.ly/cg7hC

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.

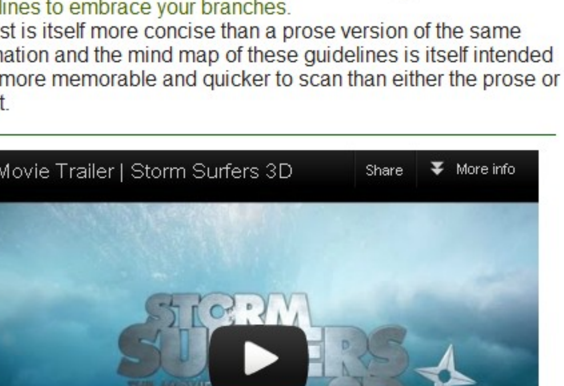
Study Tools 101 - Mind Maps

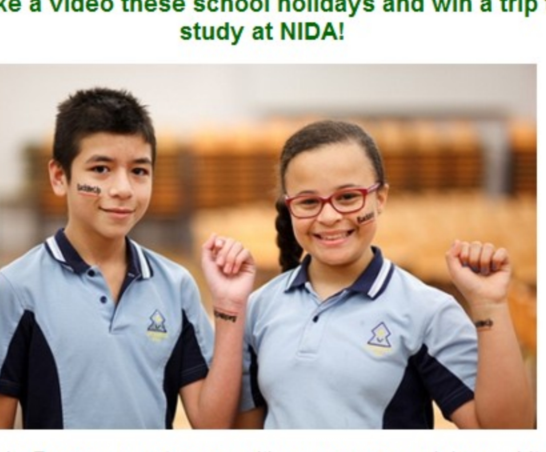
If you decide to go to a University once you've finished your High School studies one of the first studt tools you will be introduced to is what is called a 'Mind Map'. These are great tools for every other subject you wish to apply them to in your life, especially as a way of putting all into perspective. 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.

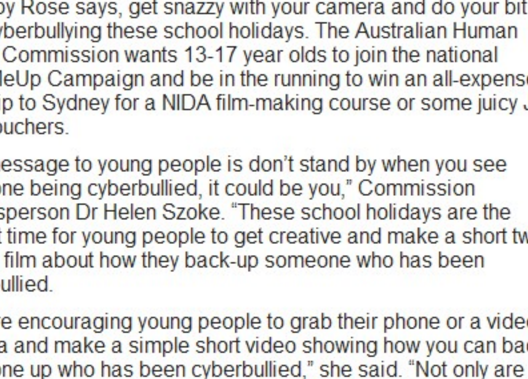
Author Tony Buzan suggests the following guidelines for creating mind maps:

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.





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 tell 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

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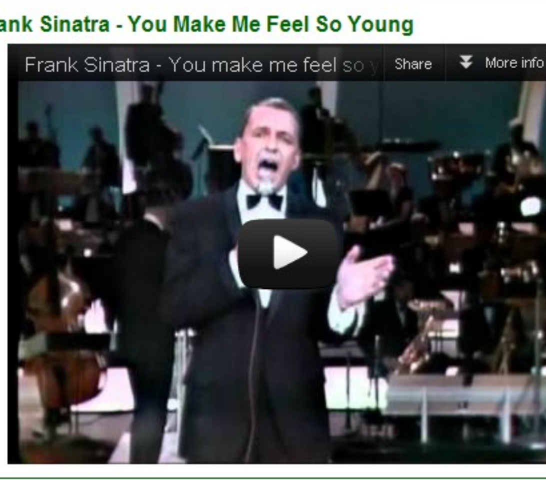
Frank Sinatra - You Make Me Feel So Young



In Your Neighbourhood

It may seem obvious to all you logicians but where you live and feeling comfortable in your environment, connected to your community is also great for your physical, emotional and mental health. The National Seniors Productive Ageing Centre has released a report entitled *Neighbourhood Characteristics: Shaping the Wellbeing of Older Australians*.

The report shows a direct link between varying neighbourhood characteristics such as social cohesion (trust, belonging) and disorder (presence of vandalism, graffiti) and how this impacts on ageing well. It found good general health was linked to a sense of belonging (people 'felt more a part of their area'), trust ('felt people in the area could be trusted'), and helpfulness of people in the neighbourhood.

Better general health was also associated with a sense of neighbourhood order (few problems of vandalism, graffiti or rubbish), and feeling it was safe for people to walk in their neighbourhood after dark. A sense of belonging is also linked to lower levels of depression, anxiety and stress. Greater neighbourhood cohesion was associated with larger social networks and lower levels of loneliness. A full copy of the report is available from the Productive Ageing Centre website, here.

Funny Word Skirmish

At a computer expo Bill Gates reportedly compared the computer industry with the auto industry and stated:

"If Ford had kept up with technology like the computer industry has, we would all be driving $25 cars that got 1,000 miles to the gallon."

In response to Bill's comments, Ford issued a press release. Here is what it said:

If Ford had developed technology like Microsoft, we would all be driving cars with the following characteristics:

1. For no reason whatsoever, your car would crash… twice a day.

2. Every time they repainted the lines in the road, you would have to buy a new car.

3. Occasionally your car would die on the freeway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.

4. Occasionally, executing a manoeuvre such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.

5. Macintosh would make a car that was powered by the sun, was reliable, five times as fast and twice as easy to drive - but would run on only five percent of the roads.

6. The oil, water temperature and alternator warning lights would all be replaced by a single "This Car Has Performed An Illegal Operation" warning light.

7. The airbag system would ask, "Are you sure?" before deploying.

8. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.

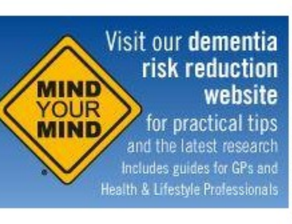
U3A Lectures on Wednesday Afternoons at Newport - Understanding Gemmology - 5th Sep 2012, 1pm - 3pm

University of the Third Age Open Lectures 1st Wednesday of the Month starting 1st August. Learn to appreciate precious gems with presenter Sheila Catterall OAM, President Gemmological Association of Australia (NSW Division).

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

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.

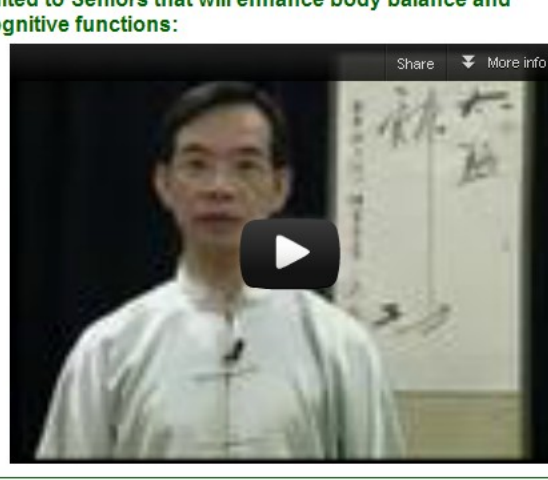
Mind your Social Life: Catch up with family and friends, join a club or group, volunteer, or go to events.

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.

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



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

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

Raising the alarm: Smoke alarm subsidy scheme for people who are deaf or hard of hearing – NSW Government Media Release, 1 August 2012

NSW Minister for Disability Services, Andrew Constance, today announced the Smoke Alarm Subsidy Scheme (SASS) to protect the lives of people who are deaf, deafblind or hard of hearing. The NSW Government has invested $2 million for the scheme, which aims to give people who are deaf, deafblind or hard of hearing the same protections as smoke alarms do for others.

"The average smoke alarm costs around $50 but those with flashing lights and vibrating under-pillow pads to supplement the sound of the alarms can rise to as much as $500," Mr Constance said. "That is why the subsidy scheme has been introduced. Cost will no longer be a reason people cannot access home safety equipment that warns of a house-fire."

Fire & Rescue NSW Commissioner Greg Mullins said this was an important step towards saving lives. "It is mandatory to have a smoke alarm in every household where people sleep, but those who are deaf or hard of hearing cannot hear a standard smoke alarm. This lifesaving program will see 3500 high-tech smoke alarms go to people in our community who are deaf, deafblind or hard of hearing," Commissioner Mullins said. "For those eligible, firefighters from your local fire station can come out and help install them."

The NSW Smoke Alarm Subsidy Scheme, launched today at City of Sydney Fire Station, is a joint initiative between the Deaf Society of NSW and Fire & Rescue NSW, with funding from Ageing, Disability and Home Care (ADHC).

"If the average person is twice as likely to die in a fire at home where a smoke alarm is not installed, the risk factor increases for anyone who cannot hear a standard smoke alarm," said Sharon Everson, Chief Executive Officer of the Deaf Society of NSW.

"The subsidy gives deaf, deafblind and hard of hearing people in NSW the right to make the same choices as everyone else about their home fire safety."

Applications for the subsidy can be made to the Deaf Society of NSW, which provides information and services to people who are deaf, deafblind or hard of hearing and their families.

For information and application forms visit this website:
www.deafsocietynsw.org.au/smokealarms/

The launch of the scheme also coincides with FRNSW's winter fire safety campaign. The fire service, in collaboration with its Principal Partner GIO, is encouraging householders to complete an online Home Fire Safety Audit as part of the campaign at:
www.homefiresafetyaudit.com.au.

Ginger Health Benefits - muscle cells use blood sugar

If you like ginger this may be the good news story of the week for you. Ginger, an ancient Asian remedy, could have the power to help manage the high levels of blood sugar which create complications for long-term diabetic patients. A University of Sydney study, published this month in the natural product journal *Planta Medica*, reveals the potential power of ginger to control blood glucose by using muscle cells.

Professor of Pharmaceutical Chemistry Basil Roufogalis who led the research says extracts from an Australian-grown Buderim Ginger were able to increase the uptake of glucose into muscle cells independently of insulin. "This assists in the management of high levels of blood sugar that create complications for long-term diabetic patients, and may allow cells to operate independently of insulin," Professor Roufogalis said. "The components responsible for the increase in glucose were gingerols, the major phenolic components of the ginger rhizome."

"Under normal conditions, blood glucose level is strictly maintained within a narrow range, and skeletal muscle is a major site of glucose clearance in the body."

The pharmacy researchers extracted whole ginger rhizomes obtained from Buderim Ginger and showed that that one fraction of the extract was the most effective in reproducing the increase in glucose uptake by the whole extract in muscle cells grown in culture. Analysis by colleagues in the University's Faculty of Pharmacy Dr Colin Duke and Dr Van Tran showed this fraction was rich in gingerols, particularly the [6]- and [8]-gingerols.

Work also undertaken to determine how the gingerols could increase glucose uptake showed an increase in the surface distribution of the protein GLUT4. When the protein localises on the surface of muscle cells it allows transport of glucose into cells. In type 2 diabetic patients, the capacity of skeletal muscle to uptake glucose is markedly reduced due to impaired insulin signal transduction and inefficiency of the GLUT4.

"It is hoped that these promising results for managing blood glucose levels can be examined further in human clinical trials," said Professor Roufogalis.

An equivalent human dose of Buderim Ginger might be 1-2 g of powdered or shaved ginger rhizome. However, there have not been any human study as yet. Tests would have to be conducted and verified before any affects on humans could be definitively concluded. The work was carried out through an Australian Research Council Linkage grant co-funded by Buderim Ginger.

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 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

Media Releases concerning Seniors this week from National Seniors Australia

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

Senior Movers

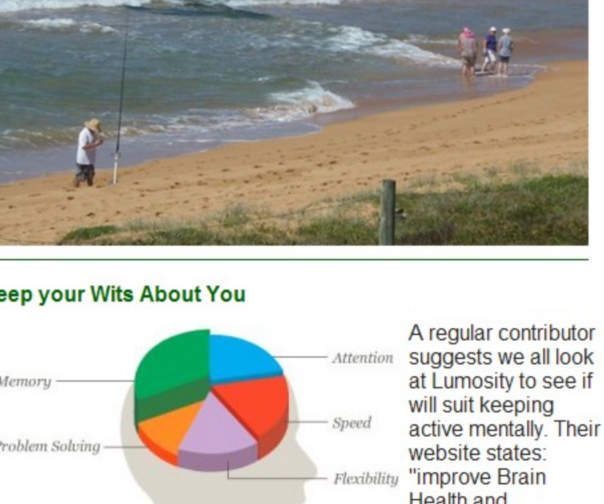
Senior Movers is a wonderful resource for the Pittwater senior community who are thinking about downsizing from their property. Senior Movers want you to stop worrying about downsizing from the family home and let us take care of you. Senior movers gives you peace of mind during stressful times of downsizing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

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

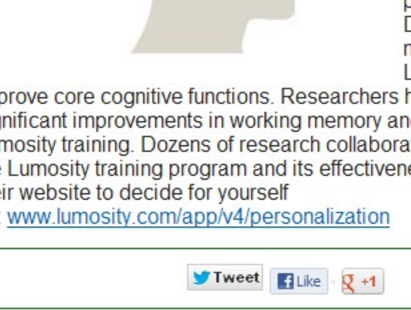
SENIOR MOVERS *Gracefully downsize with our experience and care...*

www.seniormovers.com.au

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



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

Tweet | Like | +1

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Pittwater Online News

August 5 - 11, 2012: Issue 70

Spotlight on Regent Honeyeaters from Birdlife International

Good news from the Hunter Valley in New South Wales, Australia: up to 200 Regent Honeyeaters have been recorded feeding and breeding at a single property which was placed under a Conservation Bond by Birdlife Australia's (Birdlife Partner) Woodland Birds for Biodiversity Project to protect its woodland vegetation.

The world population of the Critically Endangered Regent Honeyeater is somewhere between 300 and 1000 birds, so the area exciting to discover a congregation of 50 of the honeyeaters on a property near Quorrobolong in the Hunter Valley – the largest congregation of the species seen anywhere for years. More exciting was that the land owner, Glencore, had placed a Conservation Bond with New South Australia's Woodland Birds for Biodiversity (WBFB) Project last year, with the protection of Regent Honeyeaters and other woodland birds in mind.

"That they and flocks of Swift Parrots have been recorded on a property under covenant validates what we are trying to achieve," said Dean Ingwersen, Woodland Birds for Biodiversity Project Manager, "and we are working to place other properties under this covenant to preserve more of their habitat."

The remnant vegetation on the property had been managed sympathetically by the landholder so that it was a haven for Regent Honeyeaters and other birds. Other threatened species recorded including Swift Parrots, Turquoise Parrots, Glossy Black-Cockatoos, Speckled Warblers and Diamond Firetails.

In most years, flowering stringybark trees attract Regent Honeyeaters to the Hunter Valley, but this year, the species has been seen feeding on flowering Ironbarks of Spotted Gum, and now the stringybarks are about to burst into flower, so the honeyeaters are likely to remain for a little longer yet. There are currently 80+ Regent Honeyeaters in the Hunter Valley, at whilst a radius of a few kilometres

It's good to take advantage of this unique opportunities: a multi-agency team led by WBFB decided to catch some of the birds for banding. Starting at 2.30 am and unaffected by the cold and wet conditions, the team worked by torchlight to erect a strategic array of nets all around the birds' roosting trees, and then waited for the first light.

It was an outstanding success. Almost as soon as the nets were in place, the honeyeaters burst from their roosts among the foliage to most flew straight into the nets. After being carefully removed, they were fitted with coloured rings and then released. Most flew off in a flash.

A healthy proportion of the honeyeaters we are seeing fledged within the last year — it's great news," said Dean. "**It shows that last year's breeding success was reasonably high, which is encouraging for the survival of the species overall.**" The colour bands will allow researchers to follow the fortunes of these youngsters, and it is hoped that they will shed some light on their poorly understood lives.

The Woodland Birds for Biodiversity project is funded by the Australian Government's *Caring for Our Country* program.

Regent Honeyeater during Winter

This Regent Honeyeater exhibits unusual behaviour, in that particularly during winter, isolated individuals of this species associate with and flock often mimic the calls of wattlebirds and Australian Magpies. Their birds use vocal copying behaviour, no other bird species is known to use vocal mimicry in these situations in this way.

The Regent Honeyeater is listed as Endangered on the IUCN Red List and under the Australia's Environment Protection and Biodiversity Conservation Act 1999 and Queensland's Nature Conservation Act 1992. A recovery plan, first published in October 2010, compiled by researchers from Charles Darwin University and published in October 2011 by the CSIRO, added the Regent Honeyeater to the Australian Government list, giving habitat loss as the major threat.

Great Australian Marsupial Nightstalk

Want to really get close to native animals? Come along to Pittwater's Great Australian Marsupial Nightstalk on 7 September with the Pittwater Threatened Species Day. This national series of spotlight walks is dedicated to raising awareness and appreciation for the rich and diverse local marsupial and mammal fauna and their distribution.

Pittwater's Nightstalk in Warriewood Wetlands is a unique opportunity to become more familiar with local marsupials and other nocturnal animals. The night stalk is suitable for children over the age of 5 years.

When: **Friday 7 September, 6 - 8pm**. Where: Warriewood Wetlands, Mona Vale Road, Warriewood. Meet at the Warriewood Wetlands footbridge, wear appropriate clothing for weather conditions. Bookings Essential! Online - www.pittwater.nsw.gov.au/probookings/. In person: Council Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Going Solar? Join an Sustainable Homes Day

With energy prices rising, now is a great time to consider going solar. Solar energy saves money and reduces greenhouse gas emissions, but choosing the right option is vital! The workshop will focus on the two main solar options available to households - solar hot water systems and solar panels. It will explain the differences between them and the technologies behind each system. The Solar Hot Water and Solar Panels are becoming more competitive and government financial incentives are still available to help offset the installation cost.

The workshop will be followed by an optional tour of the sustainability features of the Council Environment Centre, which is a model for low energy environmental education centres. Features include a 5 kilowatt solar electricity system, solar hot water, energy efficient lighting, efficient shade and wind ventilation and fluid to earth air cooling and veggie garden.

Presented by Greg Harris from Smart Water and Energy Solutions and Joanne Tuku from Pittwater Council.

When: **Sunday 5 September, 1 to 3pm**. Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Cost: Fund Bookings Essential Online: www.pittwater.nsw.gov.au/probookings. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Bothams Beach Project

Bothams Beach on Mackerel Creek is a little beach backed by endangered Pittwater Spotted Gum forest. Sadly, the beach has been eroded Holmeport Marina, disappearing at high tide. Pittwater Environment Foundation has received two grants from Hawkesbury Nepean Catchment Trust to restore the beach and protect the adjacent bank. The beach was revaded by the usual weeds with the ground cover absolutely invaded by Tradescantia. Work is overseeing the work.

Stage 1 involved contractors removing the weeds smothing in piles of weed material which was burnt to encourage regeneration. As expected the weeds have been spectacular with numerous new pests and edible seeds germinating. Spring will be lovely here!

Stage 2, currently underway, involves hand removing the weeding and the installation of two reinforcement sustaiks for Sugar or Squirrel Gliders. A nesting box has been placed in the trees and the gliders have been recapturing scraps. 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 living and dead trees and require a hollow with a high entry height.

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. **Our next Bothams Beach Bushcare Session will be on Tuesday 14 August, Thursday 6 September, Tuesday 18 September from 8.30am – 11.30am. Morning tea will be provided. 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 deductable donations for environmental projects in the Pittwater LGA. For more information visit www.pittwaterenvironmentalfoundation.org.au Note our Glider logo!

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

Pittwater's Environmental Foundation

Pittwater Environmental Foundation was established in 2008 to conserve and enhance the natural environment of the Pittwater 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 condition. Unfortunately, much of this is degraded by infestation of weeds overstorey. All remaining natural bushland is subject to encroachment, clearing, fragmentation and weed invasion. Pittwater Environmental Foundation has no statutory responsibilities and other agencies.

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

Thinks before you print . A blog 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

ONLINE BIODIVERSITY CALENDAR A FIRST

Pittwater Council has launched a unique online calendar designed to help residents learn about the plants and animals that live in the Pittwater National 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 Ku-ring-gai Councils and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Trust, through the federal government's Caring for Our Country program.

Representatives of the Dharawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinjung and Gringai 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 Barnard 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 is a living atlas that will help us measure changes to the coastal environment, including the impact of climate change, animals and plants throughout the seasons."

The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biocalendar To submit photos for the biodiversity calendar email bioEco@pittwater.nsw.gov.au

New coastal website linking local research with local councils

From **CSIRO Media Releases**

The latest coastal research will now be at the fingertips of local councils, managers and today's launch of a new website at the Australian Coastal Councils Conference in Hobart. The CSIRO-developed website will enable coastal councils, and other coastal decision-makers, to find research easily at a national level, and to apply it to their own local research priorities.

CSIRO committed to creating the Australian Coastal Councils 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 the TERN – the Terrestrial Ecosystem Research Network, which will host the webportal. Visit the webportal at http://coastalresearch.tern.org.au

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

How Green is a Spotted Gum when Wet?

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 CSIRO, museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, reached this milestone when one half a million records from the Dutch Museum was incorporated. Some of these records come from the diaries of 17th Century Dutch explorers, such as the record for a Bush Broomrape dated 1629.

Coastal Environment Centre

The Coastal Environment Centre (CEC) is a multi-award winning regional community environment 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 Ocean Newsletter – **If you would like to receive Council's environmental newsletter via email, please** contact bob_hawes@pittwater.nsw.gov.au

AUGUST 2012 Newsletter includes information on:

BushCare Planting Activities (volunteers needed), Workshops and Events, and great articles HERE.

Birdwatching with PNHA

Warriewood Wetland and Irrawong Reserve. Walk upstream along Mullet Creek from Irrawong Reserve to Warriewood Wetland. Outbound, return via Boondah Road.

When: **Sunday 26 August, 8am – 11am**. Where: Meet at the end of Kalua close (off Garden Street), Narrabeen. Bring binoculars, hat, water, snack, walking shoes. Contact: PittwaterNaturalistHeadQtrs@gmail.com or call Barry Smith on 0402 605 721.

Coral Reef Thriving in Sediment-Laden Waters

ScienceDaily — Rapid rates of coral reef growth have been discovered in the sediment-laden waters of Australia's Great Barrier Reef, previously believed to be detrimental to coral growth. Research has established that Middle Reef – part of Australia's iconic Great Barrier Reef – has grown more rapidly than many other reefs in areas with lower levels of sediment stress.

This image shows Middle Reef from above the water. Credit: University of Exeter

Led by the University of Exeter, the study by an international team of scientists was published August 1, 2012 in the journal Geology. Middle Reef is located just 4 km off the mainland coast of Australia, near Townsville. The reef is 2 km wide and 4 km long. Unlike the clear waters of most coral reefs, Middle Reef and others in water that is persistently 'muddy'. The sediment comes from waves churning up the bottom as they break on the reef crest over flood plumes. The Queensland coast has changed dramatically since European settlers began substantial vegetation clearing for agricultural use increasing sediment runoff. High levels of sedimentation have been thought to be detrimental to coral growth and fundamental limits to coral framework preservation and coral reef growth.

Professor Chris Perry of geography at the University of Exeter said: "Our research challenges the long-held assumption that high sedimentation rates are a barrier to prolific coral growth and rates of reef growth. It is exciting to discover that Middle Reef has in fact been growing substantially over the past 4,000 years, important to remain cautious when considering what this means for other reefs that are experiencing high rates of sediment flux, as future sedimentation and land use conditions may be very different and various other reef organisms are less well adapted may not fit so well if sediment inputs increase."

"Our research calls for a rethink on some of the classic models of coral growth. Although at a time when many of the world's coral reefs are under threat from climate change and ocean acidification, a better understanding of the environmental controls on some of the world's coral reef scientists, it is more important than ever that we have accurate models of how reefs grow in the future."

This study was conducted in the team from the University of Exeter and the British Geological Survey, the University of Aberdeen, and the NERC Radiocarbon Laboratory, Scotland (UK). It was funded by the Leverhulme Trust and Natural Environment Research Council (NERC).

Reef facts

A coral reef is made up of thin layers of calcium carbonate (limestone) secreted over thousands of years by billions of tiny soft bodied animals called coral polyps.

Coral reefs are the world's most diverse marine ecosystems and are home to twenty-five percent of known marine species, including fish, turtles, dolphins, whales, sea birds and thousands of other species.

Coral reefs have been on the planet for over 400 million years.

The largest coral reef is the Great Barrier Reef, which stretches along the northeast coast of Australia. It is approximately 2,600 km in Queensland, to just north of Bundaberg. At 2,300km long, it is the largest natural feature on Earth.

Coral reefs occupy less than one quarter of one percent of Earth's total ocean area, making them as rare on a global scale as tropical rainforests.

As well as supporting huge tourist industries, coral reefs protect shorelines from erosion and storm damage.

New discovery of how carbon is stored in the Southern Ocean - 01 July 2012

A team of British and Australian scientists has discovered how carbon is stored deep in the Southern Ocean, where it is locked away for the deep waters beneath. The Southern Ocean is an important sink for carbon dioxide from the atmosphere, but the mechanisms behind this have remained a mystery to the world's oceans when through the ages.

Now, scientists have found that the Southern Ocean's ability to absorb the carbon draw-down we are better placed to understand the effects of changing climate and future carbon absorption by the Ocean." Dr Jean-Baptiste Sallee, British Antarctic Survey.

The discovery was made by analysing data from autonomous scientific robots from British Antarctic Survey (BAS) and Australia's national research agency, the Commonwealth Scientific and Industrial Research Organisation (CSIRO), reveal that rather than carbon being transported to the deep ocean in sinking organisms, it is drawn down and locked away from the atmosphere by plunging currents as dense seawater is formed.

Winds, currents and massive whirlpools that carry warm and cold waters around the globe, known as the 'global conveyor belt', are a key factor in Earth's climate system.

Lead author, Dr Jean-Baptiste Sallee from British Antarctic Survey, says: "The Southern Ocean is a major region in which the atmosphere connects to the interior of the ocean below. Until now we have been unsure how much carbon dioxide is currently being taken up being stored deep in the ocean. It's the combination of winds, currents and ocean bed ridges these carbon-carrying waters pathways drawing waters down into the deep ocean from the ocean surface."

"Now that we have an improved understanding of the mechanisms by which carbon dioxide are better placed to understand the effects of changing climate and future carbon absorption by the ocean."

CSIRO co-author, Dr Richard Matear says the rate-limiting step in the ocean's uptake of carbon is the rate at which it can be transported from the ocean into the ocean interior.

Our study identifies these pathways for the first time and this matches well with observational measurements of chlorofluorocarbons from the ocean."

Due to the size and remote location of the Southern Ocean, scientists have historically had a hard time getting the workings of the ocean with the help of small robotic probes – known as Argo floats. In 2002, 80 floats were deployed in the Southern Ocean to collect information on the temperature and salinity. This unique set of observations spanning 10 years has enabled scientists to accurately estimate the rate of carbon flow into the ocean.

The floats are just over a metre in length and dive to depths of 2,000m. Today, there are over 3,000 floats in the oceans worldwide providing detailed information used in oceanic climate models.

The team also analysed temperature, salinity and pressure data collected from ship-based observations since the 1990s. The observations were made by the World Ocean Circulation Experiment and oceanic tracing measurements. The research team used these data from the ocean to depths of more than 7km.

The work was supported through the Wealth from Oceans and Australian Climate Change Science Programs, and the Australian Government's Cooperative Research Centre program.

Community Gardens bring people together and enrich communities. They build a sense of place and 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. Eat it! Grow it! Share it! Learn it! Love it!

We welcome ideas for community resilience and celebrate all gardens.

Open to all ages and skills, our first garden is on the grounds of Narrawallee High School (off Forest Way), Become part of this exciting initiative to share the world locally.

www.yoga.com.au/groups/pittwatercommunitygardens

Visit us at facebook.com/groups.php

image artwork: www.grass.com

Birdlife Australia - New Website and Quarterly Magazine

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

The magazine, which has been going for over a century, now has been a leading authority and advocate for the protection of Australia's birds and habitats, combining scientific research, nationwide surveys, targeted conservation projects and on-ground action to protect our birds. They have over 200 special interest groups and activities 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.

Wildlife Research Volume 39(5)

Wildlife Publication Publish or perish: why it's important to publish how and if research activities affect animals. Monitoring indicates that the endangered Tasmanian devil facial tumour disease (DFTD) Field Fund, northern Australia. Population dynamics of Desmarest's short-finned bat Chalinolobus nigrogriseus (Vespertilionidae) in Australia's monsoon tropics

Environment Education For Children

An Environment Group that's been around for decades and organised in Tasmania, Victoria and parts of rural New South Wales, is The Wilderness Society. Apart from being at the forefront to protect many of the wild places, they are also keen to engage the custodians of the future, our children.

Recently they held a Children's Literature Award Competition. The Wilderness Society Environment Award for Children's Literature in 2012 was for Anne Mosey *Billy Buffi* to Elizabeth Frankel and Garry Duncan and Cree Small *Island* by Alison Lester and Ruth Paul. The Wilderness Society Environment Award for Children's Literature is a great way to encourage children to take an interest in

nature and to feel a sense of responsibility for our landscapes 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 this book will be donated to help with on-ground work that some dedicated SA scientists are doing with Southern Hairy-nosed Wombats.

Hairy Nose, Itchy Butt teacher resources (free download courtesy of Wilderness Society)

Animal conservation awareness activity (free download courtesy of NRM Education)

Threatened species colouring-in sheets (free download)

The connections between ocean an... free ▼ More

What Does PNHA do?

On-ground bush regeneration at Irrawonga Fern Out Days

Activities: guided walks, bird-watching

Quarterly informative newsletter; online or paper

Occasional weekly email group for leaner environmental news and events

AGM with Guest Speaker

Free advice for members on managing gardens for Native Vegetation and fauna habitat

Address Pittwater Council and State Government on inappropriate management practices and development

Provides support for Pittwater Council's development applications for environmental projects

Monitors Powerful Owls, Gliders, Native Birds of Warriewood Wetlands & Irrawong Reserve, Rare flora, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

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

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

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Potato

The humble potato, which tends to sprout in our backyard from dug in peelings, is a versatile, vitamin laden winter cropping vegetable staple that is held responsible for a population growth of 25% and urbanisation in Europe when it was introduced by the Spanish around 1700 A.D.. In Contrast, The Potato Famine in Ireland decimated that population with the 'potato blight' disease being responsible for one million deaths.

Our Australian crops are currently filling grocers and ranging in price from 99 cents a kilo to a two dollars. As a winter warmer that provides fuel to run on, this ancient vegetable cannot be surpassed. A few favourite recipes for your enjoyment:

Potato Bake
Ingredients (serves 8)
Melted butter, to grease
300ml cream
1/2 cup milk
1.25kg sebago (brushed) potatoes, peeled, thinly sliced
2 large brown onions, halved, thinly sliced
3/4 cup parmesan

Preheat oven to 170°C. Brush a 2.5L (10-cup) capacity ovenproof dish with melted butter to lightly grease. Combine the cream and milk in a saucepan over low heat and cook, stirring occasionally, for 2 minutes or until heated through. Arrange half the potato slices over the base of the prepared dish. Sprinkle with half the onion. Season with salt and pepper. Pour over half the cream mixture. Continue layering with the remaining potato slices, onion, salt and pepper and cream mixture. Cover with foil and place on a baking tray. Bake in oven for 1 hour or until potato is tender. Sprinkle with parmesan. Bake, uncovered, for a further 25-30 minutes or until golden brown and the potato is very tender. Serve as a side dish or with a crisp green salad and oodles of fresh crusty bread.

Potato and Leek Soup
Ingredients (serves 4)
1/4 cup olive oil
1 brown onion, halved, chopped
1 garlic clove, crushed
4 medium peeled desiree, pink eye or pontiac potatoes, cut into 2cm cubes
2 leeks, pale section only, washed, dried, thinly sliced
5 cups vegetable stock
1/2 cup thickened cream
Pinch of salt
2 tbs finely chopped fresh chives

Heat 1 tbs of the oil in a large saucepan over medium-high heat. Add the onion and garlic and cook, stirring, for 3 minutes or until the onion softens. Add the potato and leek and cook, stirring, for 5 minutes or until leek softens. Add the stock and bring to the boil. Reduce heat to medium and gently boil, uncovered, for 20 minutes or until potato is soft. Remove from heat and set aside for 10 minutes to cool. Transfer one-third of the potato mixture to the jug of a blender and blend until smooth. Transfer to a clean saucepan. Repeat in 2 more batches with the remaining potato mixture. Place the soup over medium heat. Add the cream and stir to combine. Cook, stirring, for 5 minutes or until hot. Taste and season with salt. Ladle soup among, sprinkle with chives and serve immediately.

The Potato Eaters (Dutch: De Aardappeleters) is a painting by the Dutch painter Vincent van Gogh which he painted in April 1885 while in Nuenen, Netherlands.

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The potato is a starchy, tuberous crop from the perennial *Solanum tuberosum* of the Solanaceae family (also known as the nightshades). The word may refer to the plant itself as well as the edible tuber. In the region of the Andes, there are some other closely related cultivated potato species. Potatoes were introduced outside the Andes region four centuries ago, and have become an integral part of much of the world's cuisine. It is the world's fourth-largest food crop, following rice, wheat and maize.

The potato was originally believed to have been domesticated independently in multiple locations, but later genetic testing of the wide variety of cultivars and wild species proved a single origin for potatoes in the area of present-day southern Peru and extreme northwestern Bolivia (from a species in the Solanum brevicaule complex), **where they were domesticated 7,000–10,000 years ago**. According to conservative estimates, the introduction of the potato was responsible for a quarter of the growth in Old World population and urbanization between 1700 and 1900. The English word potato comes from Spanish *patata* (the name used in Spain). The Spanish Royal Academy says the Spanish word is a compound of the **Taino** *batata* (sweet potato) and the **Quechua** *papa* (potato).

The name **spud** for a small potato comes from the digging of soil (or a hole) prior to the planting of potatoes. The word has an unknown origin and was originally (c. 1440) used as a term for a short knife or dagger, probably related to Dutch spyd and/or the Latin "spad-" root meaning "sword"; cf. Spanish "espada", English "spade" and "spadroon". The word spud traces back to the 16th century. It subsequently transferred over to a variety of digging tools. Around 1845 it transferred over to the tuber itself.

There are about five thousand potato varieties worldwide. Three thousand of them are found in the Andes alone, mainly in Peru, Bolivia, Ecuador, Chile, and Colombia. They belong to eight or nine species, depending on the taxonomic school. Apart from the five thousand cultivated varieties, there are about 200 wild species and subspecies, many of which can be cross-bred with cultivated varieties, which has been done repeatedly to transfer resistances to certain pests and diseases from the gene pool of wild species to the gene pool of cultivated potato species. Genetically modified varieties have met public resistance in the United States and in the European Union.

Throughout Europe, the most important new food in the 19th century was the potato, which had three major advantages over other foods for the consumer: its lower rate of spoilage, its bulk (which easily satisfied hunger), and its cheapness. The crop slowly spread across Europe, such that, for example, by 1845 it occupied one-third of Irish arable land. The United Nations FAO reports that the world production of potatoes in 2009 was 330 million tonnes. Humans can actually survive healthily on a diet of potatoes supplemented only with milk or butter, which contain the two vitamins not provided by potatoes (vitamins A and D). The potato contains vitamins and minerals, as well as an assortment of phytochemicals, such as carotenoids and natural phenols. Chlorogenic acid constitutes up to 90% of the potato tuber natural phenols. Others found in potatoes are 4-O-caffeoylquinic acid (crypto-chlorogenic acid), 5-O-caffeoylquinic (neo-chlorogenic acid), 3,4-dicaffeoylquinic and 3,5-dicaffeoylquinic acids. A medium-size 150 g (5.3 oz) potato with the skin provides 27 mg of vitamin C (45% of the Daily Value (DV)), 620 mg of potassium (18% of DV), 0.2 mg vitamin B6 (10% of DV) and trace amounts of thiamin, riboflavin, folate,niacin, magnesium, phosphorus, iron, and zinc. The fiber content of a potato with skin (2 g) is equivalent to that of many whole grain breads, pastas, and cereals.

Nutrition: the potato is best known for its carbohydrate content (approximately 26 grams in a medium potato). The predominant form of this carbohydrate is starch. A small but significant portion of this starch is resistant to digestion by enzymes in the stomach and small intestine, and so reaches the large intestine essentially intact. This resistant starch is considered to have similar physiological effects and health benefits as fiber: It provides bulk, offers protection against colon cancer, improves glucose tolerance and insulin sensitivity, lowers plasma cholesterol and triglyceride concentrations, increases satiety, and possibly even reduces fat storage. The amount of resistant starch in potatoes depends much on preparation methods. Cooking and then cooling potatoes significantly increases resistant starch. For example, cookedpotato starch contains about 7% resistant starch, which increases to about 13% upon cooling. Potatoes are used to brew alcoholic beverages such as vodka, potcheen, or akvavit.

In Ireland, **the Great Famine** was a period of mass starvation, disease and emigration between 1845 and 1852. It is also known, mostly outside Ireland, as the Irish Potato Famine. In the Irish language it is called an Gorta Mór (meaning "the Great Hunger")or an Drochshaol (meaning "the bad times").

During the famine approximately 1 million people died and a million more emigrated from Ireland, causing the island's population to fall by between 20% and 25%. The proximate cause of famine was a potato disease commonly known as potato blight. Although blight ravaged potato crops throughout Europe during the 1840s, the impact and human cost in Ireland – where one-third of the population was entirely dependent on the potato for food – was exacerbated

Potato. (2012, July 29). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Potato&oldid=504825589

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Careel Creek – Egret Fishing Time, First Week of August, 2012

The Great Egret that has been spotted on Careel Creek since 2009 has returned this week and was seen fishing with a White Faced Heron. Some people believe that when these birds return to favoured places it is a sign that pleasant weather is on the way, which Saturday's pleasant sun and mild winds, after the snow blasts from south earlier in the week, would seem to back up. They waded close to the bank, where small fish shelter, quietly motionless until plunging their beaks in for food.

The Great Egret, *Ardea alba*, prefers shallow flowing waters where it feeds on fish which constitute the bulk of its diet. This large pure white bird with a yellow long beak and a neck that is at least one and a half times its body length, inhabits most areas of Australia apart from the arid inland. During the breeding season (October to November) it grows long hair-like feathers (nuptial plumes) along its back.

This species, related to the White Faced Heron, *Egretta novaehollandiae*, quite happily fish together and these two looked quite at home in each other's company during the week. Clearly they have known each other for a few seasons or have a 'bird language' that forms part of Pittwater's bird community. Herons and egrets will also share communal breeding grounds with ibis and cormorant colonies.

The ducks that inhabit the creek, as witnessed in past years, seem to have a small ongoing feud with this bird. Ducks have been seen swooping over egrets and egrets have been seen 'herding' ducks who are quickly shimmying (or paddling) out of their way when trying to pass each other in this lovely stream. This week, perhaps another sign that Spring is on its way, the ducks were making 'wing flapping' displays; usually a warning about territory, and making lower then necessary flights over the larger birds.

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

Australia is "all ears" for Mars landing - 2 August 2012 – from CSIRO

Dishes in Australia will be the ones following NASA's Mars Science Laboratory mission when it lands on Monday (6 August) after a nail-biting series of manoeuvres. The Canberra Deep Space Communication Complex (CDSCC), which CSIRO manages on NASA's behalf, will be the main tracking station for landing activities. Its 70-m and two 34-m antennas will receive signals from the spacecraft both directly and then relayed through another NASA spacecraft, Mars Odyssey, which is already in orbit around the red planet.

The 70-m antenna at the Canberra Deep Space Communication Complex. (Credit: CDSCC)

CSIRO's 64-m Parkes telescope will record signals directly from the spacecraft as a backup in case there is a problem with the relaying. But as the spacecraft descends, it will drop below the Martian horizon (and out of direct sight of Earth-based antennas) about two minutes before touchdown, and Parkes will cease receiving its signals.

"The expertise of Australian personnel in space communications and CSIRO's partnership with NASA will be showcased during this critical event in the Mars Science Laboratory's mission," says Chief of CSIRO Astronomy and Space Science, Dr Phil Diamond. "All of our technology and our people are ready."

A third, smaller, antenna managed by the European Space Agency (ESA) at New Norcia near Perth in WA will provide extra redundancy. It will receive signals from the spacecraft recorded and re-sent through ESA's Mars Express satellite, which is in orbit around Mars.

Signals from the Canberra station will be sent directly to mission scientists at NASA's Jet Propulsion Laboratory (JPL) in Pasadena, California. Data from Parkes and New Norcia will be sent later for analysis.

The spacecraft will slam into the atmosphere at 20 000 km per hour. Over the next seven minutes the craft and then its payload must be slowed to essentially zero.

The landing has several stages: cruise, deployment of the entry capsule and then the parachute, separation of the heat shield, and finally the operation of the "skycrane" that is to lower the 900-kg rover, *Curiosity*, onto the Martian surface. As each stage is successfully completed the spacecraft will send a unique tone indicating that it has occurred.

An artist's impression of the Mars Science Laboratory rover, Curiosity, using the suit of instruments on its extended robot arm to analyse rocks on the surface of Mars. (Credit: NASA/JPL-Caltech)

During the landing, the mission scientists can only watch and wait. They call this time the "seven minutes of terror". The exact landing time for the spacecraft is determined by several factors, including descent time on the parachute, Martian winds, and any variation how the spacecraft flies under power before the landing. Confirmation of a touchdown signal could be received on Earth at 3.31 pm AEST at the earliest.

Winds could mean that descent time on the parachute is longer, but at this time of year on Mars the weather is very stable and is not expected to cause any problems. If the final set of tones is not heard, Mars Odyssey will listen for them again when it orbits over the landing site 1.5 hours later.

The landing is completely pre-programmed: it cannot be controlled from Earth because of the time that it takes to send a radio signal to Mars and then receive a response on Earth (about 14 minutes each way). The last opportunity to send the spacecraft any commands will be two hours before it enters the atmosphere. "After that, it's on its own," said Glen Nagle, Public Outreach Manager at the Canberra Deep Space Communication Complex.

About the Canberra Deep Space Communication Complex

Managed by CSIRO, the Canberra Deep Space Communication Complex (CDSCC) is one of three tracking stations in NASA's Deep Space Network. Separated by approximately 120 degrees around the world, the stations near Canberra (Australia), Madrid (Spain) and Goldstone (California) provide two-way radio contact with dozens of spacecraft across the Solar System and beyond.

About the Mars Science Laboratory mission

NASA's latest mission to the red planet is the Mars Science Laboratory rover called Curiosity. Curiosity is designed to assess whether Mars ever had an environment suitable to support small microbial life forms. The 900 kg vehicle will land at and explore Gale Crater (named after a late 19th-century amateur Australian astronomer, Walter Gale) in the southern hemisphere of Mars.

After a 450-million-kilometre, 8.5-month journey to Mars, Curiosity is aiming to land in an ellipse just 20 km by 7 km at the base of a 5-km high "mountain" in the centre of the crater.

Sydney Opera House Big Moments

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

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Great Chinese State Circus - Swan Lake C/- Irene Anderson

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.

Dewed Dandelion C/- W.A.G.

Avalon Sunrise end of July - Geoff Clarkes

A Funny Story from the Australian Gas Company - Ridiculous Extremes

In March 1999 a man living in Kandos (near Mudgee in NSW, Australia) received a bill for his as yet unused gas line stating that he owed $0.00. He ignored it and threw it away as anybody might. In April he received another bill and threw that one away too.

The following month the gas company sent him a very nasty note stating that they were going to cancel his gas line if he didn't send them $0.00 by return mail. He called them, talked to them, and they said it was a computer error and they would take care of it.

The following month he decided that it was about time that he tried out the troublesome gas line figuring that if there was usage on the account it would put an end to this ridiculous predicament.

However, when he went to use the gas, it had been cut off. He called the gas company who apologised for the computer error once again and said that they would take care of it. The next day he got a bill for $0.00 stating that payment was now overdue.

Assuming that having spoken to them the previous day the latest bill was yet another mistake, he ignored it, trusting that the company would be as good as their word and sort the problem out.

The next month he got a bill for $0.00. This bill also stated that he had 10 days to pay his account or the company would have to take steps to recover the debt.

Finally, giving in, he thought he would beat the gas company at their own game and mailed them a cheque for $0.00. The computer duly processed his account and returned a statement to the effect that he now owed the gas company nothing at all.

A week later, the manager of the Mudgee branch of the Westpac Banking Corporation called our hapless friend and asked him what he was doing writing cheque for $0.00.

After a lengthy explanation the bank manager replied that the $0.00 cheque had caused their cheque processing software to fail. The bank could therefore not process ANY cheques they had received from ANY of their customers that day because the cheque for $0.00 had caused the computer to crash.

The following month the man received a letter from the gas company claiming that his cheque had bounced and that he now owed them $0.00 and unless he sent a cheque by return mail they would take immediate steps to recover the debt.

At this point, the man decided to file a debt harassment claim against the gas company. It took him nearly two hours to convince the clerks at the local courthouse that he was not joking.

They subsequently helped him in the drafting of statements which were considered substantive evidence of the aggravation and difficulties he had been forced to endure during this debacle.

The matter was heard in the Magistrate's Court in Mudgee and the outcome was this:

The gas company was required to:-

[1] Immediately rectify their computerised accounts system or Show cause, within 10 days, why the matter should not be referred to a higher court for consideration under Company Law.

[2] Pay the bank dishonour fees incurred by the man.

[3] Pay the bank dishonour fees incurred by all the Westpac clients whose cheques had been bounced on the day our friend's had been processed.

[4] Pay the claimant's court costs; and

[5] Pay the claimant a total of $1500 per month for the 5 month period March to July inclusive as compensation for the aggravation they had caused their client to suffer.

And all this over $0.00.

As Will and Guy always say, 'You just could not make it up.'

Kindly sent in by John Morris

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Tuesdays - 27th September 2022
Doors Open 6.30pm, Show Starts 7.30pm
Tickets £15 each
Available from The Terrace Bar
The Terrace
Wynne Cromwell's Estate
Agents & Auctioneers
Wynne Cromwell Ltd, Wynne Cromwell House, 1 Market Place, Pitwaten, Surrey, GU9 4AA
Tuesday 16th August
Viewings 10.00am - 4pm Tuesday & Thursday
Auction Starts 10.30am
Auction Venue: The Pitwaten Hotel, Pitwaten
Wynne Cromwell Ltd, Wynne Cromwell House, 1 Market Place, Pitwaten, Surrey, GU9 4AA
Tuesday 16th August
Viewings 10.00am - 4pm Tuesday & Thursday
Auction Starts 10.30am
Auction Venue: The Pitwaten Hotel, Pitwaten

Tuesday 7th June, Bi-weekly Tuesday
Tuesday 7th June, Bi-weekly Tuesday
Tuesday 7th June, Bi-weekly Tuesday
Tuesday 7th June, Bi-weekly Tuesday

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'WL 1895' Thinking Monkey

This week we examine a curious piece acquired simply because of its symbolism and positive emphasis. The mark on its base is, as far as we can tell, a modern one. It occurs in red, blue or black. Ours, in lavender, is not recorded anywhere although research shows that the colour purple, in Chinese culture, equates with spiritual awareness, physical and mental healing, hence strength, abundance; red purple brings luck and fame.

Some sources state the WL should be read as a "Wong Lee" or "Wah Lee" (WL) company with its residence in Hong Kong, although a search finds them based in Malaysia. Others have found recent products with this mark with a sticker saying "Made in China". Other are labelled "not for food" which dates the item to not older then around 1975.

The porcelain pieces are generally made in an old style, often with a crackled ground (crazing) and often with badly cast bronze (ormolu) fittings. On the foot rim is sometimes found two Chinese characters meaning "fang gu" or "imitating old (relic)" which belongs to the time after the Cultural Revolution that ended in 1975. The porcelain itself does not immediately look as from Jingdezhen while it remains possible. The enamel decoration appears similar to what some call Macao style. On the whole, the origin appears to be a commercial Chinese export, active from maybe the 1980s and onwards. Exactly where this porcelain is made remains unproven.

The clay is white and thick and the figurine quite heavy. We did find a similar monkey for sale, with this same mark, for $50.00. Larger WL1895 pieces are selling for around $200 and over. The flower designs are traditional symbols in Chinese culture and those represented on this piece are Hydrangea: A symbol expressing love, gratitude, and enlightenment – propitiating higher thought and reaching enlightenment. Narcissus: said to bestow the flowering of our hidden talents. Chrysanthemum - intellectual accomplishments, cleansing qualities, cure illnesses, longevity, considered to be the ,'gentleman of flowers' (also symbol of autumn). Cherry fruit and blossom; The ancient Chinese regarded the fruit as a symbol of immortality and fruitfulness.

In Chinese culture the monkey is a sign of natural curiosity. A monkey scratching its head while opening a book symbolises, in this way, an aptitude to transcendence, or speaks of our own capabilities in a world filled with notions deemed beyond other creatures. Interestingly, monkeys reading books, apart from the 'Shakespeare analogy' have crept into our own culture as Darwin portrayed as a 'thinking monkey' to symbolise, positively, his Origin of the Species evolutionary content. Another famous monkey analogy;

The Scopes Trial, formally known as The State of Tennessee v. John Thomas Scopes and commonly referred to as the Scopes Monkey Trial, was a landmark American legal case in 1925 in which high school science teacher, John Scopes, was accused of violating Tennessee's Butler Act, which made it unlawful to teach evolution in any state-funded school.

Scopes was found guilty, but the verdict was overturned on a technicality and he went free. The trial drew intense national publicity, as national reporters flocked to the small town of Dayton, Tennessee, to cover the big-name lawyers representing each side.

This trial, stated by some to be 'the greatest trial ever' attracted worldwide attention and unprecedented coverage by journalists and media outlets. Life magazine adorned its masthead with monkeys reading books and proclaimed, "the whole matter is something to laugh about." (From Wikipedia 1.)

Ultimately porcelain markings, meant to be an indication of the era of each piece, should always be scrutinised and researched as you may not be getting what you're paying for. The 'WL 1895' is a good example of this. Some sources state that the date '1895' was chosen in commemoration of the end of the war between Japan and China exactly 100 years before the Wong Lee Productions Co, to whom these creations are credited, was founded, not as an indication of earlier or antique wares.

Having some knowledge of Chinese characters helps. Those near the rim, two Chinese characters 'Fang gu', meaning '*imitating old/relic*', clearly points to no attempt at faking it. Chinese potters have a long tradition of borrowing design and decorative features from earlier wares, especially the use of symbolism in decorative features to tell a story without words. Whilst ceramics with features thus borrowed might sometimes pose problems of provenance, they would not generally be regarded as either reproductions or fakes. Either way, this little fellow, at least 32 years old, reminds all here that we are curious creatures constantly seeking enlightenment.

Further:

Chinese Porcelain Marks website:
http://gotheborg.com/marks/index-china-marks.htm

1. Scopes Trial. (2012, July 21). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Scopes_Trial&oldid=503462247