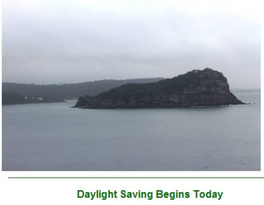
October 7 -13, 2012: Issue 79

THE 2012 LION ISLAND CHALLENGE

Winner of the 7th Lion Island Challenge, and for the sixth year in a row, Tim Jacobs of the Manly Warringah Kayak Club

Local Legends Rob Atkins, Duncan Herbert, Colin Campbell and a gent who ran away before we could get his name.

Olympian Jo Brigden-Jones won the Women's Ocean Racing Ski event.



Daylight Saving Begins Today

If you're reading this and think it's 7 am and you have time for a leisurely perusal before strolling down to your local café to meet friends for an 8 am coffee; You're Late! It's 8 am already.

Clocks went forward an hour at 2 am this morning and shall go back an hour on April 7th, 2013 at 3 am. Not to worry; Sundays are for strolling, whatever time it is.

Subscribe to Pittwater Online News

Enter email address

Type the two words:

Submit

Tweet Like +1

The 2012 Lion Island Challenge

Avalon Surf Life Saving Club hosted their seventh Annual Lion Island Challenge yesterday morning (6.10.2012) in calm conditions with light rain to keep all those paddling fast cool. With well over two hundred competitors in various divisions and age groups in single skis, double skis, paddleboards and racing mals of all lengths, this popular race is becoming more so every year.

The Alto Land Rover Lion Island Challenge is an ocean paddling race for ocean racing skis, SLSA skis, OC's, paddleboards and SUPs. The ski and OC race distance is 14 km from Station Beach around Lion Island to Palm Beach pool and back again. There is the option to do an 8km social race. The paddleboard race has two sections; a 6km race to the island and return for racing mals and an 8 km race around Lion Island for 12 footers, unlimited boards and SUP's (Stand Up Paddle).

With sixty volunteers from Avalon SLSC, ably led by their President Christine Hopton, this premier race attracted competitor Luke O'Garey from Devonport SLSC in Tasmania, on his way to compete in this year's Coolangatta Gold, as well as local kayak and surf club members. Cramped feet, sore shoulders and arms on returning to shore were matched by big smiles in completing the challenge.

Full results are on the Avalon Surf Life Saving Website now.

Michael Mannington's Volunteer Photography Public Gallery

Past Features Archives

Pittwater Online News

October 7 -13, 2012: Issue 79

Articles This Week:

The Lion Island Challenge 2012

Bush to Beach by Robyn McWilliam

Reflections by George Repin: THE ALMA ATA CONFERENCE 1978

Superb Fairywren colony at Careel Bay playing fields

Pictures: Barrenjoey Headland in Bushflower Bloom

All Previous Articles

Profile: Spring Gents 2012; men who have and continue to contribute to Pittwater and Australia: David Hanley, founding member of Pittwater Pirates and advocate for women in Winter Swimming on being First Secretary, Immigration in Pakistan during the First Gulf War, working overseas, and what may make a good Human Resources Manager

Previous Profiles:

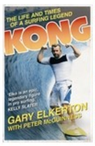
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

History: Pittwater Hills: Flagstaff Hill, Lovett Bay

Previous History Pages:

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

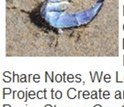
Park Bench Philosopher: One... ***ours is a species that lives in a surface world... we meet each other, face to face, on the surface***



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

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

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



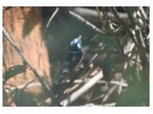
News From our Inbox Migaloo, The journey of learning is infinite – From University of Sydney, Mozzie protein alert to invading viruses - 2 October 2012 - From CSIRO, Engineering the Immune System to Fight Melanoma, Patients Feel More Control of Their Health When Doctors Share Notes, We Love Dogs - C/- Irene Anderson, 'Green Brain' Project to Create an Autonomous Flying Robot With a Honey Bee Brain, Stones Grrr Comp.

Tweet Like +1

Community News: Beachsafe APP, Careel Bay Planting Day, Birding Essentials, Coastal Protection Act Amendments, Sir David Higgins Public Lecture, Grameen Walk, Mona Vale Hospital Maternity, Bathurst 1000 - Pittwater racer, Careel Creek Bushcare, Wooden Boat Show at RMYC, ZONTA Dinner, AvPals Volunteers needed, DisabiliTea 2012, AFTSF 2013 Grants Open, Your Say 2025, Our Council's Notices, Fed. Govt. Media and more

Environment; Pittwater Native Flowers and Weed of the Week, Southern Hemisphere becoming drier, **Call for submissions to Commonwealth fisheries management review**, Clinton welcomes us to the Cleaner Air Coalition, Irreversible Warming Will Cause Sea Levels to Rise for Thousands of Years to Come New Research Shows, Chemical Memory of Seawater: Scientists Examine Biomolecules Dissolved in the Ocean and Read Them Like a History Book, Cooee October Issue, local Environment groups and orgs.

Lynda Hill: Update 24.9.12: Going For It, Grounding Realities Or Grinding To A Halt: September's Aries Full Moon



Pictures: Barrenjoey Headland in Bushflower Bloom

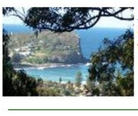
Youth: Happy Spring Holidays!, Learner Driver Workshop, My Life On Mars: Engineering Student Experiences Life On the Red Planet, **Nominations open for 2012 Australian Vocational Student Prize**, Just So Stories for Little Children, Felix the Cat in Neptune Nonsense, MIDNIGHT Basketball - new season, **Applications Open for Australian Youth Forum Steering Committee**, Star Texts, School Holiday Fun, Beach Buddies, Online Computer History Museum Exhibits, **Pittwater Science Club for Juniors Starts this week!**, Library Story-times for Littlies.

Seniors; Feeling Good - Nina Simone, Apixaban Superior to Warfarin Across Range of Patient Risk Scores Study Finds, Who cares for the elderly?, Call for an international convention for older people and link to UN Report, Home Power Savings Program, U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

Reflections by George Repin. **This week; THE ALMA ATA CONFERENCE 1978**



DIY Hints: Spring Gardens – Shade Sails and Watering tips; timely specials from Johnson Brothers Mitre 10, local hardware stores that support community

Collector's Corner: Meet the Millers C/- W.A.G..

Food: having a problem with weeds? How about eating them in a delicious and chock full of health benefits salad, soup tea or stew!

Events: Baby & Kids Market, Cricket at Painters Gallery, Elanora Players, Chill Out at The Arms, IMAX Special, Great Film to Screen in Avalon, Bird Talk, Local Poet at MVL, Bilgola PS FETE, October PBL Breakfast, Manly Arts Fest. Pam Bayfield NEW BOOK Launch, Pittwater to Coffs Regatta OPEN for Entries, Bird Workshop, Guringai Aboriginal Tours, Sidney Nolan & Patrick White at State Library, Council Events and more.

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.

October 7 - 13, 2012: Issue 79

Angophora Reserve walkway bridge

Tweet Like +1

Bush to Beach

by Robyn McWilliam

Lizards are decoratively chiselled into the rock. The top beam of this sandstone archway announces the entrance to Angophora Reserve on Palmgrove Road Avalon. Along with Hudson Park the area covers eight hectares.

A plaque just inside the Reserve is dedicated to the memory of Connie Adams 1933-1989. She devoted years to preserving the natural beauty of Avalon.

From Joan Lawrence's book *Pittwater Paradise* I learn that the Wildlife Society purchased the Reserve as a bushland sanctuary in 1937 and opened it officially on 19 March 1938 with the aim of preserving a giant angophora tree. This species, *Angophora costata*, is also known as the Sydney red gum. In the book there is a photo of two women dwarfed by the imposing trunk.

Spring is a great time to venture along the track flanked by dense foliage: ferns, cabbage tree palms and towering gums 15 to 25 metres high. Standing beside one of the immensely tall angophoras, I feel tiny. Looking up I see the blue sky is spattered with leaves. The tree's limbs are torturous and straggly. Its pale grey trunk is dimpled and the shed bark round the base is tinged brownish red.

When I brought my husband and grandchildren in here we'd had lots of rain. We swung our granddaughter over muddy places on the trail. Hands entwined, four of us encircled a huge trunk. Pa stumbling back over dead palm fronds made the children giggle.

Then we went on to the dead tree. Silhouetted by the sun, its dark lifeless branches loomed overhead. From its shape it might be the one in the photo. Further along, we climbed steps cut into rock and arrived at the waterfall. Water streamed over rust-stained rocks as we stood on the timber bridge. "See the colours, Nanna," my granddaughter said, pointing her tiny finger as sun shone on the ochre and umber tones. We turned back; our brief sojourn in the bush had been an adventure.

Recently, I lead my bushwalking group along the track. Formed more than 25 years ago, it was run by the Narrabeen Community Centre. Now it is a private group. Rosemary, a former leader, would scour the street directory for any sections of green on the maps and devise walks. We start at 9.30 am and aim to finish by noon. A few of us then head for the nearest café for a coffee and light lunch. It's a fantastic way to explore your local area.

As we tramp along, our chatter is competition for shrieking white cockatoos. Catching our breath on the bridge, we hear whistles, chirps and the odd squawk of other birds. There's no water running today. Fronds of tree ferns provide a little shade as we glance down the gully. Cabbage tree palms spread their fronds in a circular display. Dead ones droop around the trunk like a skirt.

Then on through Hudson Park and upwards we walk past a few flowers promising spring. The pinky mauve petals of boronia and the yellow of egg and bacon flowers brighten the track. There's an expanse of flannel flowers mostly still in bud. And later straggling over sandstone boulders is the native violet with its tiny purple flower.

We take a right turn along behind houses and end up in a cul-de-sac. Then we continue left down past back fences to the steps onto Hudson Parade. Across the street to the left is another pathway down to Delecta Avenue and we come out onto Clareville Beach. Lawns run right down to the sand. Shady trees provide a place to take a break and midweek we have the place to ourselves.

What a spot to look over Pittwater through the myriad of moored boats! In the sun's warmth it's tempting to stay by the shore. But we head back into the bush to enjoy the rest of our walk amidst the bird calls and native flowers. If you haven't discovered Angophora Reserve and where it leads put it on your to-do list this spring.

Words and Images by and Copyright Robyn McWilliam, 2012. All Rights Reserved

October 7 -13, 2012: Issue 79

One.

Looking back, it seems like a long dark season... a season that had lasted for years, generations, even though, among the low hanging dark clouds, there live memories of bright clear days and full mooned nights. It seems we were the people you could see dancing, lighted ourselves, in the bright places... and we, all of us, disappeared amongst the grasses shadows where that cloud met the ground.

It seems ours is a species that goes to the point of placing laws on itself to distinguish the difference between dark and light in the grey as ours is a species that lives in a surface world... we meet each other, face to face, on the surface. These laws, worn and living on these surfaces, have evolved from basic feelings, those older laws. They evolved from our instincts to perform exorcisms on ourselves and our species rather then hide in the shades of the wildernesses we had been created in...or awoken and found ourselves in. Almost all communications on those surfaces seek an exorcism of all that is dark, all that is not enlightened, even when we spit the opposite. This essence reaches from feeling to every surface mouth and face... from down to up and down to rise, us, up again.

And Urges us To Become. Become True at base, and mostly ever, ever after, and forever, ever and ever, until we have Everness as these First Laws poke their basic and Ever and Resplendent heads out. And is alchemy, not averting the eyes to the only skin we truly carry with us, and knowing this skin must glow, glow with everness, to Become. Become True and Lit.

We never seem to fully grasp the basics of enlightenment and carry them, as a living limb, with us everywhere, all the time, even though these processes have taught us what can exist in this surface place... and what cannot exist here anymore... not just for the sake of all ultimate enlightenments, when the planet and we finally turn ourselves serenely inside out like an awoken dream, but also for the sake of the survival of the species, for the continuation of continued meetings on the surface... face to face.

Some have encouraged other laws, the opposite of my generation's kind, to dictate the tide and tone within the meeting places and what will be acceptable in the surface world... but slowly the wrong laws disappear, slowly the species has watched itself evolve. Feels itself growing up and growing to a point where it can live as an adult who is so fine, so complete, so connected with the surface beneath the surface of the planet that it becomes a child again, unflawed except by its exceptional nature... a child ready to recognise some old new place.

The species has seen the simple surface natures in its face are the same as those in the face of the planet's surface. We follow as long and as far as we can all the spasms and rhythms of tissues beneath our surfaces. We discover that all these natures, all these massive itchy moods a long time beneath the surface quietly appear, after their small eruptions... small ripples through us, as what was invisible and shapeless is granted its name, acquires the shape of its head and its own expressions. By the time it has broken through our skin, pulled it's self free of us, free of falling through our faces, shaped by our contours, what has existed through us suddenly exists separately, as a part of us.

Touched with revelation for the season it sheds light, we gaze with wonder at the wondrous long overdue new law, the wondrous refined honesty of we, the wondrous new invention, the fantastic new flight up and above ourselves until the flight falls back into the rhythms of evolving, where it came from, at our perimeters.

These are our dawn blooms, our midnight flowers, springing up through us and appear as fantastic, and, being fantastic, suddenly seem separated from that which is their soul by a thin layer of skin. They attempt to survive, to live with full grown limbs, in the surface world until we reach their perimeters, our perimeters.

If they do survive within the generation they are born of they become something familiar, not only for those older then these blooms but for those the same age as they. They grow roots', they steady... the roots grow thicker and spread through us just like their seeds had grown through us, beneath the skin, and finally erupted through us, upwards...to become a familiar part of the meeting place. For those younger then them they are a part of the world and always have been... even when they turn to look behind them, to the surface world before the blooms time, they see evidence that the new law has always been here.

By the time they seep back into the rhythms of evolving they have become another tint on the clock, traffic light and farmyard... even if they appeared overnight, even if they couldn't have appeared overnight.

Extract from Chapter One. *ACE*. Copyright A. J. Guesdon. 1985. All Rights Reserved.

Copyright Pittwater Online News, 2012. All Rights Reserved.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

Pittwater Online News

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

October 7 - 13, 2012: Issue 79

Superb Fairywren Colony at Careel Bay Playing Fields - Spring 2012

There are at least six pairs of Superb Fairywren (*Malurus cyaneus*) at Careel Bay playing fields in the regenerated bush and the overgrown lantana at present. They come out to say "Hi!" then flit away again. You can hear them telling pairs up and down the scrub beside the playing field that another person is peering into the bushes trying to catch a glimpse. Also known as the Superb Blue-wren or colloquially as the Blue Wren, these curious delightful tiny creatures are a passerine bird of the family Maluridae, and are considered common across southeastern Australia. Those shown here are a female and male in breeding plumage, during Spring they have a striking bright blue forehead, ear coverts, mantle, and tail, with a black mask and black or dark blue throat. Breeding males' blue plumage, particularly the ear-coverts, is highly iridescent because of the flattened and twisted surface of the barbules. The blue plumage also reflects ultraviolet light strongly, and so may be even more prominent to other fairywrens, whose colour vision extends into this part of the spectrum.

How birds see (1.): *Most birds have exceptional colour vision. Humans distinguish colours based on our colour vision cells (cones) having three different color sensitivities. Because the colours we see are based on these three different types of cells, we call that trichromatic vision. Birds on the other hand usually have four different types of cones, with one kind of cone allowing them to see ultraviolet light—making the world a very different place for birds! It is important to remember that birds do not see colours like we do. In fact, birds like crows that all look the same to us, actually look very different to each other—since they can see patches of ultraviolet colouring that allows crows to distinguish males from females and even individual birds from each other.*

Non-breeding males, females and juveniles are predominantly grey-brown in colour; this gave the early impression that males were polygamous, as all dull-coloured birds were taken for females. Both sexes moult in autumn after breeding, with males assuming an eclipse non-breeding plumage. They moult again into nuptial plumage in winter or spring.

Like other fairywrens, the Superb Fairywren is notable for several peculiar behavioural characteristics; the birds are socially monogamous and sexually promiscuous; pairs will bond for life, though both males and females will regularly mate with other individuals; a proportion of young will have been fathered by males from outside the group. Young are often raised not by the pair alone, but with other males who also mated with the pair's female assisting. Male wrens have some wonderful courtship displays; they will pluck yellow petals and display them to females, are known for the 'sea horse flight', named for its seahorse-like undulations, during which the male—with his neck extended and his head feathers erect—tilts his body from horizontal to vertical, and descends slowly and springs upwards by rapidly beating his wings after alighting on the ground. The 'face fan' display is also noted as a part of sexual display behaviours; it involves the flaring of the blue ear tufts by erecting the feathers.

Breeding occurs from Spring through to late Summer; (2): the nest is a round or domed structure made of loosely woven grasses and spider webs, with an entrance in one side generally close to the ground, under 1 m (3 ft), and in thick vegetation. Two or more broods may be laid in an extended breeding season. A clutch of three or four matte white eggs with reddish-brown splotches and spots, easuring 12 x 16 mm (0.45 x 0.6 in). The eggs are incubated for 14 days, after which they hatch within 24 hours. Newborn chicks are blind, red and featherless, though quickly darken as feathers grow. Their eyes open by day five or six and are fully feathered by day 10. All group members feed and remove fecal sacs for 10–14 days. Fledglings are able to feed themselves by day 40 but remain in the family group as helpers for a year or more before moving to another group or assuming a dominant position in the original group. In this role they feed and care for subsequent broods and repel cuckoos or predators. Superb Fairywrens also commonly play host to the brood parasite Horsfield's Bronze Cuckoo (*Chrysococcyx basalis*) and, less commonly, the Shining Bronze Cuckoo (*C. lucidus*) and Fan-tailed Cuckoo (*Cacomantis flabelliformis*).

William Anderson, surgeon and naturalist on Captain James Cook's third voyage, collected the first Superb Fairywren specimen in 1777 while travelling off the coast of eastern Tasmania, in Bruny Island's Adventure Bay. He named it Motacilla cyaneabecause its tail reminded him of the European Wagtails of the genus Motacilla. Anderson did not live to publish his findings, although his assistant William Ellis described the bird in 1782. The genus Malurus was later described by Louis Jean Pierre Vieillot in 1816, giving the bird its current scientific name.

Shortly after the First Fleet's arrival at Port Jackson, Sydney, the bird gained the common name "Superb Warbler". In the 1920s came common names Wren and Wren-warbler—both from its similarity to the European Wren—and Fairywren. The bird has also been called Mormon Wren, a reference to observations of one blue-plumaged bird accompanied by many brown-plumaged birds, which were incorrectly assumed to be all female. The Ngarrindjeri people of the Murray River and Coorong regions called it *Waatji pulyeri*, meaning "*little one of the waatji (lignum) bush*"; and the Gunai called it *Deeydgun*, meaning "*little bird with long tail*". Both it and the Variegated Fairywren were known as ***muruduwin*** the local **Eora and Darug inhabitants of the Sydney basin**.

Like other fairywrens, the Superb Fairywren is unrelated to true wrens. It was previously classified as a member of the old world flycatcher family Muscicapidae and later as a member of the warbler family Sylviidae before being placed in the newly recognised Maluridae in 1975. Recent DNA analysis has shown the Maluridae family to be related to the Meliphagidae (honeyeaters), and the Pardalotidae (pardalotes, scrubwrens, thornbills, gerygones) in the large superfamily Meliphagoidea. The Superb Fairywren can be found in almost any area that has at least a little dense undergrowth for shelter, including grasslands with scattered shrubs, moderately thick forest, woodland, heaths, and domestic gardens. It has adapted well to the urban environment and is common in suburban Sydney, Canberra and Melbourne. They eat insects and seeds.

The Superb Fairywren is an emblem used by the Bird Observation & Conservation Australia. On 12 August 1999, a Superb Fairywren was mistakenly illustrated for an Australia Post 45c pre-stamped envelope meant to depict a Splendid Fairywren. Called the Blue Wren as it was then known, it had previously featured on a 2s.5d. stamp, released in 1964.

References

1. Fergus, Rob. Dr. 2010. How Birds See. Science Articles Base. Retrieved from: http://www.articlesbase.com/science-articles/how-birds-see-the-world-2829951.html

2. Superb Fairywren. (2012, September 14). In Wikipedia, The Free Encyclopedia. Retrieved from: http://en.wikipedia.org/w/index.php?title=Superb_Fairywren&oldid=512476551

Willy Wagtail (*Rhipidura leucophrys*) photographed at Careel Bay the same day 4.10.2012

Tweet | Like | +1

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

Posted 7:31 AM, 5 October 2012

Advisory This Week

Advisory Update for Week of October 5

Back to Report by Range Wardsman

Range Safety Officer Report for Week of 5 OCTOBER 2012

Training Ammunition Limited at Inland Rifle Ranges Wednesday 3rd October 2012

Range Activities Week of 5 October 2012 - Tuesday 9th October 2012

Monday - Friday: Range Control Officer, Range Wardsman and Range Safety Officer

All Ranges: Spring Cleaning - Shoots Vary and Training Vary

Assembly at Mona Vale Hospital

During a recent assembly we had a visit from Mona Vale Hospital's Chief Executive Officer Mr Peter Hodgkinson. Peter was welcomed to the assembly by Mona Vale Hospital Auxiliary President Mrs Jan Hall.

Peter spoke to the students about the Mona Vale Hospital Redevelopment and the new Emergency Department which is due to open in 2014.

Peter also spoke about the Mona Vale Hospital Auxiliary and the wonderful work they do for the hospital.

Peter then presented Mona Vale Hospital Auxiliary Vice President Mrs Jenny Hall with a cheque for $1,000 which was raised by the students at the Mona Vale Hospital Auxiliary Fete in May this year.

Peter then presented Mona Vale Hospital Auxiliary President Mrs Jan Hall with a cheque for $1,000 which was raised by the students at the Mona Vale Hospital Auxiliary Fete in May this year

Pittwater Online News

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

October 7 -13, 2012: Issue 79

David John HANLEY

I have worked in a variety of operational and human resource management areas of different Government Departments both in Australia and overseas. Prior to my transferring to the Bureau of Meteorology I worked as the Human Resources Manager at the Australian National Maritime Museum (ANMM) for 3 years. Prior to that I worked in the Department of Immigration and Citizenship (DIAC) in many operational/immigration areas, including Compliance, Onshore Refugee Program, Client Services, Corporate Services, and as a Principal Migration Officer (PMO) on short term postings to Singapore and Malaysia and as the First Secretary, Immigration in Pakistan during the First Gulf War. In this latter position I was also solely responsible for all migration processing and administrative control, as an officer alone post, for both Pakistan and Afghanistan. In this position I was responsible for strategic delivery of very complex services to a very demanding clientele.

I have a strong management and Human Resources background prior to coming to the Australian Bureau of Meteorology, and have gained formal recognition of my skills and abilities in this area by gaining professional membership as a Chartered Member of the Australian Human Resources Institute. I have been a professional member of the Institute for over 20 years. In more recent times I have built on my practical expertise by gaining formal qualifications in a Diploma in Business as well as a Certificate Level IV in Training and Assessment from the Canberra Institute of Technology.

After taking a VR package from DIAC in Sydney in 1998 I managed my own retail franchise (a Howard's Storage World franchise) for six years during which I utilised many of the higher level management skills learnt during my time in the Australian Public Service. During my time in the private sector I also developed and refined my marketing and merchandising skills to enhance these skills already gained in the Australian Public Service (APS).

I have strong representational skills which have been refined by providing a direct client service for the last 20 years in a wide variety of situations ranging from immigration services to retailing of household storage products. On returning to the APS as an Administrative Services Officer Level 6 in DIAC, Canberra in August 2005. I worked in the Detention and Offshore Services Division in a variety of positions ranging from Policy Development to Training to Complex Case Coordination. Six months after returning to DIAC I was promoted to an Executive Level 1 in Detentions Training and have worked in a variety of operational and policy areas since. I am currently working as the NSW Corporate Business Manager at the Bureau of Meteorology where I am responsible for the entire range of corporate services practices for the NSW and ACT offices of the Bureau. This includes HR, Finance, Property Management, Security, Purchasing, Office Services, OH & S, Social Justice, Learning & Development, Registry and Switchboard.

I have had extensive human resources and operational experience as well as gaining strong management skills in a wide variety of situations which adds considerably to my utility value. Having been required to develop expertise in a range of different areas over the last few years is a clear indication of my ability to be able to quickly learn new tasks and apply myself vigorously to them.

What was it like working in Pakistan during the First Gulf War?

There were a number of things that stood out. Firstly, it was the first time I (or anyone else, including the Defence Attaché!) had seen a war by CNN. Everything was filmed so anyone with a TV and satellite could see what was happening. It got pretty scary at times as although the Government supported the Western Alliance the people themselves didn't and let us know all about it! We all got offered evacuation out of the country but we all decided to stay (all 14 of us at the High Commission) and tough it out. We were restricted to our houses for a few days but my family and I had to be extra careful as we lived next door to the French Embassy (which had been threatened with having an Exocet missile being put through it) as we had a car with diplomatic plates and a daughter named Danielle (indicating we might be French)!! There were a few personal problems (e.g. people throwing rocks at our cars, etc) but in the main the majority of people simply got on with life. We had to be a bit more careful going shopping to the local market, etc. and made sure we wore clothing with an Australian flag sewn on so that people didn't think we were American!

For most of the locals it was business as usual, particularly since it the war itself was so short and everyone quickly got back to normal business The only real problem is that, like a lot of Third World countries with a largely uneducated population, the people who could influence stability invariably didn't, for their own altruistic reasons, and I think we've seen a recent reflection of that in Pakistan with the riots over the 'movie' which is so insulting to all of Islam. It was important to always remember that situations could get out of hand very, very quickly and, unlike Australia, the police couldn't (or wouldn't) always respond to help so the best solution was to quietly shy away from any public profile at all.

You have worked in a variety of posts overseas, in Singapore and Malaysia as well as Pakistan. Could you share with us the two most memorable moments from those postings?

For me, personally, my biggest insight was the cultural differences between the three Islamic countries. Pakistan, Singapore and Malaysia are all countries where Islam is the predominant religion but is expressed very differently. I do not pretend to be an expert on Islam but the Malaysians are certainly culturally more relaxed about their religion, albeit they are all very devoted Muslims. As an Immigration officer doing Refugee work in refugee centres the difference between the three countries was even more pronounced and was completely different. **In Pakistan, as the only Immigration officer responsible for all visa processing for Pakistan and Afghanistan, I had to deal with the 64 refugee camps with 50-60,000 people in each camp which was completely different to the much smaller camps in Malaysia.** All of the situations in refugee camps were desperate, although in Pakistan the Afghan men in the refugee camps just wanted to rest before they went back to Afghanistan and continued fighting. Seeing the work being done by the UNHCR in both countries was inspiring, many were volunteers from around the world or got paid minimal wages to do very difficult jobs. My family absolutely loved Malaysia mainly because of the diversity of living and the food, which I quickly became addicted to and enjoyed, perhaps too much! Singapore is different again as its really a Chinese city with different cultures and foods - the shopping there is as good as Dubai (especially on Orchard Road) and electronics are their speciality. Singaporeans, in my opinion, did the best Chilli Crab and Salt and Pepper Crab (at Pongol out on the peninsula) I've ever tasted and the many tourist attractions on such a small island should not be underestimated. If you are ever in Singapore you should ride the cable car to Sentosa Island - travelling 5-600 metres up in the air over one of the world's busiest shipping lanes is an experience not to be missed (just ask my wife who doesn't like heights!) whilst the island itself offers a great holiday attraction.

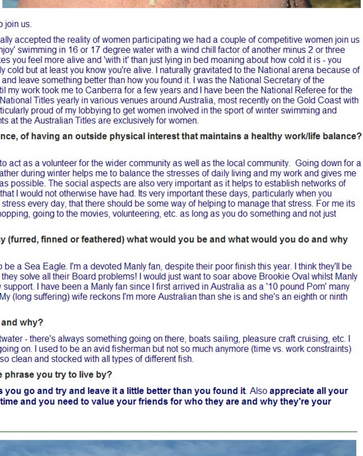
In Malaysia I enjoyed the unfortunate 'thrill/experience' of having to go to the prison camp island of Sungai Besi (about 30 miles off the east coast of Malaysia) in the middle of a monsoon where the waves were thirty feet higher than the boat and frequently threatened to toss us into the South China Sea! Not a great thrill when I got told whilst out in the ocean that the boat was always breaking down and we had to go fifty miles out to sea so we could turn around and run back into the jetty on the island! What made up for this trip was the incredibly good reception from the Vietnamese refugees who knew we were the last visiting refugee assessment team from any country in the world to visit the island before the Government closed it down for good.

Visiting the memorial to all the Vietnamese who had failed to make their hazardous journey alive from Vietnam was a very sobering moment and one that will remain with me for a very long time. What will also remain with me was the constant presence of fifty to one hundred children who surrounded us wherever we went on the island just to hear us talk English and to play soccer, basketball, anything, with us. For me the visit was made memorable by the fact that I was able to give visas to many of the very lovely people that I met under the most trying circumstances in the world.

Your main field is Human Resources. What three factors or attitudes makes a successful Human Resources Manager?

For me the most important factor that makes a successful HR Manager is that you must firstly be a Humanist or People person (I think this may help explain how I was able to transition from a HR Manager to a professional Immigration Officer so quickly). Not everyone is and some so called 'people persons' do it really badly. I prefer to think of a people person as someone who treats others as they themselves would want to be treated. Everything else after that is 'icing on the cake'. Secondly, a successful HR manager should be experienced in a wide variety of areas not just Personnel. I have personally been trained in workforce planning, in learning and development, in managing staff and thinking strategically. All of this training has led me to believe that I am an effective HR manager. The last factor that you need to be a good HR manager is knowing how to manage staff with the right degree of communication, openness and discipline (when its required) and this is not something that you can acquire overnight. You need to have a flexible management approach to managing staff as dealing with 4 or 5 staff needs to be handled differently to managing 125 staff. Management is not something that one 'acquires' overnight just because you have advanced technologically in your chosen profession and are now asked to manage other professionals - despite what most professional believe! Its a separate skill based, mostly, on old fashioned common sense.

You have a passion for the water and swimming, originally a member of the Nth Narrabeen Shivering Sharks and currently a referee with the Winter Swimming Association of Australia as well as a founding member of the Pittwater Pirates. Where does this stem from ?



I started winter swimming in 1979 when a friend of mine convinced me to go down for a swim on a Sunday to a bunch of blokes called the North Narrabeen Shivering Sharks. Well, I fell in love with the sport, the camaraderie and the friendships immediately and have never fallen out of love with it since. In fact, even when I was working overseas for Immigration I still insisted on coming back to Australia once a year (from Pakistan that meant coming back from 50+ degrees to the middle of June/July swimming seasons!) just to maintain my membership and continuity with the sport. After my break away from the Sharks after 20 years of swimming with them my friend Eric Haynes (a local builder in Pittwater for many years) and I decided to start a new club based in Mona Vale, we originally called the Mona Vale Vikings until one drunken night in my spa (with our wives, I hasten to add!) we decided that the Pittwater Pirates was a better name. We had two swims that inaugural year with just the two of us but the following year we had managed to cajole half a dozen other guys to join us.

After a couple more years when the sport finally accepted the reality of women participating we had a couple of competitive women join us who have also learnt to love the sport and 'enjoy' swimming in 16 or 17 degree water with a wind chill factor of another minus 2 or three degrees. I think that swimming in winter makes you feel more alive and 'with it' than just lying in bed moaning about how cold it is - you should be outside in the water where its really cold but at least you know you're alive. I naturally gravitated to the National arena because of my very firm belief that you should always try and leave something better than how you found it. I was the National Secretary of the Australian Winter Swimming Association until my work took me to Canberra for a few years and I have been the National Referee for the last four years where I control the Australian National Titles yearly in various venues around Australia, most recently on the Gold Coast with almost 1200 swimmers competing. I am particularly proud of my lobbying to get women involved in the sport of winter swimming and cherish the fact that now almost 50% of events at the Australian Titles are exclusively for women.

What is the main benefit, in your experience, of having an outside physical interest that maintains a healthy work/life balance?

For me the main benefit has definitely been to act as a volunteer for the wider community as well as the local community. Going down for a swim in the cold water, regardless of the weather during winter helps me to balance the stresses of daily living and my work and gives me a focus on maintaining as healthy a lifestyle as possible. The social aspects are also very important as it helps to establish networks of friends and acquaintances across Australia that I would not otherwise have had. Its very important these days, particularly when you consider that we all have varying degrees of stress every day, that there should be some way of helping to manage that stress. For me its winter swimming but for others it could be shopping, going to the movies, volunteering, etc. as long as you do something and not just vegetate!

If you could be another creature for a day (furred, finned or feathered) what would you be and what would you do and why this creature?

If I could be anything for a day I would want to be a Sea Eagle. I'm a devoted Manly fan, despite their poor finish this year. I think they'll be back next year and the year after - providing they solve all their Board problems! I would just want to soar above Brookie Oval whilst Manly were playing an important match to show my support. I have been a Manly fan since I first arrived in Australia as a '10 pound Pom' many years ago and have always followed Manly. My (long suffering) wife reckons I'm more Australian than she is and she's an eighth or ninth generation Australian!

What is your favourite place in Pittwater and why?

My favourite place in Pittwater is actually Pittwater - there's always something going on there, boats sailing, pleasure craft cruising, etc. I like it when there's lots of interesting things going on. I used to be an avid fisherman but not so much anymore (time vs. work constraints) but I still appreciate the fact that Pittwater is so clean and stocked with all types of different fish.

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

My motto for life is **try and live each day as you go and try and leave it a little better than you found it**. Also **appreciate all your friends as we're all only here for a short time and you need to value your friends for who they are and why they're your friends**.

Pittwater Estuary by A. J. Guesdon. Portraits of David John Hanley by Michael Mannington.

Copyright David Hanley, 2012. All Rights Reserved.

Tweet | Like | +1

Pittwater Online News

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

October 7 -13, 2012: Issue 79

Flagstaff Hill – Lovett Bay

Head of Lovett Bay. Pittwater. 1879 -1892. Image No a924068. Courtesy State Library of NSW.

Flagstaff hill, atop Lovett Bay, is also known as one of the best places to get a great view over Pittwater. Surrounded by Smooth-barked Apple (Angophora costata) Red Bloodwood (Corymbia gummifera) – Sydney Peppermint (E. piperita) and tall spotted gums, a rock outcrop, known as Birnie Lookout, which may derive from the Old English male name meaning 'small river or stream with an island' and refer to the view, has attracted Europeans since soon after their arrival.

As more and more people arrived in Australia, all marvelling at the natural wonders of flora and fauna many would gather boatloads and cartloads of the native flowers, particularly Christmas Bush. The degradation of bushland caused the formation of Ku-ring-gai Chase in 1894:

KURINGGAI CHASE. TO THE EDITOR OF THE HERALD. Sir,-When on 6th October, 1892, I first submitted officially to the Minister for Lands the proposal to "dedicate the waters of Cowan Creek, and ... adjacent to same, as a national park for North Sydney, one of the principal arguments adduced was that "*steps could be taken to prevent the reckless destruction of native flowers .eg, the rock-lily, formerly so abundant, is becoming scarcer every year, and must soon become extinct if not to some extent protected*."

Two flowering seasons passed away before my suggestion was adopted by the preliminary notification of Kuringgai Chase in the Government Gazette of 20th June, 1894. During that interval of over 20 months wholesale depredations had been committed, not by the tourist but for trade purposes which left the foreshores for miles denuded of the special vegetation which had made them attractive in former years- the last tree ferus had been cut down, the rocklilies almost extirpated, the cutting of their flowers did no permanent harm, but almost every accessible plant had been torn away by the roots, and hundreds of Christmas bush trees of fifty growth and upwards had been felled, merely to lop off the top branches for decoration of the butchers shops &c.in Sydney. The removal of a few cartloads or boatloads of such vegetation each year would not have done any irremediable damage, but many of the depredators made a practice of camping on the creek for a week or two before Christmas and ruthlessly destroying everything they could find in accessible places, which they did not want for themselves, in order that others might not join in their harvest and cheapen the market against them at Christmas time.

. . . December 17 E. DU FAUR, trustee. KURINGGAI CHASE. (**1894, December 18**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article14000128

Pittwater. Lovetts On the pathway up Flagstaff Hill, 1899. Government Printing Office 1 - 08831. Courtesy State Library of NSW.

The Trust and trustees placed a high value on nature conservation and would not allow logging and other extractive industries in the park. To finance improvements and access roads, they actively promoted the park to visitors. In 1895 a wharf was constructed at Lovett Bay and a walking track built up the hill to Flagstaff Lookout which soon became one of the most popular early picnic spots on Pittwater.

KURING-GAI CHASE. TO THE EDITOR Of THE HERALD. Sir,-The trustees have had the opportunity of paying an interesting official visit of inspection to the Chase. Accepting the well-known hospitality of the Hon R.H.D. White, they left Farm Cove in his steam yacht the *White Star* on Friday at 5pm. The trustees present were - The Hon H Copeland (president), Dr J C Cox, Messrs. E Du Faur, J de V. Lamb, the Hon R. H. D White, M L C, the Hon F A Wright, M L A , and the hon secretary (Mr E J Siervern. The remaining trustees- the Hon Sir Joseph Abbott, Messrs T A Dibbs and W J Lyne-were unavoidably prevented from attending but Messrs Edmund Barton and Robert McMillan accompanied as guests.

Pittwater. Lovett Bay. Path up Flagstaff Hill & natural tunnels, 1899. Government Printing Office 1 - 08835. Courtesy State Library of NSW.

After camping on Friday evening at the Basin, Pittwater, they proceeded to Lovett's Bay (near Bay View), and inspected the works which have been carried out during the last year, under the Superintendence of Mr Du Faur. These consist of a substantial stone wharf, erected by consent of the owner of portion 17 and of the Lands Department, on the foreshore of portion 17, between high and low water marks, to deep water and a stone causeway, 8ft wide and 200ft long, from the wharf to the entrance of the Chase, which, owing to the shallowness of tho upper part of the bay, was inaccessible without this concession from the adjoining freeholder. From the entrance to the Chase a path about 8ft wide has been cleared and formed through what was previously an impenetrable scrub to tho head of the bay, where there is an abundance of fresh water crossing this, a similar path has been formed along the southern side of Lovett's Bay to a charming nook at the back of "The Peninsula," Mr Oatley's property. Here the water falls, except during such a dry season as the present, over cliffs about 80ft to 100ft high into a rock dell, where cabbage-tree palms and other vegetation luxuriate. These paths are about a mile in length.

Pittwater. Lovett Bay. Zigzag Path up Flagstaff Hill & natural tunnels, 1899. Government Printing Office 1 - 08833. Courtesy State Library of NSW.

Returning to the northern side of the bay, at a point about 12chains from the end of the causeway, the party then descended by a zigzag path, which has been laid out to the summit of a hill which towers over the bay at a height of nearly 500ft, to a flagstaff, which is less than S800ft, on a base-line from the starting-point. Notwithstanding the difficulty of overcoming such a grade, and an absolutely perpendicular escarpment of over 100ft near the summit, the pathway is of gradual and comparatively easy ascent: it has been visited by many ladies, and from its summit a splendid view is obtained over Pittwater, Newport, and the ocean on one side, and the rugged features of the Chase on the other, a description of which must be left for another occasion. From the Flagstaff another path has been scrubbed for rather over a mile, to the Flat Rock; a peculiar formation, of which a graphic description has already appeared in the press. The trustees returned to the yacht by noon highly gratified with what they had seen, and expressing their astonishment at the amount of work done, and the facility of access afforded over so large a tract of country, previously inaccessible, at an expenditure including wharf and causeway of less then £200. KURING-GAI CHASE. (**1896, February 11**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article14036808

A remnant of this causeway is now a retaining wall at Lovett Bay and Heritage listed by Pittwater Council. The trustees, working with local folk, continued to make the walk up to this splendid view more comfortable for trekkers:

Pittwater. Lovett Bay Causeway. 1899. Government Printing Office 1 - 08829. Courtesy State Library of NSW.

KURING-GAI CHASE. The executive trustees of Kuring-gai Chase, with Mr. J. Garrard, chairman, made their periodical inspection of the Chase on Saturday. At Pittwater the local progress committee waited upon them for some improvements in that section, such as shelter accommodation and water supply in connection with the magnificent view and track from the "Lookout"(500 feet) above Lovett's Bay. A large number of visitors are said to be attracted to the western side of Pittwater, and the view overlooking the broken indentations of Pittwater is said to be equal to anything in the way of marine views to be found in the world. A request was also made for a track from Pittwater to the head of Coal and Candle creeks, Cowan. KURING-GAI CHASE. (**1908, October 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article15009620

Flagstaff Hill rest stop courtesy Church Point Ferry Service.

The cave on the way up has a table and bench. This rest stop dates to the late 1920's and offered visitors a cool place to refresh themselves.

From Flagstaff Hill Pittwater one may gaze across the lakes of Killarney. In this easel one does not need imagination, for the view of Pittwater from this vantage point is said to be a replica of the Irish lakes In most instances however, the picture depends not so much on what one sees as on how one sees it. The understanding eye will often get more of the real atmosphere from an imagined scene than the unimaginative will obtain fromthe real thing. LITTLE PICTURES. (**1930, January 18**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article16618648

This pristine area of Pittwater is thriving still with wildflowers, swamp wallabies, goannas and original Garigal 'birdlands";

It connects with a track between Lovett's Bay, Pittwater, and Cole and Candle. On the bay section of the track there are beautiful fern-filled gullies in which lyre birds scratch and play like chickens in a suburban poultry yard. "A SUPER PLAYGROUND." (**1934, February 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article17046879

Climb Flagstaff Hill, see for yourself how beautiful the view is. For access, take the Church Point ferry to Halls Wharf.

Tweet | Like | +1

View from Flagstaff Hill, Kuring Gai Chase. 1900 -1910. Images No a 116506 and a116508. Courtesy State Library of NSW.

Pittwater Online News

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

October 7 -13, 2012: Issue 79

Nominations open for 2012 Australian Vocational Student Prize - Tuesday 2 October 2012 Media Release - The Hon Peter Garrett MP, Minister for School Education and Minister for Early Childhood and Youth

The nation's most skilled students can now be recognised for their efforts in vocational education and training, with nominations now open for the 2012 Australian Vocational Student Prize (AVSP), Minister for School Education Peter Garrett today encouraged schools across Australia to nominate their students.

"Each year, up to 500 prizes are awarded to outstanding Year 12 students who have undertaken a Vocational Education and Training program or an Australian School-based Apprenticeship as part of their senior secondary certificate," Mr Garrett said. **"The AVSP is not an academic award, instead, it focuses on vocational achievements and a student's personal attributes, such as determination, commitment and the leadership role they play in their school and community.**

Students can be nominated by their school principal, teacher or a Vocational Education and Training Coordinator and, if successful, receive a certificate and are awarded a $2000 prize.

"This award is the vocational equivalent of the academic Australian Student Prize, another initiative aimed at recognising the achievements of students and their schools," Mr Garrett said. "It is a great opportunity to celebrate the achievements of students who have chosen a practical pathway through their senior studies and gained invaluable skills that make them more employable. Developing industry-specific skills through avenues such as these helps students with planning and pursuing their chosen career path, and the AVSP is a great way to recognise these endeavours."

Nominations close Friday 7 December 2012. For more information, including on how to nominate, visit www.deewr.gov.au/avsp.

My Life On Mars: Engineering Student Experiences Life On the Red Planet

ScienceDaily (Oct. 2, 2012) — As NASA's Curiosity rover scours the surface of Mars and beams pictures of the stark and desolate landscape back to Earth, we've been granted a picture of what living on the red planet might actually be like.

Rover pic: Credit: NASA/JPL-Caltech/

In this month's *Physics World* Ashley Dale, a PhD student at the University of Bristol, brings this image to life by giving his account of the two weeks he spent living in the Utah desert as part of a simulated Mars mission.

Comparing his surroundings to a "Monet landscape", Dale recalls expeditions across the "paprika-coloured" desert on an all-terrain quad bike and living in a Habitat Module - a tiny, enclosed, silo-shaped capsule small enough to fit on top of the main rocket booster of a launch vehicle.

Accompanying Dale on his mission were a journalist, a geologist, an astrobiologist, an aerospace engineer and an industrial designer. They all lived out of the same Habitat Module, which included six compact bedrooms (each little more than 1 m by 3 m), a communal area, a food science lab, shower, computer stations and a number of labs for the crew to work in.

Each year, around 10 of these six-person crews spend two weeks at the Mars Desert Research Station, which is operated by the Mars Society as part of a research project looking into such topics as the design features of habitat modules, psychological issues the crew members, assessment of crew-selection procedures and even tests to determine what kinds of food for Mars explorers.

In the article, Dale recalls a close encounter with a 'Martian' (which turned out to be a desert mouse), being flung off his quad bike into a ditch, conversations about science fiction and the dinner table, and watching sci-fi films to relax at night.

Of course, each of the crew members had specific tasks to complete during their research mission. Dale was involved in a project to assess the functionality of a small, remote-controlled rover carrying a wireless video camera, which was used as a scout to explore hard-to-reach places.

Other members of the crew studied how space suits limited their ability to perform tasks such as collecting samples and isolating organisms - something that would be very important on a real Mars mission. Every evening, each member of the crew completed surveys about the food and their psychological states.

On the first evening, the station engineering co-ordinator, John Barranca, exited the Habitat Module after giving the crew a full tour. Dale recalls that his last words Barranca said as he turned and stood there in the moonlight.

Dale writes: "'You know, guys,' he said, reflectively, 'we all have one thing in common here on Mars.' And with that, he closed the exterior airlock door behind him. Our two-week simulation had begun."

Institute of Physics (2012, October 2). My life on Mars: Engineering student experiences life on the Red Planet. ScienceDaily.

Felix the Cat in Neptune Nonsense (1936)

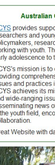
Felix sets out to find a friend for his lonely goldfish. Along the way, he comes across the good of the sea.

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

National Geographic online fun For little kids:

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

HERE



The beach is the backdrop for our fun and creative school holiday program for children aged 5-10 years. Bring your buddies and meet new ones. Each surf club financially benefits from your kids attending. All kids are welcome to join in the fun.

The Beach Buddy School Holiday Program's helps raise funds for surf clubs as well as helping the club find new members for its Nipper programs. If your surf club would like to know more, please call us on (02) 99777106 or email info@beachbuddy.com.au

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 about services and wide-ranging issues that affect young people today, and by disseminating news of research and developments on best practice in the youth field, encouraging networking, discussions and collaboration.

Great Website with daily Updates HERE

Bus Pass Replacement

HERE

Bullying; NO WAY !!!

This website has many different items and guidelines on how to 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.

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've seen and is appreciated, 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 choose great ideas on how to use leftover veggies to make great pasta or make mini pizza. Fun !

Love food hate waste book: HERE

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/

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/

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 **1st July** under an agreement made between the three major phone carriers.

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.

Words of the Week

Back to school; have fun !

Just so stories for little children (c1902) by Rudyard Kipling, 1865-1936 - Illustrated by the Author.

Twelve short stories which tell how many things came to be such as the alphabet, the camel's hump, the leopard's spots, and the rhinoceros's skin.

Just so stories for little children

Learner Driver Workshop - 17th Oct 2012: 6:30pm - 8:30pm

Has your child expressed interest in learning to drive or just got their Learner Licence? Not sure how to go about teaching someone to drive?

Come along to this free Roads and Maritime workshop for parents and supervisors of learner drivers to find out more about licence conditions for L, P1 and P2 drivers. We will also be discussing matters such as low risk driving, understanding the Log Book and the benefits of on-road driving experience.

Places are limited and bookings are essential so please contact the Road Safety Officer on 9970 1196 or by email at michelle.casten@pittwater.nsw.gov.au

SECOND SEASON OF MIDNIGHT BASKETBALL OPENS

Registrations are open for another Midnight Basketball tournament that will tip off on Saturday 20 October.

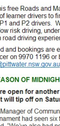
Council's Acting Manager of Community Services Melinda Hewitt said the first tournament had been so successful that over 100 players registered. "We've also had nearly 50 volunteers helping us to coordinate the games, prepare meals and transporting players at home," she said.

Midnight Basketball has been hosted in Pittwater for two years and is aimed at young people aged between 12 and 18. Participants play in a basketball team and are invited to free workshops on team building, self-esteem and healthy living. Fortnightly games they are given a meal and organised transport home.

The Pittwater tournaments are being run by Youth Reach and Midnight Basketball Australia with assistance from the Council. Games are held on Saturday nights from 7.30pm at the Northern Beaches Indoor Sports Centre, Jacksons Road Warriewood.

Ms Hewitt said a new feature of the October tournament would be classes in Tae Bo, a martial art.

"Registrations for the October tournament can be done online at www.mydnightbasketball.org.au," she said. "We're also looking for more volunteers to join our terrific group of helpers."



SCIENCE CLUB FOR JUNIOR RESIDENTS

Mona Vale Library is offering a special four week science club for Pittwater residents aged 5-10 years known as the 'Little Bang Discovery Club,' the science club begins on **Tuesday 9 October**. The course has been designed by the Children's Discovery Museum and is suitable for children aged 3 to 5 years and their accompanying parent or caregiver.

Library Manager Cathy Howie said the course would encourage ideas and skills among young children, inspiring them to get excited about the basic principles of science and natural discovery. Ms Howie said the course was designed for experiential learning, including a field trip.

"The intention is for children to experience each concept, rather than simply talk about it," she said.

The course will run each **Tuesday from 9 October to 30 October from 1.30pm to 2.30pm**, culminating in a science fair and graduation at the last session when each child will receive a certificate. Each child will also receive a 'Discovery Club' passbook which is stamped after each session.

The four sessions include:

Collecting and classifying – discover how to match objects from around the home including those from a loaned 'discovery box'.

Measuring and recording – learn all about weighing and measuring, one of the most important skills for early discoverers.

Experimenting –design your own experiment to find the answers

Science fair and graduation – explore the exciting table-top science toys and participate in a graduation ceremony.

The cost of the four week course is $20. Bookings are essential on 9970 1000 with numbers limited at the time of booking. For more information call Rebeccah on 9970 1622. Mona Vale Library is located at 1 Park Street, Mona Vale.

HSC 'LOCK-IN' AND FREE PIZZA OFFER RETURNS!

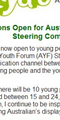
Mona Vale Library is once again offering its 'lock up' HSC students for special after-hours study sessions at the library from 25 September. To make studying for the HSC exams even more palatable, the Library will be offering students free pizza along with Tuesday evening study sessions. **The lock-in and free pizza sessions will be every Tuesday evening from 6pm to 9pm between 25 September and 23 October.**

Early opening hours at Mona Vale Library will also be on offer to HSC students each weekday from 9am to 10am, from Monday 8 October to Friday 26 October. The library normally opens at 10am on weekdays, but HSC students will have access to the library from 9am during this period.

Library Manager Cathy Howie said that the after-hours study sessions aimed to help HSC students to make use of a quieter environment for studying. "We hope the offer of free pizza on Tuesday evenings will also make studying a little less stressful for them," she said. "The only requirement for students to take advantage of the study 'lock-in' is for them to arrive by 6.15pm on the Tuesday evening at the library, or by 9.15am for the early morning sessions.

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

Star Texta - CSIRO



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

Applications Open for Australian Youth Forum Steering Committee

Applications are now open to young people who wish to be on the 2013 Australian Youth Forum (AYF) Steering Committee. "The AYF is a key communication channel between the Australian Government, young people and the youth sector," Minister for Youth Peter Garrett.

Mr Garrett said there will be 10 young people on the 2013 Committee, aged between 15 and 24 from all over Australia. "As Minister for Youth, I continue to be inspired by the energy, talent and passion that young Australian's display," Mr Garrett said

"I look forward to seeing the contributions the new Steering Committee members will make." Applications open from 10 September 2012 **to close midnight on 8 October 2012**. For more information visit www.youth.gov.au/ayf.

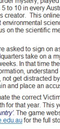
Powerhouse Museum Online Fun

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

An example: This online skittles game is based on a Victorian table game of skittles, c. 1820, made of wood and coloured paper, from the Powerhouse Museum's collection (object number A7575) . Games which combined an element of chance while developing hand-eye coordination were very popular as family entertainment during the later part of the 19th and early 20th century. More HERE

Murder under the Microscope by Lesley Stevens

Murder under the Microscope is an environmental murder mystery, played by students in years 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.



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 the 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

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/cq7tC

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 stuff 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 emphasize connections.
This list is itself more concise than a prose version of the same information and the mind map version of these guidelines is itself intended to be more memorable and quicker to scan than either the prose or the list.

Headspace 'We've got your back' campaign

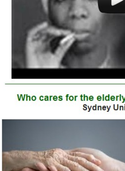
A groundbreaking national awareness campaign developed by National Youth Mental Health Foundation headspace aims to dramatically increase young Australians' awareness of everyday mental health issues affecting them and their friends. The campaign will run for the next 3 years.

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

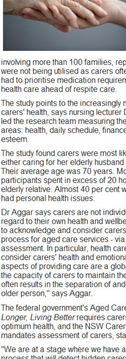
Tweet | Like | +1

Pittwater Online News

October 7 -13, 2012: Issue 79



Who cares for the elderly? - 2 October 2012, from Sydney University



Carers for the elderly are more likely to be female, aged 70, facing health risks, and under financial stress a Sydney Nursing School and Sydney Medical School study has found. Results of the three-year study published today in the *Australasian Journal on Ageing*, involving more than 100 families, reported respite care services were not being utilised as carers often faced financial strain and had to prioritise medication requirements, equipment or other health care ahead of respite care.

The study points to the increasingly negative impact caring has on carers' health, says nursing lecturer Dr Christina Aggar. Dr Aggar led the research team measuring the experience of carers in five areas: health, daily schedule, finance, family support and self esteem.

The study found carers were most likely to be an older female, either caring for her elderly husband and or her elderly parents. Their average age was 70 years. More than 80 per cent of participants spent in excess of 20 hours a week caring for their elderly relative. Almost 40 per cent were employed and a quarter had personal health issues.

Dr Aggar says carers are not individually or routinely assessed in regard to their own health and wellbeing or care needs. "We need to acknowledge and consider carers' needs within the referral process for aged care services - via a comprehensive carer assessment. In particular, health care professionals need to consider carers' health and emotional wellbeing. The detrimental aspects of providing care are a global concern because they affect the capacity of carers to maintain their role and level of support and often results in the separation of and institutionalisation of the frail older person," says Aggar.

The federal government's Aged Care Reform Package *Living Longer, Living Better* requires carers are supported to enjoy optimum health, and the NSW Carers Recognition Act 2010 mandates assessment of carers, states Aggar.

"We are at a stage where we have an opportunity to implement a process that will identify carers and identify those carers at-risk of poor physical and mental health. Evidence has shown that if we can identify carers earlier, particularly those at-risk, it is possible to reduce the negative impact of caring on their health and well-being and prevent impending crisis such as emergency respite."

In most developed countries, healthcare systems offer subsidised care services to frail older people who require care planning and case management to facilitate independent living states Aggar.

"The range of services offered generally includes domestic and personal assistance, transport, home modifications, nursing care, counselling and various forms of respite care.

The Australian government supports carers through respite, counselling services and financial support. Currently the Australian government relies on family members to provide aged care to a frail ageing population. The sustainability of this approach to an ageing population should be scrutinised say Dr Aggar.

From: http://sydney.edu.au/news/84.html?newsstoryid=10160

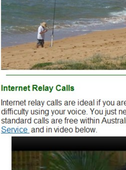
Home Power Savings Program

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

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

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

Keep your Wits About You



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

The Senior Newspaper Online

Click on logo:

Australian Senior Publications

Internet Relay Calls

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

Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community CONNECT

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 Mitchell Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. $8.00 casual. Phone Ingrid to secure your spot on 0405 457 063. www.heartfoundation.org.au

U3A The University of the Third Age Sydney U3A

U3A Lectures on Wednesday Afternoons at Newport -

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

Apixaban Superior to Warfarin Across Range of Patient Risk Scores, Study Finds

ScienceDaily (Oct. 2, 2012) — A new anticoagulant called apixaban is superior to warfarin in preventing stroke with consistent effects across a wide range of stroke and bleeding risk in patients with atrial fibrillation, according to Duke University Medical Center researchers.

Their results, **published online** today in *The Lancet*, suggest that the current risk scoring systems for tailoring anticoagulation treatment to individual patients may be less relevant when using apixaban for patients with atrial fibrillation who have at least one risk factor for stroke.

"The benefits of apixaban are preserved regardless of the risk score used and regardless of the patient risk category," said Renato Lopes, M.D., a Duke cardiologist and the lead author of the study. Importantly, apixaban was safer than warfarin in the overall population and tended to cause less intracranial bleeding in those patients whose risk scores defined them as being at the highest risk of bleeding.

"With new oral anticoagulants, such as apixaban, we might not need risk scores to guide treatment decisions for stroke prevention in patients with atrial fibrillation. This may simplify how physicians make decisions and also improve patient care," Lopes said.

Practice guidelines have allowed use of either antithrombotic therapy with warfarin or with aspirin, which is less effective but has lower risk of bleeding, for patients with atrial fibrillation and one risk factor for stroke. Apixaban, with better prevention of stroke and lower risk of bleeding than warfarin, may remove aspirin as an attractive option for this group of patients.

Atrial fibrillation is a common abnormal heart rhythm that affects more than 2.6 million people in the United States. It occurs when the heart's electrical activity becomes disorganized, resulting in an irregular heartbeat with ineffective contraction of the upper chambers of the heart. The potential for blood clots to form, and one's risk for stroke, increases as a result.

Risk scores for bleeding and thromboembolism (blood clots) have been used to predict the risk of these events to guide use of warfarin, a vitamin K antagonist that is standard treatment to help prevent stroke and blood clots. Only about half of patients who could benefit from warfarin actually do because the drug has several limitations, including a requirement for regular monitoring and increased bleeding risk such as intracranial hemorrhage.

Apixaban is an oral direct factor Xa inhibitor that has already been shown to be safer and more effective than warfarin for patients with atrial fibrillation. Last year, Duke researchers presented the Apixaban for Reduction in Stroke and Other Thromboembolic Events in Atrial Fibrillation (ARISTOTLE) trial at the European Society of Cardiology. It showed apixaban resulted in an additional 21 percent relative reduction in stroke or systemic embolism when compared to warfarin, a 31 percent relative reduction in major bleeding, and an 11 percent relative reduction in overall mortality.

The analysis published in *The Lancet* used the ARISTOTLE data to assess safety and efficacy of apixaban versus warfarin in 18,201 patients based on the most popular risk assessment scores. CHADS2, CHA2DS2VASc, and HAS-BLED are used to estimate risk of stroke and bleeding in patients with atrial fibrillation and help guide warfarin treatment decisions.

"Risk stratification has been a key element in identifying patients at risk for stroke and bleeding and in helping to guide antithrombotic treatment for patients with atrial fibrillation," Lopes said. "However, most of patients at high risk for stroke are also at high risk for bleeding. This makes the treatment of these patients a challenge in clinical practice.

"Our study shows that irrespective of the risk of stroke or bleeding, apixaban is more effective and safer than warfarin across all patients with atrial fibrillation and at least one additional risk factor for stroke," Lopes said. "Thus, the current risk scores used in clinical practice for patients with atrial fibrillation may play less of a role in decision-making because we have more efficacious and safer drugs."

Lopes et al. *Efficacy and safety of apixaban compared with warfarin according to patient risk of stroke and of bleeding in atrial fibrillation: a secondary analysis of a randomised controlled trial*. **The Lancet**, 2012; DOI 10.1016/S0140-6736(12)60986-6

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of *Pittwater Online News* or its staff

Call for an international convention for older people – Federal Government Media Release

Age Discrimination Commissioner, Susan Ryan, has marked the International day of older persons (October 1st) by calling on the Australian government to support the drafting of a new international Convention on the Rights of Older Persons. "While taking part in the recent UN meeting on the rights of older people, I became convinced by a number of UN member states that the process of developing a new convention would be of practical value to the world's older people," Commissioner Ryan said. "It would make a difference to those many millions living in precarious circumstances in countries that do not have welfare safety nets."

Commissioner Ryan has written to the Attorney-General, Nicola Roxon and the Minister for Foreign Affairs, Senator Bob Carr, making the case for Australia's support for this 'important and timely international development'.

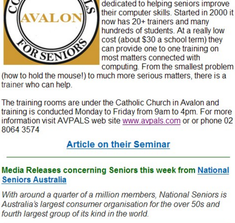
"Despite the prevalence of age discrimination and the continuing challenges of improving services for older people, Australians fare much better in old age than many older people around the world, including in the Asia Pacific region," Commissioner Ryan said. "In too many places, old age means poverty, homelessness, untreated illness and violent abuse."

Ms Ryan said that active official support for a new convention to protect older people would enhance Australia's standing as a good international citizen and encourage our near neighbours, Indonesia and Malaysia, who are already calling for the convention.

"Australia's participation in the UN discussions about older people has been well received," Commissioner Ryan said. "My presentation at the UN, as Australia's Age Discrimination Commissioner, prompted much interest and helped position Australia as an international leader in respecting and advancing the rights of older people. In contrast with many countries around the world, older people in Australia benefit from the protections of the Age Discrimination Act 2004, government initiatives in aged care and assistance for older workers, as well as the Age pension, public hospitals, Medicare and publicly funded aged care facilities. Strong sector groups like National Seniors and COTA provide effective advocacy for a wide range of seniors' needs."

Commissioner Ryan said the International Day of Older Persons provides the right opportunity to promote the importance of a new UN Convention on the Rights of Older Persons.

From: HERE



Sunday 28 October 2012

Grandparents have always played a valuable role in our society by offering care, love and guidance to their children and grandchildren.

Last year in 2011, the NSW Government officially recognised this contribution with the inaugural Grandparents Day. This year is no different.

The next Grandparents Day will be held on the 28th of October (last Sunday in October). We can all celebrate it in our own way. If you are planning any activities let us know, so we can share it with others.

For more information for activities that are happening around you, visit www.raisinggrandchildren.com.au or www.cotansw.com.au

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 phone 02 8064 3574

Article on their Seminar

Media Releases concerning Seniors this week from National Seniors Australia

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

Senior Movers

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

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

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

www.seniormovers.com.au

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

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.

Contact Community Care Northern Beaches by clicking their logo:

CCNB Community Care Northern Beaches Limited

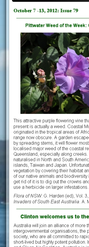
Tweet | Like | +1

Copyright Pittwater Online News, 2012

October 7 - 13, 2012: Issue 79

Pittwater Native Flowers of the Week

Pittwater Weed of the Week: Coastal Morning Glory



This attractive purple flowering vine that you see everywhere at present is actually a weed. Coastal Morning Glory (*Ipomoea cairica*) is a native of Africa and Asia. It has become naturalised in a broad range now (cluster or **spikes**). Flowers spread by seed and locally by spreading stems, it will flower most of the year. Now known as a national major weed of the coastal regions of NSW and Queensland, especially along creeks. Ipomoea cairica is also naturalised in the Northern Territory, Western Australia, Africa, India, Taiwan, and Japan. Undoubtedly were less of a problem but native vegetation by covering their habitat and thus also reduce the range of our native animals and plants. Coastal Morning Glory is the only way to get rid of it is to dig out the crowns and roots to prevent regrowth or use herbicide on leaves and stems.

Flora of NSW. G. Harden (ed), Vol. 3, 1992, page 300. *Bush Invaders of South Eastern Australia*. D.T. Cooke et al, 2006, page 157.

Clinton welcomes us to the Cleaner Air Coalition

Australia will join an alliance of more than 20 nations, intergovernmental agencies, industry and civil society to cut coal, methane and other pollutants that are responsible for a third of short-lived but highly potent pollution. In signing up to the Climate and Clean Air Coalition, Australia will become the latest nations to support action to reduce harmful pollution caused by methane, soot, ozone and hydrofluorocarbons.

These pollutants, which are more potent than carbon dioxide, trap heat in the atmosphere and are responsible for around 30 per cent of the world's emissions. Cutting emissions of methane emissions from landfill **will be the most cost effective way to reduce the pollutants that are driving global warming by 2050**. Reductions in these pollutants will give us a chance of staying within a global temperature rise of below two degrees Celsius.

The Climate and Clean Air Coalition is chaired by the United States and the United Nations Environment Program. The 17 founding members are Bangladesh, Colombia, Ghana, Mexico, Canada, Norway, Denmark, Finland, Sweden, Israel, Jordan, the European Commission, the UNEP Environment Programme, and the World Bank.

The coalition will initially focus on taking action against diesel emissions, including from heavy duty vehicles and engines, household waste burning, and the oil and gas industry. It will also work to reduce the impact of methane emissions from landfill sites.

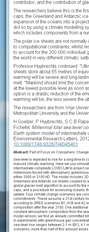
The body will also look at spreading up-cuts in methane and other emissions from the oil and gas industry, and increasing the use of alternatives to hydrofluorocarbons.

US Secretary of State Hillary Clinton welcomed Australia's decision to join the coalition. "Our coalition has seen tremendous progress since its launch earlier this year, and I thank no doubt that the efforts against these pollutants will be greatly strengthened in the days ahead by the work with the world with Australian leadership and expertise," she said.

From: Fed Govt Media.

Wily Wagtail, Career Playing Fields, October 2012.

Irreversible Warming Will Cause Sea Levels to Rise for Thousands of Years to Come, New Research Shows



Princeton University (Oct. 4, 2012) — Greenhouse gas emissions up to now have triggered an irreversible warming of Earth that will cause sea levels to rise for thousands of years to come, according to research by Princeton University scientists. The study, published today (Oct. 2) in IOP Publishing's journal *Environmental Research Letters*, is the most comprehensive look at long-term, inherent timescales, taking into account all of Earth's land and ice sheets, and the ocean, in response to a doubling of the amount of carbon dioxide in the atmosphere.

The research showed that we have already committed ourselves to a future sea level rise of 2.3 meters (7.5 feet) for each ton of greenhouse gas emissions up to now. This irreversible damage could be worse, depending on the rate at which humans add to emissions. If we were to follow the high A2 emissions scenario developed by the Intergovernmental Panel on Climate Change, we would be committed to a sea level rise of 70 meters (230 feet) a thousand years. The two other IPCC scenarios analyzed by the researchers, the B1 and A1B, would commit us to rises of 1.4 and 2.1 and 3.4 meters respectively.

"Ice sheets are very slow components in the climate system; they respond on time scales of thousands of years," said co-author of the study Michael Oppenheimer, the Albert G. Milbank Professor of Geosciences. "The amount of greenhouse gases we have put into the air is like a new poison on the climate system; anything we do now that changes the forcing in the climate system will have consequences consequences for the ice sheets and sea level."

All of the scenarios that the researchers analyzed, the Greenland ice sheet was responsible for more than half of the sea level rises, with thermal expansion of the ocean as the second largest contributor, and the contribution of glaciers and ice caps coming in third.

The researchers believe this is the first study to include glaciers, ice caps, the Greenland and Antarctic ice sheets, and the thermal expansion of the oceans into a projection of sea-level rises. The study is also among the most comprehensive in that it looks at the effects on holes using previously unknown equations of different behaviors.

"Our study is the first to include all of the major components - due to computational constraints, most models only consider factors that add to account for the 200,000 individual glaciers that are found all over the world in very different climates," said Nicky Wagner.

Professor Huybrechts continued: "Ultimately the current polar ice sheets store about 65 meters of sea-level equivalent, so that sea level warming will be severe and long-lasting all ice will eventually melt."

The study's findings are based on a new model that combines a three-dimensional ice sheet-ice shelf model, in which the grounding line position is a dialatic reflection of the emissions. The lower the alternate warming will be, the less sea level rise will contribute to Earth and it."

The researchers are from Vrije Universiteit Brussel, Manchester University, and Princeton University. 2012, 7 (4): 044005 doi: 10.1088/1748-9326/7/4/044005

Related Part of Focus on Climate Change: Changes in a Changing Climate

Sea level is expected to rise for a long time to come, even after stabilization of human-induced climate change. Ice sheets respond slowly to climate change, and the contribution of ice sheets to sea level rise is expected to increase with time. Glaciers and ice caps are expected to contribute about 0.5 meter by the year 2300 (+/-0.2 m). The model includes 3D thermomechanical models of the Greenland and Antarctic ice sheets, which are coupled to models of ice shelf flow and grounded-ice shelf equilibrium, a model of mountain glaciers and ice caps, and a procedure for accessing oceanic thermal expansion from oceanic local sea level rise. The model is forced by a regional atmospheric climate model, which is forced by output from a coupled atmosphere-ocean general circulation model according to SRES scenarios B1, A1B and A2 with a stabilization of the atmospheric carbon dioxide concentration after the year 2100. Uncertainties arising from the coupled atmospheric-oceanic climate model, from the ice-sheet model and from model version, we find an ensemble-mean sea level rise of 1.1 to 3.6 m (0.6 to 2.1 m) contributed by the Greenland ice sheet and 0.1 to 1.9 m (0.1 to 1.0 m) contributed by the Antarctic ice sheet. Ice-sheet contributions are found to be insensitive to the applied emission scenario, which is explained by the long response time of the ice sheets to changes in the surface mass balance. Thermal expansion is the second dependent contribution to sea level rise, with contributions from an ensemble of nine different model versions that cover a large uncertainty range. Thermal expansion contributes 0.3 to 1.1 m (0.2 to 0.8 m) to sea level rise. Our results are based on a large ensemble of model versions and yield a probabilistic estimate of future sea level rise. They provide estimates and error bounds for the different components of land ice and oceanic thermal expansion contributions to sea level rise.

Wetlands Care 2012 Art and Photo Comp

Wetlands, often seen as homes for mozzies, snakes and weeds, are actually one of the most valuable and diverse habitats in Wetlands Care, Australia's leading Australian not-for-profit wetland conservation organisation, is proud to announce the winners of the National Art and Photography Competition is offering the chance to celebrate the beauty, importance, wellbeing and endangered.

"Wetlands are important for all of us. They are a unique part of the landscape, providing recreational spaces, habitat for wildlife and are crucial for clean waterways," says competition judge and Wetlands Care CEO Jenny Gordon. "The competition will encourage people of all ages to get to know their local wetlands, and to help us spread the word about how important these valuable habitats are."

Entries are invited in the Youth and Open categories and must be received by 5 November 2012. There is a generous prize including cash, art packs and books. The first 25 Open Art and Open Photography entries will receive a copy of Pip and Pete Nihop to purchase native plants and seedlings. Winning entries will be displayed at the Australian Wetlands Day at the Hunter Wetlands Centre, Australia on Saturday 2nd February, 2013. Entry forms and information can be found on the Wetlands Care website at www.wetlandcare.com.au/events or by phoning 1800 619 147. The major competition sponsors are the Australian Government, Sydney Catchment Authority and Hunter Catchment Management Authority.

Pittwater's Environmental Trust

Pittwater Environmental Foundation was formed in 1992 to provide financial support to enhance the natural environment of Pittwater through donations, bequests and bequests. The Directors were appointed by Pittwater Council.

Our PROFILE

Until 30% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural condition. Pittwater's bushland is home to 1,000 species of native plants, including 9 species of orchids, 40 species of mammals, reptiles and eight endangered ecological communities of species of bushland. To visit their site please click on the image above.

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

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

From CSIRO Media Releases

The Atlas of Living Australia is a collaboration between all Australian museums, herbaria, universities, CSIRO, Australian Biological Resources Study, Australian Museum, Museum Victoria, Queensland Museum, Western Australian Museum, Australian National Botanic Gardens, Australian Tropical Herbarium, Australian Institute of Marine Science, Australian Antarctic Division, Geoscience Australia, Bureau of Meteorology, Integrated Marine Observing System, Terrestrial Ecosystem Research Network, Atlas of Australian Birds, Birds Australia, Australian Plant Name Index, Australian Faunal Directory, Australian Virtual Herbarium, Australian Plant Census, Australian Plant Image Index, Australian Plant Pest Database, Australian Weeds Committee, Australian Pest Animal Management Committee, Australian Pest Animal Management Committee, Australian Pest Animal Management

October 7 -13, 2012: Issue 79

Weeds for Salads, Soups, Teas and Stews

In Pittwater we have an oversupply of locally imported weeds. Besides spending hours in back breaking tick-infested scrub trying to eradicate these, we can think a creatively and add them to our favourite Greek or Green salads, soups or stews. Many health benefits that outstrip traditional vegetables and greens by miles and as long as you don't pick those beside roads where fumes may pollute them, where herbicides may have been sprayed and wash them thoroughly before using, you'll be doing yourself and our environment a favour. It may be time to take a page out of our ancestor's cookery books and make use of what some deem useless. We list this week those that can be found locally and their health benefits.

Dandelion (*Taraxacum officinale*)

Perhaps the most familiar lawn weed of them all, the dandelion may also be the weed that's most known to be edible. In fact, the reason it exists in Australia is European settlers introducing it as a salad green. They have a slightly bitter taste when they mature, so harvest the tender leaves that appear in early Spring and in late Autumn, when they're sweetest. The flowers are edible too and have a mildly bittersweet flavour. Young dandelion leaves and flower petals can be used in salads, steamed, or added to stir-fries.

Dandelions are now the subject of scientific studies investigating its ability to fight cancer. Dandelion is a perennial plant with jagged, bright green leaves to 30cm long, a hollow flower stem to 30cm and one terminal yellow daisy. It's rich in vitamins A, B complex, C and D, minerals including iron, potassium and zinc, and has been used for centuries in traditional Native American and Chinese medicine. A study published in the *Journal of Ethnopharmacology* found that dandelion root tea killed leukemia cells through a process called apoptosis. Researchers found that dandelion root tea produced a "kill switch" on leukemia cell receptors but did not transmit the same message to healthy cells. Dandelion leaf tea was shown to decrease breast cancer cells and prostate cancer cells in a clinical study published in the International Journal of Oncology in 2008. Dandelion is also a key ingredient in liver cleansing formulas because it stimulates the flow of bile from the liver and helps to break down liver fats. For dandelion leaf tea, add boiling water to six broad, tender dandelion leaves, let stand for 10 minutes and add a little sweetener. Dandelion roots can be roasted to make a caffeine-free coffee substitute.

Gotu kola (*Centella asiatica*)

Also known as Asian pennywort, is a perennial with small kidney-shaped leaves that is commonly found in warmer parts of Australia. It has been shown to boost brain function and is effective in treating wounds and varicose veins. Described as "a pharmacy in one herb", gotu kola contains vitamins A, B, C and D and minerals including calcium, chromium, cobalt, magnesium, manganese, phosphorus, sodium, potassium, selenium, silica and zinc. It has been used for thousands of years in India and China to improve mental clarity, heal wounds and treat respiratory infections, according to the University of Maryland Medical Center (UMM).

Gotu kola is commonly used today to treat varicose veins and chronic venous insufficiency, a condition where blood vessels lose their elasticity, causing blood to pool in the legs, which then become swollen. "Studies suggest gotu kola may help reduce swelling and improve circulation," says UMM. Gotu kola also contains compounds called triterpenoids, which have been shown to help heal wounds.

"Some studies suggest that triterpenoids strengthen the skin, boost antioxidants in wounds and increase blood supply to the area," says UMM. "Based on these findings, gotu kola has been applied to the skin, or topically, for minor burns, psoriasis, preventing scars after surgery, and preventing or reducing stretch marks."

Bamboo

If anyone near you has ever planted any, there's a good chance some of it will spread into your yard because, once it escapes, the weed can be very invasive and hard to control. Bamboo shoots are full of fiber, and are sometimes described as tasting like corn. Should any pop up in your vicinity, harvest shoots that are less than two weeks old and under 1 foot tall. Bamboo shoots have to be cooked before you eat them: Peel the outer leaves away and remove any tough flesh. Cut across the grain into one-eighth-inch slices, and boil in an uncovered pan for 20 minutes (or longer, if there's still a bitter taste to them). After they're prepared in this way, you can eat them with some soy sauce, add to salads, or use them in stir-fries. Bamboo is used in Chinese medicine for treating infections and healing.

Kudzu (*Pueraria lobata*)

For your first efforts at cooking it, try steaming or boiling the roots until they're tender and adding soy sauce or miso, as is often done in Asian cooking. The plant is also used in Chinese medicine for treating allergies, colds, fevers and as a digestive aid. Brew a kudzu tea by chopping up a cup of leaves and boiling them for about 30 minutes to treat what ails you.

Red Clover (*Trifolium pratense*)

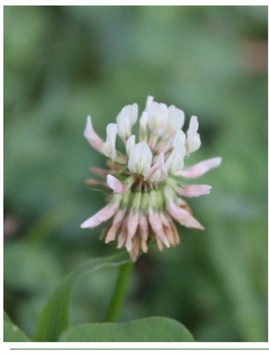
Another weed you'll see all over Australia, red clover has been used for ages as a folk remedy for cancer. It contains the phytoestrogen genistein, which, although controversial, has been found to have a protective effect against colon and prostate cancers. However, because there's some evidence that phytoestrogens can have the opposite effect on breast cancer, go easy on the red clover. But if you have some growing in your yard, an occasional meal of red clover flowers sprinkled over rice or cooked in soy sauce is a good way to clean up your yard. In addition to being potential cancer-fighters, clover flowers are high in protein. You can also eat white clover, but it's not as nutritious or flavorful as red.

Nasturtium (*Tropaeolum majus*)

This Peruvian native was introduced into Europe back about 1686. During the late 1700s, the famous Swedish botanist Carolus Linnaeus noted the similarity in appearance between the plant's brilliant flowers and the gold (and often blood-stained) helmets — called tropaea — worn by ancient Roman warriors. Hence the Latin name *Tropaeolum*. The common nasturtium also known as Indian Cress can be added to salads by leaves and flowers (both of which are milder than the stems) when mixed with chives, both the leaves and blossoms blend beautifully into omelettes or potato salad. Chopping the leaves and flowers also makes them less peppery.

Scientific research has found the plant has a natural antibiotic action that is fast-working in the body. It is interesting to note that the antibiotic agent, tromalyt, has been found in the urine within one hour of digesting the herb. Noteworthy, too, is that this antibiotic does not interfere with intestinal flora, and it has been found to be effective against some microorganisms that have built up resistance to common antibiotic drugs. Nasturtium's peppery-tasting, saucer-shaped leaves and its brightly-coloured, trumpet-shaped flowers are both high in vitamin C and also contain vitamins B1, B2 and B3, as well as iron, calcium, phosphorus and manganese.

Nasturtiums are good companion plants. They excrete a strong pungent essence into the air and soil, which has been found to deter aphids, white fly and root pests; and the essence secreted into the soil is also absorbed by other plants, helping them to resist attack by pests and disease. Plant nasturtiums between cabbages, broccoli, melons, cucumbers, pumpkins, potatoes, and around fruit trees. **Aphid Spray**: nasturtium leaves (infused in boiling water, cooled, strained, and with a little liquid soap added) are used as a spray for aphids on vegetables and other plants.



Copyright Pittwater Online News, 2012. All Rights Reserved.

Tweet Like +1

Bee gathering pollen from Red Clover 4.10.2012

October 7 -13, 2012: Issue 79

Barrenjoey Headland in Bushflower Bloom

While running up Barrenjoey headland on Saturday morning to try and get a few photographs of those racing in this year's Lion Island Challenge rounding the island and the headland quite a few bushflowers caught the eye. Predominantly yellows and purples, and some, like the Fringed Violet, which doesn't usually flower until Summer, covered the hillside and lined the paths. The warm weather lately, plus a few sprinkles of rain, is all these wonderful blooms need to "Spring' out.

The Bush Turkey (below) was looking for breakfast along the lower part of the path and walked beside your intrepid reporter for a little while before deciding to head back in the opposite direction. The Bush Turkey is clearly getting rid of ticks as, despite clambering through the bush to find old favourite paths, half hanging off a cliff and crawling through waist high grass, not one decided to bite.

Barrenjoey Lighthouse is now open for tours on Sundays from 10.30 am and well worth a climb.

For your visual pleasure, those beautiful Native flowers snapped yesterday in between sprints form one end of the hills to the other!

Yellow Bush Pea (*Puttanaea Diaphonoides*)

Bush Iris (*Patersonia longifolia*)

Pink Bush Pea

Bush Fuschia (*Epacris longiflora*)

Coastal Tea Tree (*Leptospermum laevigatum*)

Isopogan

Fringed Violet (*Thysanotus tuberosus*)

Bush Turkey (*Alectura lathami*)

Tweet Like +1

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

Pittwater Online News

October 7 -13, 2012: Issue 79

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

Rare Albino Whale 'Migaloo' spotted off Australian Coast - C/ - Living Ocean

Close-up of a Culex pipiens mosquito, which can transmit viruses such as West Nile and Murray Valley encephalitis.

Mozzie protein alert to invading viruses - 2 October 2012 - From CSIRO

CSIRO scientists have discovered how mosquitoes develop viral immunity, potentially leading to improved vaccines, and other control measures, for mosquito-borne viruses such as dengue and West Nile. Published online in the prestigious *Proceedings of the National Academy of Sciences of the USA* (PNAS), the team from CSIRO's Australian Animal Health Laboratory showed that Vago, a protein previously identified in fruit flies, is released by infected mosquito cells and provides a warning to other cells to defend against the invading virus.

Mosquito-transmitted emerging viruses such as dengue, Japanese encephalitis and West Nile threaten the health of our people, livestock and wildlife. Globally, dengue infects 50-100 million people and results in around 22,000 deaths annually.

According to CSIRO's Professor Peter Walker, these insect vectors present a particular biosecurity risk for Australia as they are rapidly spreading into new areas driven by a number of factors including climate change and increased travel and trade.

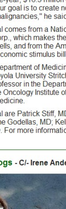
"Difficulties in generating safe and effective vaccines for many of these pathogens present significant challenges due to their complex ecology and the range of hosts the viruses can infect," Professor Walker said. "Until now, very little was known about the defensive anti-viral response of insects. Unlike humans and other mammals, insects lack key components of the immune response including antibodies. T-cells and many important cytokines, such as interferon," he said.

Using West Nile Virus as their infection model, the research team has demonstrated that, although unrelated structurally, Vago acts in mosquitoes like human interferon.

"Mosquito cells can sense the presence of a virus by detecting its small genome, stimulating the secretion of Vago. The secreted Vago then binds to receptors on other cells, signalling an anti-viral defensive response to limit the infection," Professor Walker said. "This is the first demonstration that such a mechanism exists in mosquitoes or any other invertebrate. We are now looking at how viruses such as West Nile and dengue overcome the defensive response of the mosquito and how we can use this knowledge to increase resistance to infection and decrease the efficiency of disease transmission," he said.

CSIRO will also use this new knowledge to explore the use of Vago for the control of viruses in invertebrate aquaculture species including prawns and abalone. This work is part of CSIRO's ongoing commitment to protect Australia from the biosecurity problems and risks posed by serious diseases.

Engineering the Immune System to Fight Melanoma



ScienceDaily (Oct. 1, 2012) — Loyola University Medical Center has launched the first clinical trial in the Midwest of an experimental melanoma treatment that genetically engineers a patient's immune system to fight the deadly cancer. A batch of the immune system's killer T cells will be removed from the patient and genetically modified in a Loyola lab. Two genes will be inserted into the T cells so that they will recognize tumor cells as abnormal.

The patient will undergo high-dose chemotherapy to kill most of his or her remaining T cells. This will make room for the genetically modified T cells when they are put back in the patient. The modified T cells, it is hoped, will recognize the tumor cells as abnormal and then attack and kill them.

"This clinical trial is a unique attempt to manipulate a person's own immune system to attack their cancer in a more effective and specific manner," said Joseph Clark, MD, one of the principal investigators of the trial.

The purpose of the Phase 1 trial is to determine the optimum dose and whether the treatment is safe. Four doses will be tested, with the highest dose consisting of about 5 billion genetically modified T cells. If Phase 1 demonstrates the treatment is safe, investigators will proceed to Phase 2, which will determine whether the treatment is effective.

Surgery is highly successful if the cancer is caught early. But if the cancer has spread to other parts of the body, the five-year survival rate is only 15 to 20 percent, according to the American Cancer Society.

"This is a terrible, devastating disease," Clark said. "It starts on the skin and can spread to just about anywhere in the body."

The clinical trial is open to patients with metastatic melanoma who are no longer responding to standard therapy. "We need better treatments," Clark said. "Our clinical trial is designed for patients who have no other options."

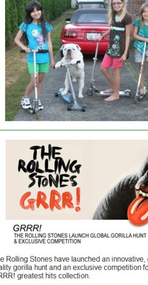
The experimental immune system therapy was developed by Michael I. Nishimura, PhD, director of the Immunotherapeutics Program at Loyola's Cardinal Bernardin Cancer Center. The cells will be prepared in the Robert R. McCormick Foundation Center for Cellular Therapy in the Bernardin Cancer Center. Nishimura is principal investigator of a five-year, $16.3 million grant from the National Cancer Institute. "Our goal is to create novel therapies for the treatment of advanced malignancies," he said.

Additional funding for the trial comes from a National Cancer Institute grant to Lentigen Corp., which makes the vector that delivers the genes to the T cells, and from the American Recovery and Reinvestment Act (the economic stimulus bill).

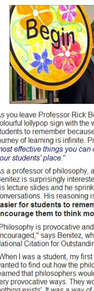
Clark is a professor in the Department of Medicine, Division of Hematology/ Oncology at Loyola University Stritch School of Medicine. Nishimura is a professor in the Department of Surgery and associate director of the Oncology Institute of Loyola University Chicago Stritch School of Medicine.

Other investigators in the trial are Patrick Stiff, MD, director of the Bernardin center; Constantine Godellas, MD; Kelli Hutchens, MD; and Caroline Le Poole, PhD. For more information, call 708-327-3221.

We Love Dogs - C/- Irene Anderson



The journey of learning is infinite – From University of Sydney



As you leave Professor Rick Benitez's office, you're faced with a colourful lollypop sign with the word 'infin'. It's an image he wants his students to remember because of the message behind it - *the journey of learning is infinite*. Professor Rick Benitez: *"I see one of the most effective things you can do as a teacher is to put yourself in your students' place."*

As a professor of philosophy, a discipline often focused on words, Benitez is surprisingly interested in images. They feature heavily on his lecture slides and he sprinkles them throughout his conversation. His reasoning is that **photos don't just make it easier for students to remember ideas: the images also encourage them to think more creatively and openly**.

"Philosophy is provocative and full of diverse ideas. Feathinking is encouraged," says Benitez, who earlier this week received a 2012 National Citation for Outstanding Contributions to Student Learning.

"When I was a student, my first class in philosophy blew my mind. I wanted to find out how the philosophers got their ideas," he adds. I learned that philosophers would sometimes advertise their views in very provocative ways. They would make dramatic statements like, 'nothing exists'. It was a way of engaging people and drawing them into the argument."

In many ways, Benitez uses images to do the same thing. They engage his students and draw them in. It's an example of Benitez's teaching style and commitment to his students.

"One of the most effective things you can do as a teacher is to put yourself in your students' place. Knowing how they learn is the key to effective teaching. The less bookish learning is, the better it is."

Benitez's approach to teaching is partly guided by Plato's remarks that **education isn't about putting sight into blind eyes, it's about turning eyes where they can see**. However, Benitez believes this analogy misses an important angle: what a teacher can learn from their students.

"Teachers definitely focus learning, but their view isn't the only one. Since nobody has perfect vision, teaching and learning must happen together. I take the time to gather information from my students. I ask them questions: How do you learn? How do you conceive? What are your values you? And I incorporate this information into my seminars. It can be challenging because it means I never teach the same course in exactly the same way.

"I'm always learning from my students. During my classes on Greek philosophers/Greats, I teach my students about philosophy and they teach me about Greek poetry, history and oratory."

Two teachers at Western Maryland College in the United States inspired Benitez's love of philosophy: Dr Laurence Yin, who taught logic and Chinese philosophy and challenged his students to question, and Dr Bob Hartman, a former Methodist minister who taught history of philosophy through stories.

"I saw Dr Wu as a 'Philosopher of the Question' and Dr Hartman as a 'Philosopher of the Story'. I hope my students see me as a 'Philosopher of the Wonder', someone who still enjoys trying to understand, and who seeks to share that enjoyment with my students."

Benitez was one of seven University of Sydney academics to receive a **National Citation for Outstanding Contributions to Student Learning in 2012**. The citations are awarded annually by the Federal Government's Office for Learning and Teaching.

From http://sydney.edu.au/news/84.html?newsstoryid=10146

Patients Feel More Control of Their Health When Doctors Share Notes

ScienceDaily (Oct. 1, 2012) — Patients with access to notes written by their doctors feel more in control of their care and report a better understanding of their medical issues, improved recall of their care plan and being more likely to take their medications as prescribed, a Beth Israel Deaconess Medical Center-led study has found. Doctors participating in the OpenNotes trial at BIDMC, Geisinger Health System in Danville, PA and Harborview Medical Center in Seattle reported that most of their fears about an additional three hours spent attending or winning patients did not materialize, and many reported enhanced trust, transparency, and communication with their patients. The findings were published in the **Oct. 2 issue** of the *Annals of Internal Medicine*.

"Patients are enthusiastic about open access to their primary care doctors' notes. More than 85 percent read them, and 99 percent of those completing surveys recommended that this transparency continue," says Tom Delbanco, MD, co-first author, a primary care doctor at BIDMC and Professor of Medicine-Tufts Program of General Medicine and Primary Care at Harvard Medical School. "Open notes may both engage patients far more actively in their care and enhance safety when the patient reviews their records with a second set of eyes."

"Perhaps most important clinically, a remarkable number of patients reported being more likely to take medications as prescribed," added Jan Walker, RN, MBA, co-first author and a Principal Associate in Medicine in the Division of General Medicine and Primary Care at BIDMC and Harvard Medical School. "And in contrast to the fears of many doctors, few patients reported being confused, worried or offended by what they read." The findings reflect the views of 105 primary care physicians and 13,564 of their patients who had access to their doctors' notes during a year-long voluntary program that provided patients at an urban academic medical center, a predominantly rural network of physicians, and an urban safety net hospital with electronic links to their doctors' notes.

Of 5,391 patients who opened at least one note and returned surveys, between 77 and 87 percent reported open notes made them feel more in control of their care, with 60 to 78 percent reporting increased adherence to medications. Only 1 to 8 percent of patients reported worry, confusion or offense, three out of five felt they should be able to add information to their doctors' notes, and 86 percent agreed that availability of notes would influence their choice of providers in the future.

Among doctors, a maximum of 5 percent reported longer visits, and no more than 8 percent said they spent extra time addressing patients' questions outside of visits. A maximum of 27 percent reported taking more time to write notes, while between 3 and 36 percent reported changing documentation content.

No doctor elected to stop providing access to notes after the experimental period ended. "The benefits were achieved without less impact on the work life of doctors and their staffs than anticipated," says Delbanco. "While a sizeable minority reported changing the way their notes addressed substance abuse, mental health issues, malignancies and obesity, a smaller minority spent more time preparing their notes, and some commented that they were improved."

"As one doctor noted: 'My fears? Longer notes, more questions and messages from patients. . . . In reality, it was none of that.'"

Walker suggests that so few patients were worried, confused or offended by the note because "fear or uncertainty of what's in a doctor's 'black box' may engender far more anxiety than what is actually written, and patients who are especially likely to react negatively to notes may self-select to not read them."

"We anticipate that some patients may be disturbed in the short term by reading their notes and doctors will need to work with patients to prevent such harms, ideally by talking frankly with them or agreeing proactively that some things are at times best left unread."

"When this study began, it was a fascinating idea in theory," says Risa Lavizzo-Mourey, MD, president and CEO of the Robert Wood Johnson Foundation which helped fund the study. "Now it's tested and proven. The evidence is in: Patients support, use, and benefit from open medical notes. These results are exciting -- and could tremendously improve the transforming patient care."

In addition to Delbanco and Walker, co-authors include: Sigall K. Bell, MD, Henry J. Feldman, MD, Nadine Farag, MS, Roanne Mejilla, MPH, Long Ngo, PhD and Nancy Lowell, BDMC, Suzanne G. Leveille, PhD, RN, University of Massachusetts-Boston; Jonathan D. Darer, MD, MPH, Geisinger Health System; Joann G. Elmore, MD, MPH, University of Washington Medical School and Harborview Medical Center; James D. Ralston MD, MPH, Group Health Cooperative, Seattle; Elisabeth Vodicka, MD, Harborview Medical Center and Stephen E. Ross, MD, University of Colorado Health Sciences Center.

The study is funded primarily by the Robert Wood Johnson Foundation, with additional support from the Drane Family Fund, the Richard and Florence Koplow Charitable Foundation and the National Cancer Institute. No conflicts were reported.

Tom Delbanco, Jan Walker, Sigall K. Bell, Jonathan D. Darer, Joann G. Elmore, Nadine Farag, Henry J. Feldman, Roanne Mejilla, Long Ngo, James D. Ralston, Stephen E. Ross, Neha Trivedi, Elisabeth Vodicka, Suzanne G. Leveille. ***Inviting Patients to Read Their Doctors' Notes: A Quasi-experimental Study and a Look Ahead***. *Annals of Internal Medicine*. 2012; 157 (7): 461-470

'Green Brain' Project to Create an Autonomous Flying Robot With a Honey Bee Brain

ScienceDaily (Oct. 1, 2012) — Scientists at the Universities of Sheffield and Sussex are embarking on an ambitious project to produce the first accurate computer models of a honey bee brain in a bid to advance our understanding of Artificial Intelligence (AI), and, how animals think. The team will build models of the systems in the brain that govern a honey bee's vision and sense of smell. Using this information, the researchers aim to create the first flying robot able to sense and act as autonomously as a bee, rather than just carry out a pre-programmed set of instructions.

If successful, this project will meet one of the major challenges of modern science: building a robot brain that can perform complex tasks as well as the brain of an animal. Tasks the robot will be expected to perform, for example, will include finding the source of particular odours or gases in the same way that a bee can identify particular flowers. **It is anticipated that the artificial brain could eventually be used in applications such as search and rescue missions, or even mechanical pollination of crops.**

Dr James Marshall, leading the £1 million EPSRC-1 funded project in Sheffield, said: "The development of an artificial brain is one of the greatest challenges in Artificial Intelligence. So far, researchers have typically studied brains such as those of rats, monkeys, and humans, but actually 'simpler' organisms such as social insects have surprisingly advanced cognitive abilities."

Called "Green Brain," and partially supported with hardware donated by NVIDIA Corporation, the project invites comparison with the IBM-sponsored Blue Brain initiative, which is developing brain modeling technologies using supercomputers with the ultimate goal of producing an accurate model of a human brain

The hardware provided by NVIDIA is based on high-performance processors called "GPU accelerators" that generate the 3D graphics on home PCs and games consoles and power some of the world's highest-performance supercomputers. These accelerators provide a very efficient way of performing the massive calculations needed to simulate a brain using a standard desktop PC -- rather than on a large, expensive supercomputing cluster.

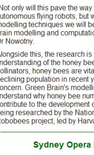
"Using NVIDIA's massively parallel GPU accelerators for brain models is an important goal of the project as they allow us to build faster models than ever before," explained Dr Thomas Nowotny, the leader of the Sussex team. "We expect that in many areas of science this technology will eventually replace the classic supercomputers we use today."

Green Brain's researchers anticipate that developing a model of a honey bee brain will offer a more accessible method of driving forward our knowledge of how a brain's cognitive systems work, leading to advances in understanding animal and human cognition. "Because the honey bee brain is smaller and more accessible than any vertebrate brain, we hope to eventually be able to produce an accurate and complete model that we can test within a flying robot," said Dr Marshall.

"Not only will this pave the way for many future advances in autonomous robotics, but we also believe that the computer modelling techniques we will be using will be widely useful to other brain modelling and computational neuroscience projects," added Dr Nowotny.

Alongside this, the research is expected to provide a greater understanding of the honey bee itself. Because of their role as pollinators, honey bees are vital to many ecosystems, and their declining population in recent years has given scientists cause for concern. Green Brain's modelling could help scientists to understand why honey bees are dwindling and also contribute to the development of artificial pollinators, such as those being researched by the National Science Foundation-funded Robobees project, led by Harvard University.

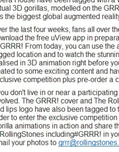
Sydney Opera House Big Moments



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

The Rolling Stones GRRR! Competition



GRRR!
THE ROLLING STONES LAUNCH GLOBAL GORILLA HUNT
& EXCLUSIVE COMPETITION

The Rolling Stones have launched an innovative, global augmented reality gorilla hunt and an exclusive competition for the band's GRRR! greatest hits collection.

Spanning five continents, 50 cities and 3000+ locationsaround the world, buildings including landmarks such as Big Ben in London, New York's Empire State Building, Tokyo's Skytree and the Sydney Opera House have been tagged with a variety of King Kong-style virtual 3D gorillas, modelled on the GRRR! album artwork, making this the biggest global augmented reality music campaign to date.

Over the last four weeks, fans all over the world have been invited to download the free uView app in preparation for the announcement of GRRR! From today, you can use the app to find your nearest tagged location and to watch the stunning GRRR!artwork fully realised in 3D animation right before your eyes. You will also be treated to some exciting content and have the chance to enter an exclusive competition plus pre-order a copy of GRRR!

If you don't live in or near a participating city you can still get involved. The GRRR! cover and The Rolling Stones famous tongue and lips logo have also been tagged to trigger 3D animations. In order to enter the exclusive competition take photographs of the 3D Gorilla animations in action and share them via Twitter @RollingStones including#GRRR! in your Tweet, or alternatively email your photos to grrr@rollingstones.com

These photos will be posted on an interactive Fan Wall at rollingstones.com/grrr-home for all to see. 50 of the best entries from around the world will be chosen to win some fantastic prizes, including two very special secret prizes to be revealed.

For more information, full instructions and links to download the uView app click here. GRRR! will be released on 12th November 2012. For full format details and to pre-order your copy visit the Official Store.

Copyright Pittwater Online News 2012. All Rights Reserved.

October 7 -13, 2012: Issue 79

Old Books: October 2012

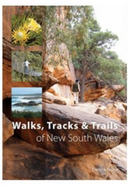
CSIRO - October 2012 New Releases:

Gardens for All Seasons by Mary Horsfall - Colour photographs 336 pages October 2012 - AU $ 49.95

Gardens for All Seasons is a gardening lifestyle book by bestselling author Mary Horsfall, celebrating the role of gardens in our lives and advising on the timing of jobs in the gardening year throughout Australia.

Monthly chapters include topics such as planning, bushfire preparation, watering, pot plant care, mulching, weeding, fertilising, pruning, propagating, pest control, what to plant for different climate zones and what garden venues and events to visit.

Mary details her own gardening year, including jobs done, fruits and vegetables harvested, food cooked based on the harvest, what was in flower and wildlife observations – all on a month by month basis. Each chapter includes a special topic of the month, such as fun for kids in the garden, biodiversity, manipulating microclimate, and fragrance and first aid.



Walks, Tracks and Trails of New South Wales by Derrick Stone - Maps, Colour photographs, 280 pages October 2012 - AU $ 39.95

For the first time in a single volume, this book brings together more than 140 of the best walks, tracks or trails in New South Wales, which can be walked by the moderately fit individual. They are located in national parks, coastal parks, state forests, conservation reserves, historic parks and local government and public easements. Other routes follow state highways, minor roads, coastal cliffs, old gold routes, or pass bushranger haunts and back roads linking towns and historical features.

Most routes do not require specialist navigation or bushcraft skills, and vary in length from a 45-minute stroll to a 4-day, 65-kilometre camping trip.

Walks, Tracks and Trails of New South Wales highlights the best the state has to offer, from an outback ghost town and ancient lake beds, to Australia's highest mountain, coastal environments and World Heritage rainforests. Easy-to-interpret maps are included to help you navigate, and the book's size makes it convenient to bring with you on your adventures.

Essential Bushfire Safety Tips - Third Edition - by Joan Webster OAM - 184 pages - Small Paperback - October 2012 - AU $ 29.95 - Price includes postage within Australia and New Zealand.

By the author of the acclaimed *The Complete Bushfire Safety Book*, this new edition of Joan Webster OAM's Essential Bushfire Safety Tips has been revised and updated. The book deals with people's fears and concerns following Victoria's 2009 Black Saturday bushfires and a maze of new official safety policies. Its concise and straightforward style clears a path of understanding through the tangle of conflicting opinions and misconceptions.

It identifies the shortcomings and likely adverse repercussions of some of these policies, defines the actions necessary for people to stay safe during a bushfire – and their homes to remain intact – and sets out safe procedures.

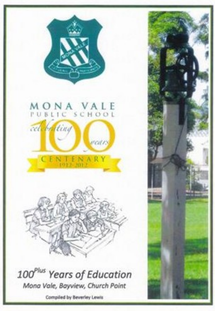
This updating of *Essential Bushfire Safety Tips* reveals the scientific post-Black Saturday research into why people who stayed with their homes died during the fires, and shows that, despite the almost universal media reports that "nothing could be done to save homes on such a day', many householders did, in fact, save their homes.

Included are new chapters on township protection; shelters, refuges and bunkers; as well as new information on choices of safe home bushfire strategies; protective house design, furnishings and gardens; protection of animals; and first aid.

This book fills the gap between bushfire authority brochures and long, in-depth books. Backed by scientific facts, it brings a message of hope and empowerment: that with appropriate knowledge, preparation and awareness, towns, homes and people can survive bushfires.

Set out in easy-to-access dot-point one-liners, it demystifies bushfire behaviour, explains how to prevent a bushfire from destroying houses, details the safe way to act at each stage of threat, describes weather factors and safe burning-off, details the benefits and hazards of staying, non-defensive sheltering, and evacuating, and how to make the decision on which course is best for you.

New Books from Locals:



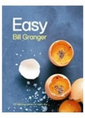
Packed with great tales, beautifully illustrated with images by Noela Cunningham, a local artist and illustrator of books and many wonderful photos from the decades, this is a must have for your library. This book will make a great keepsake for all students and teachers, past and present.

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

Make sure you secure your copy of the History of Mona Vale Public School by downloading an order form today, or contact the author, Bev Lewis bevlewis2069@gmail.com

Pittwater Online News does not charge to list New Works by residents. You will need to send your material ready to publish. To Contact us regarding your forthcoming Book or Literary Event click: here

New Australian books from HarperCollins Australia:



Easy By Bill Granger On Sale: 1/10/2012 $49.95

Bill Granger has always championed a relaxed approach to good food. Bill cooks for his family every day and, when he gets home from work, he needs simple ideas to put delicious, healthy meals on the dinner table. Easy offers 100 solutions, using pantry, fridge and fresh foods for stress-free cooking that fits readily around a busy day.

Easy is just that - a collection of simple, laidback recipes inspired by favourite everyday ingredients. From making a meal around one fabulous piece of cheese, to working wonders with a tin of beans; from livening up a pork chop, to creating dessert from apples in the fruit bowl, Bill offers 100 fantastically mid-week-achievable dishes.

Kong: The Life and Times of a Surfing Legend By G Elkerton, P McGuinness $29.99

In the world of pro-surfing, personalities don't come any bigger than Gary 'Kong' Elkerton. Born in Ballina and brought up on a prawn trawler, Gary took to surfing when school, discipline and other conventions failed him. Cutting a swathe through the industry, living the life, getting the girls, taking the drugs -- it all added up to a very good time until he woke up one day and found his nickname and reputation had become the 100-pound gorilla on his back, one which it was going to be very tough to rid himself of. What do you do when everything around you, including the industry you're in, encourages your bad behaviour and then punishes you for it? An eye-opening wild ride and a great Australian story.

Lost Voices By Christopher Koch $32.99

Twice winner of the Miles Franklin Award, Christopher Koch returns with a remarkable novel of gripping narrative power. Young Hugh Dixon believes he can save his father from ruin if he asks his estranged great-uncle Walter-- a wealthy lawyer who lives alone in a Tasmanian farmhouse passed down through the family-for help. As he is drawn into Walter's rarefied world, Hugh discovers that both his uncle and the farmhouse are links to a notorious episode in the mid nineteenth century.

Walter's father, Martin, was living in the house when it was raided by members of an outlaw community run by Lucas Wilson, a charismatic ex-soldier attempting to build a utopia. But like later societies with communitarian ideals, Nowhere Valley was controlled by the gun, with Wilson as benevolent dictator. Twenty-year-old Martin's sojourn in the Valley as Wilson's disciple has become an obsession with Walter Dixon: one which haunts his present and keeps the past tantalizingly close.

As Walter encourages Hugh's ambition to become an artist, and again comes to his aid when one of Hugh's friends is charged with murder, the way life's patterns repeat themselves from one generation to another becomes eerily apparent. Dramatic, insightful and evocative, *Lost Voices* is an intriguing double narrative that confirms Koch as one of our most significant and compelling novelists.

For Children:

Silver Brumby Centenary Edition By Elyne Mitchell $32.99

To many people the name Elyne Mitchell is synonymous with *The Silver Brumby*, the timeless classic that has captivated the hearts and imaginations of young readers since it was first published in 1958.

This special edition has been published to commemorate the centenary of Elyne Mitchell's birth and contains *The Silver Brumby* and three other favourite Brumby books: *Silver Brumby's Daughter*, *Silver Brumbies of the South* and *Silver Brumby Kingdom*. These much-loved classics tell the story of Thowra, the magnificent silver stallion, king of the brumbies. Whether you are enjoying the Silver Brumby series for the first time or rediscovering it after many years, this is a book to be treasured.

Also included in this beautiful edition is a specially commissioned biography of Elyne Mitchell, who was born in 1913 and went on to become one of Australia's most successful and popular authors. The biography also contains photographs that depict Elyne in many other areas of her long and distinguished life, including that of daughter, wife, mother, sportswoman, horsewoman, farmer and environmentalist.

On the Trail of the Silver Brumby By Elyne Mitchell $49.99

Generations of Australians have fallen in love with the silver brumbies of Elyne Mitchell's classic children's stories. Now, for the centenary of Elyne's birth, comes this celebration in words and pictures of the brumby heartland: the glorious Australian Alps that were Elyne's inspiration and great passion.

Featuring the best of Elyne Mitchell's non-fiction writing about her beloved high country, *On the Trail of the Silver Brumby* is lavishly illustrated with archival images and glorious new photography of the Alps by her grandson, James Auchinleck, and others. From thrilling accounts of exploring these untamed places on foot, skis and horseback to tales of wild brumby chases and evenings spent yarning round the campfire, Elyne's words bring the mountains vividly to life.

On the Trail of the Silver Brumby allows readers to follow Elyne and her brumby heroes through their kingdom and discover for themselves a world of snowy alps, secret valleys, sparkling cascades and summer fields of wildflowers.

Children's Storytime at Mona Vale Library

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

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

Avalon Library Hours

Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 5pm
59a Old Barrenjoey Road
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

Tweet Like +1

Copyright Pittwater Online News, 2012. All Rights Reserved.

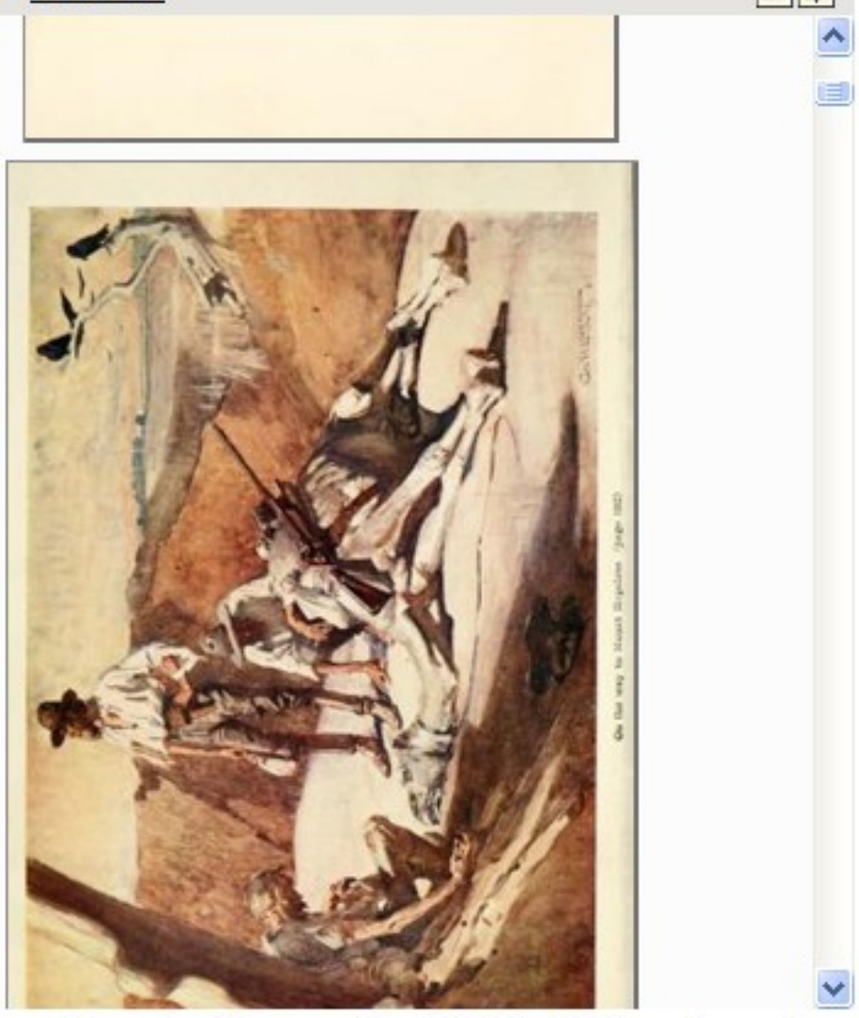
Old Books: we will change these monthly.

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

Australia (1908) - Author: Lang, W H of Australia; with 12 Coloured reproductions of colonial drawings by Lambert, George W., ill - Subject: Australia -- Discovery and exploration - Publisher: London and Edinburgh : T. C. & E. C. Jack. 354 pages

---

Australia



Gaelic names of beasts (Mammalia), birds, fishes, insects, reptiles, etc. in two parts: (1905) by Alexander Robert Forbes.

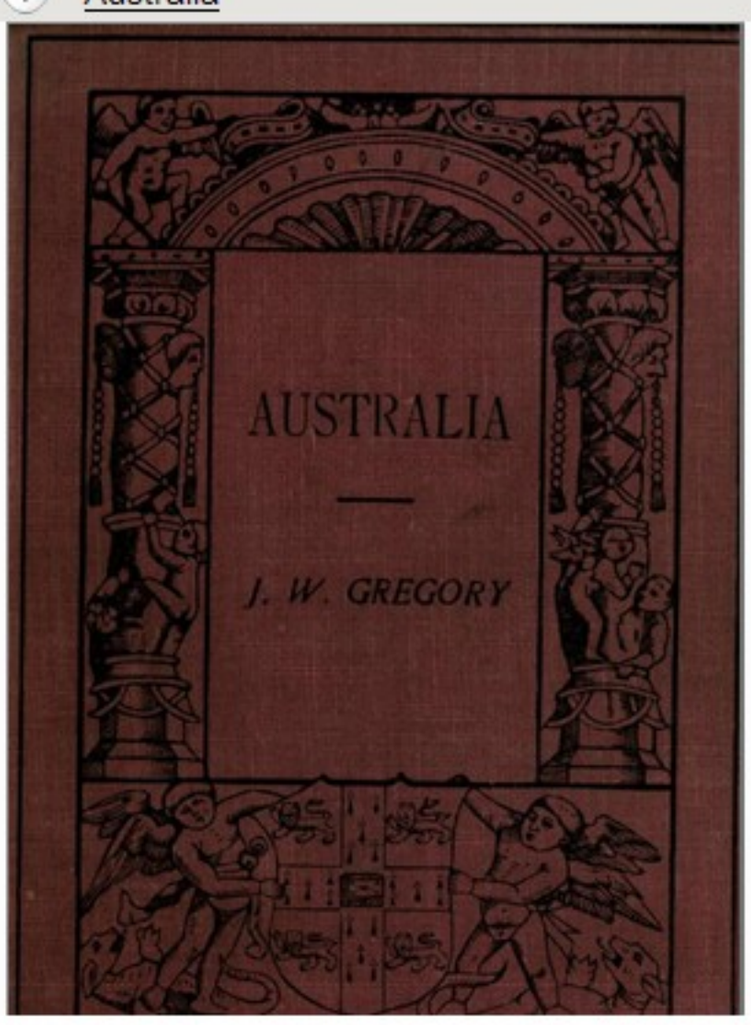
Alexander Forbes: OFFICE: Assistant keeper of the Court of Session Minute Book, Edinburgh. ACHIEVEMENTS: Author of several studies.Died: 4 Jun 1924. Father: Rev. John Forbes, b. 1818, Strathglass, Highlands, Scotland , d. 21 Jan 1863

Gaelic names of beasts (Mammalia), birds,

Sacred Texts Website: http://www.sacred-texts.com/index.htm

Australia (1916) - Author: Gregory, J. W. (John Walter F.R.S.), 1864-1932 - Publisher: Cambridge, Univ. Press. 180 pages. Professor of Geology in the University of Glasgow

Australia



Tweet Like +1

Pittwater Online News

HOME | NEWS | WHAT'S ON | DIRECTORY | ABOUT | CONTACT | ADVERTISE

Monday 7 to 20 Nov Issue 79

The Ocean Care Centre Needs Your Support
Limited Time Pre-Christmas Offer
Buy 1 Get 1 Free
Buy 2 Get 3 Free
Buy 3 Get 4 Free
Buy 4 Get 5 Free
Buy 5 Get 6 Free
Ocean Care Centre
Shop 1, 1 Ocean Street, Narrabeen
9913 8771

Anne Graham 2013 Australian Ocean Pearl Mrs. Ageless Pageant Winner

Sunday Chillout
Sunday 10th November
Bayview Golf Club
Tickets $10 at the door
Proceeds to Cancer Council
Live Music
Food Trucks
Kids Activities
Raffle
Cash Bar
Limited spots so arrive early
Bayview Golf Club
Cnr Cabbage Tree Rd & Ocean Rd
Bayview

Anne Graham 2013 Australian Ocean Pearl Mrs. Ageless Pageant Winner

SUNDAY CHILLOUT
Sunday 10th November
Bayview Golf Club
Tickets $10 at the door
Proceeds to Cancer Council
Live Music
Food Trucks
Kids Activities
Raffle
Cash Bar
Limited spots so arrive early
Bayview Golf Club
Cnr Cabbage Tree Rd & Ocean Rd
Bayview

Pittwater Home Produce Monthly Meeting Guest Speaker Rod Bishop Tuesday 12th November

Pittwater Home Produce
Monthly Meeting Guest Speaker Rod Bishop
Tuesday 12th November
7.30pm
Mona Vale Memorial Hall
Cnr Park St & Pittwater Rd
Mona Vale
Visitors welcome
Gold coin donation

Make and Create Natural Soaps Workshop with Jo Bell Saturday 17th November

Make and Create Natural Soaps Workshop with Jo Bell
Saturday 17th November
Morning tea and lunch included
Bayview Golf Club
Cnr Cabbage Tree Rd & Ocean Rd
Bayview

Mona Vale Art Society Spring Exhibition Opening Night

Mona Vale Art Society
Spring Exhibition
Opening Night
Friday 9th November
6.30pm
Mona Vale Memorial Hall
Cnr Park St & Pittwater Rd
Mona Vale
Exhibition runs 9th to 16th November
Open 10am to 4pm daily

October 7 -13, 2012: Issue 79

THE ALMA ATA CONFERENCE 1978

By George Repin

The Conference Venue, Alma Ata

Feldsher Station in A nomadic area - Uzbekistan

Lunch "al fresco" at a collective farm

L.R. Ed Visbord, Guy Harrison, George Repin, Cyril Evans, Lou Lane.

Copyright George Repin, 2012. All Rights Reserved.

In September, 1978 an International Conference on Primary Medical Care was held in Alma Ata in what was then the Soviet Socialist Republic of Kazakhstan. It was organised jointly by the World Health Organisation (WHO) and the United Nations Children's Fund (UNICEF). It was attended by delegations from 134 governments and by representatives of 67 United Nations organisations, specialised agencies and non-governmental organisations (NGOs) in official relations with WHO and UNICEF.

The background to the conference was recognition that the expectation to provide high-standard healthcare and education in developing countries following newly won independence from former colonial powers would result in reduced morbidity and mortality in rural communities was not being met - and by the 1970s in some places the health status of the population had deteriorated.

The new Governments had moved to establish teaching hospitals and medical and nursing schools, often with donor funds. These specialised services at a tertiary level, while using up a large proportion of the countries' healthcare budgets, were available generally only to those living in urban areas. They were not reaching the largely rural populations. In short, the money was not being spent where it was needed.

During the early part of the 1970s the impact of successful programmes in several countries to deliver basic but comprehensive primary care services covering poor rural communities was recognised by WHO and UNICEF. There was a questioning of "top-down" approaches and the role of the medical profession in healthcare provision.

Over seven days the conference discussed the current world health situation, what was involved in the primary health care approach, the interaction of primary health care and national development, technical and organisational aspects of primary health care and national strategies for primary health care and international support.

Because of the thinly spread population, including nomadic people in Kazakhstan and neighbouring republics such as Uzbekistan delegates were able to fly to and visit services provided in rural settings such as in feldsher stations and collective farms.

The following are extracts from the Report of the conference:

"*14. The Conference declared that the health status of hundred of millions of people in the world today is unacceptable, particularly in developed countries, More than half the population of the world do not have the benefit of proper health care*".

"*16. The Conference considered primary health care to be essential care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community and country can to afford to maintain at every stage of their development in the spirit of self-reliance and self-determination. It forms an integral part of the country's health system …* ".

In defining the concept of Primary Health Care the Conference recommended:

"*… that primary health care should include at least: education concerning prevailing health problems and the methods of identifying, preventing and controlling them , promotion of food supply and proper nutrition, an adequate supply of safe water and basic sanitation; maternal and child health care, including family planning; immunization against the major infectious disease; prevention and control of endemic diseases; appropriate treatment of common diseases and injuries; promotion of mental health; and provision of essential drugs*".

The Conference produced the DECLARATION OF ALMA ATA which is well worth reading if only to demonstrate how much still remains to be achieved in many countries.

Debate still continues on the way the recommendations have been implemented.

Australia was represented by the following delegation:

Dr Cyril Evans, Deputy Director General, Australian Department of Health

Mr Guy Harrison, Foreign Affairs officer, Australian Embassy, Moscow, USSR

Mr Louis Lane, First Assistant Director-General, Management Services Division, Australian Department of Health

Dr George Repin, Secretary-General, Australian Medical Association

Mr Edmund Visbord, First Assistant Secretary, Economic Division, Department of Prime Minister and Cabinet, Canberra

Tweet Like +1

October 2012 - Patsy Clayton-Fry

I studied Pottery while living in England during the late 1970's. this led to tuition at Bristol Polytechnic where my passion for sculpture flourished. After settling in Australia I furthered my craft under the tuition of Christine Simpson, an Ingleside sculptress of great renown.

Over the past eight years I have placed pieces in several Exhibitions, most recently at Darling Park, Sydney. My work is represented in a number of Private Collections. All sculptures are limited editions. To purchase or to enquire about commissions, please phone 02 9997 2931 or 0403 817 341.

Please bear in mind that a commission can take several months to produce, so please make contact as soon as possible. Prices vary depending on materials used – from $80 - $3000. materials; plaster, electroplated, cement, soapstone and bronze.

Patsy Clayton-Fry, Sept. 2012. Photo by Michael Mannington.

Breaking Free

Tweet Like +1

Bub crawling

Entwined

Goosey Gander - in cement

Mates - small version - place candle behind to show out heart

The Anniversary

Anniversary - in Electroplate

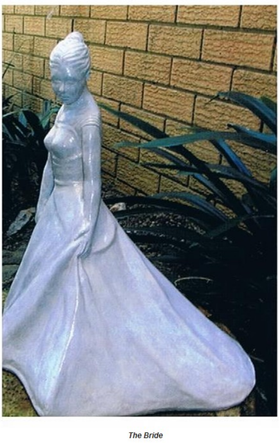
Tango - work in progress

Crumpled Message

'Maum' - Celtic word for 'hand measure'

Floating in Love

The Christening - plaster and electroplated examples



The Bride

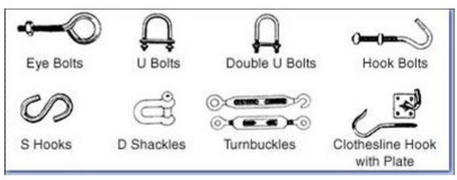
Heaven II

Copyright Patsy Clayton-Fry, 2012. All Rights Reserved.

October 7 -13, 2012: Issue 79

Click on picture to access ONLINE catalogue.

Shade Cloth Fixing Acessories



Click on logo to visit their website

JOHNSON BROS
MITRE 10
ABN: 12 000 868 866

Tweet Like +1

Spring Garden – Shade Sails and Watering

Last time we had a look at how to make your garden look greener with a few Spring Lawn tips. This issue, with a few hot days already experienced and more to come, we find some timely tips for enjoying the shade and selecting what time to water your plants so they thrive.

Johnson Brothers offer more timely specials until October 14th to maximise what long range weather forecasters are predicting for the forthcoming Spring and Summer seasons; long hot days and mild warm nights. To protect the outside areas of family gatherings there are currently Coolaroo Handy Shade Sails on sale at $25.00. These have a 3.6m triangle which provides up to 90% UV block and are available in Grey or Beige. They are designed to let the cool breezes in and keep burning sun rays out and are knitted rather then woven so they won't tear or fray. Before you commence installation it is very important that you consider the most suitable location for your shade sail(s) taking into account the following:

Size of the shade sail(s); Strength of existing structures intended to be anchor points; Ability to insert fixing posts; Location of barbecues; and Sun direction. Prior to installation, check with local authorities for any relevant building regulations which may exist.

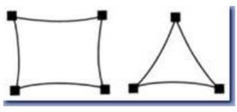
Selecting Fixing Accessories: There is an extensive range of fixing accessories available to help you secure your shade sail(s). These accessories are readily available from your hardware supplier. You may also need rope or chain - to extend your shade sail to a fixing point if required. Select the fixing accessories which best suit your own installation.

Attaching To Fascia: If you intend to fix your shade sail to a fascia the use of a Fascia Support is strongly recommended. The Fascia support is used to connect the overhangs of rafters or trusses to fascias ledgers giving a strong connection between the two and improved strength.

Post Supports: If additional posts are required, the use of treated softwood (H5 level treatment) is recommended. Hardwood of durability Class 1 can also be used. John Brothers have timber at their Mona Vale store and can assist you in selection. Post lengths should be calculated taking into account the proposed height of your sail plus the depth of your footings.

Steel posts are also suitable and are available from either your hardware outlet/home centre or your local steel supplier. Steel posts can be cut to predetermined lengths and painted to a colour matching your shade sail and the environment.

Footings: Measure out centres of footing positions and mark as illustrated. Dig holes 400 mm (16") sq. & 800mm (32") deep.



Installation:

Connect fixing accessories to mounting points as required. Ensure all connections face towards the middle of the sail and are tightly secured. Check again to ensure all mounting points are solid. Lay your shade sail out and commence the installation.

Tensioning: Using the selected fixing accessories, commence connecting the corners of the shade sail to the fixing points. Connect all points, using a ratchet tensioning tool if necessary to gain increased leverage. Stop tensioning when the shade sail is rigid with little or no creases. The manufacturers caution you to not over tension. Re-tension periodically if required.

The product care instructions for Coolaroo Handy Shade Sails recommend cleaning your shade sail(s) using a solution of mild detergent and water. Apply the solution with a sponge or a very soft brush. Let the solution stand on the fabric for 10 minutes and rinse thoroughly with water from your garden hose. DO NOT put the fabric in your washing machine, clothes drier, or scrub it with a stiff brush, scouring pad, or an abrasive cleaner.

Watering in dry spells is vital for keeping every plant. The best time of day to water is early morning before the temperatures begin to rise. This gives the plants a good supply of water to face the heat of the day. Watering at night may not allow enough evaporation and can cause mildew and poor plant health. If you do not rise with the sun then there is a Pope Tap Timer currently on sale at Johnson Brothers Mitre 10 which will allow you to hear the sound of chiming water and know your garden's drier areas are getting a drink. This is Australia's best selling 2 hour tap Timer for good reason; it waters for up to 2 hours in 5 minute increments, fits ¾" and 1" taps. Simply connect to your sprinkler, choose where needs water most and get an extra half hour's snooze time or know that the garden is getting its drink while you're out sailing. Not only are Johnson Brothers offering these at a dollar less then elsewhere you'll also save in fuel costs getting there!

A worn out hose cracks, leaks water and wastes money. The Pope Titan fitted hose currently on sale for $25.00 is 15 metres long, tap ready has kink resistance and comes with a 15 year guarantee; less then $2.00 per year! To keep it out the way the GARD&GROW® hose reel is available.

For all your Spring Garden requirements visit your Johnson Brothers Mitre 10 store at either Mona Vale and Avalon and speak with the friendly trained staff about their wide range of products and services.