

2016 NWR Conference and AGM

Program

9:00 AM-9:25 AM	Registration & morning tea
9:25 AM-9:45 AM	Welcome -ice breaking activity
9:45 AM-10:30 AM	'New Waves' Dr Ian Hoskins
10:30 AM-10:45 AM	Q&A
11:00 AM-11:55 AM	AGM & Handing on of Perpetual Trophy
11:55 AM-12:10 PM	Entertainer (Raelyn Flatters)
12:10 PM-1:00 PM	Lunch
1:00 PM-1:45 PM	'Brain Exercise' Associate Professor Michael Valenzuela
1:45 PM-2:00 PM	Q&A
2:15 PM-3:15 PM	'The Nature of Small Things' John Poleson
3:15 PM-4:00 PM	History /Nature walks with photo sharing
4:00 PM-5:00 PM	Conference conclusion & 'Wave Farewell' drinks

Session Overview

New waves: a history of how we came to love the surf – In 18th and 19th century NSW, waves represented the awesome power of the sea and were duly feared by colonists who knew too well that they pounded ships and people to pieces. But at the turn of the next century a revolution occurred which saw people taming the 'hated waves' and creating our modern beach culture. Dr Ian Hoskins, award winning author of Coast: A History of the NSW Edge, will chart the swelling origins of our love affair with the beach in words and pictures. Dr Ian Hoskins, North Sydney Council Historian

History /Nature walks with photo sharing Walk along Maroubra Promenade or the nearby National Park with our local guides. Record the session with photos then post to the NWR (secret) Facebook Group with #nwr16c in the comment OR email to nwraustralia@gmail.com

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Session Overview cont.

"Brain Exercise – is it important and how do I do it?" In this talk Michael will outline the principles of neuroplasticity, why brain exercise is so important and practical tips for how to develop optimum brain fitness. Michael trained in psychology, medicine and neuroscience and for his PhD work was awarded the Australian Museum's Eureka Prize for Medical Research. In 2010, he received a NHMRC Excellence Award as the top-ranked Career Development Fellow and in 2012 moved to the University of Sydney to establish the Regenerative Neuroscience Group at the Brain and Mind Centre. Michael's research focuses on lifestyle-based interventions to help prevent dementia and his team is developing an all-new stem cell therapy. He is the author of the popular science title 'Maintain Your Brain' and was part of the team that developed BrainyApp.

To donate towards Associate Professor Michael Valenzuela's dementia research program at the Brain and Mind Research Institute there is a box at the registration table or complete the gift form linked from our website and Facebook group.

The Nature of Small Things -There are many small places and things in nature that we sometimes neglect to see e.g. the web of a spider in the morning, a small garden bed in a park, even the living creatures in our backyard. These areas and living things are essential to our spirit and wellbeing. We must learn to see and conserve them before our city and suburbs disappear into ever expanding concrete.

John Poleson is a retired former Senior Ranger, NSW National Parks and Wildlife Service. John has worked in a number of areas around the state. His last posting was as Senior Ranger Sydney District where he helped manage Sydney Harbour and Botany Bay National Parks. He has always been a keen bushwalker, caver, conservationist and nature photographer.

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