

# Snap, crackle and pop! Enliven static animation

TAKING THE SHOT

By Stuart Walmsley  
Canberra Times Photographer

Unless you've been hit by it, you're probably of the opinion that lightning is pretty cool.

So is lightning photography, and while admittedly there's a fair bit of luck in juggling a good image, there's a few things you can do to maximise your chances.

The most important of these is composition. Sure, you can set up a camera on the front porch, but if you get an image of an impressive bolt – it's just an impressive bolt.

If you make the effort to compose a shot with a well-known landmark in the frame, that's when you add wow factor. Canberra is full of buildings that are lit at night, and using one in the foreground can add meaning and context to the image. But first, you need to get the technical stuff right. You'll need a tripod, an SLR camera, and possibly a shutter release trigger (although not essential).

For best results you should also be shooting in fully manual mode. If this is unknown territory for you, then simply choose a high aperture (at least f10), and just vary your shutter speed until you can see a small amount of detail in the cloud. Also keep your ISO low (200 or less).

Set your focal length to infinity (set your lens to auto focus, focus on the moon or a distant horizon, then switch back to manual focus) and fire off a few test shots to get a correct exposure. If you have a lit building in the frame be conscious of not overexposing it.

Again, just look at your screen to make sure you're happy with the way the building looks, and start firing at will, the storm will hopefully do the rest.

The beauty of digital photography is that you can keep shooting all night if you like. So, if your exposure is 30 seconds or less (and it probably will be if you're in a city), just keep shooting until you're sick of it or the lightning is too close. This is where a wireless trigger comes in handy, to reduce finger cramps.

The lightning comes ahead of the storm, so try and position yourself so it is coming toward you.

SEND YOUR STORM IMAGES TO  
online@canberratimes.com.au

SEE OUR PHOTO  
GALLERY AT  
canberratimes.com.au



STRIKE ONE: Lightning strikes Black Mountain near Telstra Tower in this view across one of Lake Burley Griffin's reaches. Photo: CHRIS SMITH



STRIKES TWO, THREE AND FOUR: Two shots taken by Tom Corra from Mt Ainslie and a third taken by Nicole Stals in Nicholls. Photos: TOM CORRA and NICOLE STALS

READERS' PHOTOS

# Warming enough to make you sick: report

Study highlights disease risk

CLIMATE WARNING

By Belinda Tasker

More Australians face dying in heatwaves and they have a greater risk of catching infectious diseases as a result of climate change.

That's the latest warning from the Climate Commission, which says the effects of climate change – rising temperatures, more natural disasters and changing rainfall patterns – will affect people's health as much as the environment.

In its latest report, the commission says more heatwaves could spark a rise in heart attacks, strokes, accidents and heat exhaustion.

And in a worst case scenario, there could be up to 10 times as many deaths related to hotter temperatures in Queensland and the Northern Territory by 2100.

Diseases such as dengue fever could also be easier to catch as a result of more floods, while extra bushfires and pollution spell trouble for asthmatics.

"Most people think of climate change as a purely environmental issue," the report's co-author Professor Lesley Hughes said. "They know the Great Barrier Reef will be affected and there will be droughts and species will be extinct."

"But we hope this report will focus people's attention on the impact climate change can have on their health too."

The report, published yesterday, said there was no "silver bullet" when it came to planning for health impacts of climate change. It said governments needed a range of options including making sure hospitals could cope with increased patient numbers as a result of heatwaves and natural disasters, as well as improving disease surveillance and food safety.

Professor Hughes said although Australians would adapt to hotter temperatures, there would be a disproportionate rise in the number of days above 35 degrees, putting the elderly and young children more at risk.

People in remote areas with limited access to health-care services and those in households without air-conditioning would also struggle with the heat.

However, the report said warmer temperatures would also bring warmer winters and a likely fall in those cooler months from heart attacks, strokes and flu-like viruses.

On the impact of having more floods, the report said people faced a greater risk of bacterial infections as stagnant water was an ideal breeding ground for disease-carrying mosquitoes.

It predicted infections such as Ross River virus and dengue fever would become harder to control and more geographically widespread.

Gastroenteritis outbreaks could also become more common because warmer temperatures would make it easier for bacteria to multiply in food.

AAP

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WORLD AIDS DAY DECEMBER 1  
www.worldaidsday.org.au

# Healthier Cells

## Prisons shouldn't incubate blood borne disease.

Without access to sterile syringes prisoners and staff are at risk of HIV and hepatitis C before returning home to families and the community. Controlled access to sterile needles and syringes can be implemented safely to promote our community's health. Canberra led the world with effective HIV responses. But we missed prisons. National health strategies now support needle exchange in prisons.

The respected Australians listed below believe that governments should allow trials of Needle and Syringe Programs in prison. Read the evidence and add your name at [www.anex.org.au/prisons](http://www.anex.org.au/prisons)

- Professor Michael Alpers AO, Adjunct Professor, Centre for International Health, Curtin University
- Professor James Angus AO, Dean of the Faculty of Medicine, Dentistry, and Health Sciences, University of Melbourne
- Dr Patricia Armstrong-Grant OBE AC, Managing Director, Armstrong-Grant & Associates
- Greg Barns, Director of the Australian Lawyers Alliance, Michael Kirby Chambers, Hobart
- Professor Peter Baume AC, former Chancellor, Australian National University, former Federal Minister for Health and Education
- Professor James Best, Head, Melbourne Medical School and Professor of Medicine, Faculty of Medicine, Dentistry and Health Sciences, University of Melbourne
- Dr Neal Blewett AC, former Federal Health Minister
- Emeritus Professor Felix Bohner, Pharmacology Unit, University of Adelaide
- Mr Bill Bowtell, Director, Lowy Institute, HIV/AIDS Project
- Professor Andrew Boyd, Head, Leukaemia Foundation Research Unit, Queensland Institute of Medical Research
- Professor Jonathan Carapetis, Director, Menzies School of Health Research
- Associate Professor Shane Carney, School of Medicine and Public Health, University of Newcastle
- Professor Suzanne Cory, Walter & Eliza Hall Institute of Medical Research, University of Melbourne
- Professor Nick Crofts, University of Melbourne
- Professor Ric Day, Professor of Clinical Pharmacology, St Vincent's Clinical School, University of New South Wales
- Emeritus Professor Dick Denton AC, Founding Director, Howard Florey Institute
- Professor Peter Doherty AC, Nobel Laureate Professor, University of Melbourne
- Associate Professor Kate Dolan, National Drug and Alcohol Research Centre
- Sister Regis Mary Dunne RSM AO
- Associate Professor Brett Emmerson, Executive Director, Royal Brisbane & Women's Hospital, Medical Mental Health Services
- Professor Murray Esler AM, Associate Director, Baker Medical Research Institute
- Associate Professor Gavin Fabinyi, Director of Neurosurgery, Austin Hospital

- Professor Geoff Farrell, Chair of Hepatology at Australian National University, Head of Hepatology at Canberra Hospital
- Professor Robert (Frank) Gardiner AM, Professor of Urology, The University of Queensland
- Professor Paul Gatenby, Sub-Dean Research, Professor of Immunology, Australian National University
- Professor Michael Good AO, Chair, National Health and Medical Research Council
- Ret Major General Ian Gordon AO AM, Deputy Chief of Army 2004-2006
- Professor Paul Haber, President-elect, Chapter of Addiction Medicine, Royal Australasian College of Physicians
- Professor Margaret Hamilton AO, University of Melbourne
- The Hon Bill Hayden AC, Governor General of Australia 1989-1996
- Mrs Janet Holmes à Court AC, Australian business woman
- Ret Major General W.B. Digger James AC AO MBE, former President of the Returned Services League
- Professor Brian Kay AM, Deputy Director - Queensland Institute of Medical Research, Queensland Tropical Health Alliance
- Professor Stephen Kent, Head, HIV Vaccine Laboratory, Department of Microbiology and Immunology, University of Melbourne
- The Hon Duncan Kerr SC, former Federal Minister for Justice
- Professor Michael Kidd AM, Executive Dean, Faculty of Health Sciences, Flinders University
- Professor Susan Kippax, Professorial Research Fellow, University of NSW
- The Hon Justice Michael Kirby, AC, CMG, former High Court judge, UNDP Global Commission in HIV and Law, UNAIDS Reference Group on HIV and Human Rights
- The Hon Joan Kirner AM, Premier of Victoria, 1988-1990
- Professor Justin La Brooy, Clinical Director, Internal Medicine Service, Royal Adelaide Hospital
- Professor Andrew Lloyd AM, Director, Inflammation and Infection Research Centre, School of Medical Sciences, University of New South Wales
- Ms Annie Madden, Executive Officer, Australian Injecting and Illicit Drug Users League
- Ms Wendy McCarthy AO, Australian businesswoman
- Professor John McNeil AM, Head, School of Public Health and Preventive Medicine, Monash Faculty of Medicine, Nursing and Health Sciences

- Ms Helen McNeil, Hepatitis Australia
- Professor Lisa Maher, National Centre in HIV Epidemiology & Clinical Research
- Professor Mel Miller, Director, Siggins Miller, Professor of Psychology, Griffith University
- Emeritus Professor Jacques Miller AO AC, Professor of Experimental Immunology, University of Melbourne
- Professor Adrian Mindel, Professor of Sexual Health Medicine, STI Research Centre, Sydney Medical School, University of Sydney
- Dr Graham Mitchell AO, Principal, Foursight
- Professor Rob Moodie, Chair of Global Health, Nossal Institute of Global Health, University of Melbourne
- Professor Brian Morris, School of Medical Sciences and Institute for Biomedical Research, University of Sydney
- Emeritus Professor Sir Gustav Nossal AC CBE, Department of Pathology, University of Melbourne
- Professor Kerin O'Dea, Director, Samson Institute for Health Research, University of South Australia
- Professor Ned Pankhurst, Deputy Vice Chancellor (Research), Griffith University
- Emeritus Professor David Penington AC, Chair, Bio21 Australia Ltd
- Professor Chris Pupilick AM, Former Chair, Australian National Council of AIDS, Hepatitis C and Related Diseases
- Dr Kane Race, Senior Lecturer, Gender and Cultural Studies, SOPHI, University of Sydney
- Adjunct Professor George Rubin, President of Faculty, Royal Australian College of Physicians, Australasian Faculty of Public Health Medicine
- Professor John Paul Seale, Professor of Clinical Pharmacology, University of Sydney
- Dr Sepehr Shakib, Director, Department of Clinical Pharmacology, Royal Adelaide Hospital
- Professor Cindy Shannon, Centre for Indigenous Health, University of Queensland
- Air Vice-Marshal Bruce Short AM, former Australian Defence Force Surgeon General
- Emeritus Professor Richard Smallwood AO, University of Melbourne
- Professor Robert Stable, Vice Chancellor and President, Bond University
- Professor Jon Stanhope, former ACT Chief Minister

- Associate Professor Janelle Stirling, Aboriginal Health, University of Sydney
  - Professor Carla Treloar, Deputy Director, National Centre in HIV Social Research, University of New South Wales
  - Professor Mark von Itzstein, Director, Institute of Glycomics, Griffith University
  - Gino Vumbaca, Executive Director, Australian National Council on Drugs Secretariat
  - Emeritus Professor Ian W Webster AO, University of New South Wales
  - Professor Jason White, Head, School of Pharmacy and Medical Sciences, Division of Health Sciences, University of South Australia
  - Dr Alex Wodak AM, Director, Alcohol and Drug Services, St Vincent's Hospital
  - Dr Helen Watchirs OAM, ACT Human Rights and Discrimination Commissioner
  - Dr Marion Woods, Senior Specialist Infectious Diseases and Director of Advanced Training RACP, Royal Brisbane and Women's Hospital
- Organisations that have supported a trial of NSP in prison:
- Alcohol and Other Drug Council of Australia
  - Australian Drug Foundation
  - Australian Federation of AIDS Organisations
  - Australian Injecting and Illicit Drug Users League
  - Australian Medical Association
  - Australian Health Ministers Conference
  - Australasian Society for HIV Medicine
  - Australasian Therapeutic Communities Association
  - Drug and Alcohol Nurses Association
  - Hepatitis Australia
  - National Centre in HIV Social Research
  - Family Drug Support Australia
  - The Pharmacy Guild of Australia
  - Public Health Association of Australia
  - Royal Australasian College of Physicians
- anex
- Authorised by A. Burry, AIDS Action Council of the ACT, 16 Gordon Street, Acton, ACT 2601 and J. Ryan, Anex, 600 Nicholson Street, Fitzroy North, 3068

EVIDENCE FROM OVERSEAS: Reduction in needle-stick injuries for prisoners and staff • Needles not used as weapons against officers • No observable increase in injecting or other forms of drug use • Less blood borne virus transmission • Acceptance by staff and inmates.