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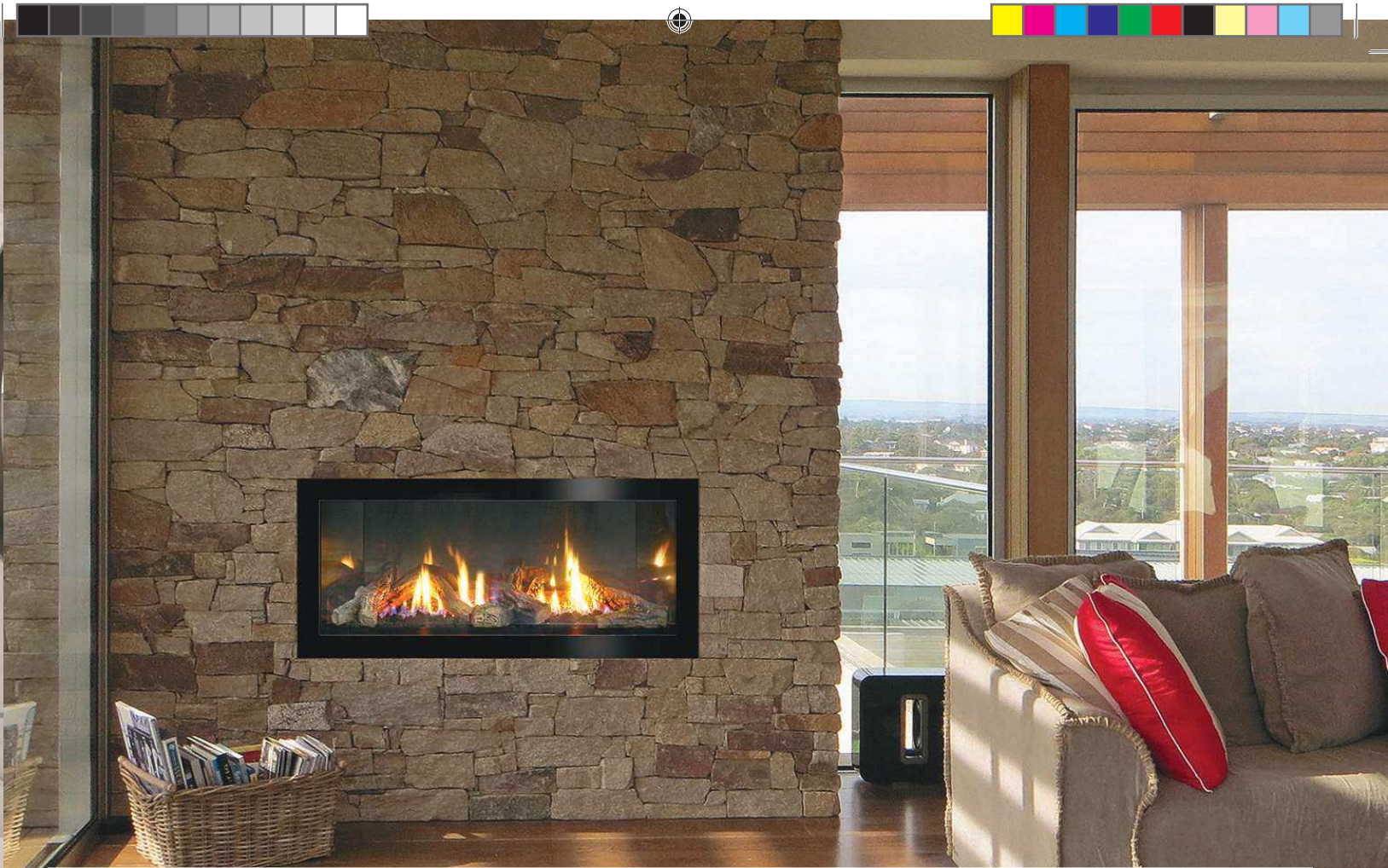
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FROM THE TEAM

It's been quite a wild beginning for the autumn season. In mid-April we were faced with storms so fierce, they qualified as a natural disaster.

We as a community need to thank the brave men and women from SES, and the power workers from Ausgrid, for their generosity. It's been a pensive month, and we should all be thankful for what we have and who we have in our lives.

With that in mind, May's issue of *Sydney Observer* celebrates the spice of life, and covers everything from political figures, to feminine health, to comedy. Our comedic covergirl, Gretel Killen (p.14), talks to us this month about starting her own cult.

If you're up for a bit of Eurotrash, check out our Eurovision recipes (p.46). For the first time ever, Australia will be participating in Eurovision on May 23. Enjoy the night with a bratwurst, a pizza or, just because you can, a meat pie.

The team at *Sydney Observer* hope that our latest issue puts a smile on your face, and hope that you have wild and wacky month of May.



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Letters

Most adorable grandmother, ever

Thank you for the tickets to the Easter Show. My Grandma had a great day! I thought you might like this photo of her in front of the knitting she entered in the Over 80 category.

Jacqueline McCarthy, Normanhurst



Pictured: Jacqueline McCarthy's Grandmother at the Royal Easter Show

HOW TO ENTER



If you would like to enter any of the giveaway draws, simply tell us in 50 words or less what you liked in this month's magazine. The best entries will be published* and go in the running for our monthly giveaway in the next issue of the magazine.

PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 20th of the month.

Ode to International Midwives Day

The work of a midwife is more than just a job. Midwives provide a service that goes beyond duty, and the midwives at Ryde Hospital are the epitome of the caring, unrelenting support that makes this profession so worthy. As a mother who laboured under their programme, I can say beyond doubt that the care I received from my midwife and all the others who work there, was second to none. I would like to take the opportunity of International Midwives Day on May 5 to extend my heartfelt thanks to the midwives at Ryde for their continued service to mothers.

Kate Leonhart, Gladesville

Giveaways



Australian National Maritime Museum family pass

Whether you are interested in x-rays, displays of large fish or something a little more action-fueled, the Australian National Maritime Museum is the place to be this May. Whether you want to explore spectacular historical vessels or visit an exhibition, a visit to the Maritime Museum makes for a wonderful family outing.

Shackleton: Escape from Antarctica is a brand new exhibition that maps the doomed Imperial Trans-Antarctic Expedition of 1914. It includes stunning photographs, artefacts, equipment, clothing and specimens from the incredible Antarctic exploration. It will be on at the ANMM until Sunday, November 29.

There is also the opportunity to see stunning paintings from leading Australian artists Wendy Sharpe and Bernard Ollis, who have created a superb collection of Antarctic land and seascape paintings inspired by their voyage as part of the Trans-Antarctic Expedition.

This May, *Sydney Observer* are giving away family passes to 5 lucky readers.

Umbilical Brothers:

Australian comic duo The Umbilical Brothers are back with their latest show *KiDSHoW*, which will be held at Sydney Theatre from June 19 to June 27.

The latest installment from the pair is strictly for the big kids (under 13's will not be admitted). *KiDSHoW* will take you back to your childhood in the most hilarious and twisted way imaginable. It contains violence, sexual references, frequent course language and drug references.

The Umbilical Brothers are well-known for their physical performances which mash dialogue, mime and slapstick with controversy. They have performed all over the world from Hawaii to Tokyo and New York, and will be bringing their latest act home mid this year.

Sydney Observer has two double passes to give away to our readers.



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Snippets

Anya Treurnicht

Renewed pathway for Cremorne Point Reserve



CREMORNE POINT RESERVE has been under scheduled construction since the end of March. Having replaced up to 60 per cent of its total length already (approximately 1.9km), the upgrade is now in its final stage, with the footpath stretching

between Old Cremorne Wharf and Milson Road left to renew.

The site will have vast improvements in pedestrian safety through the installation of handrails to assist access. Council is also committed to protecting significant

trees and gardens in the area that are highly valued by the local community.

The construction is expecting to be completed within six weeks. During this period, pedestrian access will be restricted along the Stage 4 footpath however alternate access routes will be available on site.

Plans for the construction can be found on the North Sydney Council website, however any further enquiries or discussion can be made through contacting Landscape Projects Coordinator on 9936 8206.

Macquarie University finds lead contamination in Sydney



THE VEGESAFE PROGRAM run by Macquarie University's Environmental Science faculty is currently being offered across households in Sydney. The program encourages any keen gardeners to send the team a sample of soil from their garden. The university's testing team are looking for the presence of heavy metals in the earth, hoping to rule out the likelihood of soil contamination in your garden.

If you choose to participate, you will receive a formal report and a guide advising what to do in the case of contamination.

Latest findings from the faculty have brought some concern, with lead found to be the most common contaminant in Sydney's backyards. The results have showed

that 20 per cent of homes across the city exceed 300 mg/kg of lead in garden soils. The cause for this has simply been due to the over-use of products such as lead-based paint and petrol over the last century.

Ku-ring-gai's homes, however, have generally been below this level of contamination.

VegeSafe aims to reach as many households across Sydney as possible, having reached over 600 participants already. It is by far the largest study of its kind, and is free to join.

To take part, visit www.research.science.mq.edu.au/vegesafe

Clean4Shore Program helps to renew Hawkesbury River

HORNSBY SHIRE COUNCIL'S Clean4Shore program has been working tirelessly to rejuvenate areas of the Hawkesbury River. Over the last year, 200 volunteers attended the 26 clean-up outings needed to clear the shoreline of rubbish.

During this time, 20 tonnes of rubbish was removed, which would have otherwise polluted the river – one of Hornsby Shire's most valuable natural resources.

Environmental Scientist Ana Rubio has contributed greatly to the program through

creating schedules, work plans and a budget through funding from Gosford Council.

Hornsby Shire Mayor Steve Russell is delighted to hear of the fabulous results that the Clean4Shore program has achieved, with great hopes that the work will continue throughout 2015 to protect and sustain for future generations.

Anyone looking to volunteer for the Clean4Shore Program can see [facebook.com/clean4shore](https://www.facebook.com/clean4shore) for details.



A win for heritage protection

Sabrina Muysken

Early last month, Mark Speakman, Minister for the Environment and Heritage, announced the NSW Government's plan to boost local heritage protection. A newly formed initiative, *Heritage Near Me* will see an additional \$28.5 million in funding over the next four years.

"The *Heritage Near Me* Program will provide substantial new NSW Government funding for heritage items that local communities across the state hold dear," Mr Speakman said.

The latest protection scheme will implement a Heritage Roadshow team of experts. It will also introduce a series of grants called the Heritage Activation Grants Program.

Increased support for heritage asset owners (such as local councils) to reactivate heritage spaces will provide open public access. It will also allow for the contest of any threatening development proposals.

In keeping with Mark Speakman's announcement, a recent Land & Environment Court decision has backed the Ku-ring-gai Council's stance on the heritage value of Killara's Powell Street and Werona Avenue. A proposal was made for 22 apartments to be constructed within the Greengate Estate Heritage Conservation Area. The development would have required the demolition of two homes.

Ku-ring-gai Mayor Jennifer Anderson has hailed the rejection of the residential flat building as "greatly assisting the Council's efforts to protect Ku-ring-gai's heritage". The Council said they opposed development due to the negative effects it would have on the area. Commissioner Annelise Tuor supported this notion and dismissed the applicant's appeal in recognition of the existing house's significant heritage.



The *Better Planning Network* (BPN) is a non-profit volunteer based organization, and recognises the need to protect the integrity of the numerous heritage conservation sites throughout the North Shore. According to the BPN, "Community wellbeing, which goes beyond just economic growth, must be at the heart of our planning system". Organisations like the BPN aim to encourage strong community engagement in protecting our cultural heritage.



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Friday May 22: North Shore's Biggest Morning Tea

John Seroukas



LOCAL RESIDENT SUSAN MITCHELL will be hosting The Cancer Council NSW's *Australia's Biggest Morning Tea* at the Killara Uniting Church on May 22.

Australia's Biggest Morning Tea highlights cancer's pervasiveness throughout society. 1 in 2 Australian men and 1 in 3 Australian women will be diagnosed with cancer by the age of 85. As a cancer survivor herself, Australia's Biggest Morning Tea is very important to Ms Mitchell and her family.

"I was diagnosed 11 years ago...and in May that year my partner was diagnosed with cancer," said Ms Mitchell.

"Tragically, he didn't survive, but amazingly I did".

This will be Ms Mitchell's fifth Biggest Morning Tea, aiming this year to promote the benefits of leading a healthy life.

"Education is the best form of prevention," said Ms Mitchell. "Education and availability of services is really what we're trying to spread".

Ms Mitchell pointed out that some well-advertised methods – including the application of sunscreen and avoiding cigarette smoke – should not be solely relied upon to prevent cancer. She says that some cancer awareness campaigns are not very effective, and hopes that her event will properly educate the public about cancer prevention.

"I don't think [cancer awareness] is reaching everybody...I've got family in Tamworth, for example, and if they



Pictured: Susan Mitchell

want cancer treatment, they have to come to Newcastle or Sydney".

It seems Ms Mitchell's event gets bigger every year, with the hostess hoping to top last year's target by raising \$4,000. The

Devonshire-style tea will have scones, sandwiches, teas and coffees, along with guest speakers. A raffle will be drawn with prizes, including a one year family membership to the NSW Art Gallery, as well as goods donated by Eden Gardens.

Australia's Biggest Morning Tea will be at Killara Uniting Church on Friday May 22. Bookings are recommended for catering purposes. For more details, visit biggestmorningtea.com.au

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Bushfire map puts community at ease

Maggie Rose

THE KU-RING-GAI COUNCIL has issued a new and improved bushfire prone area map. The map illustrates designated NSW areas that are prone to bushfire.

The map has been revised under the guidance of the Rural Fire Service. The purpose of the revision is to provide more planning and development control for those looking to purchase property in designated bushfire prone areas.

Since 2008 when the last round of updates were available, there has been a reduction of more than 2,681 properties affected by bushfires, with a notice of 3,128 hectares prone to vegetation and 11,957 prone properties.

Summer is a notoriously bad time of year for bushfires, however in recent years bushfires haven't just occurred in summer, but all year round. This is why the bushfire prone land map is important to the local community, as the map highlights the areas that are most at risk.

The map is split into categories: category 1 refers to properties located within 100 meters of bushfire prone vegetation and category 2 refers to properties located within 30 meters of bushfire prone vegetation.

The updated map is currently being examined in a public exhibition which runs from April 17 to May 14. The map can be found on the Ku-ring-gai council website, allowing the community to have their say.

More details can be found on the website here:
www.kmc.nsw.gov.au/havemysay



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Community pushes for Hornsby Shire upgrades

Stephanie Stefanovic

MEMBERS OF THE community who like to keep active are set to benefit from a series of upgrades and developments throughout the Hornsby Shire. In response to feedback from local residents, Hornsby Shire Council has announced a proposal to spend over \$10 million on parks and sporting facilities in the coming financial year. Local residents are pleased as they feel that many of the facilities in the Shire are old, outdated and well overdue for an upgrade.

Hornsby Shire Mayor Steve Russell says the main focus will be on recreational facilities. Playground upgrades are scheduled to occur at Asquith Park, Carmen Crescent, Beecroft Station Park, James Henty Park and Dangar Island. Sportsgrounds will also benefit, with lighting upgrades planned for James Henty Park, Asquith Park, Storey Park, Hayes Park and Thomas Thompson Park. There will also be a new learn-to-swim pool at Galston, and a number of the Shire's bush-walking tracks are set to be upgraded.

Mr Russell says other parts of the Shire will not miss out, with many other projects earmarked for the coming financial year. These include \$266,000 in footpath improvements, \$2.4 million in drainage improvements and \$3.7 million in



road improvements.

According to Hornsby Shire Councillor Nathan Tilbury, the community has been pushing for upgrades to facilities and infrastructure. Consultation with individual sporting groups and sportsground users revealed that there is a dire need for lighting upgrades, especially on sportsfields.

"The old lighting is not to standard," said Councillor Tilbury, who has received feedback that improved lighting would enable sports groups to hold fundraisers

and have later training hours. Councillor Tilbury also mentioned the call for road upgrades, adding that the oldest road in Berowra, Berowra Waters Road, "is a bit of a disgrace".

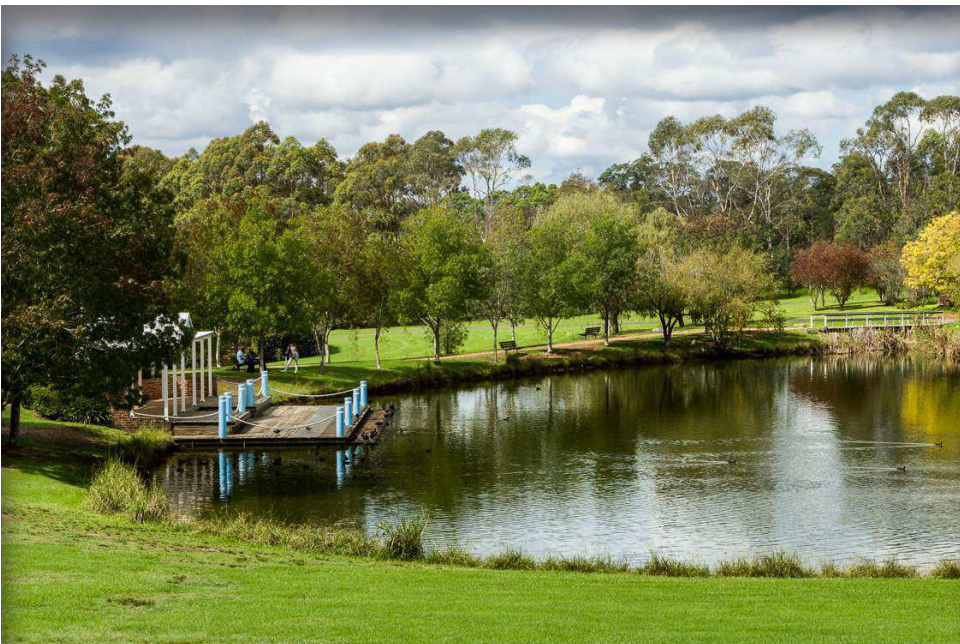
So far, local residents are pleased with the proposed upgrades.

"The Berowra Waters Road upgrade is desperately needed because it's a pretty dangerous, steep and windy road," said one resident.

"Late access for sport is [also] great," he added. "I remember as a kid always wanting to go up to Berowra Oval in the evening but the lights were very rarely turned on".

"It sounds like they're spending the money wisely," agreed another pair of local residents.

Released on April 9, the draft Operational Plan for 2015/16 contains further details on the proposed developments and is open for public comment until May 8. If you would like to give feedback, send an e-mail to yoursay@hornsby.nsw.gov.au, or post a letter to Hornsby Shire Council, PO Box 37, Hornsby 1630. ○



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Gretel Killeen: A Minister for us all

Steph Nash

No to rio us former Big Brother host, Gretel Killeen, is heading back to comedy for the Sydney Comedy Festival, and is going to become the God you've always dreamed of.

IF YOU'RE DISSATISFIED with your society, you can show your frustration in a few ways. You could write a letter to the Prime Minister, and hope it gets answered. Failing this, you could pen a ranty blog and hope it goes viral. Or, you could do what Gretel Killeen is doing, and start your own cult.

"At the moment [I am] working on a cult outfit. I looked at the doona cover this morning and I thought, 'Could I do anything with that?'" Gretel says.

"I do feel it needs to be kaftan-like and non-competitive. I want everyone to be able to adopt it, but I still want to be the leader. So mine has to be a special colour".

The presenter and comedian will be collaborating with fellow performer, Jackie Leob, for the Sydney Comedy Festival in their latest show, In Search of a G-Chord. For her first act, Gretel will be presenting disgruntled Australians with an alternative leader to worship: herself.

The self-proclaimed Minister for Men has decided to abandon the narrow title, and instead focus broadly on becoming a Minister for all Australians.

"I just feel that I should become a cult leader, and this is possibly my opportunity," she says.

"I had a sudden thought the other day. I thought, 'Oh, this society needs a leader. I'll do it! I'll step up to the plate!'

So, I'm forming a cult and leading it".

Earlier in the year, Gretel teamed up with writer Kacie Anning to produce the satirical web series, The Minister for Men. Gretel masterfully plays the obnoxious, newly elected minister – a woman representing a gender she clearly does not relate to. The Minister for Men spends her office hours making cringeworthy generalisations about her constituents, and rejecting the credibility of her only male employee.

The Minister for Men series boldly confronts the everyday double-standards that are faced by women in society. In one instance, the Minister refers to her assistant, David, as "sweetheart" – a

cringingly patronising act that many women can relate to.

But what was the real message behind the Minister for Men series? Bluntly, it's that Australians seem to put up with a lot of garbage.

"What is amazing is the realisation of how much behaviour is part of normal everyday stuff that we don't even notice," Gretel says.

"When we started performing, we realised how easily some of it rolled off the pen or off the tongue. We realised that sexism was underlying... In that series, it was amazing reversing the roles as we did, and how it was just a replication of what our lives are like, and what we put up with".

Originally conceived as a promotional video for Sydney Opera House's International Women's Day event, All About Women, the Minister for Men series became a smash hit across the country. It has been touted by the mainstream media as a feminist triumph – but that's not exactly the label Gretel is looking for.

Born and raised in North Shore's Turramurra, she left her family home at 17 years old to start a new life in the city. She lived in a flat behind Taylor Square on Oxford Street, and became part of the iconic liberal locality that advocated, and still advocates, equality for all.

Gretel says that although her intentions behind the Minister for Men series were innately tied to her hopes for women's equality, she doesn't want the buck to stop there. To Gretel, equality means more than simply women's rights. In an ideal world, she would like equality for all – but she would still be the figurehead, of course.

"For me, sexism is a big issue. But I think the bigger issue is the recognition of all, equally," she says.

"I don't believe in [sexism] being just a cause. I think it is a symptom of a lack of respect for others, which is seen through sexuality, race, class, socio-economic

distinction and in ageism. I don't want to simply trumpet anti-sexism, I want to trumpet all of it... I think everybody needs equal opportunity".

It's fair to say that Gretel wasn't always treated equally in the past, having faced some serious public scrutiny in her years as the host of Big Brother – which, we should all be reminded, she also co-wrote for Channel 10. In 2007, she was axed from the program after the network decided it needed a 'lighter, more energised' approach.

Two years earlier, former Prime Minister John Howard, and former Opposition Leader Kim Beazly begged the network to cancel the program, after two male contestants sexually assaulted a female contestant in the house. Producers refused, arguing that a cancellation would only lead to greater unemployment.

And so, the show remained after two men committed a violent, misogynistic crime on national television.

It's been eight years since Gretel Killeen left Big Brother, and truthfully, times have changed.

"I think amazing steps have been made actually. Ita Buttrose is the lead panelist on studio 10 and she's nearly 70. That's amazing," she says.

"Liz Hayes [from Channel 9's 60 Minutes] is in her late 50s. Lisa Wilkinson: mid 50s. This has absolutely turned on its head. There is recognition now for the wisdom, wit and sassiness of older women in the media... If you've made it that far, you've got grit. And that's worth supporting from a media perspective".

Having well and truly moved on from Big Brother, Gretel is going back to her first career: comedy. Blessed with the beauty of hindsight, Gretel uses her experiences to make an example of society – and always in the most hilarious way possible.

For all that think they are forgotten about by society, never fear. You have a new leader.

Her name is Gretel Killeen, and she has some marvellous words of wisdom for you.

"I think the absolute most important thing that most people don't do - in fact, I think statistically it's like 98 per cent - is that they don't fulfill their own uniqueness," she says.

"And it's the hardest thing in the world to do, but the most rewarding. And I would say to anyone: be brave. Whatever you think your limitations are – push outward from there. Just push, push, push! And see what you're capable of doing".



Pictured: Jackie Loeb and Gretel Killeen

Gretel Killeen and Jackie Loeb will be performing In Search of a G-Chord at the Factory Theatre, Marrickville from May 12 – May 17. For tickets, please see sydneycomedyfest.com.au



So you can't retire until you're 70...

Dr Miriam Forbes

AS MOST OF us have heard by now, the Australian population is ageing. In 25 years we will have 6.2 million Australians aged 65 and over, and there will only be 2.5 people of traditional working age (15-64) to support every person over 65.

This shift in population structure will cause a big problem for our economy, and it means we need to change the way we deal with work and retirement. The current line of thought goes: If Australians work later in life, it will ease some economic pressure and maintain our productivity.

This is why we're seeing new laws that increase the age we can access the aged pension and our superannuation. The government is pushing for people to work later in life, and as a result we are

on track to have the oldest retirement age in the developed world by 2035. These changes are economically driven, but we don't have a good understanding of how working later in life will affect Australians' wellbeing. Will it benefit the economy at the cost of our workers?

My colleagues and I wanted to understand how working later in life is related to mental health and wellbeing for Australians over our average retirement age of 60. I expected that people working full time would be under significant stress and would report poorer wellbeing, compared to people who were working less —say working part time or retired.

Here is what we found in a nationally representative sample of Australians (The

2007 National Survey of Mental Health and Wellbeing). People working part time consistently had the best quality of life, felt less distressed, and reported lower rates of depression and anxiety, compared to people who were retired or working full time. Also, older Australians working full time were no better or worse-off than people who were fully retired. These effects were found for older workers aged up to 80, for men and women, and regardless of whether or not people were physically healthy, married, or experiencing financial stress.

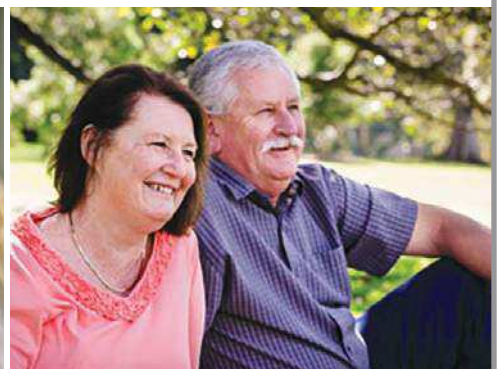
Not quite what I expected, but it makes sense. People working part time can have a good balance. They get to keep the financial stability, sense of purpose, social life, and

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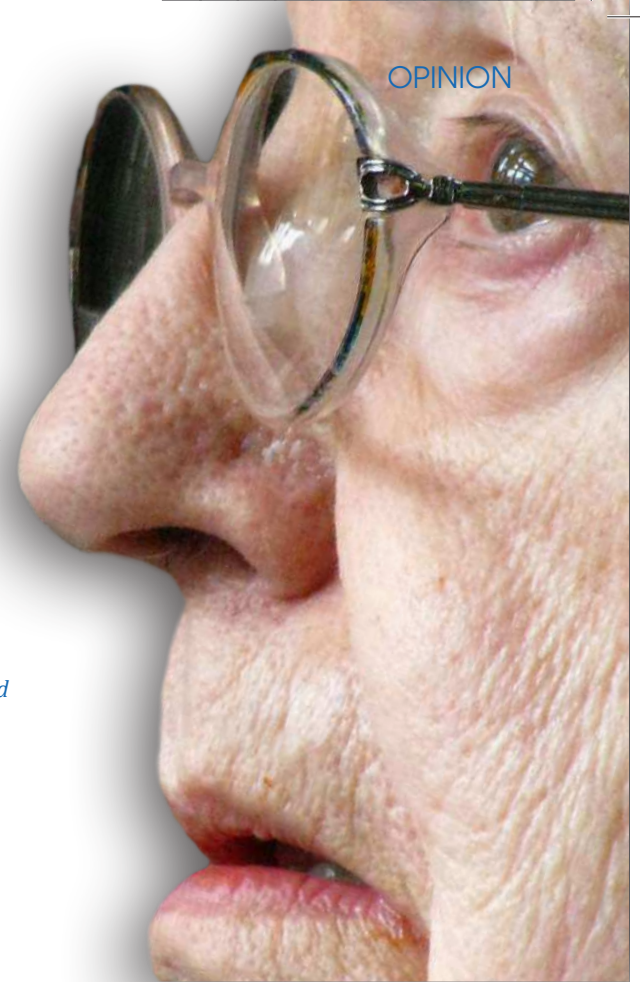
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OPINION



support networks that work provides. They are also released from some of the pressures of full time work, and may have time to pursue other interests and activities. It seems like part time work combines the positives of full time work and retirement, and avoids the negatives.

One caveat is we know control over our lives is vital to wellbeing. We don't know whether the people in our study were working or retired by choice. We would not expect to see great wellbeing in older Australians who need to keep working to support themselves financially.

On the whole, it seems that working part time later in life is a good way to maintain positive wellbeing. Happily, this would also help maintain a productive

workforce in our ageing population. Everybody, including the Government and people who have the freedom to choose their work status, wins. ○

Dr Miriam Forbes is a Postdoctoral Researcher at Macquarie University's Centre for Emotional Health.

The Centre for Emotional Health is looking people aged 60+ who are interested in participating in mental health research. To get involved or find out more, contact Miri on (02) 9850 9163 or miri.forbes@mq.edu.au

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Zoe's Law: Unborn children and women's rights

Kieran Gair

AFTER LANGUISHING IN the NSW upper house late last year, the Crimes Amendment (Zoe's Law) Bill 2013 (No 2) failed after lapsing in November 2014. The bill was introduced following a campaign led by Brodie Donegan, whose daughter was stillborn at 32 weeks as a result of Ms Donegan being hit by a drugged driver. Zoe was listed as one of Ms Donegan's injuries.

Considering Zoe's Law and other foetal homicide laws, it is clear that there are many grey areas that could threaten women's reproductive rights in future.

The law as it stands in NSW currently holds that "the destruction of the foetus of a pregnant woman" is taken to be grievous bodily harm to the woman, unless it takes place in the course of a medical procedure. Ms Donegan wanted her unborn daughter to be recognised as a separate person, ensuring that the perpetrator of the crime would be held accountable for the death of Zoe.

Zoe's Law sought to introduce a new amendment to the New South Wales Crimes Act which would grant personhood to an unborn child of at least 20 weeks' gestation with a body mass of at least 400 grams. Such an amendment would raise important questions about the personhood of a foetus that falls just short of the 20 week or 400 gram cut offs. These questions would need to be considered if Zoe's Law were ever to be applied.



In a related case in July 2013, Indiana woman Purvi Patel procured abortion drugs from Hong Kong in an attempt to terminate her pregnancy in its 24th week. She was convicted in February 2015 of both feticide and neglect of a dependent after she placed the stillborn foetus in a dumpster.

Ms Purvi was sentenced under a law which was passed by the Indiana legislature in 2009 in response to a botched bank robbery in 2008, in which a woman was shot once in the abdomen, killing the five-month old twins she


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was carrying. Ms Purvi's conviction made her the first woman in the USA to be charged and sentenced for giving herself an abortion.

Feticide laws are designed to hold third parties accountable for injuring or killing foetuses, similar to the aims of Zoe's Law. However, by accepting the principle that some foetuses satisfy the definition of an 'unborn child' and accordingly are to be treated as 'persons', we risk calling into question the 'medical procedure' exception. It's important to consider when a medical procedure planned in the

interests of the mother can be classified as harm, and what the consequences of this would be.

The current law provides protection for the foetus, irrespective of the length of gestation or size. However, the wider implications of any future bill premised on the concept of a foetus being treated as a 'living person' poses significant threats to women's reproductive rights. Why risk encroaching on such rights when there is no compelling need in the criminal law to do so? It is crucial to understand that if we start making exceptions, we may become complicit in the watering down of women's reproductive rights, thereby taking a step backward in our nation's progression. 



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ON THE AGENDA

New scheme provides greater choice for Sydney parents

Parents are set to benefit from the new Nanny Subsidy scheme

Christian Berechree

FOR SHIFT WORKERS, raising children can be a constant battle. Many Sydney parents know the struggles of working long and irregular hours, not being able to easily access childcare and not knowing how to do what's best for their kids.

All of that could change thanks to a new nanny subsidy programme. Announced by social services minister Scott Morrison, the programme will see the Federal Government provide almost \$250 million in funds to subsidise the cost of an in-home nanny. The scheme is available to families with a combined household income of less than \$250,000.

According to Minister Morrison, the programme represents the Government's dedication to providing families with more childcare options.

"The Coalition Government is committed to developing a child care system that is more accessible, flexible and affordable and better meets the needs of modern families to be in work," Minister Morrison said.

For parents like Sydney mum and nurse Lauren Webb, the programme is a positive step forward, and an important one for the government to take.

"It's about time they cared about shift workers. I think we get forgotten about," Mrs Webb said.

Mrs Webb pointed out that childcare options and benefits are often geared towards parents who work nine to five. For families like hers, relying on at home care or relatives is the only option.

"My husband and I start work very early in the morning. Before school care

doesn't open then, and unless you've got family backup all the time it's quite difficult," Mrs Webb said.

Mrs Webb and her husband have considered hiring a nanny in the past, finding it to be the best childcare option for their family.

"I know a couple of people with nannies and we looked into it, but it's too expensive," Mrs Webb said.

The subsidy programme makes hiring a nanny more realistic for the Webb family and they will be looking into their options again. However, her decision will depend on the exact details of the scheme.

"If a decent amount is subsidised, I'll consider it, but it could still be very expensive," Mrs Webb said.

Under the scheme, nannies will be required to hold a current Working

With Children Check and to be first aid qualified. They will not require a formal early childhood qualification, a fact which does not worry Mrs Webb.

"I'd really just look for someone who's honest and reliable. Trust is the biggest thing," she said.

Anne-Marie Sansom, Vice President of the Australian Nanny Association (ANA), agrees that formal qualification often isn't an issue for parents.

"Parents are clued in to what they want for their children," Ms Sansom said.

The ANA is a not-for-profit, volunteer based organisation that

represents nannies, nanny agencies and the families that employ them. Ms Sansom said she expects the scheme will benefit both parents and nannies.

"It is going to involve a lot of new families coming in and that will mean new job opportunities coming up," Ms Sansom said.

Ms Sansom said shift workers including hospitality staff, emergency personnel and medical staff will benefit the most from the new scheme, and this is the outcome the ANA hoped for. ○

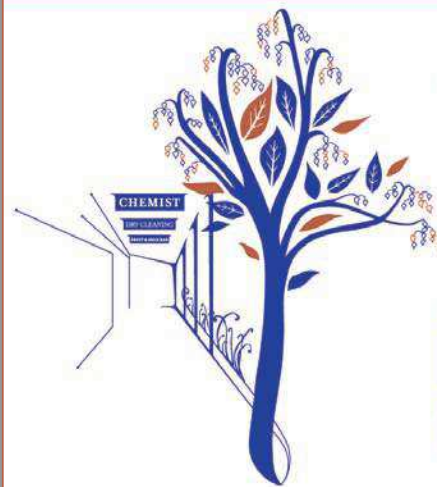
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Local hero takes on his latest challenge

Christian Berechree



IT'S NOT HARD to see that Roderick White has the Australian military in his blood. He's the descendant of WWI and Boer War veterans, and a Vietnam veteran himself. Wearing a red tie commemorating the centenary of the ANZACs and surrounded by military photos and artefacts, the new RSL NSW State President's proud military history is on display.

A Turramurra local and long time member of the Australian army and the RSL, Rod was elected to the position of NSW President in March this year after serving as the club's treasurer for 12 years.

Rod served in the Royal Australian Infantry Corps for almost 30 years with active service in Vietnam throughout the 60s. He joined the RSL in 1971, signing up

at his local club in Chatswood the week after he returned from duty. Rod has had a strong involvement with the club since then, culminating in his appointment as NSW President.

"I've always had an affinity with veteran welfare and I've always had an affinity with military heritage. If you bring the two together, it really fits," Rod says.

He's proud to take a leading role in an organisation that has a long history of supporting people like himself.

"Australia was at the forefront in the 1920s of establishing what was called a repatriation system. That's a big tick in the box for Australia, to have moved so quickly to get a system in place to look after thousands of veterans who were principally in their 20's and 30's, and absolutely struggling," he says.

Pictured: Rod White AM RFD

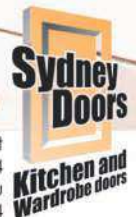
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The position is a volunteer job and one that takes up plenty of Rod's time. It also brings with it a great deal of responsibility, as Rod represents the iconic club for the community and leads it into the future. As he sits in his stately office on the seventh floor of ANZAC House, however, there's no suggestion of ego. Rod simply sees the role as a chance to give back to the club that has given him so much.

"My local RSL sub branch was Chatswood and they sent me two care packages while I was in Vietnam. They also left a box of vegetables every week on my mother's front veranda. She was a widow and these old WWII veterans would leave a pumpkin or something like that for her every week," Rod says.

This is just one example of the kind of support he's seen the RSL provide over the years. Since its beginnings supporting returned WWI veterans to its continuing support of today's troops, the RSL has grown and evolved. Rod is particularly passionate about the club's work with elderly people and points out that over 8,000 people live and receive care in RSL retirement villages throughout the country.

Rod stresses that while the club has changed over the years, its purpose and philosophy have stayed the same.

"What the RSL is about is helping people get on with their lives or giving them some fulfilment," Rod says. ○



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Growing industries lead to more study choices

Maggie Rose



WITH MORE AND MORE HSC student leavers heading to university or TAFE, tertiary institutions have had to try and keep up with the demand in the best way that they can. Many industries today are offering graduate-level positions that weren't around twenty years ago. Social media, science and technology, and fashion are three of the biggest growing areas of study, with these industries booming as a result. With growing industries comes more room for a number of new courses available for enrolment in 2016.

Tertiary education leads the way to achieving your dream career, and with the amount of versatile courses available to students, there's something for everyone – even if you don't reach the required ATAR.

There are many pathways to get you into the course you want, such as Non-Awards, and entering university as a mature age student.

Have a look at the courses available below, and perhaps you'll develop a skill set for tomorrow instead of yesterday.

Bachelor of Creative Intelligence and Innovation – UTS

The Degree takes a diverse look through industry standards of trade. Designed to encourage and develop critical thinking skills, UTS' new degree teaches students how to deal with and solve problems that are facing today's real world challenges. In a nutshell, it is a degree in conceptual thinking, and is probably best for anyone looking to develop their entrepreneurial skills.

Bachelor of Nursing – UTS

Nursing is one of our country's most prized lines of work. UTS has recently redesigned their Bachelor of Nursing curriculum so that new students can undergo further practical training. With the further renovation of various health facilities on campus, students will be trained with the best equipment and staff to help further our health system.

Bachelor of Fashion Design – Sydney TAFE

With increasing producers, as well as a larger online demand, the fashion industry has strengthened to new heights. This new Sydney TAFE course combines all the practical and theoretical skills in forms of technique and design, and is taught by some of fashion's most elite. Studying a Bachelor of Fashion Design is a great foundation for current students to be ready to take on the world of fashion once they leave the institute.

Are you the right cultural fit for your dream job?

Sabrina Muysken

LONG AWAITED GREEN shoots have finally begun to emerge in Australia's job market. Unfortunately, more opportunities will not necessarily mean an easier recruitment process. With an abundance of applicants to choose from, companies are beginning to weed out candidates for reasons that extend beyond their CV.

According to Hays Recruitment Agency's 2015 Quarterly Report, a prospective employee's 'cultural fit' is just as important as their industry experience.

"Employers often take their time when recruiting to ensure they identify the candidate who is the best fit for their team and is most aligned with their way of operating," the report said.

With this in mind, it's more important than ever to brush up on those interview skills. So, here are some tips for gaining employment in 2015:

Update your resume

Look at various industry specific job listings and use similar language when describing your skill sets. Keep the formatting classic, to the point and NEVER make up any information. Remember, it's your resumé that will get you through to the interview stage.

Prepare for the interview

Many interviews start with questions like "Tell me about yourself" and "Why do you think you're right for this role?" Essentially, the employer wants to know your background, your accomplishments and future goals in 1-2 minutes. Come prepared and ready to deliver your personal pitch.

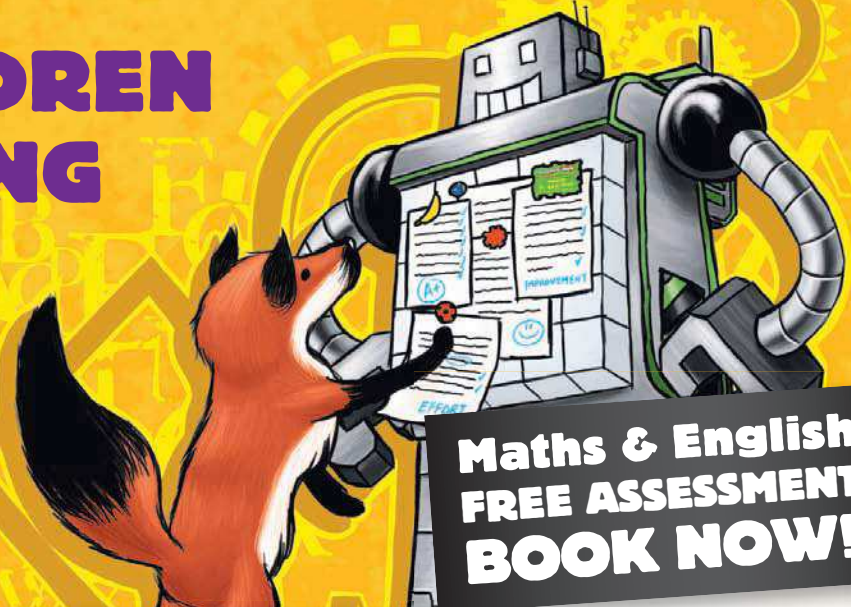
Do your homework

These days it's not enough to just browse a prospective employer's website and skim-read their mission statement. You're being compared with a number of other candidates with similar experience. Showing passion and genuine understanding of their work will set you apart.

Network

It's a cliché, but the old saying "It's not what you know, but who you know" is still true! Networking is a key part of gaining employment. It's important to maintain good relationships and let any connections know you're on the job hunt. You never know what could come out of the woodworks!

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The latest HSC study methods

Stephanie Stefanovic

WITH STUDENTS PREPARING for their HSC trials in the coming months, it seems as though the nerve-wracking exam is just around the corner. As always, students are advised to revise their notes and practice past papers. However, many students find this advice only gets them so far. Fortunately, with recent advancements in learning theory and information technology, there are now more ways to learn and study than ever.

For instance, it is undeniable that there has been a growing trend toward the use of technology to facilitate learning. Picking up on this trend, former Greystanes High School student Shubham Shah decided to work in collaboration with the Board of Studies, Teaching and Educational Standards (BOSTES) to create the *HSC Test Yourself* app, which allows students to test themselves with multiple choice questions from previous HSC exams.

“Students can access the tests 24/7, whenever and wherever they have time, on the bus or train travelling to or from school, for example,” said Paul Hewitt, Executive Director of Curriculum, Teaching and Assessment.

It is clear that digital learning is a growing market. But what about learning in the classroom? According to HSC prep school, *The School for Excellence (TSFX)*, active listening is the most important factor in learning. Contrary to popular advice, the school recommends that students minimise their note-taking, and instead focus on paying attention to the concepts.

According to TSFX’s website, “Those students who dedicate their attention to listening, seeing and writing notes will only remember five per cent of what was presented, whereas those students who listen, watch and absorb can remember up

to 50 percent of what is being presented in a lecture or classroom”.

The school also advises students to learn class material ahead of time, and to sit at the front of the class if they are having trouble concentrating.

“Don’t worry about being labelled a ‘nerd,’” the website says.

Most importantly however, it is important for students to remain calm and take care of their health in the time leading up to their exams, and to remember that HSC results are not the be-all and end-all of success.

For more information on the *HSC Test Yourself* app, see itunes.apple.com/au



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Principal's voice

Stephanie McConnell

I AM BEGINNING with a disclaimer... you might not like what you are about to read! You don't have to agree, but I hope that you might hear me out. Let me also say that there is nothing inherently wrong with the educational artefacts that I am holding up for scrutiny today. It is perhaps more the case that I am questioning their relative importance to other ways of learning and measuring student achievement.

Let's start with textbooks

I am not opposed to textbooks, per se. I believe that they can be a useful resource for students but they should not be the **ONLY** resource and they should not formulate the teaching program. The problem is that textbooks are written to a fairly standard formula and are targeted at a standard ability level. Our world of information overload also means that textbooks are out of date as soon as they are published and for this same reason, they have become prohibitively expensive.

There are some subjects (such as maths) where traditionally there is a heavy dependence on textbooks. However, our staff believe it is important that class time is used for discussion, collaborative learning and sharing. This is called a "flipped learning" environment where the student does the individual logic work at home (possibly with a textbook) and then class time is used to focus on the problem solving elements of maths. I believe that in our future focused learning environment, students need access to a broad range of stimulus from a variety of sources, not just one which has been edited to offer material that one publishing company thinks is suitable.

So what about homework?

I don't disagree with homework at all. Consolidating understanding and practising concepts, as well as investigating and researching, is an important part of what a student should be doing outside school. What I don't agree with is homework for the sake of homework, i.e. homework that is not relevant or does not challenge or stimulate thinking.

Ideally, I would like to see us working towards a "mastery program" in our approach to homework, where students are challenged to master skills and knowledge in various subjects in a much more holistic sense. This would make the student aware of their own learning progression and teach them how to take the next step in that progression.

...and the final frontier: Exams

Exams are the one artefact which is at the very core of the traditional learning model. Educational institutions around the world, and those who run them, love exams. Politicians, the media and, dare I say it, principals, love quoting data from standardised tests such as NAPLAN, PISA and of course the HSC. These tests allow us to make comparisons between schools, systems, states and countries in terms of how successful we are as educators. However, to put all "eggs into one basket" in terms of measuring success loses sight of the fact that exam-style testing is a "snapshot" of what a student could do during a set period of time on one day. In many cases, exams are merely testing a student's ability to memorise and regurgitate information.

In a world where information is at our fingertips, many students question the need to memorise information, especially when they can access the most up-to-date information at their point of need. At Turrumurra High School, we are working with academics from UTS to develop new ways of measuring student learning which are in line with changing methods of teaching. I believe that exam style tasks may still have a place in a future-focused learning environment but they should be an assessment **FOR** learning, not just an assessment **OF** learning.

Your growing capital might actually cost you more

Steph Nash



FOR HOMEOWNERS, THERE'S nothing more satisfying than watching the value of an investment soar to create a profit. CoreLogic's RP Data home price index for January showed that the average house price in Sydney jumped 13 per cent within a year, with the median value tipped to eclipse the \$1 million mark in a few months. Although this may come as good news to those already in the market, those looking to enter are having a fairly rough time. So tough, in fact, that the Housing Industry Association (HIA) has warned that current market conditions may lead to an affordability crisis, which could in turn mean the dreaded formation of a housing bubble.

There are a number of factors involved in the regulation of the property market.

Firstly, there is the state of the economy. The AUD plummeted in early February, following the Reserve Bank of Australia's (RBA) first cut of the year. The cash rate fell to 2.25 per cent, which in turn brought the dollar down to around 76 US cents.

Commodities are now more expensive,

thanks to rising import costs and lower wages. Not only that, Capital Economic's chief Australian and New Zealand economist, Paul Dales, predicts the current slowing of our economy will foster a steep rise in unemployment by 2016. It is ideal for housing affordability to remain stable in times of unrest. A housing bubble could have a detrimental impact on the economy.

Secondly, there is government planning. With the Australian Bureau of Statistics (ABS) expecting Sydney to see a population of around 8 million in the next 35 years, it is vital for the supply of housing to keep up with the exponentially growing demand.

The HIA reported in early March that the national rate of new dwelling approvals has improved, but warns that policy makers must urgently speed up the process to make the market more competitive.

The recent RBA rate cuts aimed to assist Sydney's growing affordability problem, but J.P. Morgan's Chief Economist for Australia, Stephen Walters, recently argued that our slowed economy was

failing to act on the reduced rates. Although faced with mounting pressure to further slash rates, the RBA have decided to hold-off for a few more months. It is worried that if they don't, housing prices will continue to soar to dangerous peaks, increasing the possibility of a market crash.

Although current property owners may be enjoying the fruit of their investments, the high probability of a market crash could see housing values plummet within the next two years. Selling and downgrading while the market is at a peak level is advisable, so that you can hopefully make the most of your investment. Don't wait until it's too late – especially those in financial debt.

For first home buyers, the advice is bleak. Buying a property in Sydney in 2015 is very risky – it's just not a good time. It would be much safer to wait until the market has cooled down, so that you can hopefully dodge the dreaded business of negative equity.

For more information on housing affordability, please see hia.com.au ○

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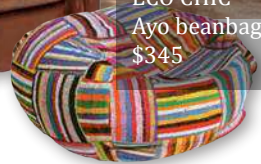
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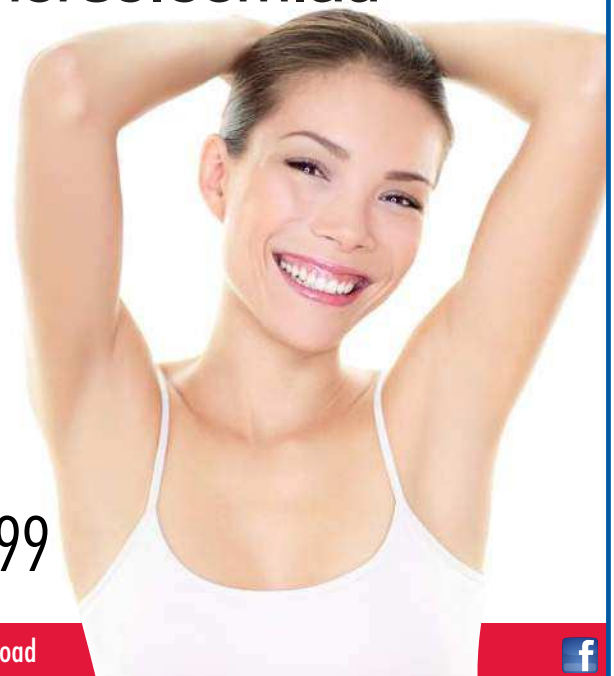
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WHY GREEN THUMBS LOVE IT WHEN THE LEAVES TURN BROWN

Mike Perry

SHORT SUNNY DAYS and long crisp nights, falling leaves and fiery sunsets. Autumn is here, and the (gardening) crowd goes wild.

Life on the surface is cooling down, while underground the weather is still warm. It's an ideal combination for plants – especially young ones – and our gardens are powering at full pace. For those of us with shovels in hand, the drop in temperature is welcome after summer's relentless heat (and sweat), and though the days are shorter, you'll find yourself packing more into them. Happier plants and better weather for working – this is definitely the time to plant, especially your evergreens.

So what should you put in? Pretty well whatever you like. But if you're swamped by choice and struggling to decide, why not start with some of these:

Garlic

No meal should be without it. Breakfast, lunch, dinner, dessert – get some garlic in there and you're on to a winner. But not all garlics are equal. As anybody who's eaten the home-grown kind will attest to, the difference in flavour between those and the store-bought type is incredible. They're as easy to grow as they are good for you. Choose a sunny spot with moist and free draining soil, work in some compost and cow manure, then plant individual cloves pointy side up about 100mm deep and leave them until spring. Each clove will form an entire head of garlic, which when hung to dry will keep for months. At Four Seasons Nursery you'll find all the cloves, compost and manure you need, plus a heap of other cool-season edibles too if your veggie patch is looking a little bare.



Tibouchina

I've sung their praises before and I'll sing them again: Tibouchinas are autumn superstars. Bringing vibrant purple, pink and white to the autumn colour palate, these tough and easy trees and shrubs should be featured in every garden. There's the "Alstonville" tree form for those with the space for it, while "Jules" and "Groovy Baby" are smaller shrubs that can fit in almost anywhere. Give them plenty of sun and they'll give you plenty of flowers, which – with their prominent curly stamens – are like little psychedelic monsters (in a good way, trust me).

Camellia

One for the shadier spots, Camellias are a gardening classic – and for good reason, too. There's a swarm of different cultivars, each with a unique and eye-catching flower, and they can be used in a variety of ways in the garden. Feature trees, shrubs, groundcovers, hedges ... As long as they're in moist (but not wet) soil and away from the hot afternoon sun they'll do well, while a little bit of fertilizer will help them to thrive. Camellias are currently in flower, so now is a better time than ever to visit Four Seasons Nursery and choose your favourite.



Of course, if your garden is packed to the brim already, there's still heaps for you to do before it gets too chilly to bother. Why not throw some fertilizer around, top up your mulch, or get the autumn foliage into the compost bin? A little extra love given to your garden now will come back to you tenfold next spring.

Mike Perry is a horticulturist from Four Seasons Nursery. To contact Four Seasons Nursery, please call (02) 9450 160.

Sydney Observer

Health Corner

Sabrina Muysken

Mindful Eating

Health trend alert: Mindful. Eating. *Say whaaat?* This ancient practice is the latest wellbeing craze to hit Sydney. Essentially, mindful eating encourages us to choose foods with deliberate intention. Being aware of the colours, scents, tastes and textures of food whilst we ingest them is said to have an array of holistic health benefits. Not only will your enjoyment of nutritious meals increase, but you're much more likely to maintain a healthy weight and prevent future digestion issues.

Chewing mindfully and at a slower pace will also ensure optimum nutrient absorption, leaving you with the energy levels needed to see you through the day.



The New Gym Buddy

Wearable health technologies such as sleep monitors, calorie trackers and step counters, are becoming increasingly popular - and with good reason! Whether it be an Apple iWatch, Fitbit or general fitness band, these gadgets are designed to keep you honest with your proposed healthier life choices.

Statistics based on how much (or how little) activity you undertake provide individuals with that extra oomph of motivation needed to achieve their 2015 health goals. Moving more, consuming fewer calories and getting optimal sleep has never been more fun. The more attention you pay to healthy actions, the greater chance you'll improve on them.



Sweat it out

Have you ever wondered about the key to living longer? Search no more, the answer is here: sweaty exercise. According to a recent study published in the JAMA Internal Medicine Journal, those who participated in regular vigorous exercise were up to 13 per cent less likely to suffer a premature death than those who exercised moderately.

High intensity exercise that makes us sweat and increases our breathing rate is linked to decreased inflammation, blood fats and blood pressure, as well as an improved ability to function in our daily lives. So, what constitutes sweaty exercise? On a scale of 1 to 10 (where 10 is your absolute limit), any activity around the 7-8 mark is what you should be aiming for.



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Dr Ian Sweeney

Cosmetic dentistry and self esteem

INCREASINGLY PATIENTS FROM all age groups are reporting deliberately hiding their teeth by not smiling.

Evidence suggests physical attractiveness can have an important impact on an individual's self-esteem. Self-esteem refers to the self-evaluation a person makes. It expresses an attitude of approval or disapproval and indicates the extent to which a person believes he or she is capable, significant and successful.

There is sufficient evidence to show the face is of particular importance in determining social acceptance. In fact, a survey of MBA graduates showed that more attractive MBAs earn more than less attractive graduates once on the job. Likewise, the oral rehabilitation of a patient has been shown to have a major psychological impact on

self-esteem and social acceptance.

Restorative Dentistry often involves the restoration of lost and missing teeth. Teeth may be restored a number of ways. Removable appliances (dentures or partial dentures), bridges (artificial teeth bonded to natural teeth), implant supported teeth (artificial teeth supported by titanium screws) and orthodontics.

Cosmetic techniques used to create a dazzling smile include tooth whitening, resin restorations, porcelain veneers and crowns.

Porcelain veneers are a wafer-thin shell bonded to the front, side and edge of a tooth, designed to enhance the way it looks.

Crowns are caps that fit over and around

a tooth to protect it or change its shape or colour. Tooth whitening is a process of whitening teeth using a whitening gel. This process may occur rapidly in the dental office, or more slowly at home over five to ten days.

All patients need to be assessed differently. The needs of a young adult with crooked or crowded teeth are different to an older patient who has lost their manual dexterity and therefore the ability to maintain their own natural teeth.

Often, the only similarity between such patients is their desire to "look good".

Restorative dentistry may not be able to solve every problem, however often a small "adjustment" to correct a perceived anomaly may be all that is required to radically change the way a patient feels about their smile and possibly their self.

If your smile concerns you, you should talk to your dentist regarding the different options that are available.



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Kerrie Erwin



Stephanie:

I have a lot of different interests and talents. What field will I end up working in?

I feel you are very creative, sensitive and highly intuitive. You also have a very good memory and sometimes it is hard for you to let things go when you have been wronged, as you have a tendency to hang on to things unnecessarily. People are not perfect and this is something you must learn, along with healthy boundaries. Having a creative imagination, any type of writing or artistic expression is good for you so long as you give it everything you've got. When you do this, you will also go right to the top, as you can be very driven.

I also feel you have a very strong passion for all humanity and causes, so the helping or humanity services would be good as well. Whatever you do, love family, children, security, and money are very important to you. This year is an opportunity for work and study, so make the most of it. Whatever you dedicate yourself to you will be successful, believe it or not.

This is spot-on and I'll keep it in mind. Thank you Kerrie! - Stephanie

Nick:

I'm feeling lost. Where will I be in five years?

I pick up a cluttered mind with you and I feel that it is important for you to learn how to meditate. Not only will this clear your mind and help you focus on what it is that you really want in life, but it will also give you more energy, as your energy level is low. 20 minutes of meditation a day is equal to four hours of sleep on the theta level of the brain. So if you could do this, imagine how much time and energy you would have to dedicate to things that you really love, instead of wasting your time with people and situations that do nothing for you. Most successful people in the world have a good plan, a well-balanced diet, and know exactly what they want. Stick to this routine and you will soar. I also feel that relationships will be important for you this year.

Oh wow, how did she know I was so unorganised? She's right though, I should probably start meditating more. Thanks a lot! - Nick

Bill:

Is my Mum safe?

I sense a female in the spirit world that had breathing difficulties toward the end of her life and was sick for a long time. The spirit connection is very strong and extremely loving toward you, and I feel you know who this is. I am not sure if the woman was your grandmother or mother but they are telling me not to worry, as everything is good. I also have a dog in spirit around you as well. You need to look after your health and on a positive note; I see changes in your work. Now is the time to do the things you love and when you ask yourself what it is that is lacking in your life, you will attract it. It's time to move on and make the most of your life. Self-expression and loving relationships are two qualities that are very important to you, although at times you may not show it. I also get some unexpected travel coming up in your future.

I'm glad to hear this, it's good news. I'm very tied to my work so it's hard to imagine leaving, but I suppose I'll see what happens. You're definitely right about self-expression and loving relationships, though. - Bill

WINTER IS NOT far away and that means spending more time indoors. Finding a cosy place to sit down and relax is very important during this season and that brings chairs into focus. Comfort Discovered knows all about chairs.

You might have one or two favourites. All chairs give you some support, but think about the following questions: Do you need extra support? Do you sit in the same chair for long periods? Do you find it difficult to sit down or get up?

If the answer is yes, a Rise-Recliner could make life easier for you.

Rise Recliners use a combination of rising action to help with sitting and standing and reclining action to help you sit more comfortably. This improves mobility and can even help with some medical problems. Check with your medical professional to find out what's best for you.



There are a lot of factors to consider before buying a rise recliner. Here are a few:

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- The carrying capacity of the Chair
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- Does it have a head rest?
- Do you need a side pocket?
- How easy are the controls?
- On which side is the control?

It is important to sit on one and try before you buy. Don't forget to ask about the Warranty. Comfort Discovered have a variety of Rise Recliners in stock. With 30 years of experience, Comfort Discovered will help meet your needs. They will have a chair that suits your taste, size, functions, available space and budget.

Call Comfort Discovered on 9987 4500 or visit them in store, open 7 days, to take advantage of their special offers on Rise Recliners this winter.



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FIVE FITNESS TRENDS FOR 2015

John Seroukas

IN LIFE, THERE are a few things you can be certain of – taxes, New Year’s resolutions centred around getting fit, and new fitness trends that cater to these (broken) resolutions. Whether it’s stretching butt naked in a room of other brave, bare men or playing a volleyball/football hybrid in Adalucia, Sydney Observer takes you around the world to find new ways of getting fit. Strap yourselves in; some of these trends are interesting, to say the least.

Bossaball (Spain, Europe, Brazil)

Do you like volleyball and soccer? How about dancing? Well amigos, por que no los dos!?

This wonderful creation is an amalgamation of volleyball, soccer and traditional Brazilian capoeira dancing. Doesn’t sound fun yet? The game is played on trampolines on the beach. What’s more, the referee chooses the samba music blaring in the background as teams of 3-5 players try to reach 25 points.

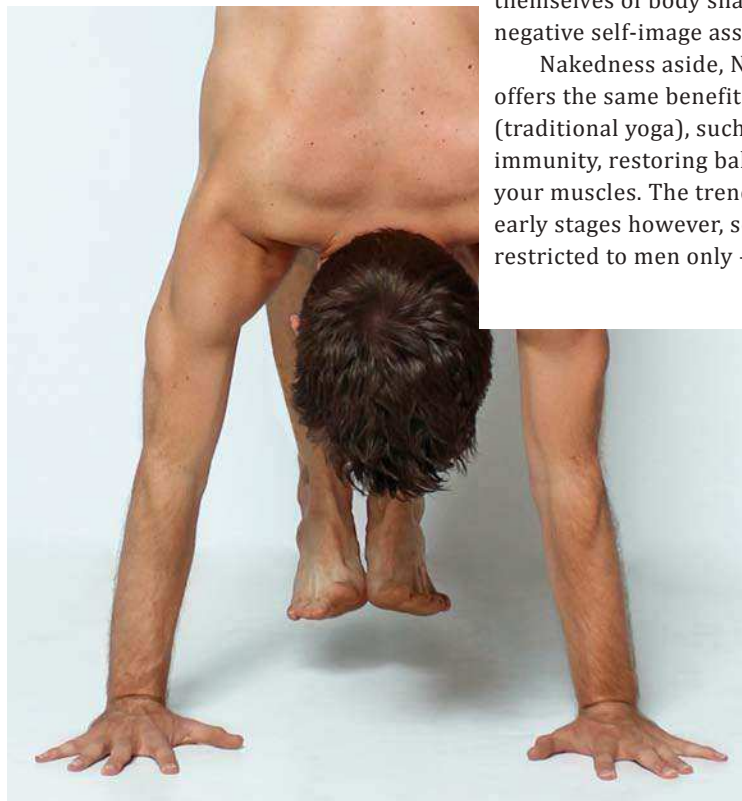
This exciting sport is yet to hit Australia’s shores, but keep an eye out for it (and the people with abs that play it).



Nude Yoga (USA, Australia, Europe)

One of 2015’s more left-of-centre trends, Nude Yoga (aka Nagna Yoga) is definitely not for the faint-hearted. Having originated in the USA, classes are now available in Sydney’s Potts Point and St Peters. Being in a room full of naked strangers, Nagna Yoga participants are encouraged to rid themselves of body shame and other negative self-image associations.

Nakedness aside, Nagna Yoga offers the same benefits as Hatha Yoga (traditional yoga), such as boosting immunity, restoring balance and freeing your muscles. The trend is still in its early stages however, so classes are restricted to men only – sorry ladies!



Martin Rooney’s Hurricane Training (USA)

Founded by Mixed Martial Arts (MMA) super trainer Martin Rooney, Hurricane Training offers an intense workout that increases fitness and burns fat. The secret lies in the routines, which are split into five categories ascending in difficulty. These consist of short, intense intervals aimed at working different parts of the body to mimic an MMA fight.

While physically beneficial, Hurricane Training is just as good for the mind, where its exercises help participants push themselves to the limit, cultivating confidence in the process.



Barre Fitness (USA, Australia)


If you're not into intense exercise, Barre Fitness may be the option for you. Conveniently, it can be done in the comfort of your own home - all you need is something sturdy to lean on.

Exercises consist of small, isolated movements and plenty of reps, aimed at improving posture and burning fat. Done in high intervals, toe caps, calf raises and planks for example, can help you get into shape without it feeling like a chore.

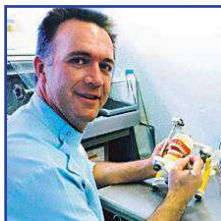


Bokwa Dancing (South Africa)

The most lively of our trends, Bokwa dancing is a South African trend that has recently taken off in the UK and Australia. What makes Bokwa so appealing is the absence of choreography - participants simply learn to mimic the shapes of letters and numbers.

Moreover, you can add your own moves as you go, be it a cheeky shimmy or a violent bop. Bokwa lends itself to either high or low intensity (depending on the participant), while the contemporary pop music creates a fun and vibrant atmosphere. Eat your heart out Zumba, Bokwa is the new thing! 

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THE TRUTH ABOUT WOMANHOOD

Steph Nash



YOU KNOW INSTANTLY that a book titled "Moody Bitches" is going to be an intense read.

The author, Dr Julie Holland, is a highly recognised American psychopharmacologist. She routinely plays the health expert on American breakfast television and has written a number of best-selling books on psychotherapy and the mental health effects of narcotics.

These days, it is rare for a patient to leave a GP's office without a prescription. In America, the situation is undeniably worse. Around 70 per cent of Americans are prescribed psychotropic medication for mental health problems, earning the pharmacology industry around \$16 billion per year on anti-psychotics alone.

Although the rate of mental illness is on the rise, Dr Holland argues that women are commonly misdiagnosed for problems that can be resolved with certain lifestyle adjustments.

In my eyes, this makes Dr Holland a visionary. Finally, a doctor who isn't going to force body-altering drugs down our throats.

Moody Bitches is a refreshing and at times shocking wake-up call for any woman questioning her own emotional behaviour. In a nutshell, Dr Holland tries to educate women about the stigma of their 'moodiness'. Being moody is not a mental illness, and should not be confused with clinical depression. Psychotropic drugs, such as anti-depressants, may give you some noticeable results (such as better focus and less irritability). But they're most likely stifling your personality, and may be causing greater

problems than you think.

If you find yourself questioning your own behaviour and notice that you are at times experiencing a reduced libido, increased irritability and emotional sensitivity, Dr Holland says sorry – but you're probably just pre-menstrual.

For the skeptics, Dr Holland describes the main differences between men and women as chemical, with the female brain containing some noticeable evolutionary differences. Women are born with a larger memory centre (hippocampus) and self-awareness seat (insula). Together, these areas of the brain work together to help you remember more about yourself and others, feel more empathy, and react to criticism more sensitively.

Depending on the stage of your cycle (and whether you're peri- or fully-menopausal), these chemicals can alter your mood. For instance, you will notice an increased libido and softness of temperament in the first two weeks of your menstrual cycle. In the lead up to ovulation, your body produces large amounts of estrogen and as a result, you become intent on attracting a mate. In the second half of the cycle however, progesterone replaces your plummeting estrogen levels, and you're likely to experience irritable PMS symptoms, after the egg is released.

In the same instance, men also have chemical characteristics that result in gender polarising behaviour. Elevated levels of testosterone can impair feelings of empathy and general methods of communication, which may make you second-guess all those times you thought

your partner was behaving insensitively.

According to Dr Holland, knowing that you are chemically different to men is just half the battle of managing moodiness and anxiety. The rest involves making a few lifestyle adjustments, which will help you to feel more relaxed and in control. ○

Dr Holland's Tips for Managing Your Mood:

Eat sensibly

Don't give in to those emotional binge sessions! Avoid chocolate – as much as you think it helps, it really doesn't.

Sleep more

Go to bed early. If you're having trouble sleeping at night, it may be because of some underlying emotional anxiety. Try drinking herbal teas or meditating.

Manage your stress

Inflammation, which is the first step of immune response, can be brought on by severe stress. This will cause your body to fight itself, and leave you prone to infection. Take some steps towards actively managing your stress: start a diary, talk about your issues with a loved one or start a low intensity fitness program.

Have better sex

The chemicals released by orgasm can really brighten your mood and make you feel closer to your spouse. Some women find it very difficult to climax, so take the time to learn about what works best for you.

Exercise

Getting fit will help you to feel better about your body, and reduce those negative thoughts associated with body image. The stronger you become, the more fabulous you're going to feel.



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Your guide to Sydney Writers' Festival

Stephanie Stefanovic

EVERY YEAR THE Sydney Writers' Festival brings together accomplished writers of contemporary fiction and non-fiction, including some of the world's leading public intellectuals, scientists, journalists and novelists. Driven by the contemporary issues and ideas featured in today's writing, the programme hosts over 300 events across Sydney, stretching from the Festival Hub at Walsh Bay to the Blue Mountains. This year, there is a diverse and captivating range of events to choose from. Here are some of our favourite picks:

Xinran: *Buy Me the Sky*

When: Wednesday May 20,
12.30pm–1.30pm

Where: Chatswood Library on The Concourse, 409 Victoria Avenue, Chatswood

Cost: Free, bookings required

Engage in a story-telling session from author Xinran, as she tells the extraordinary stories of men and women born and raised under China's single-child policy. Xinran shows how they personify the hopes and fears of a great nation at a time of unprecedented change. For bookings, call 9777 7900.



Michael Mori:

In the Company of Cowards

When: Friday May 22, 12.30pm–1.30pm

Where: Chatswood Library on The Concourse, 409 Victoria Avenue, Chatswood

Cost: Free, bookings required

Be enlightened as military lawyer Michael Mori describes his experience representing infamous detainee David Hicks in Guantanamo Bay. He tells of his growing outrage at the US and Australian governments' disregard of the basic values of due process and equality before the law. For bookings, call 9777 7900.

Family Day: *Lies, Fibs and True Tales*

When: Sunday May 24, 1.30pm–2pm

Where: Pier 2/3 Club Stage, Pier 2/3, Hickson Road, Walsh Bay

Cost: Free

Test your lie detection skills with Andrew Daddo, James O'Loughlin, Will Kostakis and Andy Jones, who will tell hilarious tales and ask you to decide which are true or false.

Anne Manne: *On Narcissism*

When: Friday May 22, 2.30pm–3.10pm

Where: Pier 2/3 Curiosity Stage, Pier 2/3, Hickson Road, Walsh Bay

Cost: Free

Indulge in an exploration of narcissism throughout popular culture, using examples such as Kanye West and Lance Armstrong. Columnist Anne Manne discusses the dangers of this ever-growing trait.

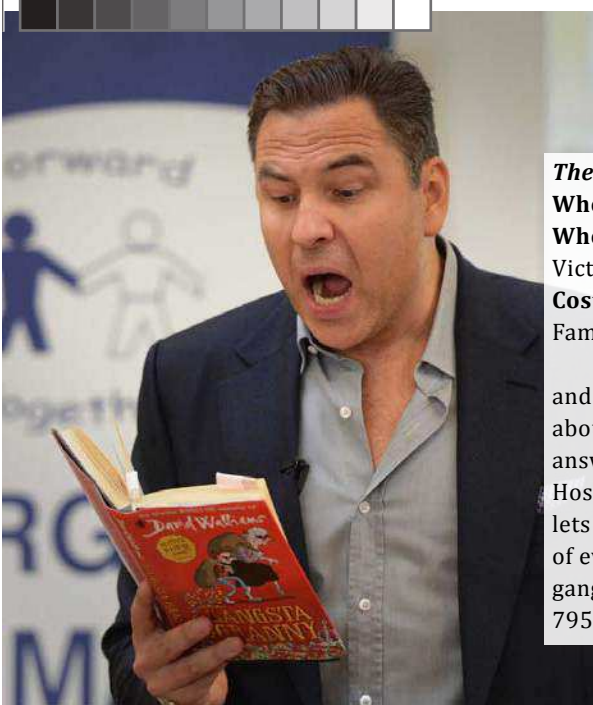
Mike and Brenda's Bondi Wedding

When: Friday May 22, 7pm–8.30pm

Where: Bondi Pavilion, Queen Elizabeth Drive, Bondi Beach

Cost: Free, bookings required

Join Rock Surfers Theatre Company as a combination of the city's sharpest comics, writers and storytellers propose a toast to (imaginary) couple Mike and Brenda. Complete with shonky wedding band, stale fruitcake and embarrassing family secrets. To make a booking, call 1300 241 167.



The Whopping World of Walliams

When: Friday May 22, 6.30pm–7.30pm
Where: The Concourse Concert Hall, 409 Victoria Avenue, Chatswood
Cost: Adults \$20, Children under 16 \$15, Family \$60

Come see best-selling author, actor and comedian David Walliams as he talks about his work, reads from his books and answers questions from the audience. Hosted by Gretel Killeen, Walliams lets you into his world in a discussion of everything from demon dentists to gangsta grannies. For bookings, call 1300 795 012.

Ross Gittins:

The Financial Rollercoaster

When: Wednesday May 20, 7pm–8pm
Where: Hurstville City Library, Cnr Queens Road and Dora Streets, Hurstville
Cost: Free, bookings required

Listen as Ross Gittins runs through the booms, busts and recessions that have made up the financial rollercoaster that is the Australian economy. A seasoned expert, Ross has had a ringside seat through 40 budgets, 16 elections, 13 treasurers and 8 prime ministers. To make a booking, call 9330 6142.

Emily St John Mandel: On Pandemics

When: Saturday May 23, 3.30pm–4.10pm
Where: Pier 2/3 Curiosity Stage, Pier 2/3, Hickson Road, Walsh Bay
Cost: Free

Learn from novelist Emily St John Mandel about the history of humanity's repeated brushes with mass contagion, and how despite developments in health technology, we are now more vulnerable than ever.

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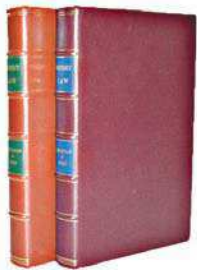


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Treasures of Cape Town

Anya Treurnicht

A trip to Cape Town, South Africa should definitely be on your bucket-list, if not in your top ten. With sprawling beaches and mountainous surrounds, it's a road tripper's utopia.

Cape Malay / Bo Kaap

Incredibly rich in both colour and culture, Bo Kapp sits nestled just underneath Lion's Head and above the city of Cape Town. Also referred to as District Six or the Malay Quarter, you simply cannot miss this part of town.

Walking along the streets admiring the houses, one thing you'll notice is the lack of noise and traffic. You may even run into some locals who (if you catch them in the evening on the corner of Kloopnek Road), play the drums, sing and dance on the cobblestone streets. This is a well-known tradition and simply

part of the Malay culture that is known to the township of Bo Kaap. If you're in Cape Town around New Year, you will definitely hear the march of the Grand Parade where men, women and children walk and dance along the streets in true Rio Carnevale style! Indeed, the vibe of Bo Kapp is as bright as it looks.

A few other recommended places to stop by for coffee, lunch or shopping are: The Haas Coffee Collective, Mumbai Café, & the Cape Malay Quarter Centre.

Table Mountain

Table Mountain is the ultimate trademark for this city, settled on the tip of Table Bay, South Africa. While in Cape Town, you can think of it as a compass. You'll either be driving away and alongside it, driving toward it or around it – taking in spectacular views along Chapman Peak's Drive and the beaches of movie-scene beauty Clifton.

Clifton

Clifton is one of the most exclusive residential areas in Cape Town. Clifton Beach is also referred to as Clifton's Beaches. If you invite someone along, they will more than likely ask you "Which one?" This is because Clifton has a set of four beaches, named first to fourth. First is best suited to surfers, whilst Fourth Beach is known as the family beach where boats and yachts anchor off its shore and children and parents play and have picnics on the sand. Third Beach, pictured below, is known for its gay culture – and if you stumble upon this

particular bay, you'll immediately note the bronzed models and body-builders around you. Second Beach is most popular with students and locals; it is the smallest bay, however everyone who visits Second Beach will feel like part of the community.

Clifton is a must if you're dreaming of a quiet day on the beach to catch some sun, swim in beautiful turquoise waters or climb some boulders. Yes, you read that right; the large, grey boulders which sit between each of Clifton's beaches are the areas ultimate trademark, making it like no other beach you'll visit.

82

80

Chapman's Peak Drive

If you're up for a quality road trip (whether it's just for the afternoon or even a few days), having a car or hiring one is definitely worth it. This scenic, marine drive winds its way around Table Mountain and shows the beauty of the Atlantic Coast at its best.

You can either stay in the car for the afternoon and take in the scenery, or you can stop along each viewpoint and explore the surroundings. On one side is the open ocean, and on the other is a towering mountain. This drive is a paradise not only for drivers, but also for runners, hikers and cyclists alike. ○

autumn escape

FALL IN LOVE WITH THE HIGHLANDS



A true autumn experience - just 90 minutes from Sydney & Canberra. Magnificent landscape of changing colours, renowned food & wine scene, shopping and a calendar of iconic Southern Highlands events. Enjoy the following mid-week stays with us:

1 NIGHT	2 NIGHT'S	3 NIGHT'S
\$249 PER NIGHT	\$219 PER NIGHT	\$199 PER NIGHT
DELUXE SUITE TWIN SHARE	DELUXE SUITE TWIN SHARE	DELUXE SUITE TWIN SHARE

- Full breakfast for 2 overlooking Mt Gibraltar
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- Cheese and wine tasting at vineyard
- Local dining experiences

*Upgrades available to spa and rooms overlooking golf course & Mt Gibraltar.
Offer till 31st May 2015. Subject to allocation availability. Surcharge applies for weekends.*

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GIBALTARBOWRAL.COM.AU

Charmed: Thai with a Twist

Stephanie Stefanovic & John Seroukas

NOT JUST ANOTHER restaurant, Charmed does Thai with a twist.

Walking in from a busy and bustling street, Charmed offers a tranquil escape. One of the first things you will experience is the delicious aroma wafting in from the kitchen, coupled with the scent of incense, which offers an authentic Asian touch.

Adding to the atmosphere is the mixture of traditional and modern décor, represented through a contrast of modern, trendy building materials and traditional Thai artefacts. Owner Yadanee (Gift) Ariyachokchai says this has been done in order to cater

Fresh, aromatic and light, the food at Charmed is unlike many other chains.

“I want people to feel charmed,” said the restaurant owner. Taught to cook by her family in Thailand, Gift decided to open a restaurant with her husband 4 years ago and has been successful ever since, with locations in both St Ives and Wahroonga.

“I always think different,” she said. Hoping to transform Charmed into a restaurant by day and a café by night, the restaurant owner aims to show customers a different side of Thai cuisine.



to the different generations and demographics in the St Ives area.

Using fresh ingredients from Thailand, the chefs at Charmed St Ives make food that is both traditional and modern, catering to a wide range of customers. In fact, they even go so far as to switch out their menu on a monthly basis in order to keep regular customers on their toes.

“When they come, I want a new menu for them because they come two or three times per week,” said Gift.

“Everybody always thinks, ‘Oh we’re Thai, we cook Thai food’, but I think that we can open a café. Thai people can do [both] coffee and food really well,” said Gift.

Considering the restaurant’s success, it’s clear that the owners know how to make their customers feel charmed. ○



Fresh Autumn foods

Sabrina Muysken

HAVE YOU EVER been to the supermarket and bought mangoes – even though it's the middle of winter? Chances are those mangoes were imported from a tropical country near the equator. By now most of us are well aware of the many health benefits of eating natural and organic produce. But before you get too complacent, here's another wellbeing tip to consider: eat what's in season locally.

Our bodies are predisposed to eating in accordance with the climate we're in. Just as a hot summer's day calls for a refreshingly hydrating piece of watermelon, there's nothing more comforting than a bowl of creamy pumpkin soup on a cold winter night. Not only do our taste buds crave temperature-appropriate foods, the rest of our bodies do as well. We are physiologically designed to more easily break down the produce of the relevant season.

Beyond the health benefits, local produce simply tastes better. When food isn't in season locally, it's generally shipped from across the world or on the rare occasion, grown in a hothouse. Both methods can affect the taste. Fresh locally harvested foods retain their full flavours and nutrients for our enjoyment, and save the environment from unnecessary transport pollution.

If you're still not convinced, buying produce that is in season locally is not only healthier and more delicious, it's also easier on the bank balance. When you next head out to your local farmers market, get familiar with what fruits and vegetables are ripe and ready to be devoured.

Here's a helpful list of foods in season to get your taste buds salivating throughout the chilly months ahead . . .

Autumn



Vegetables

Carrot
Pumpkin
Sweet potato
Lettuce
Asian greens
Zucchini
Tomato
Ginger
Brown onions

Fruits

Pear
Grapes
Pomegranate
Kiwifruit
Guava
Lime
Banana

Winter



Vegetables

Carrot
Cabbage
Beetroot
Kale
Ginger
Olives
Celery
Broccoli
Cauliflower
Spinach

Fruits

Apples (all types)
Mandarin
Pink grapefruit
Pineapple



Charmed

by Hanuman Thai

Charmed by Hanuman Thai proudly serves you our modern Thai foods which are carefully adjusted to your taste.

We use fresh raw materials combined with beautiful food decoration to create an excellent taste with a great look.

Our restaurant started in 2010 as Hanuman Thai in St.Ives. Then in 2012, a second branch was opened in Wahroonga and our name was changed to Charmed.

The restaurant is decorated in a contemporary style where you can relax and enjoy your meal at the same time.

Charmed in St.Ives

198 Mona Vale Rd, St Ives
Tel : 9988 4667 or 9449 1719
Open 11am - 3pm , 5pm -10pm

Charmed in Wahroonga

19 Redleaf Ave, Wahroonga
Tel : 9487 2189 or 9489 5610
Open 5pm - 10pm

www.charmedthai.com.au

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The ultimate coffee snob cafe

Steph Nash

YOU'LL BE RAVIN' about that Haven.

Another café has opened in Surry Hills. I know right, what else is new? Surry Hills might just be the coffee-snob's paradise, with venues like The Reformatory Caffeine Lab and Devon Café attracting caffeine addicted regulars from all over the city. With such fiercely rife competition, new coffee shops in Surry Hills need to pull out the big guns to make their mark.

And the new Haven Café has done just that.

Two words: Coffee. Tailoring. The new kid on the block promises a completely customisable coffee experience for every customer, allowing the fussiest of drinkers to put their in-house baristas to the test.

Want a sweeter tasting coffee with less acidity and a full body? No problem.

How about a smooth cold-drip coffee with a nutty aftertaste? You got it.

It's a coffee-snob's Mecca.

Customers can tailor their coffee from the Haven Café flavour chart. On request, your barista can control the aroma, sweetness, acidity, body and aftertaste of your beverage.

According to the talented men and women

at Haven, there is no task too great. They apparently enjoy the challenge, and welcome the most particular coffee drinkers to put them to the test.

We had a chat with Barista Bruno Koo, who is a former sensory judge of the World Barista Championships in Hong Kong. He said that there are a few ways in which a barista can tailor the coffee to suit the drinker. The size of the grind, temperature, brewing time, coffee to water and milk ratio, and origin of the coffee beans can all affect the outcome of your coffee. Haven are lucky enough to have a plentiful wait staff, as well as two coffee machines to help you find the coffee of your desires in next-to-no-time.

If you're dining in, the flavour of your coffee can be controlled with a small portion of edible goodies. For instance, a handful of almonds might make your drinking experience that little bit more velvety. Or, if you're after a fruity flavour, you might try munching on a few currants.

Sound complicated? If you're not a coffee connoisseur, this probably isn't for you. But if you knew what was on the menu, you'd probably go out of your way to find it...



If your own personalised coffee isn't enough, Haven Café also specialises in hearty, modern Australian cuisine. Think Asian-fusion with an organic, sustainable twist.

The highlight of the day was the Pork Belly Kimchicheese Burger. The balancing of sweet, sour and spicy flavours was quite impressive – it's a big thumbs up for Korean culinary enthusiasts.

We were also surprised by the café's reinvention of a Chinese classic – a Drunken Chicken Kale Caesar Salad. With our palettes probably searing with spicy kimchee, the salad was a little bland in comparison. None the less, it would be a great choice for a light lunch.

Vegetarians might not have a lot to choose from on the menu at Haven Café – but if you do go, they have a pretty sensational roasted pumpkin salad that you must try. With Goat cheese, pomegranate, sunflower pepitas and a tahini dressing, the traditional pumpkin sweetness is given a gourmet flavour makeover. This is definitely a cult favourite – keep a look out for it on Instagram and Twitter.

Lastly, we had a sneaky addition to the traditional Haven menu: the Soy Chai Pudding. Deliciously spicy and satisfyingly light, this gelatinous dessert will please the inner health nut in you. Even if it isn't on the main menu, we had to give it a brag. Hopefully this sneaky little mention helps it to transition on to the regular menu. ○

Haven Café. 34 Chalmers St, Surry Hills
www.havenspecialtycoffee.com.au




Pictured: Bruno Koo





EAT YOUR WAY AROUND EUROVISION

Maggie Rose

THE ANNUAL EUROVISION Song Contest is celebrating its 60th year! The competition launched in 1974, creating the vibrant world of music, colour and culture we've come to know and love. The event has produced some of the industry's most successful artists of our time, including ABBA. As of 2015 Australia will be competing in Eurovision as a wild card entry in the final round, with past Australian Idol winner Guy Sebastian selected to be our representative. Eurovision will be broadcast on SBS on May 22-24. What a better way to celebrate the 60th anniversary of Eurovision than to get together with a bunch of friends, and live tweet the excitement amongst a concoction of Eurovision-themed cuisines? 

Entrée: Swedish Meatballs

Sweden has played a huge part in Eurovision, embarking on the phenomenon that is ABBA. And thanks to another Swedish phenomenon, Ikea, Swedish meatballs are now an Australian favourite.

Ingredients

- 1/2 cup (45g) breadcrumbs
- 1/4 cup (60ml) cream
- 500g Heart Smart beef mince
- 1 small onion, grated
- 1 garlic clove, crushed
- 1/8 teaspoon ground allspice
- 1 egg
- 1/2 teaspoon salt
- Freshly ground pepper
- 1/4 cup (60ml) olive oil
- 3/4 cup (185ml) Campbell's Real Stock
- Beef

- 1 teaspoon corn flour
- 1/2 cup (125ml) cream, extra

Method

1. Soak breadcrumbs in cream. Add mince, onion, garlic, allspice, egg and salt. Season with pepper. Shape mixture into small balls.
2. Heat oil in a frying pan over a medium-high heat. In batches, cook meatballs until brown. Drain excess oil.
3. Return all meatballs to the pan and add stock. Simmer, covered, for 20 minutes. Remove meatballs and cover with foil to keep warm.
4. Combine cornflour with a little water and stir into stock mixture. Heat through until boiling. Reduce heat to low. Add extra cream and cook, stirring for 1 minute. Pour sauce over meatballs and serve with salad leaves and crusty bread.



Main: Fried Eggs with Truffels and Potato Fritters

To celebrate last year's winner, Conchita Wurst from Vienna, we think you should try one of Austria's most traditional dishes.

Ingredients

- 400 g boiled potatoes
- 1 egg (for the fritters)
- 4 eggs (for frying)
- 30-40g fresh truffles
- Salt
- Ground pepper
- Oil (or butter for frying)
- 1 tbsp Butter (for frying the eggs)

Method

- Peel the potatoes. Grate them coarsely and add a little salt. Squeeze lightly to get rid of excess juice. Mix together with egg, salt and pepper, and form small fritters.
- In a large frying pan, heat the oil or butter and spoon in 4 fritters. Press flat. Fry golden brown on both sides and set aside on a kitchen paper. Keep warm in the oven at 70 °C.
- Heat butter in a pan. Carefully fry the four eggs. Brush the truffles well with a vegetable brush and cut into fine slices.
- Place one fritter each on a warmed plate, and put a fried egg on top of each fritter.
- Serve with sliced truffles as decoration.



Dessert: Lamington

Other than the Tim Tam, the Lamington is one of Australia's favourite desserts.

Ingredients

- 4 eggs
- 2/3 cup (150g) caster sugar
- 1 cup (150g) self-raising flour
- 1/4 cup (35g) cornflour
- 25g soft butter, chopped
- 1/3 cup (80ml) boiling water
- 3 cups (270g) desiccated coconut
- Chocolate icing:
- (4) 2/3 cups (750g) icing sugar
- 1/2 cup (50g) cocoa powder
- 20g soft butter
- 3/4 cup (180ml) milk

Tools:

- 20cm x 30cm lamington pan
- Baking paper

Method

1. Preheat the oven to 180°C (160°C fan-forced). Grease and flour a 20cm x 30cm lamington pan and line base with baking paper.
2. Beat eggs in a small bowl until light in colour. Gradually add sugar; beat for 8 minutes or until the mixture is thick. Mixture should form thick ribbons when the beaters are lifted.
3. Meanwhile, sift flour and cornflour together three times. Combine butter and boiling water in a small heatproof bowl.



4. Transfer egg mixture to a large bowl. Sift the flour mixture over the egg mixture, gently fold the flour in, then fold in the butter mixture.
5. Pour mixture into prepared pan. Bake in a moderate oven for 25 minutes or until sponge springs back when touched lightly and comes away from side of pan. Turn cake onto a wire rack to cool.
6. Cut cake into 20 even pieces.
7. Meanwhile, to make chocolate icing, sift the icing sugar and cocoa into a large heatproof bowl; add the butter and milk and stir over a medium saucepan of simmering water until icing is smooth and thick enough to coat the back of a spoon. Divide icing mixture into 2 small bowls.
8. Place coconut in a shallow bowl.
9. Using a large fork, dip each piece of cake briefly into icing until cake is coated in icing. Hold over bowl to drain off any excess. Dip half the cake pieces in one bowl of icing and the other half in the second bowl of icing. We have separated the icing into two bowls, as cake crumbs will thicken the icing and make it difficult to use. If the icing becomes too thick, stand it over hot water while dipping, or reheat gently with a little more milk.
10. Toss cake gently in coconut. Transfer cake to a wire rack; stand until set.



WHAT'S ON | MAY

Tuesday | 5th - Sunday | 10th

The Amazing Lior Suchard

7pm - 8.30pm

Open your mind with Lior Suchard, one of the world's best supernatural entertainers. The internationally-acclaimed performer practices mind-reading, thought-influencing, predicting and telekinisis, and has performed for many of Hollywood's A-list celebrities.



Where: Sydney Opera House, Bennelong Point, Circular Quay

Cost: \$69 - \$79pp

Contact: To make a booking, visit ticketmaster.com.au

Friday | 22nd - June | 8th

Vivid Sydney

6pm - 12am

Immerse yourself in a spectacular light show that will transform the city into a colourful canvas of light, music and ideas. One of the biggest events of the year, Vivid Sydney uses light installations and projections to illuminate many of the city's famous monuments in a massive celebration of Sydney and its creative industries.



Where: Sydney CBD, George St, Sydney

Cost: Free

Contact: 02 9931 1111

Sunday | 17th - November | 22nd

Sydney Rock 'n' Roll and Alternative Market

10.30am - 5.30pm

Visit one of Sydney's premier alternative festivals, dubbed part-market, part-music festival. More than 100 stall-owners will be peddling rock 'n' roll and alternative-inspired goods such as clothing, books and art. There will also be live music, kids activities and much more.

Where: Sydney University, Manning Rd, Camperdown

Cost: Adults \$5, children free

Contact: rocknrollmarket.com.au/contact



Sunday | 3rd

Hawkesbury River Walk and Talk

9.20am - 12pm

Gain a unique insight into the management of the lower Hawkesbury River at this "walk and talk", where you will have the chance to take a short boat ride through an oyster lease, and receive a talk from a seasoned oyster farmer. You will also learn about Council's water quality monitoring program, biofilters, seagrass beds and fore-shore clean-ups.

Where: Lower Hawkesbury River, further details provided upon booking

Cost: Free, bookings required

Contact: 02 9847 6832

Sunday | 3rd

Confetti Fair Junior

10am - 3pm

Attend this boutique kids party fair, where you will have access to countless products and vendors who are ready to help you throw a celebration of any kind. Meanwhile, you can send the kids off to a special play area featuring face painting, a petting zoo and the opportunity to meet some of their favourite fictional characters.

Where: Fairground Follies, 22 Burrows Rd, St Peters

Cost: Adults and seniors \$5, children under 12 free, bookings required

Contact: To make a booking, visit iwannaticket.com.au

Sunday | 3rd

Festival on the Green

10am - 4pm

Come visit St Ives Village Green for a family-friendly friendly event with a huge line-up of entertainment; including music by Lah Lah's Big Live Band and an aerial show by Empress Stiltdance. There will also be performances from over 750 community performers, and plenty of kids activities including an animal farm, face painting and amusement rides.

Where: LSt Ives Village Green, Memorial Ave, St Ives

Cost: Free

Contact: 02 9424 0980

Friday | 8th Masked Ball at Elizabeth Bay House

6.30pm - 9.30pm

Take a trip back to the 1930's, when Sydney's Elizabeth Bay House was the setting of extravagant parties and social gatherings. For one night only, you will have the chance to attend a lavish masked ball in celebration of the rich history of Elizabeth Bay House; a place where every room has a story to tell.

Where: Elizabeth Bay House, 7 Onslow Ave, Elizabeth Bay

Cost: Adults \$75, seniors \$65, bookings required

Contact: To make a booking, visit iwannaticket.com.au



Saturday | 16th - Sunday | 17th

St Ives Show

Saturday 16 May, 9am - 9pm

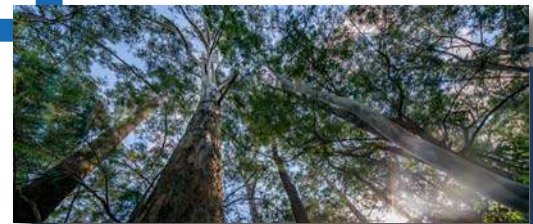
Sunday 17 May, 9am - 4pm

Experience country fun in the city with the St Ives Show. There's something for everyone with stage performances, rides, food stalls and demonstrations. You will also have the chance to participate in competitions and purchase home-made wares from the local creative community.

Where: St Ives Showground, Mona Vale Rd, St Ives

Cost: Adults and seniors \$5, children under 5 free, bookings required

Contact: To make a booking, visit stivesshow.net



Sunday | 23rd

An Autumn Stroll in the Forest

9am - 11am

Take a short, scenic walk through the last remnants of the Blue Gum forest. Here you will be able to see the tall, lush Blue Gum trees, as well as some of the birds who call them home.

Where: Meet at corner of Vista St and Rosedale Rd, St Ives

Cost: Adults \$5, children \$3, bookings required

Contact: To make a booking, call 9472 9300.

Solutions

Crossword

A	L	I	B	I		A		P		F		U
N			E		A	V	I	A	T	I	O	N
K	E	B	A	B		O		T		R		I
L			D	R	O	W	S	I	N	E	S	S
E		C		E				O		P		E
S	E	A	F	A	R	E	R		C	O	A	X
		T		K		K		R		W		
O	M	A	R		S	E	D	A	T	E	L	Y
F		M		E				I		R		E
F	R	A	U	D	U	L	E	N	T			L
I		R		I		O		Y	O	D	E	L
C	H	A	R	C	O	A	L		W			O
E		N		T		N		E	N	D	O	W

Sudoku

9	8	5	6	7	2	3	1	4
2	3	1	9	8	4	7	6	5
7	4	6	3	5	1	9	2	8
5	1	3	4	6	9	2	8	7
8	2	7	5	1	3	6	4	9
4	6	9	8	2	7	5	3	1
3	7	8	2	4	5	1	9	6
6	5	2	1	9	8	4	7	3
1	9	4	7	3	6	8	5	2

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GORDON MARKETS

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10 May, 14 June & 12 July

8.30am to 3pm

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Bookings: Message Service (02) 9418 2373

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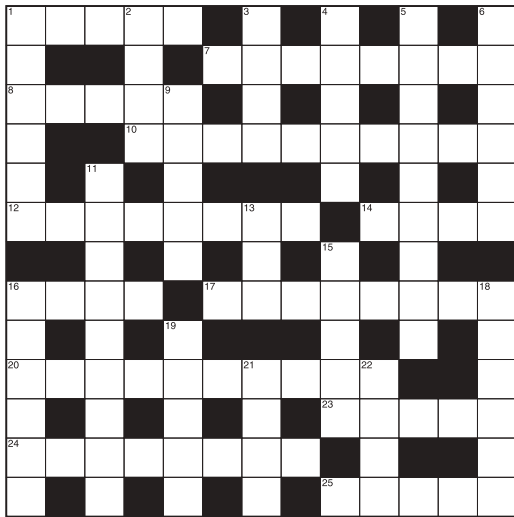
Services we provide are:

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- * Foot/knee/back pain
- * Paediatric Assessments
- * Sports Podiatry

- * Diabetic Assessments
- * Orthotics
- * Acupuncture
- * Nail Surgery / Ingrown Toenails

PHONE: 9144 6227

Crossword



Down

- 1. Lower leg joints
- 2. Necklace component
- 3. Affirm
- 4. Paved terrace
- 5. Missile's strength
- 6. For men or women
- 9. Snap
- 11. Twin-hulled boat
- 13. Supplement, ... out
- 15. Wet (weather)
- 16. Place of business
- 18. Daffodil hue
- 19. Authoritative command
- 21. Lend to
- 22. Urban community

Across

- 1. Suspect's excuse
- 7. Flight industry
- 8. Skewered dish
- 10. Sleepy feeling
- 12. Ocean voyager
- 14. Wheedle
- 16. Actor, ... Sharif
- 17. Calmly
- 20. Counterfeit
- 23. Song of the Swiss
- 24. Sketching carbon
- 25. Bequeath

Sudoku

				2				
2			9	8	4			
7		6	3				2	8
5		3	4				8	
8		7		1		6		9
	6				7	5		1
3	7				5	1		6
			1	9	8			3
			7					

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Community Noticeboard

Sydney Comedy Festival Showcase

Location: Hayden Orpheum, Cremorne
When: May 5, 8pm
 Some of the best local and international comedy acts headline for one night only at the Hayden Orpheum as part of Sydney's third annual Sydney Comedy Festival.

Contact: 9020 6966



Walking Groups – Turramurra Trampers

Location: Karuah Park Sportsground, Karuah Rd, Turramurra
When: Runs all year round
 In partnership with the Heart Foundation, walks across Turramurra are accessible for everyone, whether it be at a base level or more advanced, there's a perfect walk for everyone.

Contact: 9424 0802

Community Computer Training

Location: Gordon Uniting Church, 18 Cecil St, Gordon
When: Runs all year round
 Whether you're having trouble with your PC, MAC, or iPad there are introductory and intermediate classes available for any computer interest or topic, from basic programing to security protection on your device.

Contact: 0401 618 119



Paint it Up

Location: Varies (North Sydney)
When: Runs all year round
 Embrace your inner artist with these regular painting classes, where you will learn step-by-step how to create your own masterpiece.

Contact: 61 451 250 301

Picnic Markets

Location: Prince Alfred Park, Chalmers St, (Cnr of Cleveland St) Surry Hills, 2010
When: Every third Sunday of the month, 11am-4pm
 A creative way for upcoming designers, artists and homemakers to sell their art, jewellery, clothes and books all on display on a picnic blanket.

Contact: 0403359105



Trivia Night

Location: Warrawee Bowling Club, Pacific Highway, Warrawee
When: Runs until May 22
 Trivia makes for a great night out with friends, and is a great way to test your popular culture references and win a prize or two.

Contact: 9489 1092



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