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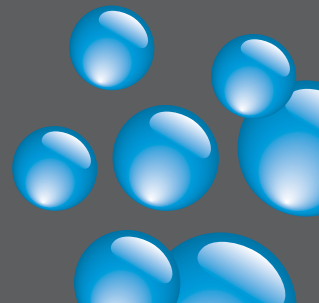


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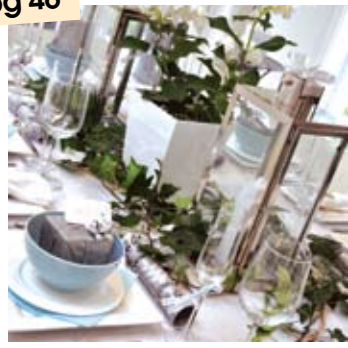
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FROM THE TEAM

Cars are being dressed up as reindeers, buskers are churning out Silent Night, and those notorious coloured fairy lights are being brought out of the garage again...it can only mean one thing. Christmas is almost upon us!

This month *Sydney Observer* caught up with some 'holiday heroes'; a selfless doctor, fire-fighter, lifeguard and two nurses who will work on Christmas day for the good of the community (pp. 20-21). We encourage you all to consider how you can help others this festive season and participate in charity initiatives such as 'Tree of Joy' (p. 16).

We've also provided tips on how to stay healthy during the holidays (p. 43) and while travelling (p. 42).

Enjoy the magazine and don't forget to eat, drink and be merry!



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TASTE A DIFFERENCE

I enjoyed reading this issue very much however the best cup of coffee on the North Shore "sine quo non" is at the Delish Store, 340 Pacific Highway, Lindfield. Admittedly the coffee here is takeaway but none of the three spots you mentioned in your article which my wife and I have sampled serve coffee anywhere as good as at Delish. Do try coffee at Delish and taste the difference.

Michael Berman, Lindfield West

THOUGHTFULLY INFORMATIVE

Kieran Gair's informative and thought provoking article 'Seeing the Light' (Nov 2012, p. 22), was written with sensitivity and concern for the welfare of vision impaired people. While it is sad that unemployment amongst the vision impaired population is much higher than that of the general population, it is heartening that the education levels of our vision impaired population is improving. Continued improvement in the level of education amongst this sector will result in better job prospects.

Thank you *Observer* for highlighting these important issues and please continue to publish articles on this topic to enable us to become better informed.

Julia Jones, Turramurra

22 EDUCATION

SEEING THE LIGHT

EDUCATION OPENS DOORS FOR THE VISION IMPAIRED.

by Kieran Gair

THE UNEMPLOYMENT RATE among blind and visually impaired Australians is four times higher than the general population.

A report by Vision Australia revealed that since 2007 the unemployment rate has lowered by a margin of less than five per cent, while workplace discrimination still affects one in four blind employees.

Despite the high unemployment rate and the reality of workplace discrimination, nearly 80 per cent of visually impaired people with tertiary qualifications are employed, double that of 2007.

Visiting teacher at St Edmunds school in Wahroonga, Paul Borkowski, said: "Education is the only way to create and secure employment. Jobs create social and economic opportunity and increase self-esteem and self-worth."

Since 2007 the number of blind and visually impaired people completing tertiary education has jumped to over

Visually impaired entrepreneur and creator of technology company Mitron, Michael Boorne, said:

"It is very important for us all to have a meaningful participation in society. It is then crucial that visually impaired people develop the skills and interests they do have, so as to target jobs that are appropriate and fulfilling."

As blind and visually impaired people increasingly move into tertiary education, the traditional employment route of administration and customer service is gradually expanding to business, the humanities, social services and finance.

With over 30 per cent of visually impaired graduates moving into arts, economics and business, the employment options of visually impaired youth are broadening, leading to success stories like that of Michael Boorne.

The business entrepreneur and ex-student from St Lucy's school for children with visual impairments and special needs, Michael Boorne, believes that a specialised education is essential



Boorne and Mayor of North Sydney Jilly Gibson at his Citizenship ceremony.

ised and dedicated people," said Boorne. Paul Borkowski sees employment as a way to show the wider community that a visual impairment can enrich a workplace. "Employment will always be important for people who are visually impaired, but it is equally important for sighted people at school and at work to observe, experience and learn

GOOD ADVICE

Families with young children, the car is often loaded with game consoles and iPads. 'Look Out, Crooks about' (p. 11, Nov 2012) was an excellent reminder to ensure valuables are not left in the car, especially during the school holidays!!!!

James Tan, East Killara

PAUL FLETCHER MP

Federal Member for Bradfield



WISHING YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR

From Paul Fletcher MP
Federal Member for Bradfield



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Jonathan O'Dea

Member for Davidson

As your State Member of
Parliament, I have recently:

VISITED MANY SCHOOL PRESENTATION DAYS –
congratulations to the deserving award recipients.

CONTINUED TO PUSH FOR THE F3-M2 MISSING LINK –
the link would reduce Pacific Highway traffic and provide benefits for northern Sydney motorists.

FOCUSED ON ELECTRICITY SUPPLY AND PRICES –
chairs an inquiry and tabling a report into the Economics of Energy Generation.

OFFICIALLY REPRESENTED THE NSW PARLIAMENT
at various multicultural functions, including for local Australian Chinese, Armenian and Jewish communities.

As we approach Christmas, I wish you a safe, happy and healthy holiday season and all the very best for a wonderful 2013.

Please visit my website www.jonathanodea.com.au to provide feedback and access links to my latest speeches and media releases.

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Authorised by Jonathan O'Dea MP using parliamentary entitlements



CULTURAL BENEFITS

I was fascinated by the cultural aspects of an eruv, the low environmental impact in Bondi and the benefits of establishing one in St Ives.

Ria Dussek, Westleigh

BREAKFAST TO GO

I liked the article about Karl Stefanovic as I watch 'The Today Show' most mornings while I am eating my breakfast before I go to work. It keeps me up to date with the news, weather & other current issues.

Kirsten Wedlock, Mosman

SOMETHING FOR

'What's On' is brilliant for busy mums but I also enjoyed the Karl Stefanovic feature. Competitions let me dream so they are my favourites.

Diana Morison, St Ives

STRAIGHT TALK

I was saddened to read Cr Szatow's response and criticism of her newly elected co-ward Cr David Citer (Opinion, October 2012 p. 8). The excellent Straight Talk community consultation process she used to support her claim for 12 storey development in Gordon CBD was in fact thrown overboard by her NotsoHigh faction at the Ku-ring-gai Council meeting of 20 March 2012, but not without her selectively using those discarded results to make her current argument.

I strongly suggest your readers read that Straight Talk community report identified by Cr Szatow but denied to the Minister for Planning by her and her colleagues.

Tony Hall, St Ives

GOOD READING

November 2012 issue of *Sydney Observer* was very informative and a great read too – especially the stories on homework and tutoring.

Leanne Ellis, Normanhurst

If you would like to enter any of the giveaway draws, tell us in 25 words or more, what you liked in this month's magazine. The best entries will be rewarded and could be published* 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 25th of the month.

*By sending a letter or e-mail to enter the giveaway the sender authorises any use of it as content by *Sydney Observer*.



Barry O'Farrell
State MP for Ku-ring-gai

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by Hayley Bellamy*

DON'T DIS MY ABILITY

WHEN PEOPLE ASK me what it is like to be a person with a disability I often struggle to find an answer. It is not because I don't recognise that I have a disability but because I don't let it define me.

I was diagnosed at 18 months with muscular spinal atrophy which left me dependent on an electric wheelchair and assistance for most of my physical needs. Because of this I have always felt comfortable with my life and believe I have the right to the same opportunities as others, allowing for little differences in the way these are achieved.

I attended school in Dubbo before moving to Penrith to attend the University of Western Sydney. I graduated in April completing my undergraduate studies in a Bachelor of Arts, majoring in psychology. I do volunteer work at Lifeline as a Telephone Crisis Support Worker and recently began volunteer work at Anglicare assisting in administration

each Friday. In addition to being involved in community work, I have also begun further

"I believe it is important for people with disabilities to have equality in every aspect of their lives."

studies in computing to increase my work opportunities. My goals are to develop a career path, learn to live independently and maybe even travel.

This year I am honoured to represent the Don't Dis My Ability Campaign as an ambassador to encourage equal employment opportunities for everyone. The reality is, having a disability and expecting equal opportunities in the workforce means encouraging employers to believe we too have a lot to offer in all fields of employment. Sometimes the struggle to obtain employ-

ment encourages us to be more loyal employees and cherish the work opportunity we are given.

I believe it is important for people with disabilities to have equality in every aspect of their lives. With support from businesses, government agencies and the greater community, people with disabilities can dream beyond their restraints. After all we all have something unique and special to offer our communities in some very useful capacity.

More Information

December 3 is the International Day of People with Disability. It is celebrated annually in NSW with the Don't DIS my ABILITY campaign. The campaign celebrates the diversity and ability of people with a disability. www.dontdismyability.com.au

* Hayley Bellamy is a 23 year old university student and a Don't Dis My Ability ambassador for 2012.



by John Watts*

NO ROOM FOR AN ERUV

In the November issue of the *Sydney Observer*, chief executive officer of the NSW Jewish Board of Deputies, Vic Alhadeff, wrote an article explaining the importance of creating an eruv for the Jewish community in St Ives (p. 8). This is John Watts' response.

VIC ALHADEFF'S EXPLANATION of the eruv in the November edition of the *Sydney Observer* fails to mention a few other salient features of life for Observant Jews. They have high aspirations to live in an area exclusively populated with other Observant Jews. They do not wish to have any secular influences disturbing their neighbourhood and will actively discourage, even harass others from living in their area. The eruv is clearly a long term strategy to achieve such an area. Just one example of this is Flatbush in New York where they have virtually achieved their goal.

This behaviour is documented in the University of Chicago publication 'Fundamentalisms Observed' where there is very detailed explanation of the characteristics of this minority sector of the Jewish faith. It is significant that the chapter dealing with Jewish fundamentalists is written by two Jewish professors of Sociology, Samuel Heilman and Menachem Friedman, who carefully distinguish between the majority secular Jewish community and the minority Observant group. Here in St Ives, that group seeks to enclose most of St Ives within a 20 km eruv boundary.

In that publication, it is noted that the Orthodox Jews in Australia are already locating themselves in separate communities. These communities can only be in those areas where eruvs have already been proposed or established. Why would they want to live within an eruv? Why are they so resistant to assimilation into the normal Australian community where they would be most welcome? According to the Jewish Agency website, a primary

Jewish concern about assimilation appears to be intermarriage and loss of Jewish identity. Such non-assimilation does not contribute to a cohesive Australian community.

Our Australian nation consists largely of immigrants. Over a century ago, our forefathers laid down the principles of our society.

If an immigrant comes here in good faith and becomes an Australian and assimilates himself with us, he shall be treated equal with everyone else, for it is an outrage to discriminate against any such man because of creed, or birthplace, or origin. However, this is predicated upon the person becoming in every facet an Australian, and nothing but an Australian. There can be no divided allegiance. These principles are just as valid today. They leave no room for non-assimilating groups contained within an eruv.

* John Watts is a long standing St Ives resident.

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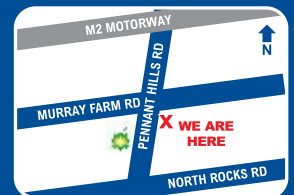
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UPGRADE AT GORDON BEGINS

by Miranda Middleton

A MAJOR UPGRADE to transport facilities at Gordon Station is now underway, with Transport for NSW having recently carried out geotechnical studies of the area to facilitate the planning and design process. The works will include the addition of 160 car spaces across two commuter car parks, an upgrade to the bus interchange and a new 'kiss and ride' zone. It is part of the NSW Government's \$770 million Transport Access Program which will provide more than 1200 additional car spaces at train stations across the CityRail network.

"While the previous government was in power, we saw no investment into railway station parking upgrades on the North Shore, despite substantial lobbying," said Member for Davidson, Jonathan O'Dea. "This upgrade reflects the government's commitment to fairly provide infrastructure in all areas of Sydney."

Once a proposed design for the commuter car park and interchange has been developed, Transport for NSW will consult with the community, and subject to approval, will begin construction work in mid-2013. "In the short-term it might cause a few disruptions but in the long-term this upgrade will have a very positive impact on commuters and also ease traffic congestion in the area," said Mr O'Dea.

Other projects included in the Transport Access Program which will affect North Shore commuters are upgrades to transport interchanges at Milsons Point and Neutral Bay ferry wharves, and additional commuter parking at Lindfield Station.

CHANGING COUNCIL POWERS

ON NOVEMBER 14, the NSW Local Government Minister Don Page, released a proposed set of laws aimed at increasing council performance. These laws, if gazetted next year, would give the NSW Local Government Minister Don Page greater power to intervene if a council proves to be dysfunctional.

Mr Page said: "These new laws will give the Minister the power to protect the interests of the community and will provide a strong deterrent against council misbehaviour."

Under the changed rules, Mr Page would have the power to order local governments to improve, gather information to determine areas of dysfunction, or in more extreme cases suspend councils for periods of three months.

According to Mr Page, currently councils can only be sacked for misbehaviour after longer periods of dysfunction and public inquiries, which he said is disadvantageous and costly for citizens.

PHILIP MALL STILL ON TRACK

FOLLOWING SLIGHT DELAYS due to unfavourable weather conditions, the upgrade of West Pymble's Philip Mall is on track to be completed by early December. The upgrade will address the grievances cited by the local community and shop owners in the Resident survey that was posted in July. The appearance of shops, playground facilities, lighting and walkways will be improved in an effort to make Philip Mall more modern and accessible. Ku-ring-gai Mayor, Elaine Malicki said: "I'm delighted with the progress on this much-needed project to modernise one of Ku-ring-gai's key neighbourhood centres."

New trees, landscaping, garden beds and sandstone walls will be used to create outdoor rooms, and the inclusion of energy efficient lighting, a rooftop garden and stormwater collection for irrigation will deliver a more environmentally friendly shopping experience. Paul Truda of the West Pymble Chamber of Commerce said: "Although there has been angst at various times - businesses were interrupted longer than they thought they would be- the upgrade is a much needed one and it will change the whole nature of the place."

OIL TANK FALLS ON ELDERLY COUPLE

AN ELDERLY COUPLE was seriously injured after a 200kg oil tank fell on them at their North Turramurra property in mid-November. The 90-year-old woman and 91-year-old man were inspecting an old heater tank attached to the side of their neighbours' house, when it came off its brackets and trapped the couple under it.

Fortunately their daughter was at home to call the fire brigade, ambulance and police to the scene, and the couple were taken to Royal North Shore Hospital. The woman suffered injuries to her chest, leg, shoulder and face, and the man's leg was injured.

KU-RING-GAI YOUTH SPEAK OUT

COFFEE SHOPS INSIDE libraries, more community gardens and a weekly Earth hour were among the suggestions raised at the Ku-ring-gai Youth Summit. On November 28, over 50 young people congregated at Council Chambers to share their ideas and opinions with Mayor Elaine Malicki and other members of Council.

"It was a great chance to hear

what young people- who have long been under-represented in traditional forms of consultation- think about local issues," said Councillor Malicki. "It was pleasing to hear that they generally think we're on the right track." A report on the summit will be made so that feedback can be incorporated into Council decision-making.

PHOTOSHOP THAT CONMAN

by James Elton-Pym

LAST MONTH POLICE arrested two separate men on suspicion of unrelated high profile fraud crimes – one has been found guilty, and the other awaits trial. Besides the millions of dollars they are both accused of hustling, the two have one other thing in common.

Inexplicably, both men live in the leafy, peaceful, famously low-crime north shore suburb of Turramurra.

Let's start with Dimitri De Angelis, who has been found guilty and so can be reported on fully. His \$8.5 million haul was attained through a series of clever cons that were both audacious and a little bit strange.

He claimed to be a high-rolling music executive, in business with James Packer, and convinced victims like the sister of former Prime Minister Paul Keating to invest in his fake company.



After and before: De Angelis replaces Nelson Mandela's face with his next to Bill Clinton.

But more remarkable still are the lengths he went to build repute, photoshopping his face into photos with all kinds of international celebrities.

He replaced James Packer's head with his own so it appeared he was standing next to Kerry. But it gets stranger: Bill Clinton, replacing the head of Nelson Mandela. Vladimir Putin. The Dalai Lama. The Pope.

Then, on November 25, another Turra-

murra man was charged with 107 counts of fraud. He is alleged to have made \$16 million from submitting invoices to a fashion company from companies he did not represent and for services he did not provide.

Why the seemingly disproportionate amount of grifters in Turramurra?

We're not sure! What do you think? Let us know at editor@kamdha.com.

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PARKING PROBLEMS

WAHROONGA PHARMACY TAKES ON COUNCIL AND WINS.

by James Elton-Pym

FOR THE LAST decade, customers of Wards Pharmacy 4 U in Wahroonga have been met with an imposing wall of cars, clogging the streets and forcing them to park miles away.

The surrounding roads were mostly classed as four hour parking, which meant visitors of the SAN hospital and others were parking their vehicles for long periods and making it inaccessible to many shoppers. "They couldn't get a parking spot within almost a kilometre," said owner of Wards Pharmacy 4 U, Catherine Ward.

After many appearances at council meetings arguing her case, Catherine won. The streets have had the time limit shortened to half an hour. It's especially a victory, she said, for the many elder-



Catherine Ward wins back parking spaces.

ly people for whom the long walk was impossible. When customers saw the lack of spaces, they were simply giving up on the place. "They think, 'Oh, you can't park down there.'"

The service offered by the pharmacy is vital to many. In particular it provides medicine for cancer patients. Around her shop are several other specialists, like dentists and physiotherapists, that were also having trouble with customers getting to the building. She has even had people come in to her shop upset because they had missed their appointments with these specialists, often made months in advance.

Catherine believes there is a "big swing back to the strip shops" underway, and council decisions like this aid in that process. "People don't want to go up to Westfield," she said.

DOING IT FOR THE KIDS

WENONA SHOWS THEIR CHRISTMAS SPIRIT BY HELPING CHILDREN'S CHARITIES.

by Kaitlin Coleman

WENONA JUNIOR SCHOOL is showing its Christmas generosity, by donating one thousand gifts to charity Barnardos for children in foster care.

"It's fantastic to see how many presents you have given to some of our children who really need them," Barnardos Fundraising Director Manisha Amin told students at the North Sydney girls' school.

"We are a charity who help children who may not have all of the things that you would normally take for granted", she said "we provide foster care and adoption for them. They have been through some pretty hard times in their lives. What these presents say to these children is that you care about them and that it's im-



Students giving generously to Barnardos.

portant that they have a great Christmas, just like you will."

Wenona has continued this spirit of giving with further donations made to Anglicare Toys n' Tucker by Middle School students, and more again to Oasis, by Senior College students. Toys n' Tucker provides food and Christmas gifts for Anglicare's hamper program, and Oasis is the Salvation Army's Youth homelessness support network.

Wenona senior students will also be travelling to Indochina over the holidays to help build homes for victims of Agent Orange and volunteer at an orphanage. Middle School students volunteered at Wenona's two sister schools in Vanuatu in the previous holidays. More Information at:

www.wenona.nsw.edu.au.

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CHANGE IN KU-RING-GAI

NEW COMMITTEE TO REJUVENATE SOCIAL AND CULTURAL EVENTS IN THE AREA .

by Kaitlin Coleman

A **NEW ADVISORY** committee to develop business, tourism and social ventures in Ku-ring-gai has been appointed by Mayor Elaine Malicki. Described as the most important in Ku-ring-gai's history, the committee will aid the Council's Economic and Social Development initiative.

"We've appointed a committee with a fantastic range of skills, interests and experience - and I'm very keen to work with them and hear about their ideas and opinions," said Councillor Malicki. "This new initiative has great potential to make Ku-ring-gai an even better place to live and work."

Residents have complained about a lack of leisure activities in the area, and this new initiative will aim to cre-

ate more of these, whilst increasing economic activity in the process.

"We're keen to explore opportunities for all sorts of new economic and social activity - from night markets and events such as fun runs and cycling competitions to new ventures for council services such as our Wildflower Garden, nursery and art centre," said Malicki.

The committee will look to focus on Ku-ring-gai's tourism, by promoting its national parks and nature reserves as great places to holiday. It will also aim to develop new business opportunities and attract new businesses to the area, by modernising the local centres.

Mayor Malicki has been appointed chair of the committee, with General Manager John McKee as deputy chair. There has been a strong response from the community at the call for nominations for

the committee.

"As a result, the committee reflects a broad cross-section of our community with representatives from organisations including chambers of commerce, small and medium sized businesses, Rotary, school education, real estate and financial services," Councillor Malicki said.

"The committee will complement our existing community consultation initiatives. As with our other advisory committees, it will provide advice to the elected Council which will make decisions on priorities, projects, expenditure and services."

The first meeting of the committee will be held in December, and is expected to meet bi-monthly after that.

www.kmc.nsw.gov.au/

JOY COMES WITH A PRICE

by Miranda Middleton

PRICE'S PHARMACY IN West Pymble may sound like an unlikely local landmark, but its 'Tree of Joy' attracts hundreds of community members every Christmas. Since owner of the store Ted Price introduced the Tree of Joy more than ten years ago, people have been bringing non-perishable food items into the pharmacy in the lead up to Christmas, to be handed over to the Gordon-based charity Lifeline.

"Non-perishable foodstuff is separated out into family hampers, which are delivered to families in need before Christmas day," said Ted, who has owned Price's Pharmacy since he was 25 years old. "The idea is that the families will have enough food to have a lovely Christmas lunch."

Ted has always been passionate about helping those less fortunate than himself, and has been overwhelmed by the community's support of the Tree of Joy. "People look for the tree every year so they can get their parcel under it and help families in need," he said.

Donations are to be at the store by Tuesday 18th December 2012: Price's Pharmacy, 2 Philip Mall West Pymble.



Ted Price in front of his Tree of Joy.



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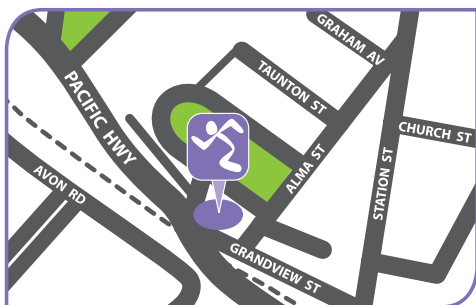
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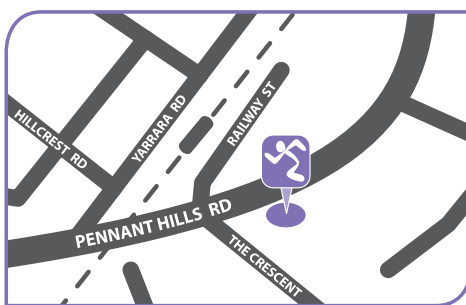
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SWEET SAINT OF GREENGATE ROAD

HAIR STYLIST ARMONDE WILL BE GREATLY MISSED.

by Leanne Russell

CHANCES ARE, IF you've lived on the upper north shore for the past forty years, you may be familiar with the name Armonde. I first heard of the infamous Armonde Pollock when I was in high school in the late seventies. A friend of mine was recounting her hilarious visit to the hairdressing salon for the honour of Armonde styling her hair. Little did I know back then, that one day I would be working with the renowned hair stylist.

Over the years Armonde taught me everything about hairdressing, drag queens, gossip, and how to look busy when you are actually not! When Armonde passed away suddenly in May this year, the loss of my dear friend taught me something else. I realised what a rare gem this man was and how there will never be another like him.

Armonde came to work for Mary Fen-



Armonde with a client. nen in 1972. At the time she was not in need of another hairdresser, however the Schwarzkopf sales rep insisted, "You'll want this one!" Armonde proved to be an outstanding stylist and money-earner from week one and continued to work for Mary until she sold her other salon, Greengate Beauty, to Armonde in 1987. Armonde relocated the salon from the Pacific Highway to Greengate Rd, where for 25 years he lovingly cared for his clients' hair, listened

to their stories and regaled all the locals with fun gossip.

His caring work extended to collecting clients who could no longer drive to the salon and doing home hair visits for those unable to leave their homes. Most of Armonde's clients had known him for over forty years. Consequently, Armonde was more than just a hairdresser; he was a part of their families. Janet from neighbouring business 'Janet Angela' observed, "You would see some clients arriving at the salon looking a little dispirited, but when they left they looked years younger with a skip in their step, as Armonde waved after them, 'Bye bye darling!'"

That was the magic of my friend Armonde. The Greengate Salon is now in the capable hands of Ingrid Zimmermann, who would like to welcome all of Armonde's friends and clients back to the salon, where she will carry on the tradition of caring for your hair-care needs.



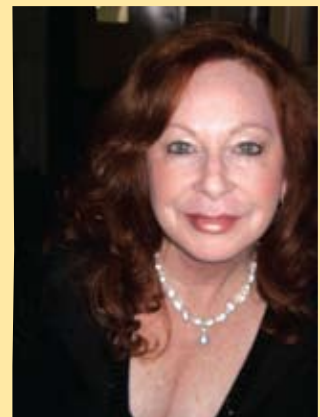
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CHRISTMAS 2012

2011 CENSUS ROUNDUP

HOW THE NORTH SHORE HAS SEEN CHANGE AND GROWTH OVER THE LAST SIX YEARS.



HORNSBY'S CULTURAL LANDSPACE

by Anneliese Scenna

THE 2011 CENSUS data revealed that Hornsby's demographics have remained consistent in the past five years, with changes predominantly in the cultural landscape of the area.

A majority of people recorded that both their parents were born overseas, reaching 56 per cent, while only 28 per cent stated that both parents were born in Australia. This is significantly different to national figures, which show 32 per cent of people stated both parents were born overseas and 50 per cent born in Australia.

There was also a change in the number of people speaking only English at home, with 62 per cent in 2006 compared to 53 per cent in 2011.

Despite its proximity to Willoughby and Ku-ring-gai, Hornsby Council area's median household income of \$1500-\$1999 per week was lower than other areas on the north shore, however it remained consistent with the national media income.

Additionally 46 per cent of families are comprised of two people, which is on par with national figures.

KU-RING-GAI'S CHANGING FACE

by Kieran Gair

THE 2011 CENSUS results have revealed some new trends in Ku-ring-gai's social and cultural landscape. Once known as an Anglican heartland, the number of Ku-ring-gai residents purporting to follow the Christian denomination has fallen to 22 per cent. Though this is still relatively high, the five per cent drop in Ku-ring-gai far outstrips the national average, which fell by one per cent.

Interestingly, Catholicism has actually risen in the traditionally Anglican area. The number of Catholics is now on par with Anglicans. Despite the drop in Anglicanism and the slight rise in Catholicism, the 'no religion' category was the biggest mover, shooting up from 16 per cent in 2006 to 22 per cent in 2011. For the first time the 'no religion' category has equalled the number of Anglicans and Catholics.

The Ku-ring-gai residents still remain some of the most privileged in Australia, with the median household income still sitting at a comfortable \$2110 per week. There has been little change since 2006, as the median household income remains nearly double that of the average Australian household income, \$1234.

Nearly four in five Ku-ring-gai residents are working as professionals, far outstripping the national average of 20 per cent.

Ku-ring-gai's cultural fabric has changed significantly since the 2006 census. Thirty per cent of Ku-ring-gai residents speak a language other than English at home while nearly half of the Ku-ring-gai population have parents that were born overseas – notably more than the Australian average of 34 per cent.



ENVIRONMENTALLY FRIENDLY WILLOUGHBY

by Kaitlin Coleman

WILLOUGHBY IS AN evolving and transforming community, and the 2011 census results have shown just how much it has changed in the past five years. Since the last census, the population has grown from 73,412 to total 77,051 people.

Willoughby residents have favoured environmentally friendly travel options to and from work, with 30 per cent using various forms of public transport. The bus is the preferred option, at 15 per cent, followed closely by the train at 11 per cent, and walking at 7 per cent. These numbers put the 60 per cent of Australians driving to work only by car to shame.

There is a great deal of cultural diversity in Willoughby, with 51 per cent of both parents in families born overseas, a figure significantly higher than Australia's 34 per cent. After Australia, the most common birth places are China at 6 per cent, and England at 5 per cent.

The \$2032 median household income demonstrates that Willoughby remains one of the wealthier areas of Sydney, however this figure has increased significantly since 2006, where it stood at \$1710.

Thirty per cent of Willoughby's population are attending an educational institution, with 21 per cent in a university or tertiary institution, a number far greater than the Australian average, which sits at 14 per cent.

KNOW YOUR PRODUCT

VITAMINS AND DIET SUPPLEMENTS COULD BE PUTTING YOUR HEALTH AT RISK.

by Kaitlin Coleman

MOST OF US take vitamins and supplements as a part of our daily diet and think nothing of it. They provide extra defence to our immune system, help strengthen our bones and muscles, and provide a myriad of other health benefits. Research has shown that two thirds of Australians use complementary medical products, and that they account for half of the healthcare system.

They claim to be made of all 'natural' or 'proven' ingredients and we assume they'll enhance our health. But have we been too quick to trust these products?

The Consumer Health Forum (CHF) believes we have. They have released a new study which reveals that only 200 out of 11,000 complementary medicine products on the market have been independently tested for safety, quality and efficacy. They say many of the products widely available in supermarkets, pharmacies and health food shops routinely fail random audits.

Chief executive officer Carol Bennett said: "They are generally classified as low risk products but we would argue

that low risk doesn't mean no risk."

Currently, the Therapeutic Goods Association (TGA), regulates complementary medicine by categorising them as Listed (AUST L) or Registered medicines (AUST R). Listed medicines include complementary medicines which only use ingredients that have been tested and approved by the TGA, however the individual products overall are not tested. Products on the Registered list have been fully tested for safety and approved by the TGA.

"Generally they're safe and harmless but we know you can actually experience side effects from these products..."

Almost all the products available to the public are only on the Aust L list, and could pose a serious health risk to unknowing Australians.

"Generally they're safe and harmless but we know you can actually experience side effects from these products and that they may cause adverse reactions with other medications. For instance, St John's Wart is known to reduce the effectiveness of anaesthetic and the oral contraceptive pill, and interact with coagulants like warfarin. The potential side effects...are quite serious," said Ms Bennett.

Dr Jon Wardle, research fellow of Public Health at the University of Technology Sydney, believes most of the issue lies in the incorrect notions around complementary medicine.

"People need to realise that they are

medicines. When people take anything for their health there are inherent risks in taking them, and that goes right down to food," he said.

The CHF is calling for products that haven't been tested (those on the AUST L list), to be labelled saying they have not been independently tested by Australian authorities. They also want the TGA to have a list of the scientific evidence provided by manufacturers which consumers could access.

"We would also like more quality information out in the public domain that's independent not company sponsored," Ms Bennett said.

The CHF is also seriously concerned by the unsubstantiated marketing claims made by complementary medicine producers primarily in the name of increasing revenue. The industry has experienced a huge growth of 12 per cent per annum, with sales in 2010 alone totalling \$1.2 billion. Carol Bennett believes people are lured in by clever marketing, and lack the necessary knowledge to discern which products are genuine or not. She believes dietary supplements or weight loss products such as Fatblaster are the worst offenders, and have been proven not to be effective.

So how can consumers know which products to trust? Dr Jon Wardle says research is the key.

"If I could give one word of advice, basically the bigger the claim, the more dubious I would be of the product. Extraordinary claims require extraordinary evidence. If a company is making extreme claims, it's more likely than not that those claims will be unbalanced. Most people who have legitimate claims are more moderate in the way they put them across," he said.

The TGA did not respond to *Sydney Observer's* questions about this issue.



Vitamin supplements can change the effects of prescription medication.

THE REAL CHRISTMAS GIFT GIVERS

WHEN THE SHOPS BOARD UP FOR CHRISTMAS DAY, THESE MEN AND WOMEN KEEP SAVING LIVES BEHIND THE SCENES.

***THE MAJORITY OF** us will sit by the Christmas tree opening presents, feast on home-cooked turkey and fresh seafood, and maybe take a dip in the pool this Christmas Day. However a small group of people will be working instead of enjoying what Santa brings. For the emergency services, hospitals, lifeguards and the police, December 25 will just be business as usual.*

Sydney Adventist Hospital



Dr Alan Giles will spend his Christmas at the SAN this year.

DR ALAN GILES, emergency specialist at the Sydney Adventist Hospital (SAN), will be busy treating patients in the Emergency Department of the SAN this Christmas Day.

His shift will start at 7am and finish at 4pm if he's lucky, or 6pm if work remains to be completed. Although the hospital is generally filled with food, decorations and people dressed up over the Christmas period, Dr Giles says for him Christmas is like any other day of the year. "In the Emergency Department you generally don't have much down time."

Dr Giles has worked in the SAN's Emergency Department for six years, but has been working as an emergency specialist since 1995. Over the years he has worked his fair share of Christmases. "There's always a sacrifice on Christmas day, but someone has got to be there," he says.

According to Dr Giles, Christmas Day itself is often quieter than other days as people tend to avoid going to hospitals unless it's urgent. However, the hospital is busy again on Boxing Day, as people start to go out and drink.

But it's really just luck of the draw when it comes to the Christmas roster at the SAN. In return, Dr Giles will have time off at New Years. (Rose Moloney)

James Elton-Pym



Mark Bradford takes time out of his shift for a quick photo.

MARK BRADFORD HAS been serving the community as a firefighter since 1998. This year he will be working at Gordon Fire Department on Christmas Day. The fire station stays fully staffed on Christmas – as far as Mark is concerned, it's just another day for the emergency services.

"It's one of those jobs where it can be quiet, or it can be just non-stop," says Mark.

In terms of fire emergencies, the Christmas fare is the same as usual. With this summer predicted to be particularly hot, bushfire concerns weigh on Mark's mind. He also does a lot of work involving car accidents, as they are quite common with people heading away for the holidays.

The firefighters work on a rotational roster, so it's completely random who draws the short straw to work on Christmas day. "It's hard to be away from family, and it's hard not to be there for my 9-year-old daughter when she opens her presents," he says.

But the members of the team at Gordon still manage to have their own Christmas celebrations. Mark says the connections formed with his co-workers are deep, and the group normally finds time for "roast dinner and seafood" at the station. (James Elton-Pym)

Rose Moloney



Steve Downman preparing for a busy day on Dee Why beach.

WHEN THE SUN is shining nothing beats spending Christmas day on the beach, however when people flock to the beach the demand for lifeguards increases.

Steve Downman, Warringah Council’s Beach Services Coordinator, says that luckily; “Most of our guys [lifeguards] are happy to work on Christmas as they know it’s one of the busiest times of the year.”

Steve, who coordinates the lifeguard service for the nine beaches between Narrabeen and Freshwater, will be one of 14 staff working over Christmas. Although, demand for lifeguards does change depending on the weather, so it could be the case that Steve has to call in more guys.

The lifeguards are generally too preoccupied at the beach to celebrate Christmas together during the day. Steve says, “It’s a lot busier than any other day. We have more accidents purely because of the amount of people.” Last year between 8000 and 10,000 people visited Dee Why beach alone on Christmas. However, some families bring the lifeguards down a piece of turkey during their lunch break.

Fortunately Steve’s shift doesn’t start until 9am, so he will still have time to open presents in the morning with his six-year-old son and partner. (Rose Moloney)

James Elton-Pym



Beth (left) and Stacey (right) getting into the Christmas Spirit.

THEY’VE JUST COME out of a “mock arrest” — a simulated situation to test their capacity to respond in emergency situations — but within 20 minutes, Burns Unit nurses at the Royal North Shore Hospital **Stacey Flanagan** and **Beth Lansom** are chatting about tinsel and trying on Santa hats. They are rostered on for a 7am start on Christmas Day. Stacey has done it many times, while for Beth this will be the first.

Patients of the Burns Unit often stay for months as they recover, so the ward is far from empty on Christmas. Often, they have suffered severe trauma. “I’m looking forward to working Christmas Day,” Beth says. “I love my job.”

“It’s actually probably one of the nicest days to work,” says Stacey. It’s clear that these two take Christmas seriously. They have decorations planned and they intend to sing carols. “We’ll bake something for the patients for morning tea,” says Beth. For Stacey, the highlight is the Kris Kringle, where nurses give presents to random patients.

But there’s another force at work here, driving the decoration frenzy. Each year there is a ‘Tinsel Trophy’, given to the ward with the best decorations. After last year’s surprise win for Renal Ward, Stacey and Beth will go above and beyond the call to win this time. “We get very competitive,” says Stacey, narrowing her eyes.

The pair will miss being at home on Christmas, but will still get to see their families that evening, and say that it’s a small price to pay for the joy they can bring to the patients.

“It’s always hard,” says Stacey. “I’m leaving the house before my husband wakes up on Christmas Day and I’m wanting to shake my presents too! But no, really, we’re here for eight hours and we get to go home and be with our family, so if we can make it a bit nicer for the patients here we actually enjoy that too.”

Beth faces a long drive south at the end of her shift to see her family, but she has the same attitude. “We have it so good ... we haven’t had to go through what they’ve gone through.”

Christmas is a holiday that seems to unite the hospital staff. Stacey jokes that they have more trouble getting people to agree to work on Australia Day. “We don’t struggle to fill our staff on Christmas,” she says. (James Elton-Pym)

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WHY SUPPORT LOCAL BUSINESS?

by Matthew Burton

IT THESE DAYS of internet shopping and larger format stores, the challenges facing smaller retail business are greater than ever.

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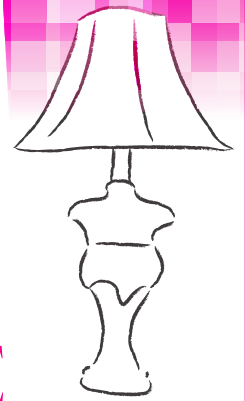
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by Linda Hodder

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VIDEO GAMES AT SCHOOL

THEY'VE BEEN DECRIED AS VIOLENT AND ADDICTIVE, BUT COULD VIDEO GAMES ACTUALLY DO SOME GOOD?

by Miranda Middleton

MANY PARENTS WOULD balk at the idea of their children playing video games at school; over recent years gaming has become a scapegoat for young people's violence, social illiteracy, poor concentration and obesity. Yet an increasing number of educational experts are advocating the potential for video games to be used as a valuable teaching resource.

Dr Damian Maher, Lecturer in Primary Education at the University of Technology Sydney, believes that gaming has a place in the classroom if it's built into a good curriculum. "Video games can be a fabulous way to support students' learning as long as they're implemented carefully and sound pedagogical outcomes are in place," he said. "Many students play video games at home and are familiar with them, which makes for an authentic learning experience."

The virtual reality computer game Minecraft is being used by Year 8 students at Knox Grammar School as part of an integrated assessment task. The boys are working in teams to create a virtual Mars colony, completing English, Maths, Science, languages and Geography tasks along the way. "We've found that Minecraft can be a great way to



Knox students Alexander Bahramal, Harry Courvret and IT teacher Mr Michael Beilharz.

foster skills in collaboration, communication, problem solving and creativity," said Michael Beilharz, ICT Teaching and Learning Integrator at Knox. "It allows them to break down the walls of the classroom and collaborate with students in other classes and other countries."

Yet like all good things, video games must be used in moderation. "Educators need to limit the usage of technology in the

classroom because it does reinforce that really bad habit of sitting down in front of a screen for extended periods of time," said Dr Maher. Creators of video games are aware of this problem, and several dance and fitness games are now on the market. Dr Maher said that these games can be very useful when the weather's bad, as kids can still do physical activity indoors in a fun and novel way.

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STUDY HOLIDAY OR HOLIDAY FROM STUDY

THE QUESTION OF WHETHER TO STUDY OVER SUMMER VARIES FROM STUDENT TO STUDENT.

by James Elton-Pym

THE CHRISTMAS HOLIDAYS are the last break before the HSC begins in earnest.

So should the new Year 12 students be taking the chance to spend time with their friends, or should they bury their noses in their books to get ahead?

The answer varies from child to child, according to Julie-Anne Scott of the Board of Studies.

"Some really do need to rest and relax at this time. Others are comfortable with using this time to consolidate their work and to prepare for the year ahead," she said.

But what exactly can they be working on? So far, there isn't all that much to study.

Many students undertake subjects with a major work to be completed, and the holidays can be a chance to pursue these often more



creative endeavours.

"[It] can be a great time for putting ideas on paper and getting on with some research," said Ms Scott.

There's also reading to consider. Every student undertakes some level of English in their final year, and there are always novels to consume. It makes sense to get these done before class starts, so when it comes to discussing the text at school, the student has an understanding.

The Board stresses that parents and teachers need to be aware of individual students' needs. For many, the holiday period is a busy one outside of school as well. The right holiday attack plan needs to be tailor made.

If you're looking to get a head practice HSC papers are a good place to start. www.boardofstudies.nsw.edu.au/hsc_exams/

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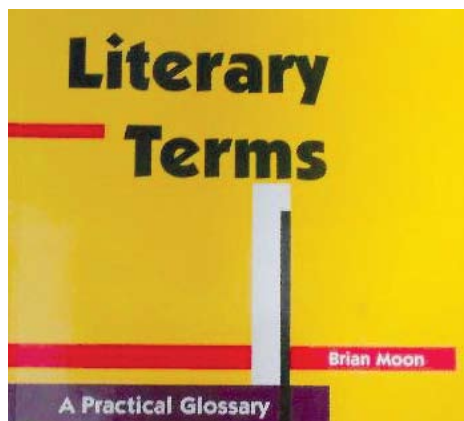
by Kaitlin Coleman

FOR HSC STUDENTS who want to maximise their time off these Christmas holidays, Book Review St Ives has recommended some of their bestsellers to help get you organised and exam-ready.



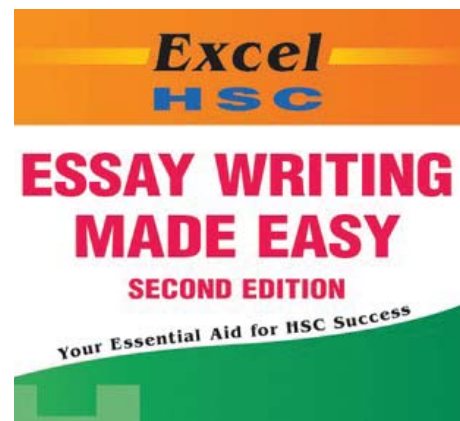
1. Excel HSC Study Guides

These guides cover 15 different subjects offered by the Board of Studies, and include past HSC papers and answers, as well as summaries of subject syllabuses. These books help students get a real feel of the kinds of questions asked in exams, and give them a thorough overview of content.



2. Literary Terms: A Practical Glossary

This book examines and explains all the various themes and techniques students will encounter in their English studies. It takes what they're taught in the classroom and explains how to use it in essays and exam situations. Can be applied to any English module, and is a step-by-step guide for those needing extra explanation.



3. Excel HSC Essay Writing Made Easy

If essays are a concern, look no further than this guide. It explains essay writing from the bottom up, so can help students who have no real idea how to start, as well as those who just want to refine their technique. Fluent, well-structured writing is an essential in every HSC subject, so this is a great guide for any student.

DRIVING BACK TO BASICS

PASSING THE P1 TEST COMES DOWN TO COMMON SENSE SKILLS.

by Anneliese Scenna

PERFECTING A REVERSE parallel park may be important, but learning the basic skills could be the key to passing the transitional test from a learner's to a provisional licence.

Senior Car Instructor for Honda Australia Riding Training (HART), Daniel McMahon says that increasingly people are more concerned with 'getting across the line' and are not placing as much priority on their observational skills.

These skills, which include checking at an intersection, leaving and returning to the kerb, checking blind spots and making lane changes are considered crucial to safe driving. McMahon says, "Because it's basic stuff, people don't take it seriously, but of course this basic observation could save your life."



Parents also need to make sure that these skills are taught at the very beginning and continuously emphasised. "It's a matter of reinforcing and repetition," continues McMahon.

Another skill that is often disregarded but considered important, is navigation. The 30 to 45 minute test involves the instructor

directing the driver, however McMahon suggests a navigation section should be added at the end of the test, where the driver would need to go from point A to point B without assistance. "It is preparing them completely for their next phase when they're driving by themselves," says McMahon.

Other skills that should be taught within the 120 hour learning duration, include driving in a tight, confined environment and practising multitasking behind the wheel, in order to recognise distractions within the car and know how to manage them.

The test, which measures speed management, road positioning, decision making and operative control is designed to measure all aspects of a person's driving. To pass it, learner drivers need to once again place basic driving skills at the top of their priority list.

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RAVENSWOOD GIRL HONOURED

YEAR 8 STUDENT IS ONE OF THE WORLD'S BRIGHTEST.

by Kaitlin Coleman

YEAR 8 RAVENSWOOD student Alexandra Touw has been named one of the brightest middle school students in the world, by the John Hopkins Centre for Talented Youth (CTY).

Selected from 13,350 top Year 7 and 8 students, Alexandra was honoured in a medal ceremony at the American university. "I was honoured and quite surprised to see that I had done so well," said Alexandra. Over 900 international middle school students from 110 countries were invited. All earned test scores which placed them within the top one per cent academically of their year group.

Alexandra attended school in California last year, and took the US equivalent of the Australian NAPLAN tests. Based on her excellent test results she was invited to partici-



pate in the John Hopkins Talent Search. This test involved verbal reasoning and mathematics, of which at least 102 students achieved a perfect score. Past participants in the CTY talent search include Facebook founder Mark Zuckerberg, Google co-founder Sergey Brin,

and performer Lady Gaga.

Alexandra's incredible performance has qualified her for the Centre for Talented Youth's residential summer programs, online classes, and family academic programs where gifted students from all over the world have a chance to meet each other. "I am considering taking the summer Intensive Studies course 'Law and Politics in US History' as it combines my interests in both law and history. It would also be a good opportunity to visit the Johns Hopkins college campus in Baltimore, Maryland," she said.

This year Alexandra has already attended a young leadership conference at the prestigious Stanford University. "I am also considering taking some Advanced Placement classes through the CTY Online program in the future, as I hope to go to university overseas," she said.

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by Dr Briony Scott*

Some things never change

AS AN OLD girl of Wenona it was my privilege, decades down the track, to return to my alma mater in the role of Principal! A privilege but a little weird too. I sit in the same space that my principal, a very elegant, pearled, English woman, with strong values, very little tolerance for poor manners, and a marked intolerance of 'nasty plastic shopping bags' used to sit! It causes great mirth amongst my old school colleagues who remember me as a slightly nerdy, wild-haired, bespectacled, kind of average student who would avoid attention at all costs!

As I pause and reflect on the quirkiness of life, it dawns on me that my old principal may have been well ahead of her time – not just with respect to environmental sustainability, but with a relentless insistence on good character and manners!

Being in such a role, I'm in the fortunate position to observe what has changed, and what remains constant. I think schools are doing an extraordinary job in caring for and challenging the next generation. With a marked lack of community living elsewhere, the decline of church and club attendance, and smaller, more fragmented and isolated

families, schools have increasingly become the last bastion of community living. For many families, schools provide social and emotional support, literacy and numeracy education, physical training and care, vaccinations, photographs, pastoral care, cultural awareness, good manners, academic rigour, character education, trips and excursions, religion and ethics training, service learning, leadership, motivation, support for families, community service, transport, driving skills, test preparation, career management and advice, and life lessons. And that's on Monday!

More than ever, I think teachers do a great job in caring for and loving the young people in their world. And they do all of this within a context of 21st century education where the joys and pitfalls of technology abound. Where education expectations themselves are morphing to reflect the flexible, individual, flat nature of society.

The 19th Century model of a classroom with desks in neat rows, and the teacher lecturing out the front is giving way to flexible learning spaces where young people can engage in a myriad of learning styles and processes. Where once there was one pathway to university or TAFE, there are now many

– and we are a better society for this choice. But it is a far cry from the rigid, uni-dimensional nature of education in the 60s and 70s.

I wonder if my old principal would recognise education as it is today? I suspect she would. Despite all evidence to the contrary, the laptops and mobile phones, the increasingly confident, consumer-like nature with which parents interact with schools, the wide range of choices and pathways now available, I suspect she would argue, as would I, that the core and fundamental role of educators hasn't changed. It is to raise young people to be well-educated, morally strong, contributing adults, who have a sense of purpose and meaning in their lives, and who use their gifts for the good of others.

Character is king. Whatever else life throws our way, whatever path education wanders down, whatever societal expectations are placed on us all, courtesy and character remain constant hallmarks of a well-educated person.

*Dr Briony Scott has been the Principal of Wenona since 2011. She formerly served as Principal of Roseville College and Head of Senior School at Oxford Falls Grammar School.

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Full house at Investment Seminar

The Putney Hill sales centre has hosted its first Investment Seminar, where three key speakers discussed the benefits and opportunities of investing in Putney and Ryde. Jason Anderson, chief economist and property trends expert at MacroPlan Dimasi; Andrew Morello, winner of the first season of The Apprentice Australia and now head of development at Yellow Brick Road; and Adam Sparkes, group

sales manager at Frasers Property; presented to the 60-strong crowd about why strong population growth and demand for rental properties and new developments in the area make Putney Hill one of Sydney's next investment hotspots.

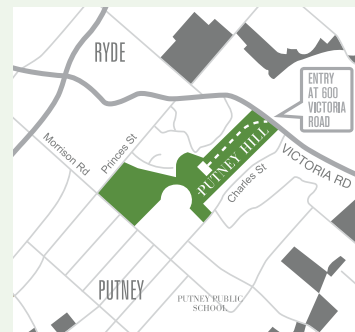
If you would like to learn more about the Investment Seminar or register your interest for the next session, please phone us or visit the Sales Centre.

Christmas opening hours

The Putney Hill Sales Centre will be open daily between: 10am – 6pm in December, and closed between **24 – 28 December** and **31 December – 4 January 2013**.

The Sales Centre will be open as usual on the weekend of **29 and 30 December**, before re-opening on **Saturday 5 January**. To arrange a private appointment throughout the Christmas period, please contact the Sales Centre.

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KEEPING UP WITH THE GEN Z'S

AN INCREASING NUMBER OF OLDER AUSTRALIANS ARE 'ONLINE'.

by Miranda Middleton

SKYPING GRANDCHILDREN WHO are studying overseas, buying the week's groceries with the click of a button, even finding some late-life romance; these are some of the many uses and benefits of the internet for elderly Australians. More and more seniors are crossing the digital divide, and those who have been hesitant to do so are encouraged to give it a try!

The 2012 CCI Digital Futures Report showed that 57 per cent of Australians over 65 used the internet regularly, compared to just 30 per cent in 2007. "There is a misconception that older Australians are reluctant to use the internet," said Research Associate at the National Ageing Institute in Melbourne, Sue Malta, who is finalising her PhD in late-life romance through Swinburne University. "My research identified a significant number of people aged over 60 who have been active internet users for roughly a decade and who are



Tutor Malcolm & Student Allan.

spending on average up to three and a half hours a day surfing the net and using online dating sites and other services." Ms Malta said the key benefit of using dating websites is that everyone is interested in starting a relationship, where as it can be difficult for seniors to tell who is married and widowed 'offline'.

To encourage seniors to use the internet,

the Federal Government launched a \$15 million Broadband for Seniors program in 2008, providing free access to internet kiosks and basic computer training. Manager of the Ku-ring-gai Neighbourhood Centre, Tricia Meers, has offered the Broadband for Seniors service since the beginning of 2011, and stresses that it's never too late to start using the internet. "When someone sits down and shows you how to use it, it's not such a scary thing," she said, encouraging all seniors to "get online". Seniors can receive free one-on-one tutoring and practise using the computer until it becomes familiar. "It really opens up a whole new world," said Tricia. "From communicating with children and grandchildren who live far away, to accessing the University of the Third Age, the benefits are numerous."

To jump on the internet bandwagon, book a free training session at Ku-ring-gai Neighbourhood Centre on 9988 4966.



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Separate rooms have been provided for visiting medical practitioners, health professionals and for a hairdresser who attends 4 days each week.

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The village bus provides transport to local shopping centres, supplementing the regular bus service which runs to Turramurra Station and also has a week day direct route to the City.

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DEMENTIA THIRD BIGGEST KILLER

AS AUSTRALIA'S POPULATION AGES, THE BURDEN OF DEMENTIA IS SET TO RISE.

by Kieran Gair

DEATHS FROM DEMENTIA and Alzheimer's have doubled since 2005, outstripping breast, prostate and lung cancer to become the third biggest killer in Australia, according to 2010 ABS statistics.

With the number of new dementia cases exceeding 1500 each week, health professionals are concerned about how Australia will cope with the expected surge in dementia patients to 400,000 within ten years.

Senior Research fellow at the Dementia Collaborative Research Centre in NSW, Dr Lee-Fay Low said; "In the past, brain health hasn't been the focus and now we are faced with having to change the very philosophy of caring and how we interact with dementia to cope with the challenges of this debilitating and increasingly common disease."

In 2010, dementia became the single

greatest cause of disability in Australians aged 65 and over while half of all nursing home residents suffered from the illness.

Nearly 300,000 Australians are currently living with dementia but it is expected that this number will triple to almost one million by 2050, costing the health care system over \$80 billion.

With a predicted shortage of 150,000 carers by 2030, Alzheimer's Australia NSW branch CEO, John Watkins said; "The stage is already set for dementia to have an incredible impact on Australian society. Even with a medical breakthrough there will still be an explosion in dementia patients and by mid-century dementia is estimated to chew up ten per cent of the health budget."

The Australian Institute of Health and Welfare calculated that the total expenditure on people with dementia was at least \$4.9 billion in 2009-10.

Despite this, the National Health and Medical Research Council allocated \$24 million for dementia research in 2011-2012, while spending \$159.2 million on cancer research, \$92.4 million on cardiovascular disease research and \$53.6 million on mental health research.

While a cure for dementia still remains a long way off, current research is focusing on early detection and how to prevent the progression of the degenerative brain condition.

Executive Director at Neuroscience Research Australia, Professor Peter Schofield, said: "The reality of dementia has crept up on us. As we grow older damaged neurons accumulate, leading to behavioural changes and cognitive decline. At the moment we can only delay the progression of dementia by about 6 to 12 months, but the goal is to identify how to stop neurons from dying before the progression of dementia becomes irreversible."



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GRANNY DAYCARE

ELDERLY AUSTRALIANS ARE IN DEMAND AS CHILD-MINDERS.

by Miranda Middleton

GRANDPARENTS ARE THE preferred choice of child-minders for women starting or returning to work after giving birth, according to a recent report by the Australian Bureau of Statistics. 27 per cent of mothers called upon grandma or grandpa to look after their child, while 26 per cent used their partner and 23 per cent made use of a daycare centre. There has been much talk in the media about how grandparents are being exploited by their own children, but is this really how they feel?

CEO of the Council on the Ageing (COTA) NSW, Ian Day, said that contrary to the media's spin on the issue, most grandparents would look after their grandchildren at the drop of a hat. "They absolutely want to do it," he said. "A number of grandparents I know hide the fact that they're exhausted after looking after their grandchildren because they don't want their kids to think they're not up to it!"

Bridget Walker, of Thornleigh, has looked after almost all of her 25 grandchildren over the years, and is thankful to have formed such special relationships with them. "I've bonded with the children since they were tiny so we get along beautifully," she said. "If you enjoy doing it then



Bridget Walker with some of her many grandchildren.

babysitting doesn't feel like a chore at all." Bridget was named a 2012 Grandparent of the Year by COTA NSW for her contribution to her family and community.

Research released by COTA NSW estimates that grandparents are saving NSW families \$1.8 million a week, or \$88 million a year in childcare. In some Sydney electorates, almost one in five grandparents provide regular unpaid childcare, with affluent areas such as the northern suburbs, Hills District and Sutherland Shire boasting the highest number of babysitting grandparents. "Speaking with grandparents, it's clear that many step

in to make sure that their families can afford to stay in the area, often needing both mum and dad to work to keep up with mortgage payments and other costs," said Mr Day.

To encourage recognition of the contribution that elderly Australians make to their families and communities, COTA NSW held Grandparents Day on October 28, with a number of community events taking place. "Most grandparents are very happy for the chance to spend time with their grandchildren, but sometimes they'd like to get a 'thanks' and that's what Grandparents Day is all about," said Mr Day.



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LESS SIT, MORE ACTION

CHILDREN NEED TO STAND UP FOR THEIR HEALTH AND MOVE MORE!

by Miranda Middleton

AT THE KITCHEN bench, on the train, in the classroom, on the couch, in front of the computer - children are sitting down for up to eight hours a day according to new research. Dr Dale Eslinger from Loughborough University in England recently presented this finding at the 'Be Active 2012' conference in Sydney, of which the focus was how to combat children's sedentary behaviour. Dr Eslinger found that the average ten-year-old spends six hours sitting down each day, which increases to eight hours by the age of 17-18.

Parents and teachers are equally culpable for children's sedentariness according to Exercise Physiologist at the University of New South Wales, Dr Belinda Parmenter. "Firstly, schools aren't doing enough structured physical activity and are stopping kids from running around and doing their normal high-energy activities by removing climbing equipment and banning cartwheels," she said. "Then parents are having their kids sit down on the couch or at the computer or in front of the iPad when they're too tired or busy to occupy them themselves." Dr Parmenter stresses that children need at least one hour of vigorous physical activity every day in order



Adam Lloyd doing a push-up challenge with son Samuel.

to avoid health consequences later in life such as obesity, an increased risk of cardiovascular disease and diabetes.

The 'Healthy Dads, Healthy Kids' program developed by a team of researchers from The University of Newcastle aims to increase the amount of physical activity done by children and parents alike. "We try to give dads the skills and parenting strategies to be physically active role models for their children, to go home and play

fun active games, spend quality time with their children and promote healthy behaviours," explained PhD candidate Adam Lloyd. 'Healthy Dads, Healthy Kids' is an eight-session program, comprised of educational talks and practical activities for fathers and their children, which is held in the evenings at local primary schools. "A big component of the program is rough and tumble play," said Mr Lloyd. "It's about encouraging fathers to prioritise active play together, and not be afraid to rumble with their children."

DR PARMENTER'S TIPS FOR GETTING KIDS ON THEIR FEET IN THE SUMMER HOLIDAYS:

1. If you're a working parent, look for school holiday programs, which focus on physical activity e.g. swimming programs, tennis camps, dance workshops
2. If you're a stay-at-home parent, you need to plan an active outdoor activity every day e.g. having a picnic at the park, going to the beach, riding a bike up to the shops
3. Buy Christmas presents which encourage physical activity e.g. scooters, pool toys, bikes, trampolines
4. Teach your kids how to play old-fashioned games e.g. handball, hopscotch, elastics

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JUST WHAT THE DOCTOR ORDERED

DON'T LET A HEALTH PROBLEM CATCH YOU OFF GUARD ON YOUR NEXT HOLIDAY.

by Dr Ali Zahedi*

MANY OF US look forward to our summer vacations months before the day arrives to jump on the plane, yet only too often health issues can get in the way of otherwise perfect holidays. Travel conditions and changes in environment can make people susceptible to a range of travel related health problems, however fortunately there are ways to both prevent and cure the more common illnesses.

Deep Vein Thrombosis (DVT) could occur during long distance flights when a clot forms in a deep vein of a leg. Risk factors include dehydration, recent operations, pregnancy, being obese or taking combined oral contraceptive pills. If the clot dislodges, it could cause a life threatening complication called pulmonary embolism. Symptoms of DVT include getting painful, tender legs, lower leg swelling and lower leg redness.

The solution: In order to reduce the risk, passengers should try to walk around the cabin when possible, wear loose clothes, stretch and exercise their legs while seated, drink plenty of water and avoid coffee and alcohol during flights.

Jetlag affects travellers when they cross several time zones. Symptoms are more severe when travelling eastward. For example after flying from Europe to Australia, recently arrived passengers find it difficult to fall asleep at bedtime.

The solution: To reduce the impact of jetlag when flying in an easterly direction, try to go to sleep a couple of hours earlier than usual for a few nights before

leaving. Some find staying overnight at a stopover country is helpful too.

Motion Sickness is the feeling of dizziness and nausea or vomiting while travelling in a moving vehicle, and children and pregnant women are particularly susceptible.

The solution: To reduce the motion, position yourself in a front seat of a car or bus, on a plane seat over the wings or in a cabin in the centre of a ship. Travelling in larger planes and ships is less likely to cause motion sickness. Other helpful tips include looking at the horizon, avoiding reading books, drinking ginger beverages and closing your eyes. Taking antihistamines, dimenhydrinate or antiemetics can be helpful in preventing or alleviating symptoms.

Traveller's Diarrhoea is a common cause of illness especially when travelling in developing countries. It is usually caused by eating contaminated food or water.

The solution: Travellers are advised to avoid buying food from street vendors and only eat fresh hot foods. It's best to refrain from eating buffet meals, seafood, undercooked meat and raw or peeled fruits and vegetables. Only drink commercially bottled water (preferably carbonated) and avoid any drinks that contain ice. Most cases are self-limited but in order to prevent dehydration and relieve symptoms, travellers may wish to carry medications for self-treatment of diarrhoea such as oral rehydration salts, loperamide and also an antibiotic such as norfloxacin for adults (which is also effective for treatment of urinary tract

infections). Another "carry on" antibiotic could be azithromycin, which can be used for self-treatment of bacterial respiratory tract infections or treatment of diarrhoea in children.

Earaches could happen during air travel if you have a blocked eustachian tube, as middle ear pressure won't equalise with changing cabin pressure during ascent or descent. It occurs more commonly in young children who have an upper respiratory tract infection at air travel time.

The solution: For adults, taking a pseudoephedrine tablet or applying a vasoconstrictive nasal spray prior to departure or chewing gum during descent may prevent earaches.

Travellers Medical Kit:

DON'T FORGET TO pack one of these when you travel. Make sure you include:

Bandages and dressing material, simple pain killers, scissors, insect repellants, insect sprays, laxatives, sunscreens, oral rehydration sachets, anti-diarrhoea tablets, an antiseptic cream, antihistamines and above mentioned antibiotics and appropriate anti-malaria tablets if recommended by your GP.

*Dr Ali Zahedi is a Fellow of The Royal Australian College of General Practitioners and practices at Kendall Street Medical Centre in West Pymble. Ph: 94992000



HEALTHY HOLIDAYING

SEVEN WAYS TO AVOID GAINING WEIGHT ON YOUR NEXT HOLIDAY.

by Rose Moloney

WHEN COCKTAILS ARE flowing, room service is readily available, and you wake up to a buffet breakfast every morning it's easy to fall into the holiday weight gain trap. However Ben Spurling, an area manager for three Anytime Fitness locations, says that there are ways to avoid the holiday bulge. This month he gave the *Sydney Observer* some helpful health tips.

WALK: An easy way to avoid weight gain is just by walking. If you're visiting a city, skip the taxis and public transport and instead wander the streets. Not only do you burn calories but you also get to soak in and explore places that may otherwise go unnoticed. If you're planning a relaxing resort style trip, then pull yourself away from the pool for half an hour each day and just walk along the beach.

STAY OUTDOORS: Try and book into outdoor activities. Take a surf lesson, play a game of beach volleyball, go on a cycling

tour or have a go at something more adventurous like rock climbing or scuba diving. If you're having fun you won't even notice you're exercising.

UTILISE YOUR ROOM: A big worry, for men especially, while holidaying is the prospect of losing the muscle they have worked hard to build in the gym. To avoid this, make the most of the space in your hotel room. When you wake up in the morning, do body weight exercises like push ups, sit ups and squats. Set yourself a time limit and try and fit in as many reps as possible – the higher the better, so think in sets of 20.

KEEP IT CONTINENTAL: Buffet breakfasts are always one of the more exciting aspects of a holiday, however it's not necessary to have a fully cooked breakfast every day. Continental is the better option if you're watching your weight. Skip the fried food and opt for fruit, yoghurt, cereal and wholegrain toast.

LIMIT ALCOHOL: Alcoholic drinks are often the killer on holidays. Cocktails in

particular have high levels of sugar as they generally consist of large amounts of juice or coconut milk. If you're planning on drinking more on a particular day, make more of an effort to watch what you eat. Don't eat unhealthily or drink a lot all on one day

PLAN AHEAD: It's okay to go out and treat yourself to a bigger dinner and yummy dessert, after all it is a holiday. However think ahead about what and where you will be eating. Avoid doing this every night, and in the lead up to the three course meal focus on eating healthier meals. Sometimes it's a good idea to have one bad eating day and follow it with a good day.

DON'T FORGET YOUR EATING HABITS: Keep your eating habits as similar as possible to your eating routine at home. If you usually eat regular, small meals during the day, continue to do so. But remember, don't replace these small healthy meals with small unhealthy meals.



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by Dr Ian Sweeney*

DENTISTRY AND SELF ESTEEM

PATIENTS OFTEN REPORT feeling ashamed of missing teeth and try to hide their lack of 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 of themselves. 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 people once on the job.

Restorative Dentistry often involves the restoration of lost and missing teeth. Teeth may be restored in a number of

ways. Removable appliances (dentures or partial dentures), bridges (artificial teeth bonded to natural teeth) and implant supported teeth (artificial teeth supported by titanium screws).

Cosmetic techniques used to create a dazzling smile include a number of techniques involving porcelain veneers, crowns and tooth whitening. 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 proprietary whitening gel and either a proprietary activating white light 'in house' or by using custom fitted applicator trays, at home, over five to ten days.

All patients need to be assessed differently. The needs of a young adult with

tooth loss through trauma 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 maintain as many of their natural teeth as possible.

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 different options that are available.

*Dr. Ian Sweeney holds qualifications in Dental Implant Surgery and Conscious Sedation and Pain Management, and is a dentist at **Northside Dental and Implant Centre in Turramurra**. Ph: 9144 4522.



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CAPTURE THE CHRISTMAS SPIRIT

FRESH WAYS TO BRING THE FESTIVE SEASON TO LIFE IN YOUR HOME.

by Linda O'Brien

THE CHRISTMAS SEASON is fast approaching and along with its imminent arrival, anxiety levels begin to reach fever pitch. The illusions of sipping mulled wine to the dulcet tones of Bing Crosby's "It's Beginning to Look A lot Like Christmas" are often shattered by this hectic and expensive time of the year.

But, never fear, this month the *Sydney Observer* has some simple and effective ideas to lighten one anxiety-inducing aspect of the season: decorating!

Try to avoid a haphazard style by creating festive focal points. Decorate one area well rather than attempting a token detail throughout the house. Three examples of festive focal points include the Christmas tree, the table setting and a mantle or hall table display.

THE CHRISTMAS TREE

The Christmas tree is the key focal point of the house as all eyes are drawn to it. Without it, where would Santa deliver the presents? A traditional Christmas tree, either real or artificial, is best deco-

rated with a colour scheme that enhances the palette of your home. Select a scheme that you will tie in with the other festive areas you choose to decorate. Remember to limit the colours for greater impact; the foliage colour automatically forms a part of the colour combination too. Another simple way to add visual impact is to limit the type of Christmas tree ornaments.

Examples could include baubles and garlands or bows and garlands. Don't forget to light up the tree!

An alternative to the traditional tree is to use branches or twisted willow. These can be sprayed silver, gold or left natural. Place these branches into a large vase. Ornaments really are the star in this form of Christmas tree, so use quality crystal or



Simple and minimalist decorations can be just as effective as a traditional tree.

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THE MANTLE PIECE

Another focal area can be either the mantle or hall table. Keep this simple. Display as many candles as you can in different shapes, sizes and heights. The candle holders do not need to match, so long as the colour of the candles is uniform. Use



Mantle pieces are perfect for decorating with Christmas candles.

ribbon tied around the candle holders in the same colour to enhance the colour scheme. Finish the display with ivy trailed between the candles. If you can source them, add a few pine cones. When lit up at night this layout is particularly stunning.

THE TABLE

The table setting is another way to really scream, "I have this Christmas decorating down pat." A beautifully laid ta-



Adding fresh floral arrangements to a table can make it shine as the centre of festivities.

ble tells those you are about to share the meal with that you care. Continue your colour palette into this focal area. A table cloth adds instant impact and colour. Some other effective additions to the table include a personalised gift with tag as a substitute to a place card, ribbon tied around glass stems, poinsettias in white or red repeated down the centre of the table or candles in varying heights running the length of the table. Bring out the family crystal and silver for this occasion.

Remember, pay particular attention to proportions and scale. Always step back and consider if a decorating statement looks too large or insignificant in a given area.

Now, warm up the sangria, light the candles and put your feet up... It's beginning to feel a lot like Christmas...

* Linda O'Brien has been an interior designer for seven years. If you are not sure where to start decorating give Linda a call on 0409 319 152.

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DECK THE HALLS WITH ROSES AND ORCHIDS!

FLOWERS WILL BRING COLOUR AND LIFE TO YOUR HOUSE THIS CHRISTMAS.



by Miranda Middleton

MOST PEOPLE TURN to tinsel and baubles to decorate their houses at Christmas time, but flowers should not be underestimated as a simple and elegant source of colour and festivity. *Sydney Observer* spoke to Jan Lewis from Sweet Violets Florist in Lindfield, who shared some inspiring Christmas decorating ideas.

This season people are privileging a simple but classic look, filling vin-

tage English crystal vases with festive-coloured roses, gardenias, celosias and gerberas (left). Table centres are popular too, featuring oriental lillies, berzelias, candles and baubles (below). People can choose from a range of wreaths to put on their front doors, mantlepieces or tables, with native gum nuts, berries and seed pods wound through them (right).



Top tips for making flowers last

1. Keep flowers out of the sun
2. Re-cut the stems every two days
3. Change the water every two days
4. Give flower food to the flowers every two days
5. Keep the vase clean, clearing fallen leaves from the bottom

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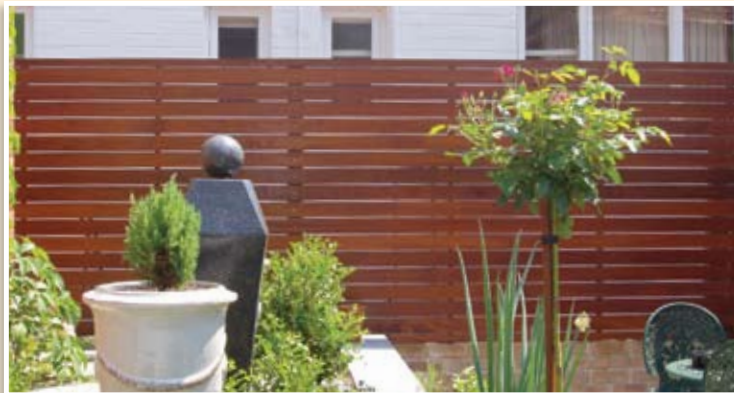
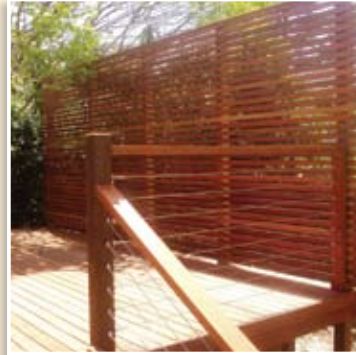
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A GUIDE TO SUMMER GARDENING

THE NEXT FEW MONTHS ARE THE TIME TO PROTECT YOUR CURRENT GARDEN, WHILE INTRODUCING SOME NEW PLANTS TO THE MIX.

by Hugh Myers*

THE KEY TO GREEN CHRISTMAS GRASS:

Summer is with us again and everything is undergoing a growth spurt. Unfortunately this includes the weeds as well as the flowers. When you next mow your lawn, raise the blades by one notch to let the grass grow a bit higher. This will enable the grass to keep the soil cool and retain moisture as well as helping to choke off any of the weeds like Creeping Oxalis and Bindii. A lawn that is scalped only encourages weeds.

There is nothing like a bright green, well-trimmed lawn particularly over the Christmas period when you will be entertaining friends. Mow your lawn about 10 days before Christmas and then a day or two later make up a solution of half a handful of ammonium sulphate dissolved in a nine litre watering can full of water. Water the lawn with it and in about five to seven days the lawn will turn a lovely green – just in time for Christmas. Unfortunately the green will only last for about seven to nine days but that will be all you need.

KEEP FLOWERS HAPPY ALL SUMMER LONG:

Many of the best rose growing nurseries in Australia are in hot dry areas during the summer, like Narrabri in NSW. Being hot and dry greatly reduces the risk of fungal attack. However, this does not mean that the roses don't



Climbing Rose.

need watering; in fact roses like lots of water in the summer so for the next few months run frequent checks on the moisture level in the soil. It should be damp below the surface but not wet or the roots will rot.

Give your Azaleas, Gardenias and Roses a Christmas present by mixing two tablespoons of Epsom salts (magnesium sulphate) in a nine litre watering can and water around the shrubs. The magnesium will help in the formation of chlorophyll, an essential for greening the plant and the plant's general well-being.

At this time of the year Petunias will be starting to put on their best show. To keep it that way, every time you pass their bed pull off any dead flowers and more will appear to fill the gaps. By doing this while keeping the water constant, an excellent show of flowers can be had for most of the summer.

INTRODUCE TOUGHER PLANTS:

Are you looking for something that will do well in a relatively dry spot in full sun? Why not give one of the Salvias a go. Salvias are tough plants that are guaranteed to put on a good show. A couple of good ones are the perennial purple to blue *Salvia nemerosa* and the annual *Salvia farinacea* 'Blue Bedder'. They both



Salvia nemerosa.

grow to about one metre with a forty centimetre spread. A light well-drained soil and full sun will do nicely. Once planted, spread a layer of mulch to help keep the roots cool and retain moisture.

Have you admired the Abutilon or Chinese Lantern in other people's gardens? Why



Abutilon Flower.

not give one a go as they are readily available at Garden Centres? Abutilons are tough shrubs that can grow in full sun in pots or in the ground. Depending on the variety, Abutilons in the ground can grow to two and a half metres high and two metres wide, perfect to fill gaps along a fence or in a bed. With a bit of care, they can be trained as a standard. The bell-like flowers come in red, pink, orange, yellow and white. As mature Abutilon can start to wander, a tidy up with the secateurs after a flush of flowers will keep everything under control.

PROTECT YOUR PLANTS FROM THE SUN:

It is time to consider how many of your plants will stand up to a 'scorcher' when it comes along in the next few months. Make a note of the direction of the afternoon sun and shelter your plants from it. Shade cloth is readily available at hardware shops or garden centres. Use the 75 per cent grade and make up a few 'blankets' that you can throw over your plants. A length of string tied at each corner will enable you to tie them down so they don't blow away. When tied to the tops of four stakes, shade cloth makes a good temporary shade roof. Shade cloth lasts for many seasons so all you need is a bit of room to store it.

*Hugh Myers is a member of the Ku-ring-gai Horticultural Society inc. The society meets on the first Tuesday of the month at St Ives Village Hall, Memorial Rd, St Ives (opposite Woolworths) at 7:30 pm. Visitors are welcome. Phone: 9449 6245.



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BECOME A TOURIST IN SYDNEY

15 REASONS WHY YOU DON'T NEED TO GO ON HOLIDAY THIS YEAR.

by Rose Moloney



1. Tree Top Adventure Parks: Tree Tops Adventure Parks in Sydney, Newcastle and the Central Coast, are made up of obstacle courses with a twist - they are suspended above the ground in between the trees. Although you are harnessed on safely while undertaking the courses, it is up to the individual to navigate their way through the zip lines, rope ladders, swings and flying foxes. With rope courses from 1.5 to 20 metres high, there is something to suit all ages from three-year-olds to adults.



3. Roseville Cinema: Take a trip back in time by visiting an independent cinema. Fortunately there are still a few left on our side of Sydney. Roseville Cinema, the Orpheum in Mosman and the Odeon in Hornsby, all have histories dating back to the early 1900s. Escape the summer heat, watch a film and munch on some popcorn, all while supporting local history.



5. Cockatoo Island: Learn about Australia's convict history with a trip to the UNESCO World Heritage Site, Cockatoo Island. Between 1839 and 1869, the Island served as a base for convicts that had reoffended within the colonies. Now as well as offering short self guided tours allowing visitors to explore Sydney's convict ties, it also plays home to a range of cultural events, a camping ground, picnic areas and a restaurant and bar. It's only ten minutes by ferry from Circular Quay.



2. Taronga Zoo: A crowd pleaser that never gets old, Taronga Zoo is home to over 366 species of animals. Spend the morning exploring the African and Asian enclosures and catch the bird show in the afternoon. At the end of the day when your feet are tired, hop on a cable car back to the entrance and take in the spectacular harbour views.



4. The Rocks Markets: Embrace your tourist side by taking the train to Milsons Point, then walking across the Harbour Bridge to the Rocks. Every Saturday and Sunday, from 10am to 5pm you will find the Rocks markets offering unique Australian products. From fudge and dried fruit, to one-off pieces of jewellery and artworks, there is something quirky to satisfy all tastes here.



6. Newtown: Located in Sydney's inner west, Newtown is an eclectic mix of quirky cafes, pubs, galleries, vintage fashion and street art. If you visit during the day, work your way along the shops of King Street. The hardest decision you will make all day will be deciding which cafe to eat lunch at. If you're visiting after work, see what's on at one of the local independent theatres or check out a local band.



7. Bobbin Head National Park: The perfect place to spend a Sunday. It's hard to believe so much greenery can be found so close to the CBD. Bring your own breakfast and cook it on one of Bobbin Head's BBQs while the kids make the most of the play equipment. Rent a tinny and try your hand at fishing, or explore the immense bush and wildlife surrounding the boardwalk.



8. Gelato Messina: Darlinghurst has become the mecca for gelato in Sydney. It may be a little out of the way for those living on the north shore, but its authentic menu makes it worth the travel time. Messina is famous for its signature flavours like peanut butter, salted caramel and white chocolate. However the owners constantly introduce limited edition flavours, surprising customers with unique combos like lime and mango cheesecake.



9. Bilgola Beach: Avoid the overcrowded tourist beaches this summer by spending a day at Bilgola Beach. Located just off Barrenjoey Road between Newport and Avalon, its discreet turn off is often overlooked. Grab a bacon and egg roll from its only cafe Bumbalino and relax on the sand among the locals.



10. Roseville Marina: Another tricky place to find for those that don't know about it. Park at Echo Point car park and then walk down to the marina. Once there, reward your navigation efforts by indulging in a brownie or a glass of champagne at Echo On the Marina, while taking in the beautiful water views. Seats are often limited here as it's the marina's only restaurant, so reserve a lunch spot in advance.



11. Sydney Olympic Park: An absolute utopia for families looking for a fun way to pass a day or two over the holiday period. There is a never-ending list of things to do at Sydney Olympic Park. Why not take a 90-minute flying trapeze class on the outdoor flying rig? Or if you would prefer to keep your feet planted firmly on the ground, hire bikes for the day, go on a bush walk, take a segway tour or just relax with a picnic.



12. The Blue Mountains: Head out to the Blue Mountains for a day trip. Immerse yourself in the Indigenous history that surrounds the Three Sisters. Take your photos, and then tackle the Giant Staircase's 861 steps into the Jamison Valley - by the end of this steep and narrow journey you won't be feeling camera friendly. The fitness fanatics can opt to return to the top via the Furber Steps, however the scenic railway is an equally exciting and less tiring option.



13. The Opera House: Hands up how many people have seen the Opera House? Hands up again if you have actually been inside the Opera House? It's hard to find a postcard of Sydney that doesn't feature this monument. It holds such an important place in our identity, so rather than admiring from afar, take a tour inside to learn about its 55-year history.



14. Manly to Dee Why Walk: Not content to just lie on the beach over summer? Put on your walking shoes, grab a bottle of water, and embark on one of the many walks along the Northern Beaches. The Manly to Dee Why 6.5 kilometre walk is a good one for the whole family.



15. The Quarantine Station: From 1832 to 1988, the North Head Quarantine station was the first port of call for ships arriving in Sydney suspected of carrying contagious diseases. Now a heritage listed set of buildings, it has become renowned for being one of the most haunted sites in Australia. Book into a guided ghost tour to learn about the paranormal occurrences that have unfolded at the station. Whether you believe in ghosts or not, the chilling tales and spooky stories told by the guides are enough to interest even the biggest sceptics.

WWOOFING ACROSS AUSTRALIA

THE TRAVEL EXCHANGE CONCEPT THAT ALLOWS TRAVELLERS TO EXPERIENCE NEW CULTURES FOR FREE.

by Rose Moloney

Define:

WWOOF: To work on someone's organic farm in exchange for learning, board and lodging. (Urban Dictionary)

NESTLED AWAY AT the end of a narrow street in Chatswood is Sonia Mrva-Montoya's home. Her large, leafy backyard backs on to Ferndale Reserve, with a creek acting as the only boundary separating the two. Although only 12 kilometres from the CBD, the boardwalk under the wide canopy of trees at the back of her house is more reminiscent of Northern Queensland.

However Sonia and her husband don't keep this mini paradise to themselves, instead they have hosted ten WWOOFers over the last two years. For those wondering – no, WWOOFers are not a breed of canine. They are 'Willing Workers on Organic Farms'. Sonia explains: "The concept is an exchange." In return for



Sonia at her home in Chatswood.

meals and accommodation, WWOOFers work on a host's property for a few hours each day, helping with a range of outdoor tasks. At Sonia's house WWOOFers generally busy themselves in her large garden until 1pm, weeding



Oli and Erin on their WWOOFING travels.

and tidying, and then have the afternoons free to go out and explore.

In Australia there are 2400 WWOOF hosts. Surprisingly 50 hosts, like Sonia, live within an hour of Sydney, allowing visitors to experience both the country and the city life.

Ex-Knox student Oli Ctercteko and his partner Erin Schrieber 'WWOOFed' their way across Australia last year. They stopped at three different locations while travelling in their campervan, each place providing them with a new experience. At a farm in Goulburn they helped show children around as part of a school camp. While at a cattle station in Cloncurry they helped with the veggie garden and the cattle. Erin says they even went out and helped the farmer shoot a cow which he later butchered, something she admittedly found quite challenging considering she doesn't eat meat.

Unlike Sonia, who can only take on two

guests at a time, many of the rural places that Erin and Oli stayed at hosted numerous WWOOFers simultaneously, allowing the couple to mingle with other like-minded people. Oli says he enjoyed the experience, as "you get to know the people that own the place as well as other people who are travelling". Not only that but it was also a budget friendly way to travel for the couple, as the food and accommodation was free. "It's been a really interesting way to experience a different side of life," adds Erin. According to Erin, one of the hardest aspects of WWOOFing is coming to terms with the isolation of some of the host's properties. However, the two encourage other people to give it a go, saying that while they mostly met solo travellers, it's a great way for families and couples to travel as well.

Sonia also encourages anyone that can to get into hosting, saying that it isn't just a learning experience for the WWOOFers but for hosts too.



5 MUST HAVE TRAVEL APPS

APPS TO SIMPLIFY YOUR SUMMER GETAWAY.

by Kaitlin Coleman

PLANNING FOR A holiday, whether it be a relaxed local camping trip or a month-long jaunt around Europe, can be a stressful time for even the most organised person. Flight bookings, itineraries, accommodation, places to eat and foreign money can all seem too much sometimes. However, there's now a wealth of apps available to simplify all your travel plans. Here are five of the best to always have in your pocket.

1. Trip Advisor by TripAdvisor LLC (Free)

A must-have for any globe trotter. Trip Advisor compiles over 60 million personal reviews of places to stay, eat and see from around the world. This means you can read firsthand advice from people who have been there, and can easily

sift through the places that will give you the best value for money and experience.

2. Currency Exchange by UnitConverter (\$0.99)

Containing the currencies of over 85 countries, this app is excellent for quickly and easily working out the conversion rate between countries. Absolutely essential for overseas shopping trips and general knowledge about how much band you're getting for your buck.

3. Urbanspoon by Urbanspoon (Free)

How often do you arrive in an unfamiliar city and have no idea where to eat? Urbanspoon will stop any culinary uncertainty altogether. You can use GPS to find what's close to you, or filter by price and cuisine. You can read reviews from other

diners and make reservations, simplifying dinner into just a few pushes of buttons.

4. Packing + (TO DO!) by Quinn Genzel (\$0.99)

The pinnacle of all organisation apps, Packing + (TO DO!) will prevent mad airport dashes to retrieve lost passports or toothpaste for even the most forgetful traveller. Designed with a variety of templates, this app lays out every item you'll need to bring on your trip, and can even assign these items to members of your family.

5. Free Wi-Fi Finder by JiWire Inc. (Free)

Never be without free internet again with this app, which uses your phone's GPS and filters by location to find the closest free Wi-Fi network to you.



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COOKING UP A GOOD TIME

HAYDEN QUINN TALKS FUTURE PLANS, ADVENTURES AND OF COURSE, FOOD.

by Rose Moloney

DEE WHY RESIDENT and lifeguard Hayden Quinn first hit our screens in the 2011 season of MasterChef. Although he left the competition in sixth place he hasn't hung up his apron just yet. He spent this year globe-trotting in search of cooking inspiration for his two new recipe e-books, and even found time to compete in MasterChef All-Stars. This month Hayden caught up with the *Sydney Observer* to tell us about his plans for the summer.



Why did you decide to enter MasterChef initially?

I was sitting at home watching the show and thought, 'I could do that, I could give that a go', and then when the application came through I gave it a shot and sent it off and there you go. I really enjoyed the sense of adventure and the big unknown about the whole thing, because every day we didn't know what we were doing.

Now that MasterChef has finished do you have any plans to open your own restaurant?

It's definitely something that has been talked a lot about, but I have no plans for the immediate future. I think that's some-

thing to put in the potential five-year plus dream category. At the moment I'm getting the right feel for where I want to go with my food before I jump into the deep end. To be honest I don't think it would be a restaurant; it would be more of a cafe, or a small eatery, which would be a bit more manageable.

In your experiences cooking, what has been your biggest kitchen disaster? Or do you cook like a pro all the time?

It happened at a friend's place that lived in a unit, and they had an electric

cook top, and I don't usually use those. I bought this weird pot, and I had the pot on the stove and it wasn't meant to go with the electric cook top. I was cooking away and it was getting nice and hot, the next minute it cracked and there were flames and fire and smoke alarms. It wasn't very impressive, everyone was expecting me to be cooking the food and the next minute the kitchen is on fire. Not cool.

You cook so many delicious meals, but do you have a personal favourite?

I get asked that all the time and always give a different answer. Most of the time my favourite meal is any meal that someone else has cooked for me, because it's always

nice to have someone else do the cooking. I also love food that you see in the commercial stores, like Maccas, that someone has put their own spin on, with fresh ingredients, fresh produce, real meat and chicken.

Where do you spend your time when you're not in the kitchen?

When I'm not cooking I spend a lot of time down at the beach. I still work casually for Warringah Council lifeguard service, so if people are around the beaches they might see me working. But a lot of my time is spent away from home, travelling, and doing cooking demos, writing and working with different brands.

What are your plans for the summer? Do you have any trips planned?

I'm back doing the commentary with Channel Ten for the Kellogg's Nutri-Grain Iron Man Series. So we'll be going round the beaches throughout December, January and February, covering the guys running around doing their Iron Man stuff, which is good fun. We go to Perth and Melbourne and up to the Gold Coast but other than that no big trips planned for summer. I'm potentially going to hit up South America next year though, just for a bit of inspiration and some food and to get some ideas.

You recently released two recipe e-books, *Hayden Cooks Summer* and *Hayden Cooks with Friends*. How do these reflect your cooking style?

The summer one is all about fresh, healthy, fun recipes. They describe my love of summer and what makes me want to come home from overseas and spend time around the BBQ or on the beach. It's stuff that's accessible, food that everyone can have a go at, food that the kids can get involved in. That's what I love about the food that I do, you don't have to have super special equipment or go out of your way to find ingredients. Everything that's in my recipe books I can find in Dee Why. That's how I like to write my recipes and how I like to cook.

To follow Hayden on more of his adventures visit his website and blog at:

www.haydenquinn.com.au

Hayden Cooks Summer



Kingfish ceviche.

COOK LIKE A MASTER CHEF

The season of barbeques and lazy days by the pool is almost upon us. While the sun is shining, no one wants to spend time trapped in the kitchen. Hayden recommends instead opting for simple meals this summer that can be prepared quickly, eaten outside and shared with friends.

STARTERS

Kingfish ceviche:

This recipe doesn't require any cooking at all. All you need is some beautiful sashimi-grade king fish marinated in lime and lemon juice and some chilli. Serve it with a simple radish salad.

Deep-fried school prawns:

This is another easy recipe, just grab some fresh school prawns, dust them with a little flour seasoned with paprika and throw them

haydenquinn.com.au



Steak, salad and eggs.

in a deep fryer. Serve them with a garlic aioli to create the right mix of sweetness and spice, and of course an ice-cold beer.

MAIN COURSE

A perfect steak:

Cooking a steak can be a real art form. Yet following a few basic steps can ensure you achieve the perfect results every time you turn the BBQ on.

1. Take the steak out of the fridge an hour or so before you start barbecuing so that it's not freezing cold in the middle. Starting with your meat at room temperature will ensure it cooks evenly all over.
2. Season the steak with simple salt and pepper, and a little grapeseed or olive oil so that it doesn't stick to the BBQ.
3. Make sure the BBQ is nice and hot.
4. To get a nice even colour all over, create a spit roast effect by turning the steak

Hayden Cooks Summer



Vanilla chocolate honeycomb ice cream.

quite regularly. Once the meat is cooked to your liking the only thing left to do is sit back and enjoy it!

DESSERT

Ice cream for the amateur:

Nothing beats the feeling of biting into an ice cream cone on a thirty degree day. This summer skip the store-bought stuff and have a go at making it at home. If you're game enough you can tackle the complex ice cream churning process yourself.

But, if you're looking for something quick and easy to prepare, invest in one of the many affordable ice cream makers on the market. Hayden's favourite ice cream combination is honeycomb, vanilla and chocolate. However, you can experiment with all different fruits, flavours and chocolate bars.

SPICING UP KU-RING-GAI NIGHTLIFE

SMALL BARS ARE SLOWLY CREEPING THEIR WAY ONTO THE NORTH SHORE.

by Rose Moloney

WE HAVE NATIONAL Parks, countless cafes, Thai restaurants and schools galore. However up until this year, one thing was missing from Ku-ring-gai's tree lined streets – small bars. It seems people are starting to take note of this huge gap in the market. This year we have seen the opening of two new bars in Ku-ring-gai – The Blackout and Super Bon. Both offer drink and food menus that cater to a more mature crowd looking for a way to wind down or socialise without having to go out for a full meal.

Super Bon Wine Bar — St Ives

Super Bon opened early this year to the delight of many residents of St Ives.



Its two young owners originally conceived the idea for the bar while travelling in Europe, so it follows suit that it boasts a wine menu of primarily Italian and French wines. For 'the girls' there's also a range of affordably priced cocktails and for 'the boys' plenty of beer. It focuses on simple European style food that can be easily shared and prepared. Think cheese plates, olives, crostinis and salads. For me a winning combination is always the asparagus and prosciutto, paired with an appetini.

No one could tell from the quality of food served that it has been prepared in a tiny cooking area of about one square metre. While the downfall for Super Bon could be its busy location on Mona Vale Road and the lack of public transport to St Ives for bigger drinkers, it's hard to find fault when you are halfway through a glass of rosé.

The Blackout — Lindfield

I naively visited The Blackout for the first time at 8pm on a Saturday night expecting to easily find a table and relax over a quiet meal with a group of friends. As I battled my way through the rustic décor to the bar, I realised that seemingly every other person in Ku-ring-gai had

the same idea.

To my pleasant surprise, The Blackout was filled with a large crowd, all clearly eager to experience something a



little out of the ordinary in Lindfield. And out of the ordinary it definitely is – you won't find many other places in Ku-ring-gai that can boast such an original design or quirky cocktail menu. On a summer night I would suggest opting for The Blackout's Pimms Cup cocktail, a classic English mix. Team it with their roasted pumpkin, onion and fetta pizza, and perhaps zucchini flowers and goats cheese to start. Although it appears to be slightly more expensive than Super Bon, it is worth it if you're looking for proximity to public transport.

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CAN'T DECIDE WHETHER to serve turkey, duck or chicken this Christmas? How about a combination of all three?

Australia's most awarded butcher, Adam Stratton, says Australians have embraced the TURDUCKEN with whole-hearted festive fervour.

A Turducken is a festive dish consisting of a de-boned chicken stuffed into a de-boned duck, which itself is stuffed into a de-boned turkey. The word 'Turducken' is a combination of turkey, duck and chicken. The Turducken consists of five kilograms of de-boned meat and sells for \$100. Each Turducken takes about three and a half hours to cook. Tender Value Meats is the country's leading supplier of Turduckens – with each boned freshly on the premises. They are not mass produced, but made to order with the precision of a Masterchef.

mustangnepalese.com.au



A Mustang for your dinner

Book now for Christmas functions. To experience the traditional cuisine and atmosphere of Nepal, come and dine at **Mustang Nepalese Restaurant** in Crows Nest. This restaurant offers diners aromatic and authentic Nepalese food, as well as reputable service and good value. You will be able to enjoy the magic and beauty of Nepal itself. Regular specials and promotions are also offered.

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Le Simpatic O was opened three months ago in Lane Cove with a friendly atmosphere. Inspired by traditional décor and creative, authentic French cuisine it is perfect for those looking for a short trip to France to try something different. Bookings Essential.

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Opening hours: Tues - Sat from 6pm.

Fri - Sun from 12pm.

Photos: Melissa Borg



Potter into the baker

Pottery Green Bakers might be a fresh face in Gordon, but there is little sign of inexperience in their food, coffee or delicious range of sweets and deserts. Baked delights are rarely underwhelming, but they are seldom this good. Some have called this the best cafe in Gordon, and it's hard to disagree.



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SHARPEN UP YOUR NAILS

THREE WAYS TO KEEP YOUR NAILS LOOKING FRESH OVER SUMMER.

by Rose Moloney

1. Don't forget the fundamentals.

The key to long lasting nail colour is to invest in a quality top and base coat. While it's easy to overlook these fundamentals in search of glamorous shades, they are the best way to ensure chip prevention. In the long run they can also help save you money, as rather than being forced to redo your nails each night you will earn a few chip free days. We like, O.P.I Natural Nail Base Coat (RRP \$19.95) and O.P.I RapiDry Top Coat (RRP \$19.95).

2. Have fun with colour.

Your nails are a great way to make a powerful colour statement if you don't want to commit to a bright outfit. Over Christmas embrace the festive spir-



it with a coral-red or lime green. While on holiday be adventurous and try yellow. Have a few options at the ready so you can change it up every few days. We like, Rimmel London 60 Seconds in Sunny Oats (RRP \$7.95) Limealicious (RRP \$7.95) and Sally Hansen Complete Salon Manicure in Kook-a-Mango (RRP \$16.95).

3. Experiment with a new finish.

Nowadays colour isn't the only thing to consider when painting your nails. The finish is equally important. If you're looking for something simple yet classy, go over your nail colour with a matte top coat. It will reduce the shine, while creating a chalky matte effect. We like the CK One Matte Top Coat (RRP \$20).



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HAIR FOR EVERY OCCASION

HAIR STYLES AND PRODUCTS TO KEEP YOUR LOCKS LOOKING LUSCIOUS THIS SUMMER.

by Anneliese Scenna

UNLESS YOU ARE aiming to spend every day at the beach, this summer is all about restyling your hair to cater for those warmer months. Owner of The Salon For Hair, Di Newbrun tells us about the latest hair trends and the best way to care and protect your hair against the summer sun.

Popular hairstyles:

Soft, loose curls continue to be popular from season to season, which can take



Recommended Care Products:

Strengthen and hydrate: Di suggests KMS Moist Repair- Therapy Treatment, which is designed for people swimming a lot and regularly in chlorine or salt water.

Texture and Shine: Intense Hydrating Mask, from the Moroccan Oil brand will also have a similar effect while dramatically improving hair's shine.

Curls: For people with natural curls and waves, Intense Curl Cream from the Moroccan Oil brand is also suggested to nourish, fight frizz and leave the curls looking shiny, refreshed and shapely.

you from a day at the beach to enjoying a summer's night.

For those warmer days, tight or relaxed up dos, with a braid on the side and messy curls on the back as well as low-slung ponytails are particularly fashionable.

Styled hair cuts are another way to create the in-season look, which can be achieved through a textured messy bob or through a shorter, layered cut.

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by Kaitlin Coleman



Hamilton Everyday Face Daily Defence (RRP \$16.55)

A multitasking winner of a product, this is a three in one moisturiser, tint, and sunscreen for your face. Wear under make-up or alone for complete sun protection.

BECCA Mineral Face and Body SPF 30+ Sunscreen (RRP \$39.00)

Perfect as a body or face sunscreen, this lightweight oil free formula provides broad spectrum sun protection for all skin types. Excellent for sensitive skin as it is free of chemical ingredients.



Invisible Zinc Staying Powder (RRP \$38.00)

Banish shiny faces and oil with this invisible setting powder. Designed to be completely undetectable on the skin, it leaves skin refined and pores minimised all day long.



Reef After Sun Repair Gel (RRP \$10.99)

Accidentally get too much sun? This after sun gel soothes and calms painful sunburn, windburn and razor burn. Containing aloe vera and green tea, it moisturises and freshens irritated skin.

Reef Coconut Body Butter (RRP \$10.50)

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SUMMER RECOMMENDATIONS

THE SYDNEY OBSERVER TEAM SHARES THEIR TOP SUMMER ENTERTAINMENT PICKS.

Rose Recommends



WATCH:
Jamie's 15-Minute Meals, Thursdays 7.30-8.30pm

The only thing better than cooking a meal in 30 minutes, is cooking a meal in 15 minutes. Jamie Oliver's latest TV show teaches people to do just that. The delicious, yet nutritious meals Jamie manages to prepare in such a short space of time are enough to inspire anyone to get creative in the kitchen.

LISTEN:
Red by Taylor Swift

If you buy one album this summer make it Taylor Swift's latest. In true Taylor style, it's fun and filled with emotion. Featuring hit songs "We Are Never Ever Getting Back Together" and "I Knew you Were Trouble", it's the perfect album to sing along to.



READ:
One Day by David Nicholls

This isn't your traditional romance novel. Following the lives of two friends over 20 years, each chapter of the novel represents the day July 15, in successive years, allowing readers to grow with the characters. It's funny and heart-breaking at the same time. Don't get sucked in and watch the film version first, the book is far better!

Kieran Recommends

WATCH:
Seven Psychopaths (in cinemas now)
Director Martin McDonough takes a satirical spin on Hollywood's uncreative ability to roll out repetitive thrillers and visual bloodbaths. Surprisingly clever and witty, 'The Seven Psychopaths' is an hilarious story about a struggling writer who is trying to outrun a Mafia boss and write a Hollywood screenplay at the same time. But the black humour and gore is probably a bit too much for the younger ones.



READ:
The Casual Vacancy
J.K Rowling's first step into adult fiction reveals that she truly is a master of storytelling. Neglect, poverty and privilege, rumours, love and lies, Rowling plumbs the depths of human experience and paints an eloquently winding tale about the inhabitants of an old English town.

LISTEN:
My Head is an Animal by Of Monsters and Men
An epic album infused with an infectious blend of folky instruments and uniquely tuned voices. Including the hit "Little Talks", the new album from Iceland's Of Monsters and Men takes you on a journey into a world of campfire chants, whistling harmonicas, thundering guitars and stomping feet.



Anneliese Recommends

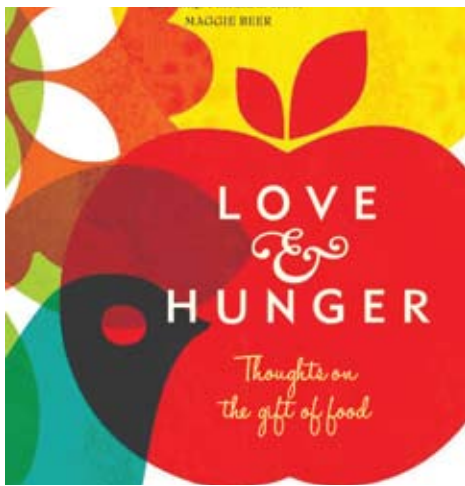
READ:
Country Women's Association Cookbook: 70 Years in the Kitchen
First compiled in 1937 and updated for use in the modern kitchen comes this unique collection of recipes. Inside you will find traditional soups, pies and stews, cakes and slices.

WATCH:
Serendipity
John Cusack and Kate Beckinsale star in this film about believing in fate and taking a chance with love. Filled with both humour and romance, it's a must see.



LISTEN:
Mylo Xyloto by Coldplay
In their and intimate album, Coldplay has successfully created a narrative with each song flowing perfectly from the next. A mix of both energetic and melodic songs, it is bound to capture your heart.





Miranda Recommends

READ:

Love and Hunger by Charlotte Wood

Novelist and food blogger Charlotte Wood contemplates the emotional and symbolic meaning of cooking for the people you love in this insightful book. During the festive season, read 'Love and Hunger' to be nourished, entertained and inspired to express your love for people through food.

WATCH:

The Intouchables (in cinemas now)

This French comedy-drama follows the unlikely and life-changing relationship between a paralysed Parisian aristocrat and an unemployed Senegalese immigrant. An uplifting film about friendship and loyalty, 'The Intouchables' has broken box office records in France and across Europe.



LISTEN:

Overexposed by Maroon 5

Featuring the hit singles "Payphone" and "One More Night", this new album by Maroon 5 is well-worth buying! Crank up 'Overexposed' for some poppy, feel-good summer listening!

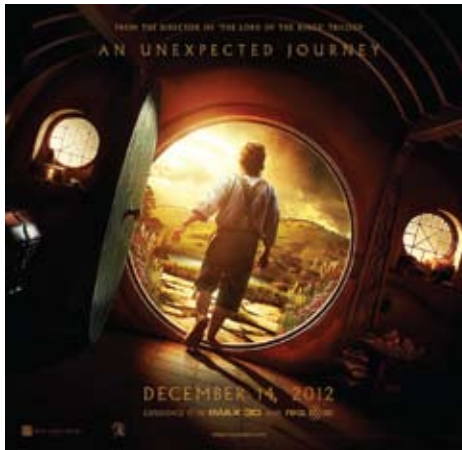


Kaitlin Recommends

LISTEN:

Paradise by Lana Del Rey

The follow up from her acclaimed debut album 'Born to Die' (2012), 'Paradise' includes the single "Ride". Love her or hate her, you just can't deny Lana Del Rey's sensuous voice and unusual melodies.



WATCH:

The Hobbit: An Unexpected Journey (out Dec. 26th)

The incredibly anticipated prequel to the massively successful 'Lord of the Rings' trilogy chronicles Bilbo Baggins' original adventures in Middle Earth. Don't miss Peter Jackson's latest visual masterpiece, which is sure to entertain the whole family.

READ:

The Perks of Being a Wallflower

Read this teenage classic by Stephen Chbosky before the film adaptation comes out and see what all the hype is about. A classic coming of age high school story, this book makes for perfect summer reading.

James Recommends

LISTEN:

Down the Way by Angus and Julia Stone

This album is an eclectic mix, with some slower, haunting tracks along with some upbeat, acoustic folk. Julia's voice is smooth and light, while Angus' has a husky quality, and the two work well together. "Yellow Brick Road" is a standout.



WATCH:

The Newsroom

HBO has a fantastic reputation for making quality TV, but 'The Newsroom' really polarised critics. Some people hate it because the writing is ridiculous. It is. But if you can get past the fact that all the characters are stupidly quick-witted, this show is really compelling, and a fascinating look into what cable TV newsrooms are like.



READ:

Steve Jobs by Walter Isaacson

This book is long, but it's a fascinating read and doesn't really feel like it. Steve Jobs tends to polarise people's opinions a bit. There's the "what a wicked man" camp and the cult-like adoration one, but Isaacson has obviously taken the time and care to let the story tell itself.

Emily Recommends

READ:
The Wind Up Bird Chronicle by Haruki Murakami.
 The captivating and at times poetic tones of Murakami's 'Wind Up Bird Chronicle' bring to life the story of Toru Okada as he searches for ways to bring his cat and wife back home. The novel explores a perfect mix of suburban banality, the relationships between people and their environment, the boundaries between reality and illusion and the connections that we share with the past and future. This novel is hard to explain but trust me, it keeps you waiting for the next twist in the plot to happen.



WATCH:
180 Degrees South
 If there was any film that would inspire you to pack up and quit your day job, this would be it. '180 Degrees South' documents the journey of Jeff Johnson as he retraces the steps of his heroes Yvon Chouinard and Doug Tompkins to Patagonia. Not only are the landscapes breath taking but the stories that the local people he meets are humbling and inspiring.

A thoroughly outstanding documentary that the adventurer within us all will enjoy.

LISTEN:
Nocturne by Wild Nothing
 With catchy guitar hooks and dreamy vocals the sophomore album from Wild Nothing is everything you could want in a soundtrack for summer. From the title track "Nocturne" to the soothing sounds of "Paradise" you won't want to skip a single track.



PUZZLES SOLUTIONS

CROSSWORDS

HANDY 3377 (DISBELIEVE)

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SUDOKU

Novice 0671

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WORDSEARCH

M	Y	A	N	Y	O	U	I	B	D	Z	K	Q	S	A
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B	B	O	U	G	I	L	S	A	G	A	A	N	H	O
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AFRICA

AMICI MUSIC FIGHTS ON

THE INTERNET IS CRUCIFYING INDEPENDENT MUSIC STORES.

by Miranda Middleton

MICHAEL O'BRIAN ALMOST faints when a young person comes into his shop Amici Music to buy a CD. Having been in the music industry for over 30 years, he has witnessed the growth of illegal downloading and online shopping- particularly among young people- by which many music stores similar to his own have been destroyed.

Now the only independent music retailer left on the north shore and one of just half a dozen that remain in Sydney, Amici Music is kept alive by the loyal local elderly population. "We have a little haven here in St Ives because older people aren't quite as tech-savvy and like to have the physical item in their hand," said Michael.

"They also have a very different mindset; they are real collectors of music and they want to do the right thing." Sales of movies and TV series on DVD are also sustained by the older population, who wish to escape the trashy reality programs and constant television advertisements. "For example, Downton Abbey is a great series, with beautiful costumes and fantastic sets, but when it screened on commercial television, it was horrendous because of all the ads," said Michael.

He believes that while the music industry is in a vulnerable state, there is some really interesting music out at the moment. "If you listen to Florence and the Machine and Mumford and Sons, it's clear that there are some great artists coming through," said Michael.

MICHAEL'S ENTERTAINMENT PICKS FOR THE HOLIDAYS

1. Coldplay's new album Mylo Xyloto and DVD Live 2012, with footage from their recent tour
2. The new One Direction album: Take me Home
3. GRRRR!, a compilation album by the Rolling Stones commemorating the band's 50th anniversary
4. Rod Stewart's first holiday album, Merry Christmas, Baby
5. Michael Bubl e's Christmas album, featuring one new track
6. Downton Abbey on DVD
7. Susan Boyle's new album Standing Ovation, The Greatest Songs from the Stage

Amici Music

Shop 46, St Ives Shopping Village
Ph: 9144 7876

Book Review
**RENOVATION
SALE!**

**ALL STOCK
MUST GO,
GREAT SAVINGS IN STORE**

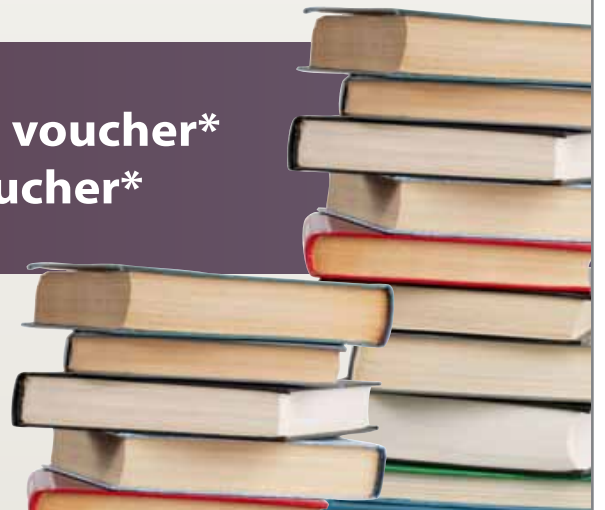
Spend \$100 or more & receive a \$25 voucher*
Spend over \$200 & receive a \$50 voucher*

***Conditions apply**

Offer valid 1 November to 31 January 2013.

Vouchers are valid from 1 March 2013 until 30 June 2013.

Cannot be used in conjunction with other promotional offers and is not valid for purchase of school texts or discounted products.



IT'S TICK SEASON

KEEPING YOUR DOGS SAFE FROM TICKS IS VITAL DURING SUMMER.

by Dr Martine Perkins

SADLY ALONG WITH the lovely summer weather also comes the increased risk of your pet being affected by ticks. The paralysis tick (*Ixodes holocyclus*) is the single most dangerous parasite for dogs on the eastern coast of Australia.

One single tick is capable of causing paralysis and death. Cats are also becoming increasingly affected. Native animals such as our local possums and bandicoots are the native hosts and often have a huge burden of ticks, yet are not affected themselves.

In other countries the *Ixodes* ticks carry other diseases harmful to people and currently a lot of research is underway in Australia to see if Lyme disease is currently in Australia.

How can you prevent ticks?

1. Clip the long hair to make it easier to do a daily tick search.
2. Apply spot on tick preventatives every two weeks, or three weekly sprays.
3. Tick collars can also be helpful as additional protection but remember to remove it when your dog is swimming.
4. Rinses are available however be careful as many of these might kill ticks on your pet but may not have much longevity.
5. Avoid tick areas such as scrub and bushland.
6. Speak to your vet about how to wash your dog when applying these products. It is not cheap to keep up the best healthcare for your pet and you do not want to be wasting your time and effort by stripping these products off their coat.

How can you tell if you're pet has a tick? Symptoms include:

Altered bark
Soft cough
Gagging / vomiting
Weak hind-limbs
Paralysis
Altered breathing
Noisy breathing

What should you do if you do find a tick on your pet:

1. Remove it. Tick twisters make this easier! (Keep it for your veterinarian to identify).
2. Call your local veterinarian to see if attention is required.

For more information contact:
Pymble Vet Clinic: Shop 20, Philip Mall, Kendall St West Pymble Ph: 9499 4010

CHRISTMAS BELLS ARE RINGING!

PETS CAN BE GREAT GIFTS FOR CHRISTMAS, BUT MAKE SURE YOU KNOW HOW TO TAKE CARE OF YOUR NEWEST FAMILY MEMBER.

by Dr Jim Thompson

CHRISTMAS IS OFTEN a time of year when new puppies and kittens are introduced to a family. It is a special, fun time. If you are introducing a new pet at Christmas time, don't let the excitement get too much, and don't let sensitive tummies overdose on ham or turkey.

Worming and vaccination

New puppies and kittens should be checked by a vet, and wormed every two weeks until 16 weeks old to help protect them (and your human family) against harmful parasites. They should also be vaccinated against killer diseases.

Tick paralysis

The Australian paralysis tick is as poison-

ous as some snakes, and a single tick, if left untreated, can cause death. Ticks are far more prevalent near native bushland; most councils will be able to inform you of high risk areas. It is essential to prevent ticks with products like Advantix or Frontline, and check your pets all over every day. If your pet is showing signs of weakness, retching, vomiting, or collapse, seek veterinary attention as prompt use of antiserum is vital and may save lives.

Pet insurance – is it a good idea?

Modern vet medicine is helping our pets live longer, healthier lives. Many diseases we saw routinely 20 years ago are now rare, but some medicines may be costly. You won't find bigger animals lovers than vets, and we are gratified that Australians are caring better for their pets than ever, but if there is one aspect

of our job that irritates both us and pet owners, it is vet fees. Unfortunately we don't have Medicare for pets, so pet insurance is worth considering. In Australia, pet insurance levels are generally below five per cent but in some areas of the UK, as high as 50 per cent. Remember to read the Product Disclosure Statement and ensure that the insurance is right for you (for example tick paralysis cover is important in many areas of Sydney).

Finally, if you are considering a new pet at this time of year, please remember a pet is for life, not just for Christmas.

Here, at Turrumurra Vet Hospital we do have some vaccinated, microchipped and wormed kittens available that we would love to find homes for. For more details call us on 9988 0198

HADDIN RETURNS TO HIS LOCAL ROOTS

by Kieran Gair

FAMOUS AUSTRALIAN TEST wicketkeeper Brad Haddin, has returned to the club that ignited his grade career over ten years ago. This season the Northern District Cricket Club will feature one of Australia's most celebrated wicketkeepers.

Brad Haddin previously played for Northern District during the 1998/99 and 2002/03 seasons and is enjoying his return to his home club at Mark Taylor Oval in Waitara.

After 43 test matches, 2182 runs, two wickets and 15 years of first grade cricket, Brad Haddin has jumped back into his local club for the 2012/13 season.

Haddin will be joined by his old friend Dom Thornely who is returning to the

Northern District's side after 83 matches for NSW. Both Haddin and Thornely are past NSW captains with a wealth of experience at a state, national and in Haddin's case, international level.

President of the Northern District Cricket Club, Mike Langford, is looking forward to Haddin and Thornely returning to their home club. "They are two of the most talented, hard-working and passionate cricketers to wear the Club's colours, and they have so much to offer," he said. "Brad, as with Dom, has incredible leadership skills, and a cricket brain the equal of any. They are admired as cricketers and people and we are delighted to welcome them both back to the club."

Haddin and Thornely's team, the Northern District Rangers, are currently sitting at 16th place in the Belvidere Cup.

DUCKWORTH NAMED AMONG AUSTRALIA'S BEST

by Miranda Middleton

YOUNG TENNIS STAR James Duckworth has what it takes to make it to the top, according to Pat Rafter, former World Number One tennis player and captain of Australia's 2012 Davis Cup team. After making his Grand Slam debut at the Australian Open this year, 20-year-old Duckworth, of Pymble, was named by Rafter in the five-man Davis Cup squad which played against Germany in Hamburg in September.

Although fellow squad-members Lleyton Hewitt, Bernard Tomic, Chris Guccione and Matt Ebden were the four chosen to compete, James relished the opportunity to mix with such high-quality tennis players. "It was a great experience, I was able to learn a lot from Pat and Lleyton," said James, who has his sights set on playing in the Davis Cup in the near future. "I would also like to break into the top 100 and then see from there how high I can get my ranking to."

Despite having natural talent- James is the grandson of Beryl Penrose, who won the



Tennis Australia

Australian Open singles and doubles in 1955- he does not expect that breaking into the top 100 in the world will be easy. "I have made quite a few quarter-finals and semi-finals of Challengers but haven't quite broken through for a win yet," said James. He will play some of Australia's top tennis players in the Australian Open 2013 Wildcard Play-off from 10-16 December in Melbourne, in the hope of obtaining direct entry into the main draw of the Australian Open in January.

...TO TALK ABOUT

by Patrick McAuley

WEIGHT OF THE WORLD ON SBS' SHOULDERS

WHILE THE RECENT television deal for the Hyundai A-League and Australia's international matches is generally good news for the game, it is also worrying as an increase in the media coverage of the game will bring new risks.

The deal will help pour more money into a sport financially starved at the lower and highest levels. The extra money will hopefully free up dollars for the FFA and state bodies and lower (already too expensive) costs at the grassroots levels. Secondly, it will bring some new stability into the A-League, helping the smaller clubs (not backed by millionaires/billionaires) to survive a little longer. A third benefit will be football being televised to the masses, thanks to SBS securing some rights to A-League fixtures and international fixtures, meaning the world's game will be finally available on free-to-air television.

Although, SBS securing rights has the potential to be a massive flaw in the new television deal. I for one am not convinced they are capable of promoting the game in a way that will appeal to everyone, or in a way that will benefit the game. While SBS should be applauded for their long-term service to the game, their approach is at times, far too honest. They will label a particular game as poor, when their job as promoters, should be to seek the positives and underline them. Other sport mediums like Channel Nine and Foxtel do this well, and SBS could learn from them.

I've watched SBS my whole life and I've always enjoyed the level of analysis they put into the game. They are very big picture and don't hide or misreport stories as other news mediums have done in the past.

However they need to lighten up if they want to deliver on their love of the game. The way the game is reported is more crucial to the game's future than people think and the likes of Craig Foster, Les Murray and Ned Zelic have big shoes to fill if they are to serve the game as well as Foxtel has.

Follow: [@MrPatMcAuley](#)



December- 3 February -Dinosaurs In The Wild

Daily 9:30am-5pm (Adult: \$44, Concession: \$31.50, Child: \$22)

For this summer only, get an up close look at life-size dinosaurs at Taronga Zoo. You will have a chance to learn about the Tyrannosaurus Rex and more.

Where: Taronga Zoo, Bradleys Head Road, Mosman

Contact: 9969 2777

Throughout December - Chitty Chitty Bang Bang the Musical

Matinee - 1, 2 & 3pm, Evening - 7 & 8pm (From \$55.90)

Sensational sets, memorable classic songs and an irresistible story line are all captured in this hit musical, which has finally arrived on the Australian stage.

Where: Capitol Theatre, 13 Campbell St, Haymarket

Contact: 1300 723 038, ticketmaster.com.au

18 December- Christmas at Sydney Town Hall

8pm - 9.30pm (Adult: \$15.00, Children & Senior: \$12.00)

Enjoy a wonderful night of music and readings in Sydney's majestic Town Hall. Perfect for anyone who wants to get into the Christmas spirit!

Where: Sydney Town Hall, 483 George Street (cnr Druiitt Street)

Contact: www.sydneychristmas.com.au

6 December -Food Safari

12:30 - 1:30pm (Free)

Maeve O'Meara shares her culinary adventure, Food Safari. This cookbook explores ingredients and recipes and stories from across the world as well as tips to assist you in the kitchen.

Where: Chatswood Library on The Concourse, 409 Victoria Avenue

Contact: Bookings essential: 9777 7900, library@willoughby.nsw.gov.au

10 December - 22 December - Chatswood Christmas Market

12:30 - 1:30pm (11am opening on start date) (Free)

Do you still have some Christmas gift shopping to do? This Christmas market, with fashion, jewellery and art stalls could be for you.

Where: Chatswood Mall, Victoria Avenue, Chatswood

Contact: 9777 7987

20 December - Sounds of the secret garden

3:30-7pm (free)

The youth centre Christmas party. Join in on the Christmas celebrations with live music from local young acoustic artists. There will also be a free BBQ cakes and soft drinks.

Where: Gordon Library's Secret Garden, 799 Pacific Highway

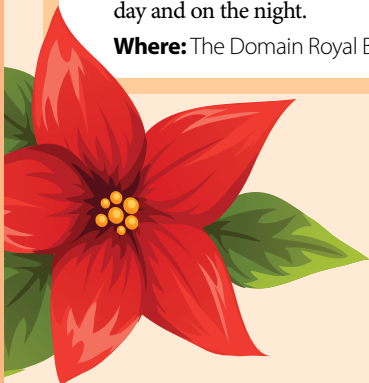
Contact: 9424 0994

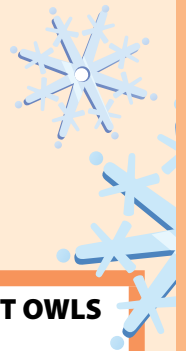
22 December - Carols in the Domain

Carols commence at 8:30pm (Free)

Enjoy a night under the stars and sing along to popular Christmas carols. Food and drinks can be purchased during the day and on the night.

Where: The Domain Royal Botanic Gardens, Sydney





24 December- Santa's Xmas Show plus Pixie's Australian Xmas
10:30am (Adult: \$13, Child: \$10)

To join in on the Christmas spirit that you and your whole family can enjoy come to this double feature puppeteer show, performed by the Jeral Puppets. On display will be Christmas trees, reindeers, puddings and the story of Pixie's Australian Xmas.

Where: Puppeteria Theatre 48A Carrington Road, Randwick 2031, Sydney, Australia & 12H Denawen Avenue, Castle Cove

Contact: 9371 7328

7 - 22 January- NIGHT OWLS
Kids Film Fest
6pm, films start 6.45pm
(Free, BYO rug and picnic)

Have a fun evening out with your children. With kid-friendly feature films screened at the Village Green precinct in Darling Quarter (in Darling Harbour). The outdoor event runs each night.

Where: Village Green precinct in Darling Quarter (Darling Harbour)

Throughout January -Movies by the Boulevard 2013
Food available from 6pm films start at 8.30pm (Free)

Enjoy a leisurely evening under the stars with the screening of a great range of films, spanning a variety of genres. Food and drinks are also offered for purchase.

Where: Cathy Freeman Park, Olympic Boulevard, Sydney Olympic Park 2127

Contact: 9714 7888 www.sydneyolympicpark.com.au

January 12 – March 23 -
Imogen and the Pirates
(Adult: \$22, Children: \$18, Families of four: \$68)

This fun pirate adventure set on the high seas including lively songs and audience participation will keep the kids entertained in the summer holidays. Suitable for 3-10 year olds.

Where: Marian Street Theatre, Killara

Contact: Bookings – 1300 306 776, www.mca-tix.com.au

January 19 – February 2 -
Peter Pan the Musical

6pm (Adult: \$37, Concession: \$32, Child: \$27, Family: \$110)

Kids and families alike are welcome to go along to a picnic and an interactive outdoor production of Peter Pan.

Where: St Ignatius College, Riverview, Tambourine Bay Road, Lane Cove

January 21 – 24 -
School holiday golf

10am-1pm (\$40 per day)

Ku-ring-gai golf program is a perfect way to entertain the kids this summer. It helps children develop essential skills such as driving, pitching and putting. This program is aimed at kids from 6 - 12 years old.

Where: North Turramurra Golf Course, 361a Bobbin Head Road, North Turramurra

Contact: 9424 0802, recreationbookings@mkc.nsw.gov.au



Christmas Has Come Early

This month we have 12 different prizes to give away for you to enjoy over December and January. If you would like to enter one of the competitions let us know in 25 words or more what you like about this issue. Please nominate your TOP TWO prize preferences.

Send your replies to editor@kamdha.com or to PO Box 420, Killara NSW 2071 with your name, address and contact number. Good luck!

Taronga Zoo: Family Pass and Double Pass



Beach Essentials Kit



Small Plates, Sweet Treats by Aran Goyoaga

Trained pastry chef, blogger, and mother of two, Aran Goyoaga turned to gluten-free cooking when she and her children were diagnosed with gluten intolerance. Her recipe book, combines flavours of her childhood in Spain with informal small-plate dining. One reader will win a copy this month.



5 x Double
Passes to
Roseville
Cinema

Tree Top Adventure Park: Family Pass

Treetop Adventures is a new way to move from tree to tree through a network of rope bridges, flying foxes and trapezes which stretch through the tree canopy.

One family will win the opportunity to embrace their wild side this summer with a trip to the park.

Quarantine Station: Family Pass and Double Pass



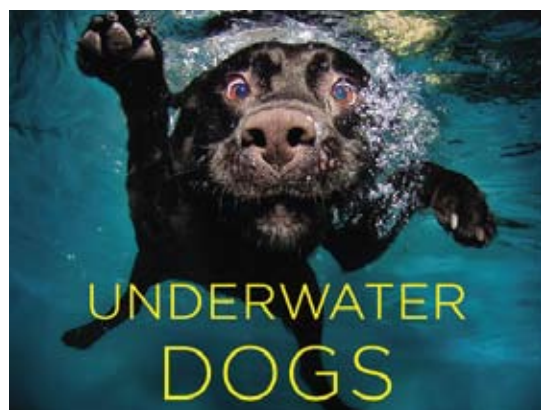
Sydney Opera House Tours: A family pass to the Kids Discovery Tour or a Tour and Tasting Plate for two



Marian Street Theatre: Family Pass

One family will be given the chance to see Imogen and the Pirates at Marian Street this summer. On show from 12 January to 23 March, the summer show is a fun pirate adventure set on the high seas.

2x Gutermann sewing sets



5 copies of Underwater Dogs by Seth Casteel

Nail Polish Package



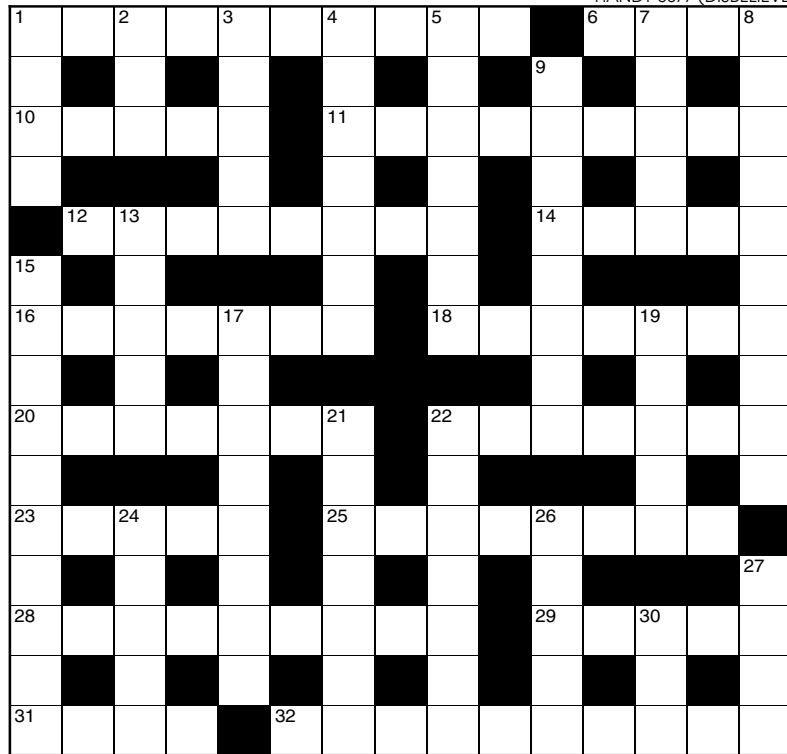
2x Sunbeam Snack Heroes Ice Cream Maker



This summer is shaping up to be a sizzler, The Sunbeam Snack Heroes Ice Cream Maker allows you to whip up summer treats in just 20 to 40 minutes, adding whatever ingredients and combinations you like. Two lucky readers will be cooling off from the heat with this fantastic machine this month.

Crosswords

HANDY 3377 (DISBELIEVE)



Across

- 1. Doubt
- 6. Well-dressed
- 10. Was inclined
- 11. Mishaps
- 12. Most immature
- 14. On two occasions
- 16. Ponderously
- 18. Zodiac sign
- 20. Reykjavik is there
- 22. Ailment
- 23. Hindu teacher
- 25. Lucky escape (4,4)
- 28. Do too much
- 29. Snag
- 31. Deer
- 32. Immunised

Down

- 1. Boring
- 2. Health resort
- 3. Rock/pop singer, ... John
- 4. Foolishly
- 5. Quits (premises)
- 7. Vietnamese city
- 8. Stews
- 9. Versions (of book)
- 13. Speak in public
- 15. One of retail group (5,5)
- 17. Fantasises
- 19. Worships
- 21. Basement torture chamber
- 22. Desperate
- 24. Wise guy, smart ...
- 26. Mausoleum, Taj ...
- 27. Lose (fur)
- 30. Tit for ...

Novice 0671

AFRICA



FIND ALL THE WORDS

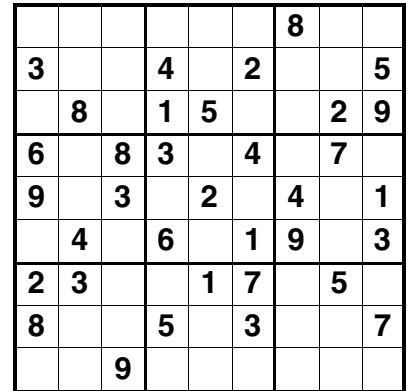
Listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

- | | | |
|----------|-------------------|------------|
| ANGOLA | GREAT RIFT VALLEY | NAMIBIA |
| BENIN | KALAHARI | NYASA |
| CAIRO | KHARTOUM | SAHARA |
| CONGO | KIGALI | SAVANNA |
| DJIBOUTI | KILIMANJARO | SWAZILAND |
| ERITREA | LUANDA | TANGANYIKA |
| ETHIOPIA | MALI | TANZANIA |
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