

Sydney **Observer**

AUGUST 2013 - FREE

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8 page
**Sydney
Home
Feature**

Erin Holland,

Cremorne resident crowned
Miss World Australia

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MUSICIANS**

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BEST LOCAL BREKKIES - We scout the best bacon and eggs on the north shore

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FROM THE TEAM

This month the Sydney Observer team has been going wedding crazy as we organised our wedding special. We've put together ideas for venues (p.24), found the most idyllic honeymoon destinations (p.30) and created a social media wedding guide (p.28). Our graphic designer Anna has actually just jetted off to Bali for a wedding!

We were delighted to chat to Erin Holland about her experiences in the Miss World Australia competition (p.14). Who would have thought when she's not on stage or practising singing, she spends her time watching sport?

Following the warm reception of our home improvement special in July's issue, we decided to relaunch Sydney Home (p. 31) within Sydney Observer. For the rest of the year we will be bringing you pages of home and garden tips along with businesses that can help you.

Enjoy the magazine and let us know what you think!



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BROADENING HORIZONS

What I liked in this month's magazine was the article 'A Scottish Summer' (July 2013, p.36). I have recently returned from an overseas holiday to Vanuatu. Travel really does broaden your horizons.

K Wedlock, Mosman

IMPORTANCE OF SUPERFOODS

Having been interested in good nutrition for many years, I welcomed reading of the benefits of the six superfoods in this month's *Sydney Observer* (July 2013, p.39). Since incorporating these better choices into my own diet, I have found that I'm having less infections, needing less supplements and enjoying better energy levels. Give them a go, for your health's sake!

Lynne Wiltshire, North Rocks

INSPIRING GREEN FINGERS

Feeling very inspired by your 'Home Improvement' special (July 2013, p.17) my husband and I donned the gardening gloves and decided to give the front a reno: new garden beds, plants and the all important mulch.

Jo Burrowes, Kariong



DURIE INSPIRES

I liked the home improvement special in the July magazine. Jamie Durie (July 2013 p.17) always has a smile on his face and a great story to tell. Well done guys.

Robert Langdon, Willoughby

SAYING "NO" TO DRUGS

The 'War on Drugs' report (July 2013, p.10) firmly explodes the myth of synthetic drugs being safe drugs and is a timely reminder of the harmful, even deadly (as with Henry Kwan), consequences of using these drugs

Steve Ngeow, Chatswood



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 published* and go in the running for our monthly giveaway in the next issue of the magazine. **PO Box 420, Killara NSW 2071** or email editor@kamdha.com with your name, address, and contact number by the 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*.



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KU-RING-GAI MAYOR DISCUSSES COUNCIL AMALGAMATION

by Elaine Malicki*

KU-RING-GAI COUNCIL HAS prepared a submission in response to the Independent Review Panel's *Future Directions for NSW Local Government* report that, amongst other significant changes to local government, recommends amalgamation with Hornsby Council.

Ku-ring-gai Council engaged independent consultants to investigate the impact an amalgamated Ku-ring-gai and Hornsby Council would have on residents of Ku-ring-gai.

We are shocked to find that our residents would be disadvantaged in an amalgamated model. Not only would they have less representation, but they would most likely pay more rates.

Rates are based on land value. Because the residential land values in Ku-ring-gai are on average 55 per cent higher than in Hornsby, the rates paid by Ku-ring-gai ratepayers would increase in an amalgamation with Hornsby. At the same time, the rates paid by Hornsby ratepayers would go down.

The average increase for Ku-ring-gai residential properties is likely to be between 5 per cent and 17 per cent - potentially \$217

per year extra for Ku-ring-gai ratepayers.

I think it is important to do a comparison of what Ku-ring-gai residents currently receive from Council compared to what Hornsby residents receive from Hornsby Council.

Ku-ring-gai Council is in a better financial position than Hornsby and this has been recognised by the Treasury Corporation (TCorp) in their evaluation of every NSW Council's financial position. Ku-ring-gai is in the Top 16 Councils and Hornsby the Top 80.

Ku-ring-gai has an operating surplus of \$8.2 million, while Hornsby has an operating deficit of -\$4.1 million.

Hornsby's area is over five times our physical area and their population density far less, so homes are spread out. This means their road network should be massive-ly bigger than ours, yet Hornsby are spending \$4.5 million on roads compared to our \$8.9 million.

They are spending \$1.6 million on parks, playgrounds and ovals, compared to our \$6.1 million total on parks and sports fields.

Ku-ring-gai delivers its range of services at lower operating costs, with fewer employees and at lower employee costs.

I find it hard to understand how Ku-ring-gai residents will benefit from a proposed amalgamated local government area that will be five times that size in land area. It is obvious that here in Ku-ring-gai we will have to subsidise an area as large as Hornsby.

Ku-ring-gai residents would also have less representation than Hornsby residents, meaning that the voice of Ku-ring-gai residents would not have the same weight.

Ku-ring-gai could have as little as five councillors on an amalgamated council, which is half the present number. I don't believe that Ku-ring-gai residents understand that these councillors, will not be able to give them the individual attention they are use to. It will also be the end of independent representation as political parties will use local government as a training ground for state and federal politics.

I am trusting in the Premier's word that he won't force amalgamations, because you can clearly see it will not benefit Ku-ring-gai residents.

*Elaine Malicki is the Mayor of Ku-ring-gai. She is the Council's longest serving female councillor.

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KFC car crash

A ~~YEAR~~-OLD WOMAN was released from hospital on July 30 after a car crashed into a KFC restaurant in Lindfield earlier this week. The four-wheel-drive was forced through the window of the Lindfield restaurant after colliding with a ute on the Pacific Highway on July 25.

The 94-year-old was trapped in the car for 30 minutes before being taken to hospital with minor injuries.

Engineers have since checked the safety of the building and have judged it structurally sound. Three other people involved in the crash were unharmed and not sent to hospital.

The crash forced the closure of two north-bound lanes on the Pacific Highway. Police are currently investigating the accident.

KU-RING-GAI RFS AWARDED

THE KU-RING-GAI BRIGADE of the Rural Fire Services (RFS) won three awards at the recent RFS Mayoral Dinner hosted by Hornsby Council.

"We are so proud of our legendary local fireys who were recognised as best brigade in the district!" says Ku-ring-gai Council Mayor Elaine Malicki.

"Although Hornsby Shire has 15 brigades and Ku-ring-gai has just the one, Ku-ring-gai Bush Brigade won first place in every category."

Ku-ring-gai's RFS won the Annual District Exercise Award, The Bob Schofield Training Excellency Award and The Rob Tickell Award for Navigation and Mapping.

ROADS AND RECREATION

IN RESPONSE TO a number of new planning documents Ku-ring-gai Council has allocated \$8.9 million to upgrading roads throughout the area and another \$7 million on recreation. Spending will include:

- Roads: \$8.9 million, this is up \$1.3 million from last year
- Footpaths: \$990,000, this is up \$450,000 from last year
- Public toilets: \$390,000
- Sports fields: \$3.9 million
- Parks: \$2.2 million
- Community centres and halls: \$970,000

Ku-ring-gai Council completes upgrade of Acron Oval



New AFL and cricket facilities at Acron Oval.

LOCAL RESIDENTS IN St Ives have benefited from Ku-ring-gai Council's recent upgrade in playing and training conditions at Acron Oval.

New AFL and cricket facilities, picnic shelters, a car park, and a stormwater system were introduced in the \$600,000 scheme to revamp the park, a popular destination for dog-owners and sporting events.

"The newly upgraded oval has been welcomed by local St Ives residents and children who are already enjoying the improved recreational sporting facilities and new terrace area," said Ku-ring-gai Mayor Elaine Malicki.

Further installations of stormwater harvesting, a rainwater garden and a 150,000L water tank have improved Acron Oval's environmental sustainability and water usage.

"The works also greatly reduces our reliance on drinking water. This is water which would otherwise be lost down drains," Cr Malicki said.

Fencing separating the oval from the neighbouring national park to contain dogs and stray balls has also been completed by the Council. (Amelia Zhou)

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CITIZENS OF WILLOUGHBY UNITE

A NEW CITIZEN'S PANEL HAS WORKED TOGETHER TO DEVELOP COST SAVING SOLUTIONS FOR WILLOUGHBY COUNCIL.

by Rose Moloney

THE NEWLY FORMED Willoughby Citizen's Panel is preparing to present its Citizen's Report on August 12.

The report will represent the work of 40 Willoughby residents who worked together throughout June to analyse Willoughby's asset base and address Council short falls.

The panel was selected from a random mail out to 1600 residents, as part of Willoughby Council's efforts to promote democracy and community engagement.

Vice President of the Castle Cove Progress Association, Steve Vabeti, was part of the Citizen's Panel. Mr Vabeti said: "Having resided within Willoughby since 1985, attending local primary and secondary schools, it was an opportunity to volunteer my support and experience towards sustainable suburban planning and

maintaining valuable community assets."

Throughout June, panel members attended workshops and information sessions to increase their knowledge of Willoughby's community needs and assets. The panel then developed cost management and revenue raising suggestions.

"Panel members worked as a collective of concerned residents in identifying expectations, debating principles, discussing solutions, analysing results and summarising three days of deliberations into the final Citizen's Panel Report," said Mr Vabeti.

Revenue raising solutions, suggested in the Citizen's Report, include the leasing of footpaths to cafes, asset sales and maximising developer revenue through full cost recovery of Development Applications.

The report also suggests increasing the amount of Council volunteers and decreasing the amount of services as money saving solutions.

The Citizen's Panel facilitated lively discussion between residents. "There were differences of opinion and points of contention which were made all the more satisfying once the final pieces began falling into place," said Mr Vabeti.

The report will be used to assist the Council as it develops a long-term financial plan. Estimated expenditure for asset provision may be adjusted according to the panel's suggestions, however safety and long-term financial sustainability will also be taken into consideration.

The Citizen's Panel is part of the 'NewDemocracy' initiative, which has been developed within NSW and Australia. According to Councillor John Hooper, 'NewDemocracy' "facilitates community feedback".

"The facilitators working through the 'NewDemocracy' template aren't influenced by counsellors or extraneous factors," said Cr Hooper.



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YOUNG JOURNOS HIT THE RADIO

TWO UNIVERSITY STUDENTS WILL BRING LOCAL ISSUES TO THE FOREFRONT IN THEIR NEW WEEKLY SHOW.

by Rose Moloney

JOURNALISM STUDENTS ARE embracing what they have learnt to provide local news to the Hornsby and Ku-ring-gai community.

On July 31 residents tuned in to listen to the first segment of the new current affairs program on Triple H, produced and presented by James Elton-Pym and Declan Gooch.

“The local papers do a great job around here, but there’s certainly a lack of local current affairs on the radio. It’s a really valuable medium for news - hearing people’s voices can definitely connect you to them in ways print might not be able to,” said James.

James and Declan are both 19 year-old Ku-ring-gai residents and are currently in



Young presenters James Elton-Pym and Declan Gooch.

their second year of journalism degrees at the University of Technology, Sydney.

In their first show James and Declan interviewed Mayor of Ku-ring-gai Elaine Malicki about the rise of youth shop lifting in the area.

The two will continue to cover issues

affecting the area and lighter news stories each week. Their aim is to talk to people from Hornsby and Ku-ring-gai and give the community a voice.

“We wanted to give people an independent source of news that took the time to look at the area they lived in more deeply,” said James.

Declan added: “We want to talk to as many people as we possibly can and give them a platform to voice their concerns.”

Although they are both still studying full-time, James and Declan are confident they will be able to deliver a quality news program each week.

MORE INFO:

Tune in to Triple H 100.1 FM and get your dose of local news from 9am-10am on Wednesdays.



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THIRD TIME LUCKY?

BUSKER JACK SHEPHERD HAS HIS HOPES SET ON WINNING THE FITZ BAND COMPETITION.

by Jessie Goldie

THIS YEAR MARKS the 21st anniversary of the Fitz Band Comp, a competition that sees local artists battle it out in the hope of being crowned the winner.

Last year's winners, the Fixators, are now a regular on the Sydney music scene and 2011 winners, The Cam Naccson Band, recently toured the USA and released their debut album.

With so much talent brewing in the heart of Ku-ring-gai, this year's competition is sure to showcase some fantastic local artists.

Jack Shepherd will be entering the competition for the third time this year, this time as a solo artist performing under the name Jack Man Friday.

Jack combines combines guitar, vocals, bass and a bit of beat boxing to create what is certainly a unique sound. "It's street based music, quick, with lots of layers. Sort of a bit like the John Butler Trio... and a bit like the Beastie Boys," he said.

Jack first developed a passion for music at the age of 12 as a student at Knox Grammar, starting his musical journey by learning the guitar. Now, at the age of 20, he has been performing for the last five years and you'd be hard pressed to find an instrument he can't play.

Since he spends five days a week busking on the streets of Sydney, Jack has plenty of time to practise new material and gain feedback from audiences.

At the time of the interview Jack was at



the bank pouring mountains of coins into a coin counting machine, the sound was rather deafening. So it's fair to say that his audiences are appreciative of his talents.

Jack hopes that if he wins the Fitz Band Comp he'll be able to record an album, tour Australia and put his earnings towards a trip to Europe. "The saying goes that if you can busk in Australia, you can busk anywhere... So I want to busk in Europe," he said.

The Fitz Band Comp kicks off on August 9, with the final being held at the Fitz Youth Centre on Memorial Avenue in St Ives, August 30.

VOLUNTEER HELPS ASSESS HORNSBY POLLUTION LEVELS

COLLECTING WATER FROM THE HAWKESBURY IS ALL IN A DAYS WORK FOR MADAN GAUTAM.

by Rose Moloney

MADAN GAUTAM IS a long way from his home in Nepal, however he seems to have found his niche within Hornsby Shire.

After studying science and environmental studies in Nepal, the UK and New Zealand, he has been putting his conservation knowledge to good use each month by volunteering for Hornsby Council.

For three days every month Madan joins a team of scientists and helps collect water samples from the Hawkesbury River.

Madan says these samples are then used to assess pollution levels throughout Hornsby Shire.

While collecting water involves a slightly different pace to working with tigers in Nepal, one of Madan's previous occupations, he takes his work with the Council seriously.

Madan says of his decision to volunteer for Hornsby Council: "My intention was to help by contributing my academic and scientific knowledge."

However he put a lot of thought into choosing where he would volunteer his skills. As a Wahroonga resident he said he considered working with a number of local councils, but chose Hornsby because of its abundance of green land and long-term environmental programs.

"Hornsby Council is one of the greenest councils in NSW, it has a bigger percentage of green land than any other council in NSW," says Madan. Moreover, Madan was impressed by Hornsby Council's "vision" in terms of implementing environmental programs.

According to Madan the twelve-hour volunteer days are long, but he enjoys the process, knowing that his work will benefit the council. Volunteering is something he will continue to do while he studies Project Management at the University of Sydney. He plans to add this to his long list of degrees, which includes a PHD from the University of Lincoln and a Masters from the University of Wales.

Hornsby Council appreciates the work of volunteers like Madan.

"The volunteers who offer their time greatly increase our ability to monitor and protect the natural heritage we have been blessed with in this part of the world," says Hornsby Council environmental scientist Kristy Guise.

Aquatic sampling at the outlet of Hawkesbury.



WAHROONGA'S FIFTIES FAIR

Fifties Fair run by Sydney Living Museums is back! Put on your Sunday best and be seen at Sydney's famed 1950s Modernist home, Rose Seidler House, for swing dancing, live jive and rock'n'roll music, 50's inspired food, fashion shows, classic cars and roving performances. Tickets are on sale now for this event.

This year revellers will be treated to the live headline performance of the Pat Capocchi Combo, one of Australia's most respected Rockabilly bands performing for the first time at Fifties Fair. Miss Teresa and her Rhythmairs are flying in from Brisbane to perform at the event!

So don your vintage threads and fix up your 'do' to enter the best-dressed competition. Bring your eye for design and snap up an authentic vintage kitchen, fashion or furniture piece for your collection. Plus enjoy hot and tasty dishes from popular Sydney 'foodie' and rockabilly restaurateurs, Porteno.

More info:

When: August 25

Where: Rose Seidler House, 71 Clissold Rd Wahroonga, 2076

Tickets: Available for pre-sale only via 1300 448 849 or at www.tickets.hht.net.au. General \$30, Concession \$25



 A poster for 'Jazz in the Glen' featuring a silhouette of a man playing a trumpet against a yellow background. The text on the poster includes:

- JAZZ IN THE GLEN
- 6-7 SEPTEMBER
- FOOD // WINE // MUSIC
- @ GLEN STREET THEATRE, BELROSE
- A jazz festival featuring the Lounge Bar Lotharios, The Young Northside Big Band with Janet Seidel, John Buchanan presenting Legends of Jazz and more.
- BOOKINGS 9975 1455 glenstreet.com.au
- Glen Street Theatre logo and WARRINGAH logo.

 A collage of three photographs showing the interior of Rose Seidler House:

- Top left: A red banner with 'ROSE SEIDLER HOUSE' and the Sydney Living Museums logo.
- Top right: A modernist living area with a black chair and a large window overlooking a green landscape.
- Bottom right: A kitchen with a white refrigerator and colorful (blue and yellow) upper cabinets.

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Photographs © Phyllis Wong © Nicholas Watt

SWING, BOP AND SHAKE YOUR WAY TO JAZZ IN THE GLEN 2013

by Amelia Zhou

RELIVE THE GOLDEN age of jazz in this year's Jazz in the Glen, a two-day festival exploring jazz from the era of the 1920s to today's new talent.

Hosted at Glen St Theatre from 6-7 September, the festival is offering a broad range of jazz music to suit all ages and styles.

Internationally renowned jazz act, the Young Northside Big Band, along with guest singer, Janet Seidel, have been busy rehearsing before their performance, which is focusing on popular big band music from the late 1930s to the early 1940s.

"We've been very fortunate to have one

of Australia's leading female jazz vocalists, the wonderful Janet Seidel, as a guest artist. This is incredibly exciting for the band, we've been working very hard to prepare her music," said Young Northside Big Band conductor, Geoff Power.

Formed in the early 1970s by the late John Speite, the Young Northside Big Band was a major force in promoting jazz music education in schools.

Defunct for many years, the band was recently revived by Geoff in 2008, who also conducts and teaches music across multiple schools in Sydney. It consists of high school and university students from the Northern Beaches.

Geoff, who has previously toured across the US nine times as a featured jazz soloist, is also a member of the jazz band, Lounge Bar Lotharios, who are kickstarting the festival programme on Friday with the Great Gatsby Night.

"This is a band that plays the hot big band music of the 1920s... It's some of the most exciting music of the era, and I'm thrilled to be part of keeping that art form alive," he said.

Other performances over the weekend include Live in the Glen, a showcase of young musicians from the Northern Beaches, and Legends of Jazz, a tribute to jazz musicians ranging from swing, to bop, and cool. Buy your ticket now!

PLACE TO GO FOR ANTIQUES

IF YOU LOVE all things vintage, you will love the Antique General Store in North Narrabeen. This fascinating store is an institution in the area, having occupied the same building for nearly 30 years. Each of its ten rooms are bursting with an eclectic range of vintage furniture, kitchenware and decorator items as well as jewellery, china, linen and silver. There's usually a selection of vintage outdoor furniture from cane to cast iron and for indoors there are bedside cabinets, vintage kitchen chairs, rustic benches and cupboards, and tables of all kinds.

Film and TV stylists regularly shop there. Because of the abundance and variety of the stock they usually find that elusive piece. Many locally made films and lifestyle TV shows feature items from the Antique General Store.

Whatever your decorating style, whether you live in an inner city apartment, a beach house or bungalow, the Antique General Store will have something to suit your lifestyle.

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Erin Holland

Cremorne resident proves she has beauty and a purpose.

by Rose Moloney

Although she has described herself in the past as an “ugly-duckling”, opera singer Erin Holland proved this definitely wasn’t the case when she was crowned Miss World Australia on July 20. Erin fundraised, sang, spoke and exercised her way to the top of judges’ scorebooks, and is now preparing for the Miss World international competition in Indonesia.

Erin currently resides in Cremorne, but she still calls Queensland home. She lived in Cairns until she was 17, before receiving a scholarship to study at the Sydney Conservatorium of Music. Erin has a busy few months ahead as she channels her efforts into charity fundraising, while keeping up her singing practice, however she finds time to chat to *Sydney Observer*.



Why did you enter the Miss World Australia competition?

Over the last couple of years I’ve been working in the entertainment industry, trying to get into musical theatre and presenting. If you look in the media and see the likes of Jen Hawkins and Rachel Finch they actually all came from competitions like Miss World. When I actually did a little bit more research I found I really resonated with Miss World and what it stands for.

What aspect of the Miss World pageant particularly resonated with you?

It stands for so much more than just your run-of-the-mill beauty pageant, which a lot of people don’t know. It’s actually incredibly difficult to do well, because there are so many elements. You have to fundraise for one of the chosen charities. Then there’s the fitness fast track, which is a two-hour boot camp that you do. Then you have to perform a talent. There’s a runway show and



there's an overall appearance, health and wellbeing section, which is another name for the swimwear component. So there are a lot of parts to it as well, rather than just being a competition based on what you look like.

What part of the competition did you find the most challenging?

The fitness component is quite gruelling. You know you're doing a boot camp for a couple of hours, which is generally pretty difficult. I actually entered the competition last year, it was my first ever pageant. The thing I remembered the most was how difficult that boot camp was!

You have said one of your dreams is to perform on Broadway. Do you have a particular character in mind?

I absolutely fell in love with Wicked the musical when it came out eight or nine years ago, one of the characters Glinda, the good witch, is absolutely perfect for me. She's a musical theatre voice type,

but she's also got an operatic influence in her vocals. She's just a hilarious character and it's just something that I've always, always wanted to do.

What will the next few months entail for you now you have been crowned Miss World Australia?

I think it's going to be very busy. I have singing practice as part of my daily schedule. No matter where I am, it's not hard to squeeze in half an hour to an hour of singing. But in terms of searching for work within that role, I think that will probably have to be put on hold until I finish the competition at the end of September in Indonesia.

Then you never know what might come out of that. I'll get to perform on the international stage, which will be an absolutely amazing opportunity.

How did you raise money for your chosen charity?

I decided to choose Variety, the children's charity, because I think I resonated the most with that cause.

I just feel kids haven't had a chance to do anything with their lives before they get sick, the poor little things. I really wanted to help out with that particular charity, so I actually teamed up with some fellow contestants to put on some events around Sydney. We had one at Hugo's Lounge in Potts Point, where we sold official Variety Merchandise, auctioned off swimwear and we had a lots of raffle prizes from businesses around Sydney.

What do you do in your spare time?

I try and head back down to the Sydney Dance Company and keep up my dancing training, which is also something I've been doing since I was five and goes hand in hand with musical theatre. I'm also a massive sports fanatic, I absolutely love going to live sport; I do my best to squeeze in a game of NRL or Union when I have the time. I love the cricket as well! That's not something that people would necessarily know about me.

HOW TO: SECURE A UNI SCHOLARSHIP

EVERY YEAR STUDENTS MISS OUT ON SCHOLARSHIPS SIMPLY BECAUSE THEY DON'T KNOW ABOUT THEM. THERE'S STILL TIME TO CHANGE THIS.

by Tess Gibney

MAKING TERTIARY EDUCATION more imminently affordable, university scholarships grant qualifying students the unparalleled ability to realise their full academic potential. However many potential candidates are missing out on the scholarship opportunities universities offer.

Shane Griffin, director of student recruitment, admissions and scholarships at the University of New South Wales, said that while thousands of scholarships are offered by universities every year, many students tend to miss out due to a lack of awareness of available scholarships and a perception that they were under-qualified or ineligible.

"Some years we don't get nearly enough applicants for certain scholarships, because people assume that they're not eligible," explains Mr Griffin.

"We've had a campaign for a number of years at the university that aims to promote scholarship application in high school students, by making them more aware of the types of scholarships that are available, who is eligible to apply, and how to apply."

University scholarships can be extremely beneficial to students. They can minimise the need to undertake part-time work for some, and allow certain students the opportunity to attend university where they might not have been able to otherwise. Mr Griffin offers his advice on scoring a scholarship.



DO YOUR RESEARCH

Think of applying for a scholarship in the same way that you would consider applying for a degree. Though the surplus of information surrounding scholarships and the scholarship application process can be overwhelming, it's important to do research so you know which one is best suited to you. Generally, there are three types of scholarships available: academic achievement scholarships, equity-based scholarships and scholarships based on sporting achievements.

Mr Griffin stresses that students should thoroughly explore all avenues when searching and applying for scholarships. Make sure to rigorously assess your eligibility, and don't be afraid to ask a university official if you don't know enough, or think that there might be a scholarship you're more likely to be awarded. Don't miss out simply because you didn't know, and didn't apply. "Scholarships only go to those people who apply," he says.

BE AWARE OF DEADLINES

It's no secret that the HSC year can be overwhelming for all. Nevertheless, many scholarship applications for school leavers need to be completed before students have finished the school year. Mr Griffin advised that all applications for UNSW 2014 scholarships be completed before September 30 this year – a deadline that is relatively generic for all the major tertiary institutions. Avoid late application by noting due dates and having everything prepared several days in advance.

DONT UNDERESTIMATE

There's a common belief among high school students and school leavers that the only people eligible for scholarships are those at the absolute top of their game – the 98.5 and above high achievers. Although this may be true to an extent, Mr Griffin was quick to assert that students

should never be dissuaded from applying because they intrinsically assume they're not "good enough".

"People often underestimate their abilities, and people who apply and get scholarships are often not people who thought they would," he says.

Despite many scholarships being tailored specifically towards exceptionally gifted students, there are scholarship options available for those that may not anticipate an outstandingly high score. It all comes back to research, knowing what to apply for, and 'shopping' around. Universities outside of the Sydney metropolitan area – such as Wollongong – are often more lenient in their definition of exceptional 'academic achievement'. Mr Griffin's advice is to simply apply anyway.

BROADEN YOUR HORIZONS

Mr Griffin strongly believes that universities value students who can demonstrate that "there's more to life than study".

Having looked through thousands of scholarship applications and sat in on panels for scholarship interviews, Mr Griffin said that he tended to value "well-rounded" students with "an aptitude for time management". He mentions having a part-time job and possessing the ability to play a musical instrument as "positive personal attributes" to include in an application, or to mention in an interview.

When applying for a scholarship, there are really no limits to what you can and cannot include on the application. Even things within the familial sphere – such as helping out in the family home – demonstrate a keen ability to manage time and engage with activities other than study. Someone who scored an outstanding mark will not necessarily be the more appropriate candidate if they are unable to demonstrate a healthy and balanced approach to life.

HARMONY AT RAVENSWOOD

TWO YEAR 5 Ravenswood students, Lara Gee and Charlotte Wardell, entered the 2013 Harmony Day Poster Competition. Lara's entry was selected as the Junior School Northern Sydney Regional Winner and Charlotte's entry as the Junior School Northern Sydney Regional Runner Up.

Lara's poster was based on Gustav Klimt's 'Tree of Life'. She said: "I used many heads and faces of children from different cultures all over the world in it with lots of colour. I wanted to say that even though we may be from different branches we are all from the same human tree."

Both girls were very excited to win the competition and received awards at a presentation ceremony at NSW Parliament House.

"I was very proud of myself and my school to receive this award and to see my artwork hanging up in NSW State Parliament," said Lara.



Lara Gee with her winning Harmony Day poster 'The Tree of Life'.

QUADRUPLE THREAT

ROSEVILLE COLLEGE'S JUNIOR School String Quartet won first place in the Primary Schools Chamber Ensemble category at the recent Northern Beaches Eisteddfod.

The four talented string musicians, Rachael Chan, Jemma Thorley, Olivia Cejnar and Melanie Chan, who are taught by the College's ensemble tutor, Ms Phillipa Collins, were especially noted by adjudicators for their excellent sense of ensemble. Following their success, the quartet went on to perform at the Autumn Strings.

"Teamwork is the key to any strong musical performance, just as it is to any other group working together towards a common goal," says Roseville College's director of music, Mrs Noni Katada.

"The girls are learning the value of connecting as musicians when they play together and they obviously enjoy working together as a team."



(L-R) Roseville College's Junior School String Quartet, Jemma Thorley, Melanie Chan, Olivia Cejnar and Rachael Chan, with ensemble tutor, Ms Phillipa Collins.



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This will be your only chance to not only view & purchase artworks by some of Australia's leading contemporary artists. For one night only you will have the rare opportunity to see & hear some of the artists speak in person about the artworks on display. Artists include 2004 Archibald winner Craig Ruddy, Martine Emdur, Guy Warren, Robert Malherbe, Matthew Johnson & many more.

Those fortunate enough to partake in this very special evening will also witness the announcement of the 19th King's Art Prize award which has previously been won by artists such as John Olsen and Ben Quilty. Guests will also be in the running for a number of door prizes, including a stunning piece by Paspaley.

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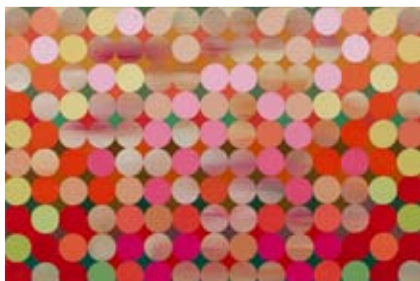
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The onset of spring is a wonderful time. The weather makes you want to get out and about and we invite you to do just that and join us at the 2013 King's Spring Festival.

"The King's Annual Art Show and the Spring Festival weekend has flourished into an event for all Sydneysiders – not only for those directly connected to The King's School. It is a celebration of the arts and of community, both of which are special elements of the King's experience. "We're delighted to welcome everyone to share in the Festival fun as we bid farewell to winter and welcome the warmer weather", says Headmaster Dr Tim Hawkes.

Last year we welcomed over 25,000 visitors to the school and this year we've got something in store to keep every member of the family entertained! Mum is covered with the Art Show, Spring Markets, exquisite jewellery, cafes and High Tea in Gowan Brae, whilst Dads can set their sights on the 1,500 strong All British Car Rally and London Bus Rides on Sunday, with Brokenwood wine tastings in Horrocks Hall all weekend.

Youngsters can get up close to Bananas in Pyjamas, Miffy and Teddy Rock each day from 11.00am with a Kids Concert on the lawns of Gowan Brae and enjoyment continues with Springfree Trampoline Jump Zone, Animal Farm, face painting and Balloon benders.

There's even more to keep the tweens and teens entertained! At 2.00pm on Saturday, players from 2013 premiership contenders NRMA Insurance Western Sydney Wanderers FC will be here to meet fans followed by The King's School vs Celebrity Team game on the JS White Oval.

WHEN

Saturday 24 – Sunday 25 August 2013

Time: 10am to 4pm daily

**Cost: \$2 parking fee providing admission to all areas of the Art Show & Festival
Carnival rides at \$5 per individual ride or \$30 per person per day.**

For more information visit www.kings.edu.au.

NEGOTIATING CHILDCARE CHOICES

CONSIDERATIONS TO MAKE BEFORE DECIDING ON A DAY CARE OPTION.

by Alison Gates*

THERE ARE SO many choices for childcare in our community. Preschools, long day care centres, occasional care centres, family day care centres, private care options such as nannies and au pairs... negotiating the choices feels like a bit of a minefield.

Like many working mums, I know, striking the right balance for childcare for my children has not been easy. But I'm not in need of a babysitter. Lots of my friends have found economy and convenience in an au pair because, by the time you are paying for two or more childcare places, you might be able to afford to employ private help. Still more (myself included), rely on the dedication and generosity of grandparents to help with the responsibilities of children. I will always treasure the special bond my children have with each of their grandparents. I know how lucky I am that they are nearby.

But there are some things that even a grandparent cannot give.

For me the term "childcare" de-emphasises the crucial role of early childhood education. Research shows that we learn more when we are four than at any other stage of our life. By the time a child turns five, most of their intellect, personality and social skills – the foundations of their life – have already been learned.

Finding a childcare place for my three and four-year-old children has been about much more than finding someone to look after them while I go to work. I am looking for quality early childhood education and I need to balance that against the need for long hours of care so that I can maintain my paid job. The reality is that, in my

situation, there was no one-stop-shop solution. So, in the course of a week, I patch together a mix of mummy-time, time spent with grandparents who help with pick-ups and drop-offs, time in a long day care centre and some time in a community-based, not-for-profit preschool.

Most long day care centres offer a preschool program between the hours of 9am and 3pm and then extended hours of care either side of that. It is convenient and on face value it is more affordable.

Affordability is a huge issue. It can cost more than \$110 per day for a long day care place (this usually includes lunch, snacks and nappies). With two pre-schoolers, we really had to sit down and do the sums around whether it was cost effective for me to go back to work at all. Long day care, for the moment, qualifies for a federal government 50 per cent childcare rebate. Given that we are rapidly descending into pre-election mode, I'll be listening very carefully to hear whether or not that rebate stays or goes.

Many community-based preschools are doing it tough. The shorter hours of care and the absence of the rebate mean that on face value it is less affordable and less convenient. And yet when you walk into a not-for profit, dedicated preschool it has a different feel. Something I can't quite put my finger on. It's really something that you have to see for yourself.

I have to say that I have found the community-based preschool has been the model that has sat best with my ideas about early childhood education. The emphasis on community has meant that the partnership between parent, child and educator has genuinely flourished. My family has

been embraced into a setting where quality education and genuine care are foremost in the philosophy of the place.

That's not to say it is the model that works best for everyone. No two children are exactly alike and neither are their educational needs. That's why the most important thing about ensuring the future of quality early childhood education in Kuring-gai is about maintaining diversity and choice for families. It takes all kinds of centres, preschools, long day care centres, family day care, for-profit, not-for-profit, all kinds of choices to weave a fabric that is just right for a diverse community.

The best solution for my kids has not been the easiest choice for me. My husband dashes off to work early some days in order to be home in time for school pick-ups, I go into work later, sneaking in a load of washing before dropping the kids off in the morning and then making up my hours at the other end of the day. This kind of chaos somehow works for us.

SO HERE'S MY ADVICE:

- Be open – check out all the options, go and have a look, don't be afraid to ask questions.
- Be confident – trust your gut. If it doesn't feel right, it might not be right for you.
- Be excited – your little person is taking important early steps to independence.

*Alison Gates is a mother of three, a resident of Kuring-gai and an academic at Charles Sturt University.



FINDING GREATNESS WITHIN

by Dr Briony Scott*

LEADERSHIP REQUIRES AN ability to focus on something that matters, something other than yourself, something bigger than you, something bigger than what everyone else thinks, or indeed thinks of you. It requires a determination to persist at something when we fail over and over and over again and to delay gratification – sometimes for years – in pursuit of a goal or a vision. It requires courage to face our own fears about the next step, and then to take that step anyway.

To lead requires a level of greatness that we know is in every young person. Not the greatness that is misaligned with celebrity, or popularity, or narcissism, but a greatness that is about character, about attitude, and about the way they think.

My message to our young people is this: You must make a decision about your life and whom you will let set the expectations. You must work out who you will listen to. You must make a decision to find the greatness within. But know this: That greatness is within you.

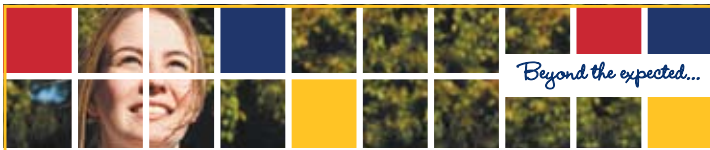
Because we know there is a greatness within each young person, our expectations of you are very high. But ultimately it is your call. You must choose who you listen to. You own the direction of your life. Not me. Not mum and dad. Not your friends. It is your call. Only you can take responsibility for you. Only you can make the decision to be great.

This takes strength. And strength takes practice. So practise standing up. Practise staying strong. Practise courage.

Greatness and leadership are about character and ethics, integrity and mindsets.

Our expectation for the next generation is that you take this life by the horns, challenge your fears, and act with courage, grace and wisdom. Our expectation is that you develop a sense of adventure, and engage in life to the full. Our expectation is that when you fail, or things don't work out, you deal with it and just get on with it. Our expectation is that you are in the arena, fighting the good fight.

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



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REDEEMER STUDENTS VOLUNTEER IN OVERSEAS MEDICAL MISSION



by Russell Bailey*

LAST WEEK THE Redeemer Baptist School Principal, Jonathan Cannon, and seven past students from Redeemer Baptist School accompanied a team of volunteer doctors and nurses – led by associate professor Alice Lee of Macquarie University Hospital – to the remote Barai tribe in the Oro Province of Papua New Guinea, just north of the Owen Stanley Range. Their purpose was to deliver vaccinations to the whole Barai tribe, in accordance with World Health Organisation and PNG government protocols.

Redeemer Baptist School has supported education initiatives in the villages of the Barai tribe for more than 30 years. Each year the school community sends boxes of clothing which are sold by the Barai Non-Formal Education Association to fund their literacy programs including Bible translation and health education.

Twelve years ago, members of Redeemer Baptist Church funded enrolment posi-

A young person from Itokama village who received life-saving intervention for a septic infection in her left hand – Redeemer is trying to bring Elvis to Sydney for a medical procedure to deal fully with the infection and restore the use of her hand.



tions for Barai children at Redeemer Baptist School in North Parramatta. Four of these students have completed their secondary education at Redeemer. Two of these students have also completed education degrees in Port Moresby and are now teaching at the remote Barai primary school in their Itokama village.



Professor Lee supervising the commencement of a clinic at Kokoro village in the Oro Province.

Last year, Redeemer students organised fundraisers which enabled the installation of solar lighting and power to benefit fellow students being taught by Redeemer alumni at the Itokama School – there is no electricity or running water in the Barai villages. The other two Barai Redeemer students have completed vocational training as paramedics and have begun to contribute to health needs in the Barai villages. There are no doctors or nurses in the Barai villages. Medical help is about four days walk away through tropical jungles.

A few years ago, Professor Alice Lee was asked to treat one of Redeemer's Barai students. This student's mother had died at a young age in the village, just before the start of the school year, without any medical diagnosis or treatment. The boy was heart-broken. But as Professor Lee began to treat the boy, she began to envision how she could help the boy's tribe. "Everything has a purpose," she said to volunteers helping to organise the mission, "and I believe that vaccination against Hepatitis B and other diseases may help to prevent such tragic circumstances". Professor Lee requested Redeemer's involvement because of the long-standing relationship of Redeemer staff

and students with the Barai tribe.

So the Redeemer team joined two doctors, three nurses and a paramedic on July 19 on a couple of flights into the Barai villages using missionary aviation. During the next week they slept in Barai huts, ate yams and walked up to 25 kilometres each day to key locations so that all the Barai villages could access the vaccination and general health clinics. And the Barai helped them to take their solar powered fridge and solar generators with them, to maintain the cold chain for the vaccines and provide power for their portable computer medical records system. They delivered more than 3,000 vaccines in the week and provided treatment for numerous ulcers and infections.

On her return to Australia, Professor Lee said that she was already organising the next visit from the medical team to the Barai next January, and she was hop-



Professor Lee assisting a local health worker take a blood sample for analysis during a vaccination clinic.

ing that Redeemer would be involved again. "The Redeemer young people were amazing," she said, "nothing fazed them, they were always on task, we couldn't have done it without them." In addition to assisting with general medical health needs for this remote tribe, Professor Lee's specific aim is to help the Barai become Hepatitis B free.

* Russell Bailey is the headmaster at the Redeemer Baptist School, Parramatta.

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IN THE LEAD up to the big day skin care is absolutely vital so Gillian Adams is giving away a pre-wedding pamper package to one lucky bride-to-be. Start the day in the Aqua medic pool and steam. Experience a circuit of gentle hydrotherapy, with an invigorating pressure point massage and reflexology jets.

Follow this with a microdermabrasion facial. Microdermabrasion provides instant, visible results, smoothing the surface of the skin, renewing collagen production and enhancing cellular communication using the most advanced preventive and anti-ageing facial techniques. After your skin has been looked after, unwind with a champagne high tea in Gillian Adam's beautiful garden.



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THIS MONTH PANDORA is giving away one of their signature sterling silver moments bracelets. Valued at \$359. The bracelet will come adorned with a Mr & Mrs charm, a language of love charm, a cubic zirconia pave ball charm, a cubic zirconia pave heart hanging charm and heart fixed clips.

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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 published* and go in the running for our monthly giveaway in the next issue of the magazine. **PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 25th of the month.**

EARS OF EXPERIENCE

WHEN FINDING THE RIGHT SOLUTION FOR YOUR HEARING NEEDS THERE IS NO SUBSTITUTE FOR THE EXPERIENCE, KNOWLEDGE, SERVICE AND CARE YOU WILL RECEIVE FROM A THIRD GENERATION FAMILY PRACTICE.



AUDIHEALTH now offers residents of the North Shore better hearing solutions, but did you know they have -quite literally- thousands of ears of experience and success?

THE FAMILY TRADITION began with Sidney Bacon, audiologist and the patriarch of the family who introduced the first cosmetically appealing hearing instruments into Australia in the early 1980s. Ross Symonds, a retired television news presenter, presented the small 'invisi' hearing instruments to the public. The family tradition has continued with three generations of family now involved in hearing healthcare.

The family brought the first video otoscope into Australia enabling people to view inside their own ears and images forwarded to their medical practitioner or ear, nose and throat specialist. Joanna, Sid's daughter, and her husband John Magee established the successful and award winning practices, Better Hearing Specialists in Sydney before retiring to the beautiful tropical environment of Cairns. As it turned out, retirement proved premature for the innovative family and along with their daughter, Kerry and son, Aaron they opened a state-of-the-art hearing centre. Products have

been sourced worldwide to assist with all aspects of hearing loss and AUDIHEALTH have been the first clinic to launch many products in Australia.

They are one of the few Lyric Accredited Providers in the country to offer the first invisible in the ear hearing device that can reside in the ear canal for up to four months at a time.

Constant requests to the Magee family to return to Sydney have been heeded with the family now opening a clinic in Gordon

The hearing devices AUDIHEALTH provide are at the cutting edge of amplification, computerisation and miniaturisation. They reduce background noise while enhancing speech and can either work automatically for ease and comfort (pop it in and forget) or can work with a remote control for ultimate control - the choice is yours. Being an independent clinic ensures choice and excellent value with tailor-made solutions to suit each individual's needs.

During Hearing Awareness Week free hearing checks are available at the clinic. The family have always been community minded and passionate about education, sponsoring charity events and giving their own time to raise awareness of hearing loss. They have been innovative with edu-

cation and ran one of the first Better Hearing Expositions. Joanna is an accredited 'EAR' with the Royal Australian College of General Practitioners and is involved in educational seminars for doctors, nurses and allied health professionals. She can also be heard on the radio giving advice on hearing solutions and on a national program focusing on preventative health measures for Indigenous children, 90 per cent of whom will suffer from middle ear conditions in early childhood.

The Better Hearing Foundation was founded by the family. A non-profit organisation to raise awareness of hearing loss and the solutions available. The family has provided free hearing assistance to hundreds of people in third world countries.

FREE HEARING CHECKS

DURING HEARING AWARENESS WEEK

(August 25 – August 31) free hearing checks are available to the public.

CALL AUDIOHEALTH TODAY on 94181622 and let them help you enjoy a whole new world of better hearing.

HEARING AWARENESS

By Steve Williamson

ONE IN SIX Australians is affected by hearing loss – that's an estimated 3.55 million people.

It is often described as the 'invisible disability', because hearing devices tend not to be noticeable. Hearing loss in Australia is mainly mild in nature, but one third of people experience a loss that is moderate or severe to profound.

The prevalence of hearing loss rises from one per cent for people aged younger than 15 years to three in every four people aged over 70 years.

The number of Australians who are hearing impaired or deaf is increasing because of long-term exposure to excessive noise in the workplace, the environment and a result of an ageing population. Hearing loss is projected to increase to one in every four Australians by 2050.

Hearing Awareness Week (August 25 - 31) aims to highlight the issues faced by people with hearing loss as the organisers, the Deafness Forum of Australia, continue to campaign for greater recognition for the issue.

Hearing Awareness Week will see a range of promotional activities happen across the country, including 'silent' sports events, public exhibitions on hearing technologies, and hearing safety training by employers to alert people to the issues.

SHHH

Self Help for Hard of Hearing People

Do you have problems hearing your favourite TV Show?
Does your family complain you have the TV up too loud?
How long is it before you realise someone is at the door?
All of these things make can make life difficult for you and frustrating for those around you.

SHHH CAN HELP!!!

Self Help for Hard of Hearing people is a non-profit organisation run by dedicated volunteers who understand life with a hearing loss. We provide free hands-on demonstrations and advice on assistive listening devices and alerting systems, information on hearing loss and support groups for people like you.

CALL US NOW ON 9144 7586

or call in for a free no-commitment demonstration

OUR TURRAMURRA OFFICE IS OPEN

Tuesdays, Thursdays & Fridays 10am - 3pm Tell us your problem and we'll help you find the solution!!!

FREE Morning Tea and Information Session - The latest solutions to improve hearing!



HEARING awareness
WEEK
25th - 31st August

BOOK NOW
to secure your place

Morning tea 10:00a.m. with presentation at 10:30a.m.
Presented by Emma Russell, Audiologist

WHEN: Wednesday 28th August during Hearing Awareness Week.

WHERE: AUDiOHEALTH Gordon Clinic
26/767 Pacific Highway, Gordon Village Arcade

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WHY DO DENTISTS TAKE X-RAYS AND ARE THEY SAFE?

by Dr Ian Sweeney*

DENTISTS USE X-RAYS to diagnose many conditions invisible to the naked eye. Dental decay, gum disease, infection, cysts, sinus problems and jaw development are just a few of the reasons dentists need to use x-rays. The risks of not diagnosing these issues include the spread of infection, tooth loss, pain and an eventual increase in medical costs. However many people are still hesitant when it comes to dental x-rays.

Modern dental x-ray machines are very different from traditional machines. Technological development has allowed for a reduction in radiation exposure to patients by up to 100 times.

Some modern digital x-rays have up to

90 per cent less radiation than older machines that use film.

We are exposed to many types of radiation on a daily basis. The average radiation exposure from the environment is 3.6mSv a year. A typical dental x-ray gives out 0.003mSv. That is equivalent to less than one day of radiation or a one to two hour flight on a commercial plane. The maximum radiation exposure for a worker in America is 50 mSv a year. That is the same as having 16,000 typical x-rays before you exceed this safety level.

In order to maintain optimal health and a reliable diagnosis, dental screening x-rays should be taken every two years. Many factors will determine how frequently your dentist radiographs teeth, such as a history

of decay, gum disease or monitoring particular situations in your mouth

Many people have concerns when it comes to having dental x-rays taken. Dentists are aware of these concerns and with the aid of modern technology, are now able to provide optimal care while minimising any potential harmful effects. Regular screening of all equipment helps maintain these standards. However, if you have any concerns with having dental x-rays taken, you should discuss pros and cons with your dentist.

*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 Turrumurra**. Ph: 9144 4522.

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WILL DO DENTISTS TAKE X RAYS AWAY? ARE THEY SAFE? TAKING ON THE BIG APPLE

by **Jessie Goldie**

THERE ISN'T REALLY a 'bad' time to visit New York City, but the Big Apple in the Summer is hard to beat when it comes to the 'best', so grab your passport and our guide to the city's 'Must See's' and go!

CIRCLE LINE HARBOUR CRUISE:

Start your day calmly on the water with a sight seeing cruise. You'll get an encapsulated history while you pass by the Statue of Liberty and Ellis Island, go under the Brooklyn, Manhattan and Williamsburg bridges and view all the iconic buildings of the island from the water. If you're strapped for cash the Staten Island Ferry is free and also offers great views but no tour guide.

MOMA:

The \$25 admission fee is a little steep, however this really is an unmissable experience for visitors to NYC. Airy and expansive, with skylit, open galleries along with smaller, intimate rooms, MoMA is one of the world's greatest for both its architecture and collection.

BROOKLYN BRIDGE:

Walking the bridge from Brooklyn to Manhattan is a fantastic experience for a number of reasons - it's free, it's easy (only takes 30 minutes) and it offers some of the most spectacular views of the Manhattan skyline and New York Harbour in the city.

FIFTH AVENUE:

Is a street an attraction? It is when it's one of the most famous in the world. Even if you're not one for shopping, seeing the beautiful shopfronts of Saks, Henri Bendel, Tiffany and Co., Louis Vuitton and the famous Apple Store is still not to be missed. You'll also see the famous Trump Tower and the ornate Plaza Hotel.

BROADWAY SHOW:

Head to Times Square and barter yourself some cheap tickets to a show. Don't worry too much about which show, whether you've got \$50 or \$500 to spend, you're bound to have a fantastic night. However, be wary of scalpers and people selling counterfeit tickets and maybe stick to TKTS or Americana Tickets NYC to ensure they're genuine. At the end of the show catch a glimpse of Times Square after dark and you'll see why NYC is known as the 'City that never sleeps'!

ROCKEFELLER CENTRE:

It's highly recommended that you purchase a RockPass - a ticket for the history tour and Top of the Rock observation deck. The tour is fantastic and gives you an in depth history of the Rockefeller family and how they made their millions, as well as an explanation of the beautiful artworks that adorn the 19 buildings that make up the Plaza. Then head up to the Top of the Rock observation deck for unparalleled views of the city.

CENTRAL PARK:

A quintessentially 'New York' experience, Central Park will be a highlight of anyone's trip. Hire a bicycle for at least two hours and cruise around the Park at a leisurely pace, taking in all the beautiful sights and smells. If you have more time, and a tendency towards the romantic, head to the Loeb Boathouse and hire a rowboat.



TWO WEEKS IN VIETNAM

IS IT POSSIBLE TO CONDENSE A COUNTRY INTO 14 DAYS?

by Rose Moloney

Ho Chi Minh: 4 days

Ho Chi Minh, formerly known as Saigon, is one of Vietnam's historical hubs. History buffs will enjoy the War Remnants Museum and Cu Chi Tunnels – both providing insights into the Vietnam War. In between sightseeing, while away the hours sipping on pho, a traditional Vietnamese soup, from a street vendor or shopping at one of the 3000 stalls at the Ben Thanh Market.



Phu Quoc: 5-6 days

After spending a few days exploring the bustling city of Ho Chi Minh, you will be ready for a bit of R&R. Phu Quoc's beautiful beaches are just the place to get the dose of paradise you have been waiting for. Located in the Gulf of Thailand, flying is the easiest way to get to this island. A flight from Ho Chi Minh takes just under an hour.

Hanoi: 3-4 days

If you're an avid shopper then save the majority of your spare cash for Hanoi. Vietnam's capital, Hanoi, is known for its quality, custom-made clothing. To get the most for your money, go prepared with ideas of colours and styles in mind. If you're more interested in culture than clothing, just spend the day wandering through the Old Quarter, check out the Ho Chi Minh Mausoleum, or take a traditional Vietnamese cooking class.

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FINDING THE BEST LOCAL BREKKIES

FORGET HEADING OVER THE BRIDGE, THERE ARE PLENTY OF FANTASTIC BREAKFAST SPOTS RIGHT HERE ON THE NORTH SHORE.

by Jessie Goldie

- For a Beachside Brekky
- **Armchair Collective**
- **9A Darley Street East, Mona Vale.**
- The northern beaches is littered with yummy breakfast spots, however Armchair Collective is a stand out for a number of reasons – including their incredibly tasty fresh orange juice.
- One of their biggest draw-cards is that it's not only a cafe, but a homewares store as well. After devouring a big breakfast, have a look at the artwork, locally poured candles and beautifully upholstered armchairs and you may walk away with more than just a full tummy!



Echo on the Marina's breathtaking view.

- **Brekky with a View**
- **Echo on the Marina**
- **15 Normac Street, Roseville Chase**
- Want a water view with breakfast? Look no further. With breathtaking water views across Middle Harbour, Echo on the Marina Cafe provides a tranquil bushland setting, relaxed friendly dining, and delicious food, right here on the north shore.
- A perfect spot for a special occasion, the staff are extremely friendly and will even make room for a well-mannered furry friend. Treat yourself to the apple crepes with honeycomb butter and we can assure you it won't be your last visit.



Armchair Collective combines a shop with a cafe.





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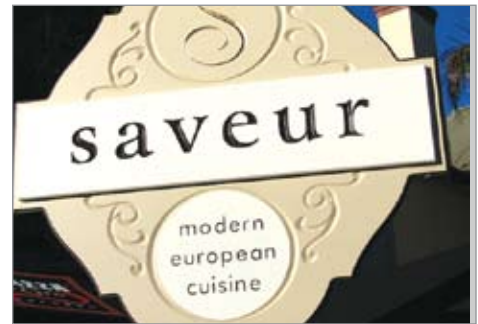
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Eggs benedict with smoked salmon from Tablespoon Cafe.

- New Kid on the Block
- The Butcher's Block
- 15 Redleaf Avenue Wahroonga
- In only a few months this new cafe in Wahroonga Village has quickly made a name for itself. With delicious food, impeccable service and impressive interiors it's easy to see why. They focus on putting their special touch on simple dishes using the best quality ingredients. Try the prosciutto and basil omelette!
- The Old Favourite
- Tablespoon
- 12 Tryon Road, Lindfield
- Nestled right in the centre of leafy Lindfield, Tablespoon cafe has been consistently serving locals for the last eight years. Open from 7am, 7 days a week, Tablespoon provides the perfect location for a catch up with friends over a cuppa and a home baked scone, or for a special occasion, treat yourself to the canadian style pancakes with bacon and maple syrup.

Modern European cuisine



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Address: 330 Pacific Highway, Crows Nest
Phone: 9906 1818

Web: mustangnepalese.com.au
Opening hours: Dinner from 5:30pm, 7 days a week

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AUGUST 2013

August 4 Commuter Cycle Skills Training

1pm – 4pm (Free)

Do you want to increase your confidence to cycle in traffic or commute by bike? This course will teach you the skills to ride on the road confidently and to choose the safest roads to commute to work or school.

Where: Basketball Courts, Naremburn Park, Park Road, Naremburn

Contact:
stephanie.bullock@willoughby.nsw.gov.au

August 8 Diabetes - management, monitoring and medication

10am-12pm (\$5)

Attend this seminar if you are interested in learning about the signs of diabetes and how to manage the condition.

Where: Turramurra Seniors Centre, 1 Gilroy Road, Turramurra

Contact: pmgilmour@kmc.nsw.gov.au

August 9 – August 30 (Every Friday) Fitz Band Comp

7pm – 11pm (\$8 event entry, \$35
competition entry)

The Fitz band comp is being held over four Friday nights throughout August. If you're a Ku-ring-gai resident with musical talent enter the competition, if not just go along and cheer on local bands.

Where: Fitz Youth Centre, St Ives Village Green, Memorial Avenue, St Ives

Contact: youth@kmc.nsw.gov.au



August 13 Julia Quinn author encounter

6pm – 7.30pm (\$5)

Number one New York Times best-selling author Julia Quinn will be in Australia in August to keynote the 22nd Annual Conference of Romance Writers of Australia. As part of her Australian tour she will be speaking at Gordon Library about her books and experiences as a historical romance writer.

Where: Gordon Library Meeting Room 2, (in Old School Building next to Gordon Library), 799 Pacific Hwy, Gordon

Contact: www.kmc.nsw.gov.au/library



August 13 Pickling and Preserving

6.30pm – 8.30pm (Free)

Learn how to manage an abundance of seasonal fruit and vegetables with different preserving techniques including salting, pickling, drying and jam making.

Where: Coal Loader Centre for Sustainability, 2 Balls Head Drive, Waverton

Contact:
sustainabilityeducation@northsydney.nsw.gov.au

August 6 – August 27 (Every Tuesday) Business bootcamp

6pm – 8pm (Free)

Willoughby Council is launching its first 'Business Bootcamp', a series of four free workshops for local small and home based businesses.

Where: Council Chambers, 31 Victor Street, Chatswood

Contact: darius.turner@willoughby.nsw.gov.au



August 15 Library Book Sale

11am-2pm (Free)

Library Book Sales are held in the lower ground foyer of Chatswood Library on the third Thursday each month. A wide range of books for all ages, including fiction, non-fiction, Chinese language and children's books will be sold. Arrive early and grab a bargain!

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

Contact: library@willoughby.nsw.gov.au

August 21 Live at Lunch: Beethoven and Chopin

12.30pm-1.30pm (\$22 Adult, \$20
Concession)

Listen to Beethoven and Chopin piano concertos during your lunch hour. Played by Cho Ki Wong, the only pianist in the world to have conducted all Five Beethoven Piano Concerti on the piano. Bookings essential.

Where: Concert Hall on The Concourse

Contact: Ticketek 1300 795 012

August 22 Pre-Schoolers Bush Scramble

10am-11.30am (Free)

Take your children on a fun search for native animals and get some exercise in the process. The walk will be followed by tea and storytime – bring a snack and mug for a cuppa.

Where: Mowbray Park, western end of Mowbray Road, Lane Cove North

Contact: Di Eva 9777 7755

August 25 Swisse Color Run 2013

9am (\$55)

Run for the Cure for Life Foundation, a brain tumour research charity, in this annually held event. Open to all runners, it's a great opportunity for a family get together. Entrants are doused in coloured paint every kilometre, so remember to wear white! Bookings essential.

Where: Centennial Park

Contact: thecolorrun.com

**24 - 25 August
King's Spring Festival**

10am to 4pm daily (\$2 parking fee providing admission to all areas)

The King's Spring Festival has something for everyone! Enjoy The King's 34th Annual Art Show, spring markets, exquisite jewellery, cafes and high tea, London bus rides & all British car rally (Sunday only), wine tastings and live kids performances.

Where: 87-129 Pennant Hills Road, North Parramatta

Contact: www.kings.edu.au



**September 6 & 7
Jazz in the Glen**

\$15 - \$95

Over two days Glen Street Theatre will embrace the Jazz Age with a range of Gatsby inspired jazz performances. Young local musicians and internationally recognised talent will perform throughout the two-day event.

Where: Glen Street Theatre, Belrose

Contact: admin@glenstreet.com.au



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Novice 0784

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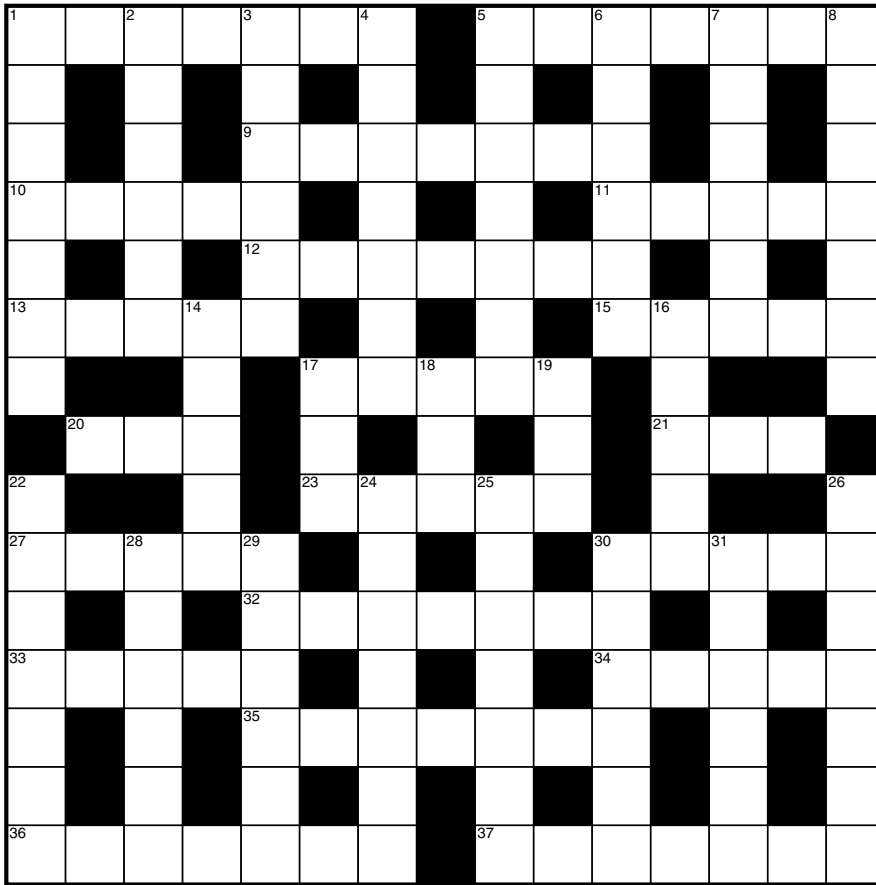
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Crosswords



Across

- 1. Deep red
- 5. Knock down (3,4)
- 9. Stockpiled
- 10. Gloss
- 11. Intimate (feelings)
- 12. Practical person
- 13. Disentangle
- 15. 12-month periods
- 17. Freight
- 20. Bottle top
- 21. Canada's southern neighbour (1,1,1)
- 23. Robbery
- 27. Dental tool
- 30. Overturn
- 32. Omitted (4,3)
- 33. Latin American dance
- 34. Coffee/chocolate flavouring
- 35. Relic
- 36. Intervenes (5,2)
- 37. Excessive

Down

- 1. Temperature scale
- 2. Demand
- 3. Ball
- 4. New York/Ontario falls
- 5. Freeing (of)
- 6. Nakedness
- 7. Austria's capital
- 8. Put to right
- 14. Drive forward
- 16. Supply
- 17. Kitty
- 18. Fish eggs
- 19. Go (for)
- 22. Postal destination
- 24. Actor, Dustin ...
- 25. Move huffily
- 26. Loan, cash ...
- 28. Insusceptible
- 29. Peru beasts
- 30. Greatest
- 31. Enclose in box

Wordsearch

PX1948 - FILMMAKING



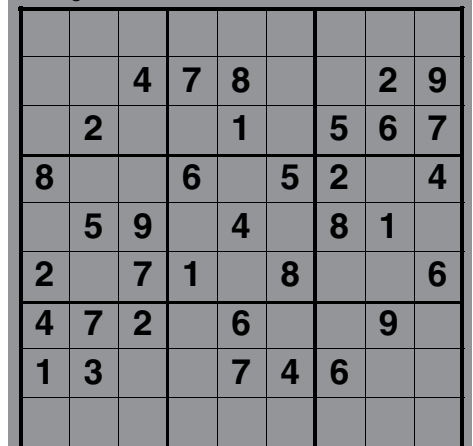
Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

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| ANIMATION | DIRECTOR | MOUNT |
| CAMERA | EDIT | NEGATIVE |
| CINEMA | FADE-IN | OUTTAKE |
| CLAYMATION | FAST MOTION | PAN |
| CLOSE-UP | FOOTAGE | RUSHES |
| CONTINUITY | FREEZE FRAME | SLOW MOTION |
| CRANE | MAGAZINE | TITLES |
| DESIGN | MONTAGE | VISUAL EFFECTS |

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Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

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