

# Sydney Observer

SEPTEMBER 2012 - FREE



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pg 18



pg 20



pg 46

## ON THE COVER

M2 to F3 link.....	16	HSC stress.....	28-29
Ashleigh Cummings.....	18	Croatian holidays .....	52
Spring brides.....	19-26	Sport .....	54

## LOCAL NEWS 8-14

<b>OBOE APPEAL</b> - Young musician seals dream chance, just missing the funds .....	11
<b>ANTI-SEMITIC COUNCIL</b> - A councillor's bad joke leaves bitter taste .....	12
<b>GLADE WON</b> - Community group pushes schools away from their park .....	14

## ON THE AGENDA 16-17

<b>CASH FOR CANS</b> - Calls to bring back old waste management system.....	17
---	----

## EDUCATION 28-32

<b>LATIN AWARDED</b> - Study of Latin gives three students a passport to the world .....	30
<b>FROM THE PRINCIPAL</b> - Roseville College for Girls' Megan Krimmer.....	32

## FINANCE & PROPERTY 34-36

<b>PROPERTY SALES</b> - Trends on the North Shore show quick and high sales.....	34
<b>GOLDEN GURUS</b> - The retirees who have decided to help inexperienced business owners .....	36

## LIFESTYLE 38-53

Seniors Corner • Wellbeing  
Home & Garden • Food & Wine • Travel

<b>HOUSE TRACKERS</b> - Why the world wants to know more about the North Shore's houses.....	39
<b>FALL PREVENTION</b> - The new research that shows the best way to avoid a fall.....	40
<b>GINGER DIABETES</b> - The surprise ingredient for good health .....	43
<b>OUTDOOR DECKING</b> - Reinvent your backyard with some quality timber decks .....	46
<b>SPRING REJUVENATE</b> - Make the most of springtime weather in your garden.....	48

## SPORTS 54-55

<b>DEL PIERO</b> - Italian football legend becomes the biggest signing in Australian sport.....	54
---	----

## WHAT'S ON & GIVEAWAYS 56-57

## PUZZLES 58

## FROM THE TEAM

Good-bye miserable winter, hello sunny spring! To celebrate springtime 2012, we have a special on *Spring Brides*, with articles on bridal fashion, hair styles, celebrants and venues. If you're looking for inspiration for your upcoming nuptials, then be sure to have a peek at this feature (p.19).

We have also brought back the much-missed *Profile*. Our first feature profile of 2012 is with young and upcoming actress, Ashleigh Cummings. She has a big future ahead of her and is sure to be a household name before too long (p.18).

Enjoy springtime, let us know what you think of the magazine and don't forget to watch out for those pesky magpies!



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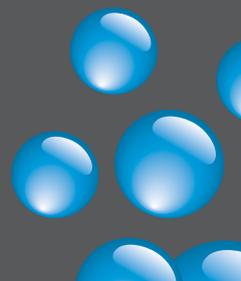
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## MISJUDGED BUT NOW KNOWN

I loved your article on "Australia's Misjudged Killer - Bowel Cancer". It is a 'must read' topic for many of us in the over 50's age group to take note of. A simple screening test run by local community groups like Rotary and one which I participate in regularly, will not only assist in nipping the spread of this incurable disease in its early stages, but enable an individual to live a good life for many years after and beyond.

L Ashton, Epping



## COVER COVERED

I was very impressed with the cover of the August issue of the *Sydney Observer*, showing Sarah Rose and her story inside – what a beautiful woman she is and I wish her well.

Joan Bartrim, Thornleigh

## GREAT WISDOM

I applaud *Sydney Observer* for consulting great-grandfathers about fatherhood, thus, acknowledging the valuable experience and skills elders contribute. They can teach young dogs old tricks.

Margaret Short, Telopea



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](mailto: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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SYDNEY OBSERVER | SEPTEMBER 2012



by David Citer\*

# Development issues in Gordon

**MYSELF AND OTHERS** in the local community are sick and tired of the decimation of the heritage and amenity of the local areas of Ku-ring-gai!

On August 1, 2012, the new Ku-ring-gai Town Centre LEP decision confirmed the belief that we have lost the battle with the developers.

Under this decision, vast parts of Gordon and Lindfield are to be sacrificed in order to save other areas of Ku-ring-gai. It would seem that we are now negotiating with the developers, or should I say the terrorists, who want to decimate large parts of Gordon to create a 'Lego-Land' of destruction! The two Gordon Ward Councillors, Cheryl Szatow and Elise Keays voted:

- To turn the Gordon village into a major 12-storey town centre that will rival Chatswood and Hornsby.
- For the amenity and atmosphere of the Gordon Village to be lost forever!

- To sacrifice Gordon, in order to protect other areas in Ku-ring-gai!

"It would seem that we are now negotiating with the developers, or should I say the terrorists, who want to decimate large parts of Gordon."

- To cause traffic & parking chaos, shadowing and anti-social behaviour in Gordon, that will be comparable to that of Chatswood and Hornsby!
- For taller apartment towers to be allowed in Gordon and Lindfield in exchange for lower level buildings in St Ives, Turramurra and Roseville.

On August 3, Elise Keays was quoted in the *North Shore Times*: "I acknowledge there was some ground conceded, such as 12 storeys in Gordon. Having Gordon as the major centre, we have saved Hill St, Roseville, Hillview and Turramurra Local Centre, kept St Ives at an appropriate development level and the same for Pymble."

On August 3, Cheryl Szatow was quoted in the *North Shore Times*: "Gordon, in my Ward, already the commercial centre of the LGA... is now open for business."

Ku-ring-gai does not need a Chatswood or Hornsby! Why don't we leave Gordon village the way it is and prevent more traffic chaos and crime coming into Ku-ring-gai.

Cheryl Szatow and Elise Keays deserve to be booted out by their constituents for failing in their duty to properly defend their ward.

\*David has been managing KYDS for the last five years. He is running as a council candidate for the Gordon Ward.



by Jonathan O'Dea\*

# NSW continues reform

## THE O'FARRELL GOVERNMENT

continues to rebuild NSW infrastructure, improving the delivery of services and implementing sound fiscal policy to secure our AAA credit rating.

The recent NSW budget funded major capital works at Killara High School, while another 15 Davidson electorate schools will receive funding for upgrading and maintenance. Davidson electorate roads were allocated almost \$5.5 million for traffic flow, pavement works and safety initiatives.

The first year of the NSW O'Farrell Government focused on setting a framework for the future and reforming governance. Second year reforms include:

- A new planning system - a Green Paper outlines 23 changes to put

"Security, sustainability and affordability of electricity supply are crucial to the NSW public."

communities at the forefront of decisions about how our cities and towns will grow and develop.

- WorkCover reforms - vital for workers, employers, the community and the economy.
- Tobacco Legislation Reform - to encourage improved health, especially for children.
- The 'Local Schools, Local Decisions' initiative - placing students at the centre of the education system.
- More nurses - over 2,500 additional

nurses have entered NSW hospitals since March 2011 with more to come.

- A National Disability Insurance Scheme pilot, with almost \$600 million of NSW funding.
- Transport initiatives - including major rail infrastructure, upgraded ticket gates and improved mobile phone coverage in rail tunnels.

As Chairman of the NSW Public Accounts Committee, I also continue to lead an important inquiry into the Economics of Energy Generation, with the final report expected in November. Security, sustainability and affordability of electricity supply are crucial to the NSW public.

\*Jonathan O'Dea is the Liberal Member for Davidson and was elected first for the position in 2007.



# Anniversary of fitness

**BODY SHAPE GORDON** is celebrating 10 years of service to women's health and fitness on the North Shore. The all-ladies Gordon based fitness centre is known for its impressive individual programs and extensive range of exercise classes for all ages, shapes and sizes. The team are also great at tailoring programs to suit current fitness levels, time, lifestyle and desired results.

Body Shape is celebrating their tenth anniversary by giving out 10-day free memberships. They are inviting all to come and see the recently renovated centre and what they have been doing so well for other women on the North Shore. You've got nothing to lose - except those winter kilos!

Body Shape Gordon



Ph: 9499 2477  
W: [www.bodyshape.com.au](http://www.bodyshape.com.au)  
Address: Level 2, 7-9 Merriwa Street Gordon 2072.

# Rail staff told to speak clearly

**RAIL STAFF WILL** attend radio school in an attempt to improve incomprehensible announcements at train stations and on trains.

"Customers want to know what stops are coming up next, when the next train is coming, and they want clear advice when there are disruptions or delays," said Transport Minister, Gladys Berejiklian. "I don't want people sitting in trains wondering what is happening." The training will cover voice, enunciation, scripting, delivery and microphone techniques and will be conducted by broadcast training professionals.

# Council work with State for new park

**THE RECENT PURCHASE** of two blocks of land from the State Government means a new park on Caroola Road, St Ives is closer to becoming a reality.

The two blocks are situated next to a council-owned block of land and together the three blocks of land will make a 3,000 square metre park. Council General Manager, John McKee said the purchase has been fully funded by Section 94 development contributions from new housing.

maps.google.com.au



Two of the blocks of land were State-owned and the other was council-owned.

# CHURCH ARISES AFTER THREE YEARS

**THREE YEARS AGO**, St Andrews Uniting Church in South Turramurra was burnt down in an attack by arsonists. The building of a brand new church was finally completed in August, and is now once again open to the public.

After conducting services in the Church Hall for three years, church members are very pleased to have access to a proper Church again. The new structure includes one surviving piece of the original wood — as a reminder of the past.

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# LONDON'S CALLING THATCHER

HORNSBY'S BEST OBOE PLAYER'S DREAMS ARE CLOSE BUT MONEY'S THE FINAL ISSUE.

by Anneliese Scenna

**TOBY THATCHER IS** one step closer to fulfilling his music dream, but he needs your help. The oboe player and Hornsby resident has been offered a place at the prestigious Royal Academy of Music in London, to study a Masters of Music. The placement has a two year duration and approximately \$104,000 is required to make this possible.

Having initiated a charitable organisation with Australian Business Arts Foundation for their son, Judy and Ray Thatcher are in need of funding. Currently, Toby has accepted the position with the financial support from Judy's retirement funds. "That's the only thing we could access... I'm prepared to use all my super and all the donations we receive," she said.

Beginning his music career with piano lessons and a recorder at the age of seven, To-



File/Toby Thatcher

Judy and Ray Thatcher with Toby after his graduation from the Conservatorium.

by received a Bachelor of Music (Performance) Honours Degree from the Sydney Conservatorium of Music.

Toby was a member of both the Sydney Conservatorium Symphony Orchestra and the Sydney Youth Orchestra. In 2009 he was one of 250 people to attend an intensive training program with the Australian Youth Orchestra

in Canberra and in 2011, Toby successfully auditioned for the prestigious Symphony Services International Core Conductors Program.

In the undertaking of his Masters Degree in London, Toby hopes to enhance his potential as an Oboist, Cor Anglais player, conductor and musician. To achieve a career in music, Toby also believes that exchange programmes in Paris and Salzburg, as well as partaking in conducting master-classes would help him compliment his time in London.

To be able to study in London and to achieve his Masters Degree of Music, Toby is in need of financial assistance to make this dream entirely possible.

**To donate** visit Toby's profile on the Australian Business Arts Foundation page and click "donate now."  
[www.abaf.org.au/donors/artist-projects/toby-thatcher.html](http://www.abaf.org.au/donors/artist-projects/toby-thatcher.html)

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## Jonathan O'Dea

Member for Davidson

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**Better Public High School Facilities**— particularly for Killara High, with major capital funding now secured.

**Improved Facilities for the Disabled** — through support of the National Disability Insurance Scheme and improved education facilities for schools such as Cromehurst School in Lindfield.

**Support for the New Tobacco Legislation** — for healthier communities.

**Reduced Pacific Highway Traffic** — by supporting construction of the missing link between the M2 and F3.

**Reliable and Affordable Electricity** — heading an inquiry into the Economics of Energy Generation, seeking improved arrangements for consumers.

**An Improved Planning System** — supporting local democratic processes and the reform of NSW Planning Laws.

Please visit my website [www.jonathancodea.com.au](http://www.jonathancodea.com.au) to provide feedback and access links to my latest speeches and media releases.

For details of the next round of Community Building Partnership Grants (applications close 30 October), see [www.communitybuildingpartnership.nsw.gov.au](http://www.communitybuildingpartnership.nsw.gov.au)

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Authorised by Jonathan O'Dea MP using parliamentary entitlements

# ANTI-SEMITISM AT COUNCIL MEETING

A COUNCILLOR HAS QUESTIONED WHETHER A JEWISH ORGANISATION CAN BE NOT-FOR-PROFIT.

by Patrick McAuley

A **KU-RING-GAI COUNCILLOR** has created a small storm in a Council meeting by jokingly questioning whether a Jewish organisation can be not-for-profit.

The remarks occurred on August 28 after Councillor Tony Hall questioned why the Council had spent \$200,000 preventing Jewish not-for-profit organisations from finishing construction of the Northern Eruv – a Jewish spiritual boundary that allows more activities to be completed on the Sabbath. At this point Councillor Elise Keays is reported to have interjected “Jewish not-for-profit?”

The controversy couldn't come at a worse time for Cr Keays, with Council elections sched-

uled for September 8. Cr Keays told the *Sydney Morning Herald* “I'm being portrayed as anti-Semitic; It's going to be completely damaging to my reputation.” She explained that it was just a “casual remark about the wealth of religious organisations” and that she would have made the same comments about the sale of a cathedral. Cr Keays said the meeting at this stage was “very light-hearted.”

Contradicting Cr Keays, Ku-ring-gai Mayor Jennifer Anderson said the meeting at this stage was not light-hearted and was in fact serious. Another potential candidate for Cr Keays' position on Council is KYDS Manager, David Citer. “This is a very disappointing statement from a public official, who resides in a multicultural area,” said Mr Citer.

## DEPOT MOVE COMPLETE

by Patrick McAuley

### KU-RING-GAI COUNCIL OPERATIONS

staff have begun moving into the new \$13 million works depot and administration centre on Suakin Street, Pymble. The move from the old facility on Carlotta Avenue, Gordon was expected to give the Council a surplus of \$3 million thanks to a difference in property values, but Council estimates proved inaccurate, with the entire surplus disappearing into asbestos removal from the Suakin Street site.

Ku-ring-gai Council General Manager John McKee said that despite the disappearance in surplus no additional burden has been placed on ratepayers and the entire facility was funded by the old depot's sale. Mr McKee also explained that because all operations staff are now located at one site - rather than three - the Council could expect better coordination of services and improved communications.

The 1.3 hectare facility was completed in July and will house 180 operations staff - roughly one third of the Council's workforce.

The new depot includes areas for mechanical work, carpentry, welding, a trades store and parking for 50 works vehicles. The old depot on Carlotta Avenue has been sold to Uniting Care Ageing for close to \$17 million and will be redeveloped as a seniors' living care complex.

Ku-ring-gai Council



Council's Director of Operations, Greg Piconi, outside the new depot.



SC files/Army Hibbard

## CRIMES of the Month

■ **SYRINGE ROBBERY AT WASH:** At 2.50pm on August 1, a man has robbed the Turramurra Car Wash on Ray Street, Turramurra. In the process the man used an uncapped syringe to threaten the 18 year old male employee. The syringe was filled with a coloured substance.

When threatened, the employee complied with the demands for money, and after leaving the man locked the victim in the office and departed by vehicle. The assailant is described as being in his late 20s or early 30s, around 173cm tall with black hair and stubble. He was wearing a hoodie with 'Monster' written on it and wore dark baggy pants.

■ **TAILGATING STORAGE THIEVES:** An increase in the number of units storage areas being targeted by thieves has increased, according to Hornsby Police. The thieves are reportedly tailgating residents through foyers or driveways and then proceeding to force doors to caged storage areas open. Some of the suburbs already targeted include Waitara, Gordon and Killara.

Senior Constable at Hornsby Police Station, Paul Cleary said some of the items reported stolen include bicycles of value exceeding \$1000, expensive sports equipment, power tools, motor bikes, GPS units, and remote controls left in cars. So far, there have been no arrests in relation to the robberies.

Residents of apartment buildings are being encouraged raise the issue at body corporate meetings.

■ **SLASHING AT BOWLING CLUB:** On August 7, at least four cars parked in the carpark at the Asquith Bowling Club had their tyres slashed.

Constable Paul Cleary said; “Hopefully it was a one off incident.” He encouraged locals to “Park cars in well-lit areas near plenty of other people and cars. If you park in a quiet area with no lighting then you increase the risk of such incidents.” He could not confirm if any of the cars were parked in or out of a well-lit area.

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# BATTLE FOR TURF FINALLY OVER

## ABBOTSLEIGH AND KNOX PULL PLANS TO CHANGE THE GLADE FOREVER.

by James Elton-Pym

**SUCCUMBING TO COMMUNITY** pressure, North Shore independent schools Abbotsleigh and Knox Grammar have withdrawn their Development Application to build a synthetic athletics track at The Glade in Wahroonga.

The Friends of the Glade (FOTG) community group was born out of opposition to the proposal and has fought to have the plan scrapped for over a year. "I think they have certainly listened," said FOTG spokesperson Jon James. "The schools didn't want to be in a scenario where they were the ham in the sandwich."

Mr James said that the schools had abandoned the idea "for reasons that maybe they hadn't considered at the beginning." Among them, the fact that many of the community members complaining were parents of stu-



The Friends of the Glade will continue as a group, despite the resolution.

dents at the two schools. But the schools are not backing off completely. Originally, they wanted to work in cooperation with Ku-ring-gai Council, as opposed to going through a Development Application (DA).

"We will not be pursuing this matter through the DA process ... [but] we are prepared to honour our initial offer through to the end of 2013," the schools wrote in a joint open letter to FOTG. "From our perspective, we stand by the value and good intentions of our original proposal."

However, as the schools "acknowledge[d] the level of opposition our proposal seemed to generate through our local community" in their letter, Mr James says a backflip from the schools is now less likely. "I think it would be pretty difficult for them to turn around and resurrect it," he said.

Though the issue they were established to deal with seems to have been resolved, Friends of the Glade will remain active. They now intend to pressure Council on issues like drainage, saying the site has been "somewhat neglected."

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# THE NEW TOLL TO CLEAR THE ROADS

## AN UNSOLICITED PROPOSAL TO BUILD AN M2 TO F3 LINK COULD EASE CONGESTION ON PENNANT HILLS ROAD.

by Patrick McAuley

**PENNANT HILLS ROAD** and the Pacific Highway between Chatswood and Hornsby are constantly congested with traffic. Local traffic, school traffic, rush hour traffic and commuters travelling up or down the coast contrive to make travelling on Pennant Hills Road a nightmare. One long-held solution to the problem is a link between the M2 and F3 motorways.

The recent unsolicited proposal by toll road developer Transurban, to construct a M2 to F3 link is exciting news for a traffic exhausted community. The proposal is currently being considered by a cross-agency assessment committee from various government sectors. The proposal is at the second of three stages and details are expected to be made available to the public in December.

### ■ The plan

If constructed, the link would help ease traffic congestion and allow drivers to avoid a total of 22 traffic lights and local traffic. However, despite the general popularity of the scheme, concerns over tolls, construction time, and necessary land being unavailable are possible sticking points of the scheme. NSW Head of Public Affairs at Transurban, Peter Co-

Patrick McAuley



Traffic on Pennant Hills Road could be eased by an M2 to F3 link.

lacio, confirmed the only two publicly available facts that the link will be a tollway and that it will begin near the Carlingford M2 exit. It is believed it will then run along a similar route to Pennant Hills



### The M2 to F3 link

Road, and finally connect up with the F3 beginnings in Wahroonga.

### ■ Where we stand

Minister for Roads and Ports, Duncan Gay, told the *Sydney Observer* that the process is “still in the early stages” but that “under the Government guidelines, details of unsolicited proposals are kept confidential during assessment.” He confirmed there is no guarantee of the project at the moment.

Transurban CEO, Scott Charlton explained: “The design, construction and financing of major city infrastructure remains a huge challenge for governments and I consider Transurban to be ideally positioned to assist the NSW Government in achieving the best outcome for motorists and the community.”

“The design, construction and financing of major city infrastructure remains a huge challenge for governments and I consider Transurban to be ideally positioned to assist the NSW Government.

Transurban CEO, Scott Charlton

In early 2002, Sinclair Knight Merz was commissioned by the Federal Government to look at various options. Coordinated by the RTA, the study was completed in May, 2004 and the preferred option for the Federal and State Governments was the replacement of Pennant Hills Road between Wahroonga and West Pennant Hills with a new highway route. Therefore, providing a sound highway route through Sydney. Since the study was completed, funding for the project has been continually sought. While politicians and groups have pledged support for the project, little has eventuated until Transurban’s recent unsolicited proposal.

# Calls for 'cash for cans' comeback

by Kieran Gair

**PROPOSED LEGISLATION TO** introduce a 'cash for cans' scheme, similar to the one already operating in South Australia and the Northern Territory, could save NSW councils up to \$60 million a year on recycling and rubbish collection costs.

Under the current drafting of the waste avoidance (beverage containers) bill, people will receive a 10c return for dropping off used cans, containers and bottles to local depots, slashing roadside collection costs by up to 47 per cent.

An independent study into the impacts of a container deposit system by the consultants Mike Ritchie & Associates has been welcomed by the Local Government Association of NSW. President of the Local Government Association, Councillor Keith Rhoades said: "In addition to financial benefits, there are also clear environmental and social benefits to the intro-

duction of a Container Deposit System, largely resulting from the high return rates and opportunities for community groups to become involved in the recycling of containers."

With NSW aiming to boost its local recycling rates from a current level of 44 to 66 per cent by 2014 the Mike Ritchie and Associates report found that by implementing the scheme councils would experience significantly reduced litter collection costs.

The Minister for the Environment, Robyn Parker, said in a statement that the government is committed delivering strong resource recovery and litter rates that provide a net benefit to communities. "However, any scheme that places undue financial burden on the NSW community, or increases the already rising cost of living, will not be delivered."

One criticism she had of the CDS system was that it only targets beverage containers and it is; "uncertain to what extent the

scheme will benefit the local environment and reduce waste overall."

Director of the Total Environment Centre (a coalition of Australian environmental groups), Jeff Angel, said that "the scheme would see an immediate and massive reduction in litter. We would see far less plastic beverage containers going through stormwater drains and ending up in our creeks. It would reduce marine debris, save resources, help protect native animals and make curbside council operation more financially efficient."

Despite a recent Newspoll survey revealing that 82 per cent of people support the introduction of a container deposit scheme, the Australian Food and Grocery Council (AFGC), said that the scheme will "shift the costs of recycling onto families and away from local government. Families can expect to pay more than \$300 a year at the checkout." A spokeswoman for the AFGC said that if the scheme is implemented, the price of beverages will rise.

# Puberty not so blue

THIS YOUNG TALENT HAS IT ALL; GREAT JOB, STRONG SUPPORT AND A HUGE FUTURE AHEAD.

by Miranda Middleton

**ON SCREEN, SHE** goes through boyfriends like they're going out of fashion and sacrifices her morals in a bid to 'be cool', but Ashleigh Cummings couldn't be more different from her character Debbie in Channel 10's new series, *Puberty Blues*. The vivacious 20 year-old loves having sleepovers with her Nan, 'going on adventures', and has never felt the need to fit in with any group.

"My parents have always instilled a sense of independence and individuality within me, so our values are quite different in that sense," said Ashleigh, comparing herself to her character Debbie, whose greatest desire is to get into the 'Greenhills Gang'. Debbie alters her behaviour and appearance in order to be accepted into the group, only to discover that it isn't as great as she thought it was. "It's a story about her coming to terms with herself, her place within her family, and especially within the 70s context in which there's a lot of male brutality and chauvinism."

While Ashleigh's starring role in *Puberty Blues* is arguably her most high-profile job

to date, she is no stranger to the screen, having previously appeared in *Razzle Dazzle*, *Tomorrow When the War Began* and *Miss Fisher's Murder Mysteries*. "I became really attached to the idea of acting as a career at the age of about 15," she said. "You get a taste of all these different worlds and experiences and characters, so it's always exciting."

As hectic as her life may be, Ashleigh doesn't consider herself special or different to any other teenage girl. "It's my job and I'm just lucky to be so passionate about it and have all these people around me really enjoying their work." She is particularly grateful for the professional and personal support she has re-

"I always have plans and I always have dreams, but I'm very much open to going with the flow."

Files/Ashleigh Cummings



Ashleigh previously starred in *Tomorrow When the War Began*.

Files/Channel 10



Ashleigh Cummings stars as Debbie in the new television show *Puberty Blues*.

ceived from her agents at Lisa Mann Creative Management in Australia, and Impression Entertainment in America.

Ashleigh will begin filming series two of *Miss Fisher's Murder Mysteries* early next year and hopes that ratings will be high enough to warrant a second series of *Puberty Blues*. From there, anything could happen. "Nothing's ever really set in stone for me. I always have plans and I always have dreams, but I'm very much open to going with the flow," she said, listing writing and directing as other fields she'd like to explore in the near future.

In the meantime, Ashleigh will eagerly await the reactions of her family and friends to the upcoming episodes of *Puberty Blues*. "Let's just say they get a little less clothed!" she laughed. "Hopefully my performance as Debbie is quite different to Ashleigh so it will distract them!"

*Puberty Blues* airs Wednesdays, 8.30pm on Channel 10.



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# FIND YOURSELF A 'ROMANTIC' DRESS

FIND THE RIGHT LOOK FOR YOUR BRIDESMAID, MOTHER OF THE BRIDE, OR YOU; THE BRIDE!

by Penny Bellenger – Mark Holt Bridal

'ROMANTIC' SUMS UP the trend in bridal. Girls are celebrating their femininity and seeking beauty and elegance in their look. The beautiful laces in Kate Middleton's wedding gown have influenced a resurgence in French laces, particularly the gorgeous corded laces rather than the heavily beaded style.

■ **The bride**

The trend is soft and feminine as brides are favouring flowing fabrics like silk chiffon and silk georgette and detailing their gowns

with lace, appliqué work and delicate beading. Beautifully fitted gowns are in fashion at the moment with brides wanting to highlight their shape with feminine silhouette. Structured bodices are popular as they enhance body shape and define the waist.

Fish tail and mermaid styles highlight this fitted look, but the brides compliment the shape with intricate and delicate detail such as handmade flowers that we tailor to suit our client. Detailing with fabric, such as draping, ruching and flower detailing are preferred over heavy embroidery or bold beading. Brides are enjoying the opportunity to



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style the detail on their gown to suit their vision and make their gown unique. The trend has definitely moved towards embellishment that is soft and romantic. Ivory and off-white remain the most sought after colours as stark white is harsh against the skin.

■ **Bridesmaids**

The trend in bridesmaid gowns is away from the traditional long a-line shape. Cocktail

style has been popular with the bridesmaids excited at the prospect of having a gown they can actually wear again. The style choice is a classic look, opting for a simple stylish design in a beautiful fabric, which is always a wise choice when styling multiple body shapes. Designs with straps or a cap sleeve are popular as brides move away from the strapless look. Pastels remain a favourite, but colour choice in bridesmaid's gowns is varied.

■ **Mother of the Bride**

Mother of the bride gowns are also favouring the classic style and we find at Mark Holt Bridal we are making more mother of the bride gowns than ever. Gorgeous fabrics, beautifully fitted and classic designs makes the mums feel contemporary and appropriate. We love when we design and make the entire bridal party as we can coordinate styles and colours to work together.

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Natural beauty and easy elegance is also popular this season for bridal makeup.

## THE ELEGANT HAIRDO FOR YOUR 'I DO'

FIND THE HAIRSTYLE THAT BRINGS OUT ALL YOUR HIDDEN BEAUTY FOR YOUR BIG DAY.

by Anneliese Scenna

**MATCHING THE BEAUTY** and elegance of your dress with your hair and makeup can be difficult, but with these tips, you can fulfil your bridal perfection.

This season it's away from the slick and tight hairdos towards a soft and natural look that shows elegance and femininity. Senior Stylist from Salon for Hair, Hayley Power, says that the most popular bridal hairstyle at the moment is soft, wavy hair, in a relaxed updo. This is done through soft curls bunched to the side or a loose-

ly pulled updo at the back. Bridal hairpieces are also popular, with soft jewels and pearls most in style.

### ■ Hair care tips:

Salon owner and manager, Di New-brun recommends that for brides planning on colouring their hair, doing it a week in advance is the best option. Additionally, having a treatment will ensure that it stays in the best condition.

For updo hairstyles, washing your hair the night before is suggested, as it is easier to work with on the day, and a deep cleanse

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Salon for Hair



The most popular hairstyle at the moment is a relaxed updo.

shampoo is highly recommended to give it extra energy and shine.

■ **Makeup tips:**

Natural beauty and easy elegance is also popular this season for bridal makeup, with natural tones complemented by smoky shadows and light lips.

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# A CENTENARY OF BRIDAL FASHION

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by Anneliese Scenna

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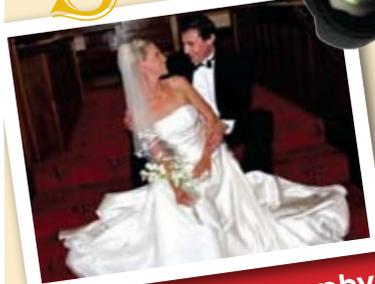


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Bridal consultants from Brides of Beecroft have a wealth of knowledge and are friendly and attentive to your needs and requirements, in helping you choose your perfect gown.

Their designers include Pronovias, Demetrios, Rosa Clara Aire and exclusively to Brides of Beecroft, Augusta Jones from England.

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# TAKING CONTROL OF THE HSC

DON'T LET THE HSC OVERWHELM YOU. CHANGE YOUR ATTITUDE AND KEEP THE HSC PANIC AT BAY.

by James Elton-Pym

**WITH OUR YEAR 12** students now looking down the barrel of the HSC, more and more are falling victim to paralysing exam stress. The mountains of work seem insurmountable, but according to neuro-psychologist Richard Hill of Davis Health, a change of attitude and good study methods can make the task less daunting.

Mr Hill said that 17 and 18-year-olds are naturally "catastrophisers" — prone to blowing things out of proportion. This mentality is a natural part of development, but "unfortunately when we evolved we

didn't have these terrible tests." Richard believes our society has created a "winner/loser world," where "getting high marks is what makes you a worthwhile member of society."

It's this competitive element of the system that he believes needs to be defeated. Students should think of the HSC as an opportunity, not a tribulation. "Rather than tell them it doesn't mean anything, return it to an exam in their own interests. This is how you find out about you."

Unchecked, stress can do more than make the process less enjoyable. "What the stress does is it shuts down the part of the

## Controlling HSC stress

1. Sleep is the most important thing.
2. Eat well.
3. Exercise every half hour. Get up and wander around for 10 minutes. Build in small amounts of activity while you study.
4. Gauge your own concentration cycles. Generally, blocks of around an hour work best. Progress from learning facts, to analysing, to being creative, to reflecting.

brain that thinks and is creative," he said. "Stress increase reduces marks."

Most importantly, HSC students need to feel like they're doing the exams for themselves, rather than fulfilling the "enormous burden to satisfy [other] people."

Coupled with good sleep, diet and levels of physical activity, this change in attitude will leave students far calmer.



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# Living and surviving the HSC

by Walter Sprinkle\*

**EVERYONE DEALS WITH** stress in a different way – some better than others. Some people may find it easy to cope with certain types of stress, yet may also find it incredibly difficult and confronting when dealing with other forms. Stress can appear in many different, contradictory ways. Some may find their tempers fraying as the pressure increases, others may experience an increasingly apathetic frame of mind, and others may fall into a fretful, nervous disquiet. Each of these can be traumatic and damaging, and how students deal with the stress is the key.

Year 12 is a year of many different stress factors. More than just the end of year exams, Year 12 is a time of graduation, increasing independence, mounting expectations at school and the ever increasing social pressures put upon youth by their peers. None of these are to be taken lightly; each

plays their part in how an individual is able to deal with day-to-day issues that can lead to anxiety and meltdown.

“Sense of humour is vital to realising the student needs to set up a structured study plan.”

Perhaps the most liberating and stress-relieving action that a student can take to help themselves is the creation of, and dedication to, a study plan. By actively setting down **what** they plan to revise and **when** they will do so, students of all ages are able to prioritise critical events such as upcoming tests and assignments while still ensuring that they have time for non-critical study such as the revision of previous topics. By timetabling

when they intend to study, they are also able to slot in times dedicated for personal enjoyment – times when they can relax and work on calming their anxiety through whatever actions they most enjoy. Equally so, forgoing sleep to increase study time can be incredibly detrimental to student and family stress levels.

This is not to say that ‘time off’ should take precedence over ‘study time’ but at Smart Moves Coaching Australia, we find that a sense of humour is vital to realising the student needs to set up a structured study plan. At Smart Moves, we also find that a tutor can assist in helping them to set up a plan and relieve the stress of the HSC that students face on a daily basis.

\*Walter is director of Smart Moves Coaching Australia. He has also spent two decades teaching in NSW high schools.

# THE ANCIENT LATIN SCHOLARS

KNOWLEDGE OF THE 'DEAD LANGUAGE' OPENS DOORS AROUND THE WORLD.

Pymble Ladies' College

by Miranda Middleton

**JOY JIN, MATILDA** Howard and Ellen Dobrijevic (left to right) have won prestigious scholarships from the American Classical League. This entitles the Year 12 Pymble Ladies' College students to study a classical language at the university of their choice across the globe.

"I was immensely excited when I heard that I had won the scholarship, but also surprised and honoured," said Ellen, who would like to study Latin alongside medicine, either in Australia or at an American university.

Matilda is also hoping to study Arts/Medicine, ideally at the University of Sydney (USYD). "It was just wonderful to get a scholarship and support to continue studying Latin at university," she said. "It's definitely a passion for me. I've always read Greek and Roman myths and immersed myself in the Roman world."



PYMBLE LADIES COLLEGE STUDENTS: Joy Jin, Matilda Howard and Ellen Dobrijevic.

Joy plans to study Latin at USYD, as part of an Arts/Law degree. "Studying Latin opens your eyes to our everyday life, especially the way we talk, and it really broadens your insights into the our language," she said.

Of the 21 scholarships which are awarded internationally each year, the girls are the only non-American winners. They will receive \$1000 annually towards their study of Latin.



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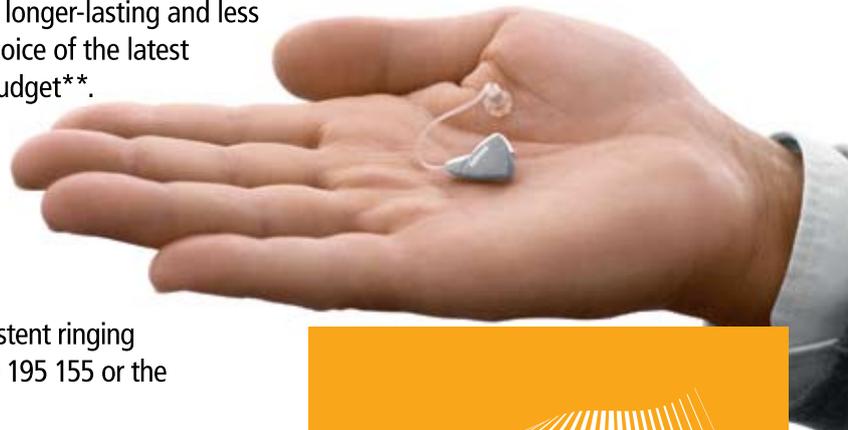
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by Megan Krimmer \*

# Misjudged by your best efforts

**MANY OF US** were brought up to think that we are born with fixed characteristics and, most definitely that we are born with a fixed IQ (intelligent quotient): 'Some people are just brighter than others and there is nothing you can do about it'.

When applied to life, this 'fixed mindset' is incredibly limiting. Research shows that it has a very negative impact on how we assess our experiences, how we teach and how we learn.

This isn't the only way to think. Stanford University's renowned Professor of Psychology and author of *Mindset*, Carol Dweck, proposes a different, empowering approach to learning called 'growth mindset', which is founded on the well-researched theory that every individual has tremendous hidden potential, and that each person has the potential to grow and continually improve; that is, both character and intelligence can be nurtured and developed.

I was thinking about these two mindsets during the recent London 2012 Olympic Games; in particular, when watching the emotional breakdown of those who 'only' won silver or bronze – feeling that they disappointed others despite giving their all – and the criticism made by some

that our athletes 'failed' to bring home more gold medals.

To give one's personal best and 'being the best' are not synonymous, although it is possible to be both. I was warmed when one of Australia's talented, dedicated young athletes and role models told the media (and the next generation), in essence, 'I trained incredibly hard, overcame obstacles, performed at my peak and gave my personal best. I am proud of my effort' (irrespective of the placing).

At Roseville College, we are embracing Professor Dweck's research on 'growth mindset'. To start, it reminds teachers that all students have the potential to exceed even high expectations – not just a select few – and it empowers the students to think more constructively about how they learn and apply their knowledge.

Secondly, it encourages students to reconsider their attitudes towards learning (particularly about learning specific subjects or skills) and to broaden their thinking to allow for greater outcomes.

Additionally, it inspires students to persevere when faced with a problem that is genuinely difficult for them; that is, to not just give up immediately. Instead, they recognise that although they may not be able

to do it 'yet', they indeed may be able to do it 'soon'. In between 'yet' and 'soon', they are encouraged to try different strategies, think creatively, seek new information, observe other techniques and practise new skills. My personal observation of students who possess a 'growth mindset', specifically girls in girls' schools, is that they simultaneously develop a very positive approach to lifelong learning and they actively seek out challenges that are greater than they otherwise may have attempted. Ultimately, their resilience has increased, their ability to learn has matured, and the standard of their work has improved.

As an educator, I am impressed by how powerful the 'growth mindset' is in the classroom. As a Principal and a parent, I believe this approach gives our children an advantage for the rest of their lives. The advantage is this: that they are free to dream of the possibilities and pursue their personal best because they have learned how to 'grow themselves'.

Megan Krimmer's career spans more than 20 years. She had taught previously at Roseville College before becoming Principal in 2011.

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# SALES ARE BOTH QUICK AND HIGH

## REAL ESTATE ON THE SYDNEY'S NORTH SHORE HAS HAD A STRONG YEAR.

Photos: McConnell Bourn

by Patrick McAuley

**DRAMATIC CHANGES IN** property prices at McConnell Bourn Real Estate indicate that the past year has been both an easy and good time to sell on the North Shore. The changes show good sale prices, as well as more properties selling than usual.

McConnell Bourn Real Estate's success is evident through the strong sales figures in the last year; including a 30.5 per cent increase in sales and an average sale price increase of 11.8 per cent. The average sale price is \$1.6 million. Examples of the high sale figures at McConnell Bourn Real Estate include 16 Northcote Road, Lindfield, which sold for \$3.83 million and a property in Wahroonga, which sold for \$5.368 million.

Principal at McConnell Bourn Real Estate Agency, Matthew Bourn, said that a possible underlying factor is lower interest rates, making housing more affordable than in the last financial year. "We are starting to see more urgency in the markets from buyers and more activity happening," said Matthew.

Mr Bourn explained that despite the increases in the past year, sales are usually steady on the upper-North Shore,

largely because of the close proximity to public transport and for families, the close proximity of many schools.

### Website

More about McConnell Bourn Real Estate on [www.mcconnellbourn.com.au](http://www.mcconnellbourn.com.au)

"We are starting to see more urgency in the markets from buyers and more activity happening."



This house on Northcote Road, Lindfield sold for \$3.83 million.

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# A GOLDEN BUSINESS

## A FRESH APPROACH TO HELPING BUSINESS OWNERS.

by Miranda Middleton

**THE ROTARY CLUB** of Roseville Chase will continue to provide a free mentoring service to young business owners despite a cease in government funding. The federal 'Golden Gurus' program, initiated by Kevin Rudd in 2009 to give mature-age Australians the opportunity to mentor fledgling business owners, was discontinued by the Gillard government in June this year. However, due to the success of the program, Roseville Chase Rotary Club has decided



Files/Golden Gurus

The Golden Gurus mentoring service provides help to inexperienced business owners.

to continue providing this free mentoring service independently.

Past President of the club, Cliff Garrett, said that many fledgling business owners between the age of 20 and 35 have approached the club's 'Golden Gurus' for assistance since the launch of the program in July 2011. "Most of us are retired so may have been in business for 40 years, whereas these are young people starting off," said Mr. Garrett. "They're getting information and experience that we have acquired over a long period of time."

Chairman of the Rotary Club's mentoring program, Ted Anderson, explained to *Sydney Observer* earlier this year that the business owners are interviewed before being allocat-

ed to a mentor who is familiar with the problems they are facing, for example developing a business plan. "We look at the various areas of expertise that they need, such as finance or marketing, and help them with those things, and we also share with them our contacts and networks and try to help them avoid the pitfalls," said Mr. Anderson.

A variety of businesses – from legal practices to optometrists – have participated in the program, but they are mostly the same in what they need help with: how to get established and how to grow.

**Contact:** Ted Anderson  
Ph: 9913 7750

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## Make your super work harder

A few weeks ago one of our clients (let's call him Ben) called in to discuss a proposition that had been put to him. Ben operates a factory unit and recently the owner had come to him to tell him that he was going to sell the factory unit and offered the unit to Ben at a good price. There was no real estate agent involved so there was an immediate saving that the owner was willing pass to Ben.

We discussed the proposal and it was a good deal for Ben. But a couple of years ago Ben had purchased a new house and did not want to take on further debt at this time. All Ben's free cash had gone to pay down the debt on the house and he did not even have a deposit. There was, however, a really neat solution to this problem. Ben and his wife, Lily, had always paid into a Super Fund and between them they had enough, to put a good deposit down on the factory unit.

This is what did we did:  
 > We formed a DIY Super Fund for Ben and his wife.  
 > Our financial planner arranged

life insurance cover for both Ben and his wife within the new Fund.

> We rolled over their Super account balances to the new DIY Fund.

> The factory unit was purchased in the name of the Fund and the Fund, under the new rules, borrowed the balance of the purchase money to finalise the purchase.

> Ben's business entered into lease over the new premises and began to pay rent to the new Fund.

> Ben and Lily paid their normal contributions to the new Fund.

> The Fund started to repay the money borrowed to purchase the factory unit, as the fund has both the rental income and Ben and Lily's contributions to repay the debt. This means the debt is repaid more quickly than normal.

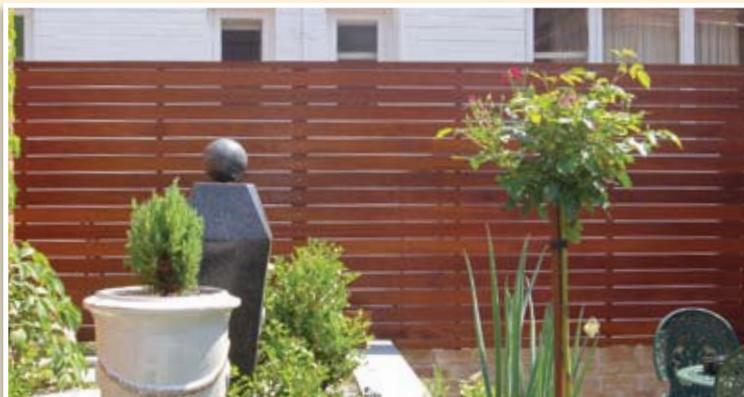
Abby Practice is holding a Seminar on Self Managed Superannuation Funds. Tuesday 25 September from 12-2pm. For more information contact Abby on 9476 0399.

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# LIFESTYLE

Seniors Corner .....39-42  
Wellbeing.....43-45  
Home & Garden....46-48

Food & Wine.....50-51  
Travel.....52-53



# 52

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# TRACKING FAMILY HOMES DOWN

LOCAL HISTORICAL SOCIETY RECEIVES REQUESTS FROM ENGLAND FOR HELP.

by Anneliese Scenna

**PEOPLE FROM ALL** around the world are contacting the historical community of Ku-ring-gai in the hope of finding out more about relatives who lived on the North Shore. Through the Ku-ring-gai Historical Society (KHS) people from as far away as England have found out about relatives who lived in Killara in the early 20th Century.

Increasingly, people are using the KHS to find the previous residency of their relatives. "We get these enquiries constantly from people all over the place whose families started off here", said KHS Vice President, Jo Harris.

An example of this was a recent enquiry from the niece of a Miss Joyce Elder, regarding where her aunt had lived and the location of the library she worked in

Ku-ring-gai Historical Society



An older photo of the home on Beaconsfield Parade in Lindfield.

at Lindfield. The research team, as part of the Ku-ring-gai Historical Society proceeded to the Sands Directories, which provides lists of the past occupants in particular streets.

Through this the Historical Society were able to obtain that Joyce lived in Tahlee on Beaconsfield Parade in Lindfield and worked at the Cleveland Library on the Pacific Highway, Lindfield. A current photograph of the house was matched with an old photograph that the niece had provided, which found commonalities between both houses, the most pronounced being the roofline.

Apparently word is out about the Societies proficiency, with fresh overseas enquires also coming in from a family in England requesting current photos of a house in Arnold St, Killara, where one of their relatives had previously lived. The growth in this research has also been brought about by new people moving into the area and people's increasing curiosity. "When you found out for someone that they had a first fletcher, they get so excited" said Jo.



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# PREVENTING FALLS NOT HARD

PRACTICAL ACTIVITIES CAN HELP YOU OVERCOME THE DANGERS OF FALLS.

by Miranda Middleton

**PREVENTING FALLS AMONG** older people may not be as hard as we think. A recent study conducted by the University of Sydney has found that falls could be reduced by almost a third by simply integrating strength and balance training into older people's routines.

"We wanted to develop a home-based program that would be effective and also a bit different from standard, structured exercise programs, in that it would be incorporated into their daily activities," said study co-author, Professor Maria Fiatarone Singh.

The study involved 317 men and women over the age of 70 who had experienced at least one fall in the past year. Half of the participants performed a structured exercise program using ankle cuff weights three times a week, while the other half participat-

ed in the Lifestyle integrated Functional Exercise (LiFE) program, whereby balance and strength training was embedded into daily activities such as climbing stairs and stepping over objects.

"It turned out that the integrated exercise was significantly more effective, in that there was a 30 per cent reduction in the rate of falls," said Professor Singh. She suggests this is because activities can be done continuously throughout the day as opposed to just a few times a week, and because they strengthen the muscles used in practical situations such as getting out of a chair, during which falls often occur. "It's about thinking of opportunities throughout the entire day to do things that will enhance balance," she said.

Professor Stephen Lord, senior researcher at Neuroscience Australia, believes this study is consistent with other research that has been

done into falls prevention. "When you're out and about, just try to include some additional exercise," he advised.

## Everyday routine

1. Instead of bending over to do something, do a semi-squat and lean forward; this way, you will do lots of squats each day and strengthen your thighs.
2. Whenever you're standing up and it's safe to do so, try to stand on one leg instead of two, for example when brushing your teeth and there's a sink to hold on to in case you lose balance.
3. Do heel raises when hanging washing on the line.
4. Sit and stand several times when getting out of a chair, instead of just once.
5. Put saucepans in higher cupboards so that you have to stand on your tiptoes to reach them.

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- 12 noon:** Guest speaker on North Shore property trends.
- 12.30pm:** Tour of the village and displays. **1.15pm:** Lunch

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# Security in retirement

**L**ane Cove Gardens Sales Manager, Jane Giuliano, is constantly amazed at how people perceive retirement villages. "Some people see the word 'retirement' and think immediately of assisted living or aged care," said Jane. Instead, she counters that they provide a unique environment for retirees to enjoy a full social life or alternatively a quiet escape from a working lifestyle.

"Living in a retirement village provides a lifestyle where you can meet new friends, live in a secure setting, maintain your independence and enjoy all the facilities that the village has to offer," explained Jane. "The best part of village life is this lifestyle is just outside your front door."

Jane believes Lane Cove Gardens is a fun place where there this is always something going on. Recently residents participated in their own Olympics Games. "We



Lane Cove Gardens residents recently participated in their own Olympic Games.

had an Olympic torch relay around the village and residents participated in a variety of events during the two weeks," said Jane. Some of the events included chopstick javelin, darts, snooker and noodle races in the indoor heated pool.

To help define perceptions, Lane Cove Gardens is holding an information morning for prospective residents and their families clearly explaining 'What is a Retirement Village?' Additionally, an independent local real estate consultant will discuss the local real estate market. Afterwards, everyone will be

invited to take a tour of the village and this will be followed by a complimentary lunch.

Lane Cove Gardens is part of the Baldwin Care Group, a company that has specialised in the retirement and aged industry for the last 30 years. They have retirement villages in Lane Cove, Maroubra, Rossville and Mona Vale.

**When:** 11am, September 12 & 15  
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# GINGER MUSCLES IN ON DIABETES

NEW RESEARCH SAYS THAT GINGER COULD BE THE MISSING INGREDIENT IN THE FIGHT AGAINST DIABETES.

by Kieran Gair

A UNIVERSITY OF Sydney study has found that ginger, the well-known kitchen spice, could have the ability to help control the high levels of blood sugar that are found in long-term sufferers of diabetes.

The study, published earlier this month in the esteemed scientific journal, *Planta Medica*, revealed that by using muscle cells, ginger can help manage blood glucose levels in diabetics. Professor of Pharmaceutical Chemistry Dr Basil Roufogalis, who led the study, explained that “the results show that ginger extract and its components, the gingerols, in-

crease the uptake of glucose into muscle cells. Muscle cells are an important way in which the body regulates its blood glucose levels.”

For type 2 diabetic patients, the ability of their skeletal muscles to uptake glucose is significantly impaired. However, the Australian grown ginger extract was able to boost the uptake of glucose into muscle cells independently of insulin.

With such positive results, Dr Roufogalis said that they would like to undertake human clinical trials to see if the results in vitro and in animals with metabolic changes induced by high fat diets can also be of benefit to humans.



by Dr Ian Sweeney\*

## Preventing dental erosion

**DENTAL EROSION IS** the irreversible loss of tooth structure due to chemical dissolution by acid. Dental erosion can be found in patients of all ages. Erosion is typically seen in the enamel of teeth; however it may proceed to the underlying dentine if the process continues.

The most common cause of dental erosion is the consumption of acidic foods and drinks. Any foods and drinks with a pH of less than 5.7 may cause teeth to demineralise and breakdown.

Sports drinks, carbonated drinks (such as coke and lemonade), orange and apple juices are common culprits. Frequency rather than total intake of acidic juices is seen as the greatest factor in dental erosion. In other words, one big drink is less damaging than sipping a drink over a long time. This is why infants using

feeding bottles containing fruit juices are at greater risk of acid erosion.

Saliva is a natural buffer to the acid we consume as well as acid produced by bacteria in our mouths. Drinks vary in their resistance to the buffering effect of saliva. Studies show that fruit juices are the most resistant to saliva's buffering effect, followed by, in order: fruit-based carbonated drinks and flavoured mineral waters, non-fruit-based carbonated drinks followed by sparkling mineral waters.

A number of medications such as vitamin C, aspirin and some iron preparations are acidic and may contribute towards acid erosion.

Gastric reflux may also cause dental erosion. Patients with Gastroesophageal reflux disease, anorexia nervosa and bulimia are at risk of erosion.

Common signs of dental erosion include changes in appearance and sensitivity. An

increasing yellowing of teeth may result due to thinning of enamel overlying the yellow dentine or root surface. Teeth may become shorter as they are worn down more quickly due to the loss of enamel and finally tooth fractures may occur due to the loss of the supporting enamel. Other signs include pain when eating hot, cold, or sweet foods, due to the enamel having been eroded away, exposing the sensitive dentine.

Extensive damage caused by erosion may require extensive dental rehabilitation to restore normal tooth function and aesthetics. Early diagnosis and preventive measures by your dentist will, as always, help to minimise damage of dental disease.

\*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.

# IMPROVE YOUR SLEEPY POSTURE

FIND YOURSELF THE RIGHT MATTRESS, BY GETTING THE BEST POSSIBLE BACK UP.

by Patrick McAuley

**EVERYONE KNOWS THE** foundation of a productive day is a good night's sleep, but this can be difficult if your mattress isn't providing you with the right support.

The average person spends eight hours each day lying down – and it's important that your back and your spine are supported in alignment during that time. This allows all the tissues to rest and recuperate.

Dr Adam Meredith, a chiropractor at Spine and Health in Crow's Nest explained; "When you sleep, it's the only time the muscles, ligaments and supporting structures of your spine completely relax."

Sleepy's, "the Mattress experts" in Crow's Nest, has experienced and trained staff who play their part in ensuring that you sleep healthy and have arranged for Dr



Sleepy's Crows Nest manager, Justin Burden gets a free posture examination.

Meredith as well as two other chiropractors to give people free posture exams. The exam involves two quick photos from the front and side and then the photos are run over the posture software. The whole process takes just two minutes and helps the staff at Sleepy's to fit you to the right CAA endorsed Chiropractic mattress. Sleepy's staff will also

provide advice on the right pillow for you.

The partnership between Sleepy's and Dr Meredith was created to give a professional explanation of how a chiropractic mattress can help with posture and sleeping problems and to make sure that every client makes the right choice when buying a new mattress. Store Manager at Crows Nest Sleepy's, Justin Burden explained "When a chiropractor works with a Sleepy's store they will understand our products from the Chiropractic Collection and will be able to refer their patient to us safe in the knowledge that their work will be continued while the patient sleeps."

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# Sleepy's

THE MATTRESS EXPERTS

# REFRESH YOUR BACKYARD

REINVENT YOUR ENTERTAINMENT SPACE WITH NATURAL TIMBER LOOK.

by Miranda Middleton

WITH SPRING FINALLY here, now is the time to assess your outdoor living options. Why not usher in the season of barbeques and outdoor entertaining with a new deck? Alan Thomson from Thomson's Outdoor Pine says that decks can be made to suit every space, function and aesthetic preference. He outlines four popular decking options which are sure to enhance your outdoor living experience this summer: treated pine, spotted gum, merbau and tallowwood.

Spotted gum is a native Australian hardwood. Its most endearing feature is that it varies considerably in colour from one board to the next. Tallowwood is another Australian hardwood with a consistent blonde colour, as merbau. And if you want a good price and quality, treated pine can be a good option for you.

Alan also stresses the importance of a good quality decking oil. "It's like a moisturiser, sunscreen and water repellent all in one, and will not only keep your deck looking good, but will ensure that it lasts a long time," he said. Tinted decking oil is usually applied to treated pine, while hardwood is often treated with clear oil so that its natural beauty isn't hidden by the tint.

Other than aesthetics, key considerations when installing a deck include access from the deck to the backyard in the form of stairs and handrails, and making sure that it's big enough to serve its purpose. Alan says that to function as outdoor entertaining areas, decks need to be at least 3.6 metres wide, to allow enough room for a table, chairs and manoeuvring space.



## Merbau

If you prefer a more consistent look, merbau might be for you. Imported from Asia, it's a durable timber with a strong, consistent colour.



## Treated Pine

The use of clear grade treated pine makes for a very high-quality deck, with minimal knots. It is cheaper and easier to lay than hardwood.

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# Sizzling for a springtime barbecue

by Patrick McAuley

**THE BARBECUES ARE** already lighting up around Sydney's suburbs, causing many the tummy to rumble anxiously in anticipation of a delicious barbecue cooked feast. While you might think barbecues are a fairly stagnant invention, the

truth is they are constantly changing and evolving.

Product Manager at Barbeques Galore, Peter Anderson said one exciting feature people are seeing on barbecues is the reasonably recent Radiant Quartz Technology (RQT). "It's neat and cooks differently," he explained. "It also trans-

fers heat more efficiently and because of the quartz dome, doesn't get as hot and won't flame as much." Also the meat doesn't dry out or burn as it sometimes does with gas flame systems.

Peter ran the *Sydney Observer* through some of the better options available this spring and summer.



## Turbo Elite 4 on SB Cart \$2599

"Turbo's don't compromise on value," said Peter. This type of barbecue is made to last and features RQT burners, a double skinned firebox and hood, and is ideal for the patio, outdoor deck or next to the pool.



## Cordon Bleu Island \$1999

With this modular system you can add features on later and even bring the kitchen outdoors with you. Some features you can add include a sink, fridge, table, bar stools and more. You can even change the modules around to suit your own preferences.

## Kamado Joe \$999

Charcoal barbecues at creating a unique smokey flavour. The Joe uses natural coal lumps as a heat source and can hold lower temperatures for longer as well as reach searing hot temperatures which seal the juices.



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### ■ Preparing for the new growth

If you have not divided your agapanthus or chrysanthemums, now is the time to do it otherwise they will soon be putting out new growth and it will be too late. While you have them out of the ground, shake the dirt out of the clump and get rid of any dead roots and old and spent growth as they only breed disease. Dig a lot of cow manure and compost into the replanting area, then fill the holes up with Seasol and let this drain. After you have divided the clumps, only replant the healthy looking growths. To encourage them give the new clumps a good drink of Power Feed after about a week.



# GIVE YOUR GARDEN A SPRING

SPRING IS A TIME FOR GROWTH BUT ALSO A CHANCE TO PLAN FOR WINTER.

by Hugh Myers

**WELL SPRING HAS** arrived at last and everything is starting to grow. Now is the time to have a last light snip of your wisteria while you can still see the buds amongst the new forming leaves. Remove any spindly growth and have a look inside the shrub to take out any dead wood. You should not have to take off much if you pruned earlier in the year. Be careful not to remove any stems with nice fat flower buds or you will miss out. Hopefully you will be doing another prune later in the summer when the new growth starts to get a bit wayward.

### ■ Cherry tomatoes

Do you like cherry tomatoes? Most people do. These tomatoes do well in pots so if you have a sunny position on the back patio, get hold of a large pot and fill it with a good quality vegetable potting mix. Cherry tomatoes can be bought as seedlings so buy some and plant them in your prepared pots. Keep the soil damp but not wet and make sure the drainage is working. Give them a feed of Seasol after planting and some Aquasol immediately after flowering. You can expect fruit in about 15 weeks

### ■ Aware with strong winds

August and September are usually the windiest months of the year so save you a lot of disappointment by going around and checking any shrubs or trees that you have staked. Are the stakes firm and the ties good enough to stop any movement during a strong wind? Make sure the ties are not cutting into

the wood as this could effectively ring bark a shrub. Rather than tying your shrub to a single stake, put two stakes in, one either side, or use twisted panty hose to support your shrub. Remember any shrub or young tree planted over the last month or two does not have a strong grip in the ground and could be knocked over in a strong wind.

### ■ Cold weather sensitives

September is a good time to plant any cold weather sensitive native shrubs. If planted now when we are going into the warmer weather they will have a chance to get well established and toughened up before they face their first lot of cold weather again. Try some lilli pilli which come in many varieties or the ivory curl tree (*buckinghamia*) and the lemon-scented myrtle which are all good low maintenance evergreens. You might have to wait a while for the ivory curl tree to flower, but it can be spectacular when it does.

### ■ Change your view

Do you have a nice sunny wall with nothing on it? Fit a few wall pot brackets and hang some pots on them. Place them so the flowers will be at eye level or slightly lower and it will give you quite a different view of the flowers. Mass planting of petunias, marigolds or portulaca can look quite different when viewed at eye level.

### ■ Fruit trees

Go and have a look at your fruit trees. Any deciduous ones will be putting on lots of new leaves and tiny buds will be starting to appear.

To prevent leaf curl, watch the buds and as they start to swell, spray the whole tree with a copper hydroxide spray. Kocide is one that usually does not block up spray the holes in the spray head and Yates has one specifically for this leaf curl problem. While you are working at the tree, clean up any rubbish like fallen leaves and dead wood from the ground around the base of the tree trunk as they are only a breeding ground for disease. Dispose of the rubbish in the rubbish bin not the compost heap.

### ■ Roses

As the weather starts to warm up, so will your roses and you might even have a few early blooms. Now is the time to do some preventative maintenance. Give your roses and the ground underneath them a good overall spray with a fungicide such as Triforine or Mancozeb Plus. This will keep you one step ahead of the black spot fungus which attacks the leaves and debilitate the plants. Watch for aphids as they are also starting to appear and if there are not too many, just hose them off, otherwise spray with Confidor. Caterpillars are also starting to appear and if there are only a couple, pick them off and squash them. Otherwise the shrub can be sprayed with Dipel or Success.

\*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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# WINE REFRESHED

ENJOY AN ORGANIC WINE RESPONSIBLY AND ORGANICALLY.

by Paul Clark

**MARK DAVIDSON IS** a busy man. As managing director and chief winemaker of Tamburlaine winery he is always pressed for time. At the moment he is on his way to China, one of Tamburlaine's major markets. Other major export markets are Sweden, the US, Japan, Korea and Nepal.

## ■ What is Tamburlaine?

Tamburlaine is an organic wine producer and is certified as organic predominantly because of the way the vineyards are cultivated. "Organic wine comes from organically managed vineyards, without synthetic fertilisers, pesticides, herbicides or fungicides. The soils in these vineyards are not degraded through continuous cultivation," said Mark.

Australian Certified Organic is one of seven accredited certification bodies in Australia and approves Tamburlaine wine as organic. "There are no laws to protect the word 'organic', consumers can only be guaranteed that a product is organic if it has recognised organic certification," explained Mark. "There are over 2,600 Australian organic wine producers in total, though less than half show their certification on the label."

Organic cultivation means that fertilising and pest control is done with naturally derived products, with an emphasis on protecting the vineyard's ecosystem to aid in disease resistance. Tamburlaine recycles as many agricultural products as possible, and has also entered into the carbon trading credit scheme. "Tamburlaine is the first certified carbon neutral winemaker in the country," said Mark.

Organic production is a scientific process that demands expertise and commitment. The yield of grapes from organic farmed vines may be less than the yield from non-organic farming, but the long-term benefits include soil preservation and sustainability of the vineyard.

## ■ Organic misconceptions

There are some misconceptions about organic wine. Some believe it will not age well, explained Mark. "That is only true of wines without added sulphur dioxide. Organic wine does not mean sulphur-free. Sulphur is a natural by-product of the fermentation process of wine-making."

Cessnock doctor Lance Allen established Tamburlaine in 1966. Mark and a consortium of friends and relatives purchased the winery in 1985, and embarked on the organic certification process in 2002. Today, the winery employs 26 people and turned over \$8 million in sales last year. Organic wine is available in a range of price ranges.



## Organic Wines

1. Sparkling, Tamburlaine 2010 Vintage Blanc de Blanc \$25
2. Reserve Malbec \$44
3. Mark Davidson Eight Seventy Sauvignon Blanc Semillon 2010 \$15

  
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Frederico Carvalho



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Sydney Observer



## The rose of Roseville

**Rosie's Diner** in Roseville has a reputation for an amazing variety of delicious and satisfying meals. With meals ranging from farmhouse chicken and vegetable pies to grass fed scotch fillets to tempura prawns, Rosie's is a sanctuary of food for all. Come along and try Rosie's lunch, afternoon tea or dinner.

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**Address:** 108 Pacific Highway Roseville

**Contact:** 9880 8388

[www.rosiesdiner.com.au](http://www.rosiesdiner.com.au)

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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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# SPLIT PAIRING OF CULTURE AND BEACH

THE RELAXING CROATIAN BEACHSIDE GETAWAY ON THE SHORES OF THE ADRIATIC SEA.

by Anneliese Scenna

**ALREADY WONDERING WHAT** to do next winter? Why not grab a pair of swimmers, water shoes and experience a European summer? Visit the jewels of the coastline of Croatia, with its numerous islands, peninsulas and coves and the magic of the blue endless sea.

You will also be able to see the rawness and little imperfections of this country, which make it truly unique. There is a richness of history in this country, shown simply through the rustic architecture, with some buildings dating back to the 14th and 15th century.

## ■ Vela Luka:

Located on the island of Korcula, with a population of 4,000 people, lies the deep, sheltered harbour of Vela Luka. Catering for tourists, the town has hotels, hostels and places to dine, but its real charm and beauty is based around its cultural treasures, natural beauty and serene sea.

To the entrance of Vela Luka, is situated the islet of Proizd, an oasis of intact nature.

The white pebbles, smooth rocks and clarity of the sea will enchant all who visit. In the middle of the bay is the location of Os-hjak, a place of untouched nature, rich with shade and Mediterranean vegetation. As two popular tourists sites, boats run daily from Vela Luka to these two destinations.

The other real charm of this bay is the community atmosphere. Saying bog (hello) as you pass by will allow you to truly immerse yourself in this unique lifestyle. And during the peak season weekly fisherman nights are held – a night of Croatian music and Mediterranean cuisine.

Other recommendations, would be to watch Kumpanija, traditional Croatian sword fighting and ritual dance, which is shown in Vela Luka as well as other places on the island of Korcula. Renting a car is also beneficial, as it will allow you to discover the most beautiful beaches and swimming in complete solitude is possible.

## ■ Other places to visit:

Split is a combination of culture and markets, this place is perfect for shopping and exploration. A walk across the



Croatia is a unique mixture of history, culture and a beachside holiday.

waterfront promenade up the hill of Marjan to the lookout is a must to allow you to be encapsulated by views of the city and coastline.

The Old City of Dubrovnik surrounded by walls and fortresses is a cultural and historical emblem. The walk along the main thoroughfare allows you to become absorbed in the myriad of churches, shops and quaint streets. Venturing along the walls, which run almost 2km around the city, means that every angle high enough than the rest of the city acts as a lookout, allowing you to capture spectacular views and experience the golden treasures of this magical land.



# England's Lincoln soaked in history

by Paul Clark

**AT ONE TIME** Lincoln, England's Cathedral was said to be the tallest structure in the world. This is not New York or Kuala Lumpur. It is Lincoln, England and construction first began in 1088. The cathedral may have been the tallest building in the world in the middle ages, but the central spire that gave it the necessary height collapsed in a storm in 1549 so the exact height is not known today.

Founded by the Romans in 71, fragments of their buildings can still be seen. The cathedral and castle are the two best known attractions of the town, and steep and rambling High Street is packed with a variety of shops. Travel to the town is easy, with frequent trains from London's Kings Cross station.

Lincoln was once a heavy manufacturing town. The engineering company William Foster & Co. developed the weapon eventually



Paul Clark

Lincoln's Cathedral was once said to be the tallest building in the world.

known as the tank. Most of the factories have closed and the employment emphasis has changed to service industries and a university.

William the Conqueror started construction of Lincoln Castle in 1068. Originally meant to dominate the land around it to ensure William's hold on England, the castle later became

a prison. The prison was used between 1787 and 1878. Now the castle grounds contain a working court building and a museum. Among other exhibits, the museum has one of the original copies of the Magna Carta.

The castle walls are in good condition, which is surprising given that the castle changed hands several times during the English Civil War. Many other English castles were extensively damaged during that period and never repaired. At Lincoln Castle, visitors can walk most of the way around the top of the wall and look out over the Cathedral and town.

One other landmark is St Mary Magdalene Parish Church, which dates back to 1280. The original Saxon parish church was demolished to make way for the new cathedral around 1072. Ida Gadd, one of the Church's volunteers said: "Everywhere you go in Lincoln, is soaked in history," she says.

Confronted by nearly 2000 years of history in one town, it is hard to disagree.



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# DEL PIERO TO BECOME A BLUE

SYDNEY FC HAVE CONFIRMED THE LANDMARK SIGNING OF THE ITALIAN STAR.

by Patrick McAuley

**IN ONE OF** the biggest moments in Australian sporting history, Sydney FC have announced the signing of 37 year old, former-Juventus striker, Alessandro Del Piero. The coup was announced on Friday, August 31 and the Italian is said to be officially signing the two-year contract on Monday, September 2.

While, Sydney FC jumped the gun in announcing the signing the final contract negotiations are expected to run smoothly once Chief Executive, Tony Pignata arrives in Italy to finalise the deal.

Details of the contract have not yet been made public, but talk around the club suggests it will be worth \$2 million a year - apparently making Del Piero the most expensive footballer of any code in Australian sporting history.

Despite making 28 appearances and finding the back of the net five times, Del Piero's contract was let to run out by Juventus. The Italian then attracted interest from some top teams, with interest being mentioned from English side Tottenham Hotspur, Swiss side FC Sion, Scottish side Celtic FC as well interest from the United States. The 2006 World Cup winner, was announced as

Sydney FC's marquee just days after Sydney agreed to loan former marquee player Nicky Carle out to United Arab Emirates side; Beniyas. Carle's transfer freed up the funds as well as the marquee status for Del Piero's signing.

Under A-League rules, each side is allowed to have two players paid outside the salary cap. One has to be Australian, and one can be of a foreign nationality.

Sydney FC Chairman, Scott Barlow said; "This is huge for Sydney FC, huge for the A-League and huge for Australian football. We feel honoured that Alessandro has decided to play for Sydney FC and share his excitement that a move to Sydney FC will create a lasting legacy for football in this country."

One of the factors believed to be important in Del Piero's decision was a desire to leave a legacy, with the one time European Champions League winner keen to not only continue his career, but make an impact on the game somewhere. Already, by agreeing to sign with Sydney FC he has done so much.

Alessandro joins a formidable list of international star players to don the sky blues that has included; Dwight Yorke, Brett Emerton, Kazuyoshi Miura and Benito Carbone.

James Adams



The 2006 World Cup winner will play for Sydney FC in the 2012/2013 season.

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# A disappointing, but promising season

**IN WHAT CAN** only be described as a disappointing and underwhelming season, an inexperienced Gordon Rugby first grade's season has stuttered to a halt, with club finishing in 11th place – with only Penrith finishing below the Highlanders. The final ladder saw the club with just four wins from a possible 16.

With an average age of just 21, the team was always going to struggle over a whole match, but according to First Team Coach the Highlanders are building for the future. "We are a work in progress," said John. "We were always going to struggle for consistency... We have also lost about 25 to 30 players in the last two years and the inexperience told eventually."

This – combined with a few unlucky injuries – left the Highlanders struggling with form. In one particularly bad patch, the North Shore club lose ten in a



Gordon Rugby second-rower Roni Scarano, plays a pass.

row. Despite the disappointment of this patch, John was pleased with how the senior players reacted and helped the younger players. (Patrick McAuley)

## KELLERMAN STARTS WELL IN LONDON

### AUSTRALIAN PARALYMPIAN ADAM

Kellerman, of St Ives, has had a promising start to his campaign at the London Paralympics.

The wheelchair tennis player breezed through his round one doubles match with partner Ben Weekes, defeating their Polish opponents in a convincing 6-2, 6-1. Even more exciting was Kellerman's progression to the third round of the singles after a 6-3, 6-2 win over 13th seed, Japan's Satoshi Saida. "I just believed in myself and the coaches got me all fired up," he said. "I played to the best of my ability and pulled it out."

Kellerman will now play world No.4, Dutchman Ronald Vink. "I've played him a few times before and haven't beaten him so that'll be another tough match," he said. Kellerman intends to use the strategy he's been working on with his sports psychologist of staying relaxed and just focusing on one point at a time. "I've had many weeks and months of tournaments and training, and it's all come together for



St Ives', Adam Kellerman has made a good start to the Paralympics.

this event," he said. "I'll do my best and see what I can do." (Miranda Middleton)

## ...TO TALK ABOUT

by Patrick McAuley

## DAVID GALLOP WILL BRING STABILITY

**AUGUST WAS A** big month for both football and rugby league with significant announcements coming from both sports on August 21. Rugby league's announcement of a new television deal worth \$1 billion was fantastic news for the sport. Meanwhile over at FFA headquarters the news that former NRL chief executive David Gallop – the man responsible for so much of rugby league's recent success – would replace outgoing FFA's Ben Buckley as chief executive was leaked to the media.

David Gallop has a reputation for being excellent in crisis situations and such skills will be handy in a sport that constantly is under attack by sections of the media. Recent examples of crowd violence at Sydney FC matches and Western Sydney Wanderers (WSW) matches are perfect examples of the media's agenda. While not condoning the actions of some fans, the way the media beat the incidents out of proportion was reminiscent of the bad old days of football – where football was constantly lambasted as some sort of furious ethnic bedevilment where fans would constantly riot because of frustrating scoreless draws.

In truth, Ben Buckley had little chance in preventing the media storm that followed the Wanderers' incident. Some news mediums have an irrational hatred of football and take every opportunity they get to discredit the sport. Something that I find particularly frustrating is that cricket, rugby league and rugby union controversies are often buried or not even reported on at all.

By way of example, did you know a woman was hit in the head with a metal pole in a fan brawl at a rugby league match between Belrose and Manly Cove on July 17? As one unnamed witness told the *Manly Daily*: "It was scary, windows were smashed and women and children were screaming." Isn't it strange how the media at-large skipped quickly over this news?

Anyway, welcome David. I hope you know how to duck and cover because this football business – it's a dangerous game.

Follow: @MrPatMcAuley

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**Willoughby Spring Fair**  
 Willoughby's 16th annual Spring Fair will feature 70 different events throughout September, of which the cherry on top of the pie will be the Streetfair on September 15 between 10am and 4pm.

- Willoughby
- Until October 5
- Various prices, many free
- 9777 1000, [springfestival.willoughby.nsw.gov.au](http://springfestival.willoughby.nsw.gov.au)

1

6

**9**

**Drive Safe, Drive Longer**  
 This is a drivers workshop for people over 55, which will refresh people on the road rules, provide low risk driving tips and help with information on the age 85 driving test. The workshop is split into two sessions. Booking is essential

- 9am-12:30pm
- West Chatswood Community Learning Centre, Corner Mowbray and Felton Ave
- Fiona Frost 9777 7723
- Free

**11**

**Plant Stall**  
 Easy Care Gardening are hosting a plant stall. The plants have been donated and will be sold to help fund their work in the community. Easy Care Gardening is a gardening service for the frail aged or people with a disability on a pension, so that they can remain in their home. The cost of each plant is \$4.

- 10am-1pm
- Gilroy Lane, Turramurra
- Wendy McCready/Kate Williams 9983 1644

**Bike Week**  
 NSW Government will provide \$250,000 in funding to support more than 50 local cycling events as part of the 2012 NSW Bike Week celebrations.

- Statewide
- Until September 23
- Free

15

**Bushland Shire Festival**  
 Rides and animals are some of the features of the Bushland Shire Festival, but music will be the main attraction. The Epping RSL Marching Band, Danni Da Ross from the Voice and some jazz and pop will be keeping a beat.

- 10am-4pm, 16 September
- Fagan Park, Arcadia Road, Galston
- 9847 6666, [hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)
- Free (\$5 parking at Fagan Park)

16



**20**



**22**

**Wedding Talk**  
 Learn all there is to learn about weddings and talk to representatives from over 30 wedding suppliers.

- 12pm
- Newport Mirage, Queens Parade West, Newport
- Free

23

**Madagascar 3 Activity Zone**  
 To celebrate the launch of the latest Madagascar adventure, Europe's Most Wanted, Westfield Hornsby is hosting a Madagascar 3 Activity Zone. Children of all ages will receive their own art and craft pack.

- 11am-2pm, until September 28
- Centre Court, Level 3 near Food Court, Westfield Hornsby
- [westfield.com.au/hornsby](http://westfield.com.au/hornsby), 9477 5111
- Free

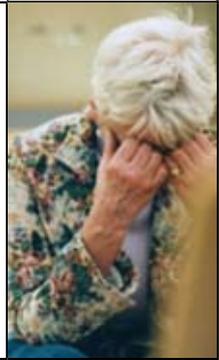
24

**26**

**Avoid Depression**  
 In this month's meeting of Australians in Retirement, Warren Doherty will speak on the topic: "Avoid Depression: Beyond Maturity Blues." The group says this meeting is of paramount importance. Morning tea will be served.

- 10am
- The Dougherty Centre, 7 Victor Street, Chatswood
- Free

27



## GARDEN OPENS TO HELP STOP DISEASE

**SUZANNE AND ROBERT** Ballinger have opened their picturesque garden called Homeleigh, in order to raise proceeds for the Motor Neurone Disease Foundation. Food and beverages will be served and botanical artist, Helena Karnolz will be demonstrating on site.

The garden is opened in memory of Suzanne's mother who died of Motor Neurone Disease many years ago, in the hope to save others from suffering from this awful disease.

Suzanne Ballinger



The Ballinger's garden in Pymble features several microclimates.

**When:** 10am-4.30pm, September 29-30  
**Where:** 17 Linden Ave, Pymble  
**Cost:** \$7 (children free)  
**Contact:** Suzanne Ballinger 9983 0197

## PEARLS FOR A FEW WORDS

**ARE YOU LOOKING** for that perfect accessory? On offer is the Ikecho bracelet, made up of freshwater pears with a sterling silver cubic zirconia bar. An elegant piece of jewellery, valued at \$389, is the perfect embellishment, day or night. On top of that, a pair of freshwater pearl earrings valued at \$100 are also included in this giveaway.

For your opportunity to win, not one, but two pieces of Ikecho jewellery and be published in the October issue of the

**Sydney Observer**, tell us in 25 words or more what you liked in this month's issue of the magazine.



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](mailto:editor@kamdha.com) with your name, address, and contact number by the 25th of the month.**

### PUZZLES SOLUTIONS

Handy 3329 (Parliament)

P	A	R	L	I	A	M	E	N	T	G	R	U	B		
I	O	T	A	A	S	A	O								
T	T	I	T	L	E	I	R	R	I	T	A	B	L	Y	
Y															
S	W	A	S	T	I	K	A	P	R	I	O	R			
C	I														
H	A	C	K	I	N	G		E	M	A	N	A	T	E	
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A															
S	E	N	T												

Novice 0670

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

WORDSEARCH

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

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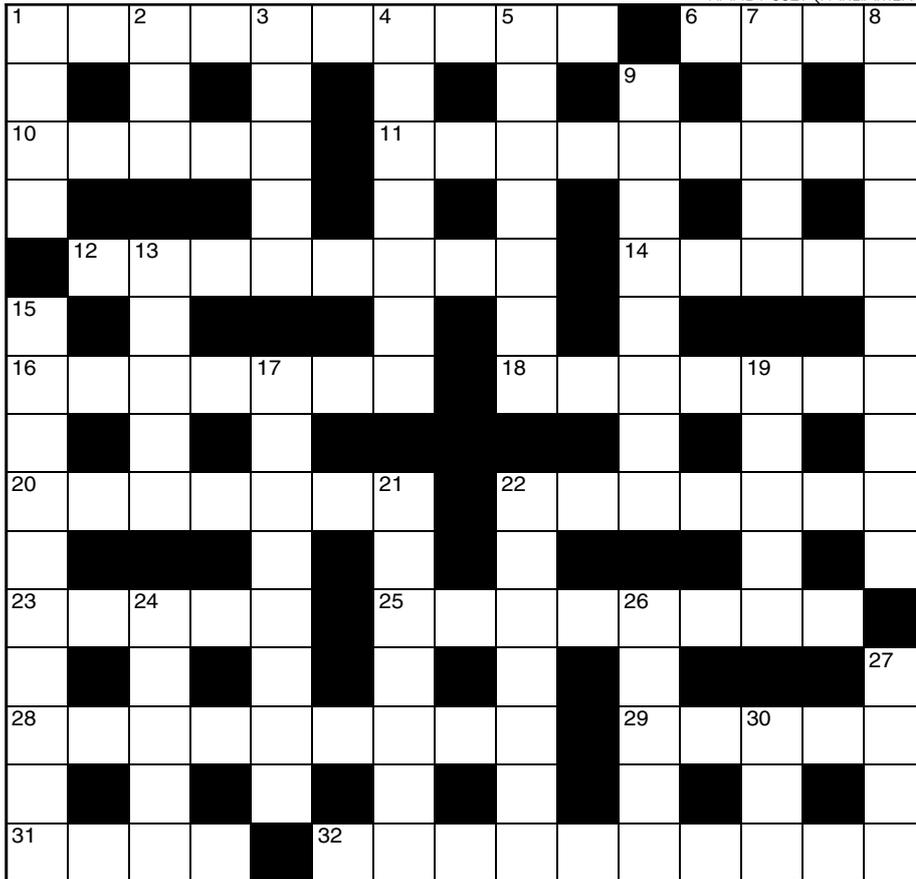
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### Crosswords

HANDY 3329 (PARLIAMENT)



#### Across

- 1. The P of MP
- 6. Maggot
- 10. Mr or Miss
- 11. Grumpily
- 12. Nazi symbol
- 14. Earlier
- 16. Slashing
- 18. Originate
- 20. Bustles
- 22. Removed errors from
- 23. Sports ground
- 25. Most furious
- 28. Numb
- 29. Minute
- 31. Called (for)
- 32. Best-looking

#### Down

- 1. Sorrow (for others)
- 2. Timber disease, dry...
- 3. News stories
- 4. Disabling
- 5. Relate (tale)
- 7. Synagogue scholar
- 8. Girl's beaux
- 9. Brief strike
- 13. Candle strings
- 15. Tiny dogs
- 17. Doomed (3-5)
- 19. Helpers
- 21. Staying power
- 22. Involved (in)
- 24. Impish
- 26. Lead-in
- 27. Blister-like pouch
- 30. Lamb's mother

### Wordsearch

PX0165 - VEGETABLES

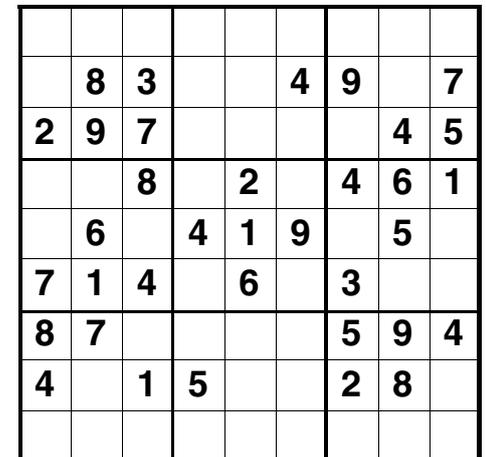


**FIND ALL THE WORDS** listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

### SUDOKU

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

Rating: ★☆☆☆☆



Novice 0670

- |           |             |          |             |
|-----------|-------------|----------|-------------|
| ARTICHOKE | CARROTS     | FENNEL   | PEPPER      |
| ASPARAGUS | CAULIFLOWER | KALE     | RADISH      |
| AUBERGINE | CELERIAC    | KOHLRABI | SHALLOTS    |
| AVOCADO   | COURGETTE   | KUMERA   | SILVER BEET |
| BEANS     | CUCUMBER    | LEEK     | SORREL      |
| CABBAGE   | EGGPLANT    | LETTUCE  | SPINACH     |
| CAPSICUM  | ENDIVE      | OKRA     | TOMATOES    |



“  
If you look into my eyes  
you will see a young  
person who has lived for  
many years.

*I may have aged but try  
not to think of me as  
old or spent.*

*I am you, a few short  
years from now.*

*I don't want or need to  
be “accommodated”.  
Like you, I just want  
somewhere I can call  
home. My need to love  
and be loved is as  
strong as ever.*

*Do not diminish me.  
Never doubt my worth.  
I remain the person I  
have always been. ”*

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