



EDUCATION **P.16**

WAHROONGA
TO WILCANNIA

SENIORS **P.24**

\$3.7 BILLION AGED
CARE REFORM



SPORTS **P.45**

SPORTS DAY
FOR EVERYONE

Sydney **Observer**

MAY 2012 - FREE

When officers **CROSS THE LINE**

THE MISUSE OF TASERS HAS THE PUBLIC CONCERNED
ABOUT POLICE PSYCHOLOGICAL PREPARATION



FASHION & BEAUTY **P.32**



FOOD & WINE **P.42**



WIN!
**TICKETS, MAKEUP
 BOOKS, HAMPER,
 CD'S & DVD'S**
P.48-49



FROM THE EDITOR
by Gailsusan Clarke

The recent death of a Brazilian young man in Sydney is a very sad event. However, there are questions surrounding the circumstances of his death and in turn the necessity of police officers in NSW carrying tasers (Page. 14). Are these weapons as safe as we think and are our police officers properly trained when and how to use them?

Around 3.7 million Australians are affected by high blood pressure (Page. 28) and no doubt it is a concern for most Australians. Did you know that some foods can help lower your blood pressure? I believe this is great news, especially as some of these foods already are amongst my favourites!

For all those late shoppers some great Mother's Day gift ideas are on page 35. Happy Mother's Day to all our mums!

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AN INSPIRING STORY

I particularly liked the article about Adam Kellerman. He is inspirational – very brave and positive. I hope he secures his place in the 2012 Paralympic Games. He deserves it. Good luck, Adam. Now and in the future.

Gregory Short, Epping

My husband and I are new readers of the Sydney Observer. We congratulate you for printing such an interesting and informative magazine. The article that really inspired us is the one about Adam Kellerman; "Local Set for games." It was a very

moving article and we wish Adam success in vying for a place in the Australian team for the London 2012 Paralympic Games.

Yours sincerely,
Barbara and Ralph Chapman, Carlingford

Another article that I loved in the magazine was "Benson and Trish are now at home". I love to dance and I love dogs just like her. I think that it is wonderful that she found a place where she can still keep her best friend. Granna always tells me a dog is a man's best friend.

When I was little (5 years old) my dear grandmother took me to see Swan Lake on Ice when we lived in South Africa just before we moved to Australia. My Granna is a piano and singing teacher and she was the one who introduced me to music and I started playing piano when I was 4. It would mean the world to me if I could see the Nutcracker on Ice.

Thank you!

Faith Sherwood, Killara

MY SCHOOL IN THE MAGAZINE

My name is Faith and I am 10 years old. My favourite article in the magazine was when you mentioned my school. (Lindfield East Public School.) I am so proud of it and my principal, Mr Andrew Stevenson, who upgraded my school by improving the plumbing and covering the walkways to classrooms. We also have lovely teachers and I love going to school there and I was so happy to see it in your magazine.

Here at the *Sydney Observer* we want our readers to feel appreciated; and so each month we have all sorts of giveaways, from theatre tickets, to books, flowers, movie passes and many more... If you would like to enter any of the giveaway draws then all you have to do is write to us about one of the stories in the magazine. The best entries will be rewarded and could be published* in the next issue of the magazine. PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 25th of this 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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LOCAL SET FOR GAMES
ADAM KELLERMAN HOPES TO SECURE A PLACE IN THE 2012 PARALYMPIC GAMES.
By Greg Short

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...TO TALK ABOUT by Patricia McHugh

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The Macquarie University Department of Cognitive Science is looking for volunteers for brain imaging studies of speech.

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Qualified subjects will be paid \$40 per visit for participation.

The study will be conducted at the KIT-Macquarie Brain Research lab located at 299 Lane Cove Rd and at the Macquarie University Hospital in Macquarie Park.

If you are interested in participating or you would like to learn more about this study, contact Dr. Paul Sowman at 02 9850 6732 or email: paul.sowman@mq.edu.au

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13 61 03

LINDFIELD GARDENS



by Paul Fletcher*

Making the cyber-space safe

TODAY'S CHILDREN AND young people are constantly online. From a very young age they are using the internet and other communications technologies.

They use computers at school, at home and in other locations; they talk and text and visit websites using their mobile phones and other devices; they use games and smart phone 'apps'; almost any piece of technology now has inbuilt internet capabilities, giving unfettered access to the digital world.

In addition, public Wi-Fi internet hotspots, a free service providing broadband internet access to enabled devices are now commonplace. Coffee shops, hotels and even fast food outlets such as McDonald's are now offering free, unmonitored internet access to anyone within the immediate vicinity of the premises. The internet is now easier to access than ever before.

The internet brings many benefits to children and young people, but it also brings with it significant dangers. Many parents, teachers and others with responsibility for children worry that we are leaving our children too exposed to online dangers.

■ Working towards safety

Apart from the danger of exposure to sexually explicit or violent material – including material which would not be legally permitted in other media such as newspapers and magazines – there is a growing problem with cyberbullying and online harassment.

That is why Opposition Leader Tony Abbott has appointed an Online Safety Taskforce to examine this issue – to hear from parents and teachers, to talk with internet companies and to explore the options for government. I'm very pleased to be leading this taskforce. As a parliamentarian, as a former senior telecommunications executive

and as a dad, I know that this issue needs urgent attention. This is not an exercise in greater government control of what Australians do online. As a party which has long fought for free speech, the Liberal Party is firmly opposed to internet censorship.

There was a parliamentary inquiry on cyber-safety last year – but to-date little has been done in response to its recommendations.

My coalition colleagues and I believe that this is a serious issue – and parents, carers and teachers are crying out for support.

We need to take a comprehensive look at how children and young people are behaving online; the risks they face; and what more could be done to help reduce and control those risks.

*Paul Fletcher MP is the federal member for Bradfield and The Chair of the Coalition's Online Safety Working Group.

SURVEY

Many residents are concerned about the dilution or removal of local government planning powers by the previous State Government. Noting the current Government deserves praise for abolishing Part 3A, would you like these powers to be re-instated to local government?

Yes No

If Yes, please number the following issues in order of their importance (1 highest to 5 lowest).

- Abolition of private certifiers or a reduction in their powers
- Abolition of the Senior's Living State Environmental Planning Policy (SEPP), which over-rides local planning controls
- Abolition of the Affordable Housing SEPP
- Reversal of changes made to the Land & Environment Court, which make it easier for developers to lodge appeals to have non-complying Das approved
- Amendment of the Standard Planning Instrument which standardises planning controls across all councils.

After completing please post or email to the details provided. Thank you.



Nick Berman
Mayor, Hornsby Council

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SMS/Phone 0411216332

nickberman@bigpond.com
www.nickberman.com.au

on



and



Paul Fletcher MP

Federal Member for Bradfield



As your Federal Member of Parliament, here are some of the issues I am pursuing:

- ✓ **WORKING TO KEEP OUR KIDS SAFE ONLINE** - driving for solutions as chair of the Coalition's new Online Safety Working Group
- ✓ **PRIVATE HEALTH INSURANCE** – fighting against Labor's private health changes
- ✓ **THE F3/M2 MISSING LINK** - exposing Labor's recent decision to defer a \$150 million feasibility study
- ✓ **LABOR'S \$50 BILLION NBN** - highlighting the many problems including the threat of more overhead cabling in our local streets
- ✓ **THE LABOR/GREENS CARBON TAX** - opposing a \$9 billion a year new tax that does nothing to reduce carbon emissions

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Bradfield book launch

by Patrick McAuley

THE STORY OF thousands who were occupants of an emergency housing camp at Bradfield Park at the end of World War II is finally available to the world.

Historian, Michael Hogan launched his book *A Place Like Home: Living in Bradfield Park* at a packed event at the Lindfield Community Centre on April 26. The event was attended by Premier Barry O'Farrell and during a short speech, Mr Hogan appealed to the Premier for greater funding for the writing of history. The event was or-



Patrick McAuley

Premier Barry O'Farrell speaking at the book launch in Lindfield.

ganised by the Ku-ring-gai Historical Society and the book is available for purchase at their website; www.khs.org.au.

Fire lights up Pymble

A BUILDING COMPLEX on Ryde Rd in Pymble has been left damaged as a result of an electrical fire which occurred at approximately 8.30 pm on Saturday, April 21. The fire was caused after an electrical fault in one of the building's fans caused a short-circuit. The fans had been left running to dry out carpets which had been affected by floods. Fire brigade units managed to extinguish the blaze after the fire alarm had been activated. The damage is estimated to be below \$100,000. **(Sean Slatter)**

Tornado strikes Bobbin Head Rd

A SMALL TORNADO struck North Turramurra on Easter Sunday, but despite significant damage to buildings and trees, nobody was hurt. The weather anomaly caused havoc at Huon Park, Cotswolds Village and surrounding residential areas. Rod Bishop of Huon Park said the tornado hit around 7.30 in the evening and fortunately nobody was hurt. He also stated the bus shelter on Bobbin Head Rd was crushed by a large mahogany tree, but when he got there on Monday morning the tree had been taken.



Frederico Carvalho

CANNABIS AND SPEEDING

A MAN IN possession of an illicit substance has been arrested after being pulled over for speeding on Eastern Arterial Road, Killara at 12.30 pm on April 20. Highway police spotted the man doing 90km/hr on his motorcycle in a 60km/hr zone. After seeing an item falling from the motorcycle when he stopped, police searched the man and found a substance alleged to be cannabis. The man will face Hornsby Local Court on May 9 and has been charged with possessing prohibited drugs and exceeding the speed limit. **(Sean Slatter)**



ORCHESTRA - Kirribilli virtuoso Katherine Lukey and the Metropolitan Orchestra will be performing in North Sydney on May 26. To buy tickets visit www.metorchestra.com.au/tickets.



Anthony Hodgkinson

PHOTO CONTEST - Hornsby Council's photo competition with cash prizes is back. Entries are open between May 14 and June 15. For more information visit www.hornsby.nsw.gov.au.



WASTE - Ku-ring-gai Council are running their free computer recycling day for Ku-ring-gai residents between May 26 and 27. For more information contact the Belrose Waste Centre on 9424 0919.

Ron Willott

ANZAC DAY - The Anzac Day Dawn Service at Wahroonga.



AQUATIC CENTRE RECEIVES BOOST

THE HORNSBY AQUATIC Centre has finally gained some momentum with the news that the Country Women's Association building in Hornsby Park will be destroyed to make way for an access road to the Centre. The Aquatic Centre has been in the works since the old centre was dramatically closed on Christmas eve, 2010. The new centre is expected to cost \$22 million.

Hill Street's new speed bump

KU-RING-GAI COUNCIL HAS completed construction of a new pedestrian crossing and speed hump on Hill Street, Roseville. The roadworks began on Tuesday, April 10 and were directly in front of Roseville Train Station on the northern side. The Head Construction Worker said; "We are building a new speed hump, crossing and fixing the road so that when there are substantial amounts of rain the street has less chance of flooding." **(Holly de Boer)**

Sydney Observer



SAD PASSING - Local GP of nearly 20 years, Dr Sue O'Reilly recently passed away last month. The popular local was a sufferer of Motor Neurone Disease (MND) and was known for her fundraising efforts.

Easy Care Gardening



TRENDY CHARITY - Easy Care Gardening have applied a new floral design to their gardening utes. The charity organisation are also looking for volunteers. For more information call 9983 1644.

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Volkswagen

The Volkswagen Tiguan was the winner for the SUV category.

Track seeks approval

by Patrick McAuley

TRANSPORT FOR NSW are seeking planning approval for the new Epping to Thornleigh Third Track project. Transport for NSW submitted a State Significant Infrastructure (SSI) application to the Department of Planning and Infrastructure (DPI) in late January.

On Tuesday, April 17, leaflets were handed out to commuters at stations between Thornleigh and Epping, informing them of the proposed track. The DPI have said a number of issues need to be addressed in an Environmental Impact Statement (EIS), and Transport for NSW are currently preparing an EIS for the DPI. One major aspect to be addressed in the EIS is noise and vibrations because of the project.

The Third Track project is part of the Northern Sydney Freight Corridor Program and would see the construction of a third track on the western side of the Epping to Thornleigh tracks. The program is an effort to improve freight transport between Sydney and Newcastle and would see an increase in freight trains each day, from 29 to 44.

NSW Premier Barry O'Farrell announced the \$1.1 billion project in December last year. The federal government pledged \$840 million to the project in 2007.

Key features

- Construction of 6 km track on the western side of the railway between Epping and Thornleigh.
- New overhead concourse, ticket office, stairs, lifts, car park with increased spaces and platform modifications at Cheltenham Station.
- Modifications to the pedestrian underpass and car park at Beecroft Station.
- Construction of bridge crossing over the M2 Motorway.
- Construction of a new lift and stairs, as well as footpath roadway modifications at Pennant Hills Station.
- Modifications of road bridges in some locations.

THE MOST SECURE CARS ON THE MARKET

NATIONAL MOTOR VEHICLE THEFT REDUCTION COUNCIL AWARDS FROM A SELECTION OF 70 CAR MODELS.

by Patrick McAuley

THE MOST SECURE cars in Australia have been announced by the National Motor Vehicle Theft Reduction Council (NMVTRC), and surprisingly all the car brands were of European origin.

The awards were split into six classes; small, small-medium, medium, large, SUV and coupe/ convertible. The cars were selected from 70 car models. Intriguingly all the winners were from either Germany or Britain, with all the cars belonging to the brands of Audi, BMW, Jaguar or Volkswagen. Ray Carroll, executive director at Car Safe, said the awards reflected the greater emphasis European car brands placed on security.

According to NMVTRC, 46,980 vehicles were stolen in Australia and 17,186 in NSW and the top targets for car thieves were the Hyundai Excel X3, Holden Commodore VT and Toyota Camry SV21. In the Hornsby Council area there were 113 cases of car



BMW

The BMW 1 Series Convertible was the joint winner for the coupe category.

theft last year, 47 in the Ku-ring-gai Council, 107 in Ryde and 52 in Willoughby.

The factors for judging the most secure cars, included entry systems, engine immobiliser and vehicle identification. These were assessed and compared against other competitors. NMVTRC Chairman, David Morgan said; "While there are some luxury vehicles amongst the winners, the inclusion of the many affordable cars, demonstrates that good security is within reach of everyday motorists and that manufacturers should be aspiring to match these levels of design."

The most secure cars

- Small Car** Volkswagen Polo, 5-door hatch
- Small Medium Car** Volkswagen Golf, 5-door hatch
- Medium Car** Audi A4 and VW Passat (joint winners)
- Large Car** Jaguar XF
- SUV** VW Tiguan
- Coupe/Convertible** BMW 1 Series Convertible and 3 Series Coupe (joint winners)

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TASER DEATHS AND CONTROVERSY AS THE DEBATE RAGES ON.

TASERS UNDER FIRE

by Sean Slatter

TWO DAYS AFTER the taser death of 21 year old Brazilian man Roberto Curti, on Sunday, March 18, the NSW police force released information regarding recent usage of the weapon. Mr Curti died in custody after being tasered three times in a chase that involved six police officers. The ensuing weeks has seen an international relations issue develop as the Brazilian consulate has become more involved.

■ **Tasers and heart problems**

At the centre of the incident is the taser

itself. The weapon, which was introduced into the police force in the mid 90s as an alternative to the firearm, subdues people by way of a 50,000 volt electric charge. The statistics released in March this year show that in 2011, there were 881 reports of taser deployments by police in NSW, a 23 per cent reduction on the 1151 reports in 2010. Despite this, there is an increase in the number of tasers used by the police force. There are currently 1272 tasers currently operational within NSW. While it's considered less lethal than some of the other parts of the police armoury, it still has the potential to kill, with heart attacks a common side-effect of the shock.

This latest incident is one of six taser deaths that have occurred in Australia over the past decade and is the third time that a victim has died as a direct result of being tasered. Of the other cases, the 2007 death of an Aboriginal man in Western Australia stands out as one of the most controversial. The fact that the man was being held in custody when he was tasered 13 times by multiple police officers sparked outrage in indigenous communities and led to questions about whether officers were using the taser in situations that go beyond it's original purpose.

Similar arguments have been made in the wake of Mr Curti's death with many be-

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"Some of these kids are 19, 20 years old and full of testosterone... More psychological training about the consequences of using the weapon is needed."

President of the Indigenous Social Justice Association, Ray Jackson

believing it is time for a serious discussion on the use of tasers within the police force. Associate professor at Sydney University's Institute of Criminology, Gail Mason, believes the problem lies in some police officers escaping the responsibility that comes with their duty of care. "We need greater accountability on the part of the police force" she says; "Any investigation into this incident should be done from outside their ranks."

■ Across Australia

Taser use varies across Australia with Victoria, Tasmania, South Australia and the ACT only letting specialist forces operate the weapon. However, in NSW general duty officers are issued with tasers after they have finished their training. The tender age of some of the graduates has led to suggestions that they are not mentally ready to operate a weapon of such force. The President of the Indigenous So-

cial Justice Association, Ray Jackson, has been protesting against the use of tasers since the mid 90s. He says it is time for a re-think of the power that is given to new police. "We need a system that is based on maturity rather than just age," he says. "Some of these kids are 19, 20 years old and full of testosterone when they get armed up with these things. More psychological training about the consequences of using the weapon is needed."

In regard to whether new recruits fully understand the extent of the damage a taser can do, the NSW Police Force's Education and Training Commander, Assistant Commissioner Michael Corboy, says that students are mentally tested before their application is processed, but there is no psychological training prior to when they start at the academy or during training. "Psychological assessments are mandatory for all policing applicants. This assessment is conducted before their application is progressed with the NSW Police Force Recruitment Branch," he says. "There is no pre-training psychological assessment of policing students before they undertake any form of officer safety training."

Assistant Commissioner Corboy also states that recruits are introduced to tasers in the latter half of their training when they have finished a number of different exercises and proven themselves to be responsible. "Training with electronic control devices (tasers) is conducted in the final phase of the program," he says. "Students are not permitted to participate in training if they are suspected of being under the influence of alcohol, drugs or medical restrictions."

Incidents with tasers

May 2002 - NSW man Gary Pearce dies of a heart attack two weeks after being repeatedly tasered after threatening police.

August 2007 - A Western Australian man dies in custody after being tasered up to 13 times by police.

October 2008 - West Australian police use a taser 13 times on 39-year-old Aboriginal man Kevin Spratt while he is in custody in Perth.

April 2009 - A 39-year-old man dies in Alice Springs after police use a taser and capsicum spray on him.

June 2009 - Antonio Galeano, 39, stunned 28 times by a police taser, dies in Brandon, North Queensland.

October 2010 - A man dies after being tasered by police during a domestic dispute in Sydney. He lost consciousness shortly after he was tasered and was taken to Liverpool Hospital where he later died.

March 2012 - Roberto Curti, a 21 year old Brazilian student dies after capsicum spray is used on him and after being tasered several times in his back while fleeing police in Sydney.



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St Lucy's teachers Melanie Kuerzinger and Jonathon Hazelton cycled to Wilcannia from Sydney.

St Lucy's School

ON YOUR BIKES FOR ONE BIG RIDE

TEACHERS BECOME CYCLISTS TO GIVE WILCANNIA KIDS A CHANCE TO SEE SYDNEY.

by Patrick McAuley

MELANIE KUERZINGER OF Lane Cove and **Jonathon Hazelton** of Freshwater, might normally be teachers, but they became cyclists in an effort to bring students from remote town, Wilcannia to Sydney.

The two special education teachers from St Lucy's in Wairoonga left Sydney on April 16, arriving in Wilcannia seven days later. The small town of around 600 people is in western NSW, two hours north-east of Broken Hill and 938 km away from Sydney.

"I had no experience. Nothing. Last time I rode a bike was when I was a kid and the first time since was a month and a half ago," said Melanie. The two riders managed to raise \$9,000 between themselves and this means 10 children from the school between the ages of six and

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eight will have the opportunity to come to Sydney this month.

Surprisingly, both teachers had little cycling experience, but had been preparing themselves for the journey by riding to school each day. "The hardest thing was the training," said Melanie. Getting up at 4 am for training and then having to go into school was tough." They were accompanied along the journey by St Lucy's principal, Jo Karaolis and maintenance manager, Steve Carey.

At each town the teachers were met by crowds, who donated money, food, and allowed the St Lucy's team to stay in the schools or even their own homes. Along some parts of the journey, local children joined Melanie and Jonathon on the ride, in the process raising 50 cents for every km they completed.

Melanie said she was motivated to do the ride because she likes the idea of the connection between the schools, despite the enormous distance and this motivated her to help give the kids the opportunity to see the city.

Christina Barriere of St Lucy's said; "They have never seen a city or a beach before and don't have an understanding of things we take for granted, like escalators and traffic lights."

As for Melanie and Jonathon's chances of getting onto a bike again; "We'll both be continuing to ride. We've caught the bug," laughed Melanie.

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Ray White

PB GOALS HELP ADHD STUDENTS

STUDENTS ACHIEVE MORE IF THEY COMPETE AGAINST THEMSELVES AND NOT OTHERS.

by Patrick McAuley

A NEW STUDY from Sydney University says students who suffer from attention deficit hyperactive disorder (ADHD) benefit from the setting of personal-best (PB) goals more than others. The study involved more than 3,400 Australian high school students and demonstrated the positives of PB goals for students who suffer ADHD.

“Not only did PB goals benefit ADHD students in achievement and engagement, but in many cases the benefits of PB goals were greater for them than for non-ADHD students,” said research leader, Professor Andrew Martin of Sydney University. “This is a significant finding because if the benefits of PB goals are greater for at-risk students, then PB goals may be one way to help close achievement gaps.” He explained

at-risk students are students who are at risk of failure, underachievement, or disproportionate negative feedback.

The benefits of personal best goals are greater for at-risk students... (They) may be one way to help close achievement gaps.

ADHD researcher, professor Andrew Martin

The study says the setting of PB goals helps students focus solely on their achievements and less on the other students and that students concentrating on PB goals also attempt to constantly improve on their own efforts.

Professor Martin claimed, “The many cases where PB goals had stronger positive effects for the students with ADHD, suggest PB goals be used as part of a broad intervention approach to help ADHD students catch up and potentially move ahead.”

The study was published in *Contemporary Educational Psychology* and is the first study of PB goal setting for students with ADHD. Previous studies have shown all students benefit from PB goals, but no studies have said students with ADHD benefited significantly more than those without it.

University of Sydney

For more information about the research visit, sydney.edu.au and follow the links through to “Research and Innovation”.

Arden Anglican School turns 90

by Sean Slatter

IN CELEBRATION OF the 90th anniversary of its Founder’s day on the April 20, Arden Anglican school in Beecroft has held a special Founder’s day assembly on Friday, April 27. Held in the school’s Colin May centre, the assembly involved all staff and students from pre-school to Year 12. Among those invited to speak were Miss Margaret Duckworth, a former principal who led the school back when it had only 150 students, as well as Hornsby Mayor Nick Berman and John Alexander the member for Bennelong

Principal, Graham Anderson said; “Over time I hope to see a definite distinctiveness evident in Arden graduates. That wherever they work, whatever their academic gifts, through the foundations they have built at Arden, they are known as collaborative and independent thinkers, empathetic listeners and creative problem solvers: transforming the communities in which they live and work.”

Photos: Arden Anglican School



From left to right: Mrs Lorelle Shelley, Miss Mavis Hudson, Mrs Coral French, Miss Margaret Duckworth, Mr Colin May and Arden’s principal, Mr Graham Anderson.

Students and staff celebrated the 90th Anniversary of Arden Anglican School.



Mentoring helps students gain their personal bests

Epping Boys High School believe students can achieve their personal best (PB) goals through mentoring by other students and teachers. The research by Professor Andrew Martin doesn't surprise Epping Boys High School principal, Peter Garrard, as his school has had a mentoring program for students for the last seven years and he says this program helps students achieve their PB goals.

The mentoring program, Boys to Men began four years ago, but Epping Boys High School had a similar program three years before that. Under the program students are mentored by students and teachers, senior students by teachers and junior students by older students. Peter Garrard said they have noticed huge differences since they introduced the program and that it was particularly helpful for boys. "Underperforming students gain the most... [The program also] helps students transport their enthusiasm from the soccer or rugby field to the classroom."

He also said students mentoring other students have to be two years above, and that these students have "got a real kick out of mentoring other students." The student mentoring by other students is an option and not compulsory for senior students. (PM)

Cyber-safety for your kids

TELSTRA HAVE LAUNCHED a new social networking tool that helps parents check their kids are enjoying social network sites safely. The new tool helps parents set a protection level for the family, see when their children add new friends and be alerted if anti-social behaviour or cyberbullying appears in your child's social network conversations.

Telstra General Manager, Andrew Bogg said contact by strangers and cyberbullying were the main concerns for parents, according to Telstra's recent cyber-safety research. "Recent cyber-safety research showed nearly half of Australian parents don't always know what conversations their kids are having online," said Mr Bogg. The tool is available to Bigpond Security customers.

Telstra's top 2 tips for online safety

1. Understand the sites and technology your kids use and know who they're talking to.
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James Kirk (right) and Mitch Hunter from Lakes Grammar School.

SCIENCE FOR OUR FUTURE

UNIVERSITY SCIENCE LEAVES AN IMPRESSION WITH SCHOOL STUDENTS.

by Patrick McAuley

UNIVERSITY OF SYDNEY (USYD) has held its bi-annual Gifted and Talented Discovery Program. The program was held between April 11 and 13 and attracted 100 students from Year 9 and 10 classes from around the state, the ACT and Queensland. Students attended classes specialising in chemistry, biology, physics and psychology.

Over 1500 students from 94 different schools, sat an exam to enter the program and the top 10.8 per cent were invited to attend the program. One of the students who attended was Hornsby Heights local and Year 10 student at Marist College North Shore, James Kirk.

"The program was in the holidays, but I didn't mind," said James. "Compared to school they taught more and we got to do experiments that we wouldn't get to do at school." James said these included making fireworks, smoke bombs and experimenting with crickets and strobe lights. Louise Atkins, Manager of School Programs and Undergraduate Recruitment at USYD said; "Students got the chance to discover different areas of science and get involved with hands-on activities that they wouldn't normally cover in school."

The program has been running since 1996 and has attracted 1500 students since its inception. It runs twice a year, in the April and July holidays. James said he is "definitely going next time and he would recommend it anyone else."

For more information contact Sydney University by visiting sydney.edu.au or call 9351 2222



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by Margaret Foott *

Packing the perfect lunchbox

AS A PARENT myself one of the most annoying tasks each day was packing lunches. They could not be packed too early or they would go soggy, the middle child did not like the same fruit or spreads. Then, I worked out I should not make the lunches at all! Part of our evening then became lunch pack time. I still supervised and did the shopping, most of the time, and then my job was to ensure a healthy lunch was packed eaten each day. The next challenge was to cut down on the amount of waste in our lunch boxes. So an airtight container that was sandwich sized meant that the sandwich didn't need to be wrapped in plastic or paper. All drinks could be in a recyclable bottle saving lots of plastic from landfill and our scraps could come home into the worm farm and the compost heap.

■ School initiatives

These days the same applies and schools are very conscious of healthy eating and the importance of a balanced diet with plenty of water throughout the day. Many schools in the area have a fruit break around 10 am. These have a variety of names, but all aim at the same outcome, which is a healthy snack to keep the brain tuned for the most productive learning time in the day. Our school has a crunch and sip break which encourages fruit and or vegetables as well as water in the

“We encourage parents to look at healthy alternatives and to encourage their schools to look at environmentally friendly options for their canteens (...)”

mid morning break. Our canteen stresses a healthy menu with salads and soups as well as low fat/sugar options with yoghurts and drinks.

■ Special food days

We also have a number of special “crunch and sip” days where we had a large variety of fruit and vegetables supplied by a local greengrocer. Our fabulous parents and teachers spend the morning cutting, slicing and serving to the whole school. It is great to see the children trying capsicum, mushrooms, asparagus – to name a few –, and then reporting back that they were trying these vegetables at home. Parents also commented on the change in attitude of some of the children.

Many schools have built vegetable gardens in their grounds and aim to provide some

supplies to their canteen. One of our local schools recently had a pasta day with all the greens supplied by the school vegetable patch. This is another great way for children to see how our plants grow and as it is part of our school curriculum fulfils a very useful role in adding to the practical aspects in the environment learning that we all enjoy.

■ Working together

Along with the emphasis on healthy eating and packing healthy lunches a much healthier staffroom has developed, as our teachers have all embraced the need for them to set the example. Hence, our staffroom and canteen work together to encourage our students and families to keep the ball rolling and to keep the lunch range for our children interesting and extremely tasty and sometimes a little unusual.

We encourage all parents to look at healthy alternatives and to encourage their schools to look at environmentally friendly options for their canteens and vegetable gardens. This will guarantee that when our students become parents that they will be very aware of the healthy options and environmental savers available for all.

*Margaret has been the principal at Turrumurra Public School for the past two years. She was previously the principal at Arcadia Public school.



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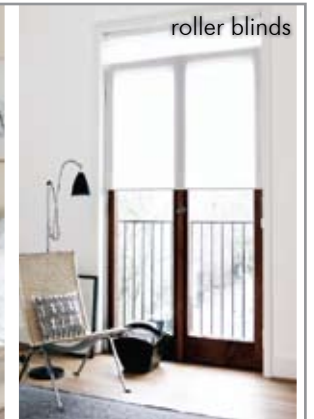
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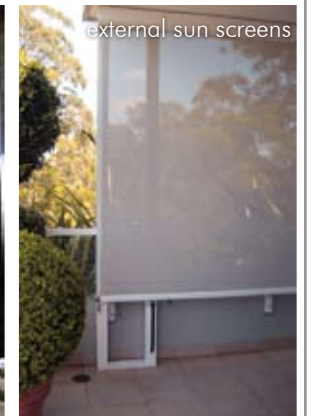
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NEW MONEY BUT SAME IDEA?

THE 10 YEAR PLAN THAT IS SUPPOSED TO REFORM THE AGE CARE SYSTEM.

by Patrick McAuley

THE FEDERAL GOVERNMENT has announced a \$3.7 billion, 10 year plan to reshape Australia's aged care system. Under the *Living Longer Living Better* reform, older Australians are said to receive more support in their home. The \$3.7 billion will be delivered over five years, but is part of the 10 year plan.

Federal Minister for Ageing, Mark Butler said: "These reforms will enable older Australians to get the help they both need and deserve so they can remain living in their homes for as long as they want."

According to the Department of Health and Ageing, the reform will be a "flexible and seamless system that provides older Australians with more choice, control

and easier access to a full range of services, where they want it and when they need it."

Where the money is going

\$1.9 billion for better access to services.

\$1.2 billion for shortages in the workforce.

\$80.2 million for linkages with the health system.

\$54.8 million for support carers.

\$268.4 million for the "dementia epidemic."

\$192 million for the diverse care of the ageing population.

The Department of Health and Ageing also claimed that the new system positions the

health and ageing sector to meet the social and economic challenges of the nation's ageing population.

As part of the reform, two thirds more home care packages will be provided as well as tailored care packages for people receiving home care.

Despite the large amounts of money being bandied around as part of the reform, not everyone is pleased by it.

Combined Pensioners & Superannuants Association (CPSA) Policy Coordinator Paul Versteeg said the reform is "Good and bad. It pumps extra money into the system and it ensures the system keeps going, but it is bad as there is no attempt to reform the system. It is a funding reform not an aged care reform." But he stresses we will have to see how it pans out.

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Leaving a will is often an unwelcome reminder of our own mortality, but NSW Trustee & Guardian believe people shouldn't hide from the issue as they maintain leaving an up-to-date will is extremely important.

As part of National Law Week between May 14 and 20, North Shore residents will have the opportunity to attend a special Wills Day in Chatswood on Saturday, May 19. There will be no charge to make or update a will, as long as NSW Trustee & Guardian is appointed as your professional executor. Charges will only apply on estate administration.

"People put off writing a will because they don't think they have any items of value, but it isn't just monetary value that should be considered, sentimental things are also important," said Ed Tulig,

Chatswood Branch Manager, NSW Trustee & Guardian.

"It is also important to update your Will as your life circumstances change, such as if you get married or divorced, have children or buy a business. NSW Trustee & Guardian staff will ensure you have a professionally drafted will to avoid costly legal interpretation down the track," added Mr Tulig.

Free Wills Day

When: Saturday, May 19

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Know yourself through history

by Patrick McAuley

“YOU DON’T KNOW who you are, until you know where you came from,” says Jo Harris of the Ku-ring-gai Historical Society. Jo has been teaching people how to research their family history for the last 12 years and in the last ten years she’s noticed a spike in interest.

Surprisingly Jo thinks it’s not just because of the popular television shows like *Who Do You Think You Are?* She also believes it is important people are taught how to find information on the internet. “You have to know what you are looking for,” states Jo. “It’s no good just putting things into Google.” Jo says people often come in with expectations about their own history. While these expectations are not always met, the new revelations are mostly just as interesting as what they expected. Intriguingly Jo says she’s had four different occasions where people in classes have found they are distantly related.

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FIVE DIFFERENT FOODS THAT COULD CHANGE YOUR FUTURE.

by Sean Slatter

HIGH BLOOD PRESSURE is a big worry for around four million Australians over the age of 25, or 32 per cent of men and 27 per cent of women. It's a major factor in stroke, heart failure, renal failure, vascular disease and coronary heart disease. The research by the Australian Institute for Health and Wellbeing (AIHW) underlines the importance of avoiding high blood pressure problems. Some of the factors that can lead to high blood pressure include obesity, alcohol consumption, physical inactivity, salt intake and low intake of fruit and vegetables. The American Association of Retired Persons says there are a number of ways to decrease your blood pressure and the good news is they help all age groups.

Blueberries

One serving of blueberries, raspberries or strawberries can help cut the risk of high blood pressure. According to a study of about 157,000 men and women, published in the American Journal of Nutrition, these delicious berries include natural compounds that help protect against hypertension.



Dark chocolate

Dark chocolate is high in flavonoids; natural compounds that cause dilation of the blood vessels and help lower blood pressure, especially for those who already have hypertension. Just 30 grams of dark chocolate containing 50 to 70 per cent cacao a day, can keep the doctor away, according to Harvard University researchers who analysed 24 different chocolate studies.



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Beetroot

Beetroot juice can lower blood pressure within just a few hours of consumption according to a Queen Mary University of London study. The study found nitrate in beetroot juice has a similar effect to taking a nitrate tablet. Lettuce, cabbage, spinach, carrots and whole beetroots are also good sources for nitrates.

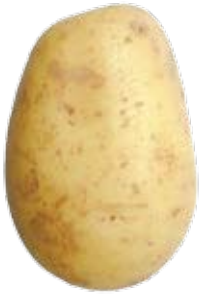
Cereal

Breakfast cereal, especially whole-grain, high-fiber and oatmeal cereals can reduce the chance of developing high blood pressure, found Harvard University researchers. Additionally you will reap greater benefits the more servings you have a week. You could even combine your breakfast cereal with some blueberries!



Potatoes

Potatoes are high in potassium and magnesium and they are important in the battle against high blood pressure. Research shows that an increase of potassium intake could lead to a fall in blood pressure in adults by more than 10 per cent. Other potassium and magnesium rich foods include spinach, bananas and plain non-fat yoghurt.



HABIT CHANGES TO HELP YOU LIVE BETTER

NURSE MANAGER OF cardiac rehabilitation at Royal North Shore Hospital, Vanessa Baker, says there are five changes that people can make to their everyday lives that will help to regulate their blood pressure.

- 1. Keep off extra weight:** Any extra weight that you put on is extra weight that your heart has to carry around. An average heart beats around 100,000 times per day. When it has to deal with increased mass on top of the work it already does, the blood pressure is going to go up.
- 2. Drink less alcohol:** People who are alcoholics almost always have high blood pressure. Too much alcohol can increase your blood pressure.
- 3. Don't smoke:** Smoking cigarettes effects the lining of the arteries, which is the heart's main source of pumping blood through the body. These parts of the body need oxygen if they are to function effectively.
- 4. Control salt intake:** Salt can definitely cause high blood pressure, so make sure you don't eat too much food where salt is the main ingredient.
- 5. Know your family history:** If you know of anyone in your family who suffers from hypertension or who has had a stroke, I would recommend going and seeing your GP. If you wait until you are 65 before you start treating your blood pressure, it may be too late.



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Keeping off the **AUTUMN/WINTER WEIGHT**

HOW TO KEEP YOUR SUMMER BODY DURING THE CHUBBY MONTHS.

by Sean Slatter

A **COMMON SIDE-EFFECT** of the colder months of the year can be an increase in body mass and by the end of winter, many people are left with a lot of work to get their summer body back.

There are a number of reasons why this occurs, but according to Chatswood nutritionist and health coach Lisa Snowden, the principle culprit is the different cravings we each have at this time of the year. "In these months our bodies start craving carbohydrates," she says. "The colder weather means that our bodies have to burn more energy to keep warm, which means our bodies want more sug-

ary types of food to make up for what they have lost."

While there is not much we can do to stop this process entirely, Lisa says there are ways by which we can lessen its damage. "We all need to start controlling these urges," she says. "This means upgrading the food you would usually eat to a healthier option. Like having brown rice instead of white rice and wholegrain bread instead of white." Lisa also says that it's important to eat the right vegetables in these months. "It's a seasonal thing," she says. "You're better off going for root vegetables than the sweeter type of fruit you would see more of in summer."

Lisa's top 5 tips

- 1. Monitor Cravings:** Upgrade the food you would eat to include wholegrains, rather than sugary food which your body is craving.
- 2. Adjust Exercise Regime:** Try to find indoor activities that will keep your body moving when it is too cold to go outside.
- 3. Do a Sugar Detox:** This will help control unhealthy food urges.
- 4. Increase Fresh Food and Salad Intake:** That's what's important in maintaining a healthy diet.
- 5. Indoor exercise:** Video games that include movement and aerobic exercises can be done indoors.

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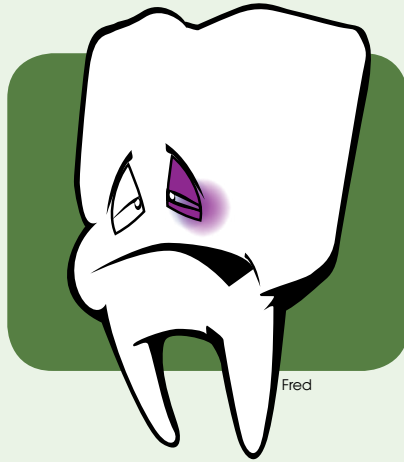
by Ian Sweeney*

Dentistry: A seasonal dilemma

THE BEGINNING OF the second school term generally marks an increase in the number of dental “accidents”. Winter sports are typically contact sports and as such the risk of tooth trauma increases.

There is no better way to avoid dental injury than by wearing a well fitting mouthguard. Professionally made mouthguards fit the mouth precisely as they are “made to measure” and are therefore generally far more comfortable than a “heat and bite” across the counter type of mouth guard.

In the event of a tooth being knocked out, the immediate first aid is to soak the tooth in milk. If milk is not available, wrapping the tooth in plastic with some of the patient’s saliva will help prevent the tooth from drying out. Immediate dental care is required to reimplant and



splint the tooth. Teeth that have been knocked out can generally be “saved”, however they will require further treatment. If the tooth is reimplanted quickly, the patient will avoid the inconvenience of wearing a denture to replace the missing tooth.

Sports drinks may also be problematic. Sports drinks are often consumed following periods of excessive exercise. From a dental point of view, excessive exercise causes dehydration and reduction of salivary flow. Saliva in the mouth works as a natural buffer, neutralising acid. As most sports drinks are both sweet and acidic, by consuming them while in a dehydrated state we increase the risks of both tooth erosion and decay. Drinking water or rinsing with water prior to consuming sports drinks will lessen the effect of the acidic nature of the sports drinks.

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



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KEEPING YOUR BABY warm and comfortable is a priority of every parent, but there's no reason why they can't look the part at the same time. Just because they are a baby or toddler doesn't mean they can't have a fun and exciting wardrobe!

There is a variety of options out there; from rompers to beanies to jumpers. This variety is so large it can become quite arduous deciding what suits your baby or toddler best. And that's before you even take into account the different seasons.

Just where can they find the perfect outfit for your little rascal who likes jumping up and down in puddles so much? Would you deny

them this simple joy just because you can't find them matching gumboots, umbrella and raincoat? What about a matching pair of romper and beanie to keep them warm at night?

Helen ten Dam of Max & Millie at St Ives shopping centre has been in children's clothing for over 20 years. She knows the industry back to front and has overtime probably helped create outfits for a couple of generations in your family. Perhaps even you!

Helen says the classic colours of blue and pink are still popular for baby boys and girls and they deserve to be. She ran the *Sydney Observer* through some of the more popular outfits for your boys and girls this winter.



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SHOES NEED CARE

EIGHT WAYS TO KEEP YOUR SHOES FROM FALLING APART THIS WINTER

WINTER IS A tough time for shoes. The wet and slippery conditions cause stains, worn out soles, broken heels and holes. By the time winter has ended, the typical conclusion of these wet, cold months is you having to throw away your poor, tired shoes and then the cycle begins again with your new shoes.

But you can bring an end to this frustratingly predictable cycle if you follow the eight tips that *Sydney Observer* brings to you from the Mister Minit's shoe repair specialist, Kylee Young.

- 1** Water and stain protectors can seal the pores of your shoes and protect the leather from wet weather. Not only will your feet stay dry and toasty, but the water repellent spray also protects the leather from water stains and cracks.
- 2** Keep your shoes dry after wearing by rubbing down the leather with a clean towel.
- 3** If your shoes are wet on the inside, place some crumpled-up newspaper inside to maintain the shape and absorb the moisture.
- 4** Don't dry your shoes with too much heat as this can dry out leather and cause cracks.
- 5** Add an anti-slip rubber sole to the heel of dress shoes to avoid wear on abrasive roads or surfaces and keep you from slipping over or your feet from getting wet.
- 6** Polishing your shoes only takes a couple of minutes and can keep your shoes smooth, stretchable and more durable in the long-term.
- 7** If shoes are smelly because of bacteria build up, instead of masking the smell, use Stay Fresh, a natural product made from silver, to kill the majority of bacteria.
- 8** To repair nicks and scuff marks on leather shoes, clean the area of dirt and grime, then colour with a marker pen the same colour as the leather. Once the colour sinks in, paint over with a light coat of clear nail polish.



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3 ways to design your own kitchen

Kitchen Point's easy ways to have a new kitchen in no time at all.

Designing and building your kitchen doesn't have to be a hassle. Normally designing means endless arguments with a builder over the materials and sizes, but Kitchen Point at Harvey Norman Renovations have made it easy for you to choose your own style and colours. You have the opportunity to design your kitchen with their easy to use design tools. But don't worry, if you'd rather leave it to the professionals Kitchen Point are happy to help there too. A free five minute consultation is also available.

Once designed, your assembled kitchen cabinets will be available for delivery in just 15 working days. So if you're on the lookout to renovate or build your kitchen, Harvey Norman Kitchen Point should be your next point of contact, and the good news is Kitchen Point has three easy-to-follow ways to design and buy your new kitchen.

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If you prefer to layout your kitchen design on grid paper, then you can download and print out the Kitchen Design Tool Kit. This kit allows you to lay out your kitchen with cabinet templates, helping you work out what cabinets you need in the construction of your kitchen.



2. Take your ideas to Kitchen Point and they will help you finalise your order

Once you have designed your kitchen, contact Kitchenpoint, they will review it, fine-tune the design and suggest any final touches to make sure everything is in shape before you order it. You can contact Kitchen Point by phone, email or make an in-store appointment with a design consultant at a showroom.

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Photos: Dominic Nesci

The Juniper squamata prostrata - as seen in the Karate Kid - is a very popular bonsai and a good beginner bonsai.

BONSAI FOR BEGINNERS

BUYING YOUR FIRST BONSAI, IS OFTEN A GAMBLE BUT IT DOESN'T HAVE TO BE.

by Patrick McAuley

IS YOUR BACKYARD shrinking? Do you miss enormous trees in your backyard? One solution might be a bonsai tree. A gigantic tree of small proportions that can move with you for the rest of your life. The trouble is they're difficult to get into, and this is only made worse by larger nurseries selling them as mere products without any instructions.

Dominic Nesci of Padre Pio Bonsai is a fountain of knowledge on bonsais. Dominic inherited his passion for bonsais from his father who was a hobbyist bonsai enthusiast, but a professional barber. But Dominic took it on full-time and he has own bonsai nursery in Annandale and online store. And the future looks bright as his daughter, Isabella 12, has also shown the same family nack for bonsais. Dominc ran the *Sydney Observer* through what to look out for when buying a bonsai.

■ **Buying**

Good bonsais to start with are the Port Jackson fig, the juniper squamata prostrata - which is very popular because of the Karate Kid movie - and small leaved privet. These bonsais are all hardy, easy to maintain

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and shape. A pre-bonsai can cost anywhere between \$5 and \$1000. To find out more before you buy, go on a nursery crawl and see what's out there. Look around at the options. Check if the trees are healthy, free of disease and aren't dry. Make sure the soil isn't dry and branches aren't

markets and demonstrations. The great thing about markets is, the people are so keen to talk everything about their bonsai, they will spend an hour explaining their bonsai, teaching you much in the process.

Dominic's basic care Instructions

Watering: Water every day in summer and every two to three days in winter. Preferably in the morning. A decent drenching not just a spritz. Make a routine of watering.

Light: A minimum morning sun (3 - 4 hours) for all day is great. Perhaps, 15 cm back from the window, so it isn't burnt by the sun.

Trimming: Trim any time of the year to keep the tree compact and in shape. (For juniper's the tips should be pinched off not cut off).

Feeding: Do every three to five days when re-potting the bonsai, add about one tablespoon of controlled release fertiliser at this time. (Low nitrogen for natives).



Don't pick a bonsai that is sparse with little branches. Instead pick one with a fuller branch structure. It will be healthier.

Dominic Nesci:

www.padrepiobonsai.com.au.

dead. As an example, junipers can be dead for three months and you won't know. One way of checking is, test if the branches are flexible.

Where can I learn more?

A lot of bonsai courses are disappointing as they are often too slow and don't give you much information in the end, but you can find heaps of helpful information on the internet. Other good places are



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THE SEASONS ARE ON THE MOVE AGAIN

WINTER IS CLOSING IN FAST, SO MAKE SURE YOU'RE PREPARED FOR ITS VARIETY OF CHALLENGES.

by Hugh Myers

WELL, IT IS May and winter is just around the corner so now is the time to do something about those outdoor plants that do not like the cold, particularly if you get frosts. Move your potted plants close to a brick wall that gets the sun. The wall will act as a heat bank and keep your pots warm overnight. Cut back on the watering, just damp is the way to go. Many plants appear to go dormant over winter, but they are still hard at work under the ground. This also applies to spring flowering bulbs so give them a feed of bulb food to carry them over the winter.



Clean up your grevilleas by cutting off the dead flowers.

■ Soil acidity

Roses are hungry plants and a combination of heavy feeding and mulching during the growing and flowering season can lead to an increase in the acidity of the soil. Roses do best in a neutral to slightly alkaline soil. May is the best time to spread some dolomite to counter the increased acidity and by using dolomite instead of lime you get some magnesium as well. Magnesium is very important for the production of chlorophyll, the green stuff in the leaves. If you are considering planting roses, now is the time to prepare the soil. Roses take better in soil

that has been prepared and left laying fallow for a month rather than soil that has been prepared and the roses put straight into it.

■ Bare patches

Have you got some small bare patches down the sunny side of the driveway say half a square metre in size? Try digging them over with plenty of compost and some cow manure then water in with some Seasol. After they have drained and are still damp, scatter some pansy seeds over the surface, gently tamp them in and cover with a very thin layer of soil. Allow about a month for them to start shooting well, then give them a drink of half strength Seasol and Powerfeed. Depending on weather conditions, you can expect flowers in three to four months. Remember that snails and slugs like nice tender shoots so watch for them.

■ Camellias

Have you had a nice sasanqua camellia like Marge Miller or paradise petite that has been growing in a large pot for a number of years and you are now getting more than the normal number of leaves starting to turn yellow. It would be a good idea to check the pH of the soil. Camellias like an acid soil and the yellowing leaves and green veins could be a sign of lack of iron and an alkaline soil. The lack of iron can be temporarily cured by adding some iron chelates. Just adding iron chelates without changing the soil pH won't help the long-term iron take up by the plant. After the chelates have gone into the soil, scatter a heaped teaspoon full of agricultural sulphur over the surface of a 60 cm pot and water in well. Check the pH of the soil in a month's time and repeat if necessary. You are looking for a pH of around five to six.

■ Grevilleas and dead fronds

It is a case of out with the clippers and get rid of all the dead flowers from your grevilleas such as Robyn Gordon and moonlight. Cut stems back by about 15-20 cm, but leave any heavy pruning until spring comes around.



■ Orchid

In the absence of rain keep the water up to your *Dendrobium speciosum* orchid (rock lily) during the coming months. A feed of a general purpose liquid fertiliser now would be appreciated. A slow-release fertiliser drip feed can be made by folding a piece of 50% shade cloth to make a pocket 100mm x100mm with the sides stapled. Put a dessert spoon of Dynamic Lifter in the pocket and leave it to lie on the main part of the dendrobium. Every time it rains a very small quantity of fertiliser will be washed into the plant, keeping it very happy

While you have the clippers out go and have a look at your ferns. They have probably done very well with the wet summer we have had, but check for dead fronds, both in plain sight on the outside and also under the fronds. Get rid of the dead stuff underneath as it can only breed fungi and trouble.

■ Mealybug

Keep watch for mealybug. If you have never met one, they look like a very small, white furry ball and are sap suckers which if left to their own devices, can kill a plant. If there are only a few, then a cotton bud dipped in methylated spirits and dabbed on the bug will kill it. To kill a large infestation spray with PestOil (mineral) or Eco-Oil (organic).

*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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by Patrick McAuley

MARIO'S CUCINA IN North Turramurra has only been open for a month, but its fresh taste means it is sure to be one of the North Shore's better known restaurants sooner rather than later.

Owners and husband and wife, Fiona and Mario Ambrosino opened the restaurant in mid-March and are determined to become the Italian destination on the North Shore. Mario is the main chef at the restaurant and his experience in Napoli and London, means he brings a truly international flavour of fine dining to your local restaurant.

The peaceful atmosphere of the restaurant means you can have a quiet conversation with a friend over lunch as the delicious aromas of wood fired pizza gently waft through the room. Mario says that because he is both chef and owner he doesn't cost cut on his menu, instead preferring to use the best fresh tasting food available, and this is evident in his food. His stuffed zucchini flowers are the perfect entree and the combination of pine nuts and ricotta will leave your taste buds positively tingling.

The mix grill of barramundi will leave you questioning why other restaurants can't match Mario's, and the Costolle d'agnello is the perfect sequence of crunch and tender delicious lamb.

Mario's Cucina is perfect for a lunch, dinner, a couple of coffees or a thirst-quenching Menebrau with an old friend, a Mother's Day family feast or even a delicious pistachio gelato. And if you're getting tired of some of some fastfood restaurants takeaway menus, Mario's Cucina has you covered, with its extensive takeaway menu. One thing's for sure, Mario's Cucina is a guaranteed taste sensation.

Mario's Cucina

Specialty: Southern Italian & wood fired pizza

Address: 4-5/1 Normurra Avenue, North Turramurra, NSW

Phone: 9488 7171

Website: www.marioscucina.com.au



Photos: Frederico Carvalho

Mario's Cucina is perfect lunch, dinner, coffee or even a gelato or two.

The peaceful atmosphere of the restaurant means you can have a quiet conversation with a friend over lunch as the delicious aromas of wood fired pizza gently waft through the room.

Some of the Mario's Cucina specialties: Salsicce, porcini e spinachi pizza (right) and Costolle d'Agnelloi (left).



www.thecooksgarden.com.au



Cook's Garden gets hat

The Cook's Garden in North Turramurra's award of a chefs hat from the Sydney Morning Herald's Good Food Guide is well deserved. This popular restaurant is famous for its successful combination of fine dining and a scenic garden setting. It is perfect for dinner, lunch or even a couple of drinks in its beautiful garden.

Specialty: Casual dining and functions

Address: 272 Bobbins Head Rd, Turramurra, NSW

Phone: 9144 5086

Opening hours: 9 am till late, Wednesday to Sunday.

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FESENJAN

PERSIAN DUCK STEW WITH WALNUT SAUCE

Ingredients

- 4 duck marylands
- 1 large onion, sliced
- 250g ground walnuts
- 1 1/2 cup of water
- 1/2 tsp salt
- freshly ground black pepper to taste
- 4 tbsp pomegranate molasses
- 2 tbsp sugar

Method

Remove any loose fat from the duck and brown the pieces lightly in a frying pan. Remove the duck pieces from the pan and fry the onions in the same oil until golden.

Transfer the onions to a heavy saucepan or casserole together with the browned duck and add the ground walnuts, water, salt and pepper.

Simmer for an hour or until the duck is almost tender. Tilt the pot and skim off as

much of the fat as possible then add the pomegranate molasses and sugar and simmer for another 30 minutes until the sauce is reduced and very dark in colour, adding a little more water if it becomes too thick.

Garnish with pomegranate arils and serve with basmati rice.

Recipe adapted from *The Legendary Cuisine of Persia* by Margaret Shaida Penguin 1994



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NSW 2067



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southern Italian & wood fire pizza

9488 7171

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Dinner 5pm-10pm 7 nights

dine in • takeaway • delivery



www.marioscucina.com.au

Shop 4 & 5/1 Normurra Avenue
North Turramurra NSW 2074



Located amongst the stunning Blue Mountains, Wolgan Resort & Spa is a first-class holiday destination.

ESCAPE TO THE BLUE MOUNTAINS

A HOLIDAY DESTINATION WHERE YOU CAN DO NOTHING IN THE FINEST LUXURY.

by Sean Slatter

LOCATED WITHIN ITS own 4,000 acre conservation reserve and nestled between two national parks bordering the Blue Mountains world heritage area, the conservation-based Wolgan Valley Resort & Spa is a unique travel opportunity for people looking to stay in the area. The secluded resort, which opened in October 2009, is built around a fully restored homestead and rests within its own private conservation and nature reserve.

The site features 40 individual suites that are surrounded by their own private decks and have their own indoor/outdoor

swimming pools. Activities available to guests during their stay include horse riding, nature walks, mountain biking, wildlife safaris, historical tours as well as a number of children's activities.

Sales Support Executive Lisha Singh says the location of the resort allows guests to have an experience that suits their needs. "The fact that it is in the Greater Blue Mountains means that it is special in terms of high end travel," she says, "It is a place where you can do everything or nothing and still have luxury."

The close proximity of the Wolgan Valley Resort and Spa to the world heritage listed Blue Mountains area has led to an environ-

mentally conscious philosophy. The 125 million dollar luxury holiday destination supports a wide range of conservation practices, focusing specifically on endangered species protection and the planting of thousands of indigenous trees in the area.

Recent guests have included Cate Blanchett and her husband Andrew Upton, Delta Goodrem, Princess Zara Phillips and Jennifer Hawkins.

Reservations

Phone: 9290 9733

Email: reservations@wolganvalley.com

www.wolganvalley.com

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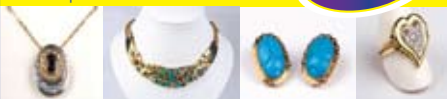
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by Patrick McAuley

GORDON RUGBY'S BUSY MONTH

A SOLID START TO THE SEASON HAS SEEN THE NORTH SHORE CLUB MOVE INTO FIFTH ON THE LADDER.

by Patrick McAuley

GORDON HAVE STARTED their season well, recording two wins in their first three games. The opening match of the season saw the Highlanders travel to Warringah's home ground. Once there, Gordon defeated Warringah 12-11. They then returned to Chatswood Oval to defeat Randwick 29-22, but were defeated by

Eastern Suburbs 18-19 at Woollahra Oval in their final April match.

In what was a busy month for Gordon, the club appointed former Wallabies prop, Mark Hartill to replace David Bezer as General Manager. Upcoming matches for the Highlanders are against Sydney University, Eastwood and Southern Districts. For more information visit: gordonrugby.com.au.



A COMPETITION FOR EVERYONE

EUROPEAN FOOTBALL HAS been particularly exciting lately, with the upsets in the Champions League semi-finals, the title race in England and Pepe Guirdola resigning from Barcelona. But this is nothing compared to the domestic games' recent explosion of drama. First there was the Gold Coast United frenzy and ensuing Newcastle Jets frantics (that has thankfully been resolved), then there was the A-League Finals series and eventually the Grand-Final craziness. I doubt there were many who didn't feel sorry for Perth at the end of it. Oh and I shouldn't forget the prospect of a West Sydney A-League team.

Clive Palmer's masterminded bedlam has caused several ripples and splashes. Like him or hate him, he certainly knows how to get people talking! But honestly, I'm glad the FFA (Football Federation Australia) have resolved many of the issues in the game, and I'm excited to see a West Sydney team play in the A-League next season. But I hope the drama hasn't distracted the FFA from organising a FA cup style competition for all the football clubs in Australia. The football public needs the drama this competition would bring. The game would simply thrive on it. Imagine a professional team, including the likes of Harry Kewell, Ante Covic and Archie Thompson being knocked out of the competition by a team of amateurs who play down the road from you each week! Now that would be entertainment!

We need to put expansion on the backburner for now, and look to install some orchestrated drama into our game. A cup competition would be excellent way of doing this. So come on FFA, let's have a competition for everyone!

Joeys win first Schools Cup

ST JOSEPH'S COLLEGE (Joeys) has won the inaugural Sydney FC Schools Cup, defeating Sydney Grammar 3-2 in the final at The King's School. St Aloysius' Lachlan Hughes won the golden boot, scoring 10 goals in five matches. The cup was contested by St Joseph's College, Sydney Grammar School, St Aloysius College, The King's School, Redlands and Shore School. Sydney FC CEO Stefan Kamasz said the tournament would be expanded in future years.



Sydney FC

Gala Day for everyone



Football NSW

SPORT DOESN'T JUST have to be for professional athletes, it can be for everyone. Football NSW will celebrate its fourth annual Football4all Gala Day on June 3. The day is an opportunity for children and young people with disabilities or special needs to enjoy a day of football with family and friends. All players have to be registered with a special needs team, club or football association.

More information

When: 9.30 am- 2 pm, June 3

Where: Valentine Sports Park, Glenwood

Phone: 8814 4414



A photo restoration done by Alex Noone of Pixels Plus.

RELIVE YOUR SPECIAL MEMORIES

PHOTOS TO UNLOCK THE PAST AND REVISIT THE PAST.

by Patrick McAuley

PHOTOS ARE A valuable method of remembering what is often long lost and near forgotten, but time can take a toll on photos. Thankfully technology helps bring these photos back to life. One way is to get these memories back is to get your photos restored at Pixels Plus in Crows Nest. They aren't exactly new to the game, either, they have been restoring photos for people on the North Shore for 22 years now, but surprisingly little has changed in that time.

"Photoshop has been around the whole time," says Alex Noone, owner of the store for its entire history. "It's the same application, but it has improved and because there's an illegal copy of Photoshop in every house

in Australia, we've seen our prices drop to less than a quarter than prices of the past." Prices now vary between \$10 and \$100, whereas they used to vary between \$300 and \$500. Each restoration takes between a week and two weeks.

He also spoke of the benefits of a professional restoration of your photos, especially because of the different challenges each photo brings. "There is a lot of variables. [For example] sometimes you get a crease, a tear or a pimple."

Alex has seen a variety of photos go through his store over the years, when asked which was the oldest, he initially says a print on a copper plate from the late 1700s, but he backtracks and says that wasn't technically a photograph, and the oldest would have been in fact from around 1830.

Pixels Plus are more than photo restorations though. Pixels Plus also specialise in portraits, sell camera equipment, clean cameras, as well as doing file recov-



Pixels Plus in Crows Nest has been located in the same area for 22 years.

ery from different media, including digital cameras, USB flashdrives and CDs. Additionally they do digital and film printing, wide canvas printing and canvas and photo printing and scanning.

Pixels Plus

Address: Shop 95, 45 Willoughby Rd, Crows Nest
More Information: 9437 4247
www.pixelsplus.com.au

Material correction

On page 46 of the April issue of Sydney Observer, in the article titled "The local oasis for your hair and makeup," in the first paragraph it

should have read that salon co-owner Cherie Dalton said; "Oasis Hair Design emphasises quality over quantity."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Archibald Prize 2012 winner, Tim Storrier. Title: The histrionic wayfarer (after Bosch)</p>	<p>Archibald Prize 2012 See Australia's most famous annual art exhibition.</p> <ul style="list-style-type: none"> • Art Gallery of NSW • Prices from \$7-\$10 (family \$28) • Throughout May 	<p>Talks@Willougby with Indira Naidoo Hear media personality and foodie Indira Naidoo discuss her book The Edible Balcony.</p> <ul style="list-style-type: none"> • Chatswood Library • 12.30 pm - 1.30 pm • Free 			<p>Miss Saigon Chatswood Musical Society is bringing back the story of a Vietnamese girl and an American GI.</p> <ul style="list-style-type: none"> • The Concourse • Tickets \$37.50 • Bookings: 9020 6968 • Until May 12 	
					<p>Romance Writing Masterclass Authors Annie West and Cathleen Ross present a masterclass for new and developing authors on the intricacies of writing a romance novel.</p> <p> <i>Greek</i></p> <p>Chatswood Library 9 am - 1 pm Tickets \$70 Bookings essential: 9967 2917</p>	 <p>St Ives Show Presented by the Northern Suburbs Agricultural and Horticultural Society. Showcases the best in arts, horses, cats, dogs, horticulture, craft, cooking and baking, photography and more.</p> <p>St Ives Showground, Mona Vale Road, St Ives Open 9 am - 9 pm Sat, 9 am - 4 pm Sun. Price: \$5 adults, \$5 kids www.stivesshow.com.au</p>
<p>Bird Watch Join local expert Andy Burton to discover the birds by the Lane Cover River. Beginner birdwatchers welcome.</p> <ul style="list-style-type: none"> • Mowbray Park, Lane Cove North • 8 am - 11 am • Bookings essential: 9777 7755 	<p>Sydney Writer's Festival The 2012 event is bigger than ever, with a wide range of both free and paid talks by some of our greatest minds.</p> <p>www.swf.org.au/ Until May 25</p>	<p>Bears on Show See a special collection of teddy bears decorated by some of Australia's best illustrator artists.</p> <ul style="list-style-type: none"> • Customs House Library, 31 Alfred Street, Circular Quay • Free • Until May 30 	<p>Pre-Schoolers Bush Scrambles Take a walk through the bush and take a look and then sit down for story time.</p> <ul style="list-style-type: none"> • Mowbray Park, Lane Cove North • 10 am - 11.30 am • Free 	<p>Volunteer Expo Over 20 community organisations will showcase a variety of volunteering opportunities.</p> <ul style="list-style-type: none"> • Dougherty Community Centre, 7 Victor st, Chatswood • 3.30 pm - 7 pm • Free 		<p>Northern Beaches Expo Home Show, All Woman Expo, Retired Life Expo, Camping and Outdoors Expo, and Pets Expo.</p> <ul style="list-style-type: none"> • Northern Beaches Indoor Sports Centre - Jacksons Rd, Warriewood • Entry and parking free.
		<p>Biggest Morning Tea Roseville's Hair Essence are hosting an Australia's Biggest morning tea to raise money to help find a cure for cancer.</p> <ul style="list-style-type: none"> • May 24 • Hair Essence, 27 Hill Street, Roseville • Kerrie or Jacqui on 9419 8961 	<p>Shakespeare on the Green Primrose Park Gallery - Matora Lane, Primrose Park, Cremorne</p> <ul style="list-style-type: none"> • Adults \$25, students \$18 • 8pm (Sunday at 6 pm) Bookings www.shakespeareonthegreen.com.au/ • Until June 9 	<p>Vivid Sydney Watch as Sydney is transformed into a canvas of light, music, and ideas when takes over the city.</p> <ul style="list-style-type: none"> • www.vividsydney.com/ 		
			<p>Children's Voices for Reconciliation Indigenous author Monty Prior will MC the program, which showcases the talents of school kids presenting the theme of Reconciliation through dance, drama, poetry, art, and song.</p> <ul style="list-style-type: none"> • Ravenswood School for Girls, 1b Cecil Street (Cnr Pacific Highway), Gordon • 10.30am - 12.30pm • Free 			

GIVEAWAYS SPECIAL

MOTHER'S DAY

THIS MONTH IN Sydney Observer we have a huge variety of giveaways to celebrate this Mother's Day. From hampers to tickets to nail polishes, books, CD's and DVD's. For your chance

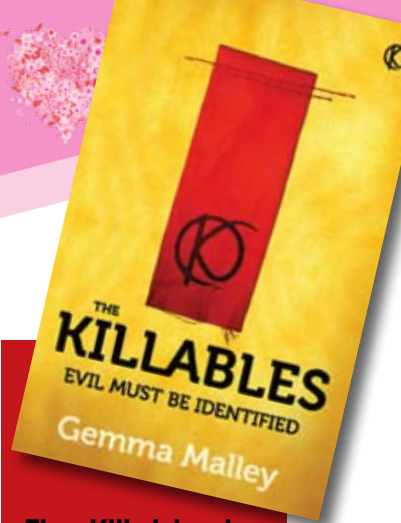
to win one of these amazing giveaways, tell us what you liked most in this month's issue. Remember to specify which giveaway you would like to win by the 25th of this month!



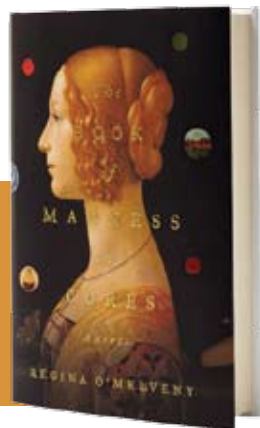
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The Killables by Gemma Malley



The Book of Madness and Cures by Regina O'Melveny



O.P.I Best of the Best Collection

Zoya Sunshine Nail Polish Collection



Muppets O.P.I Nail Polish Collection



Zoya Summertime Nail Polish Collection



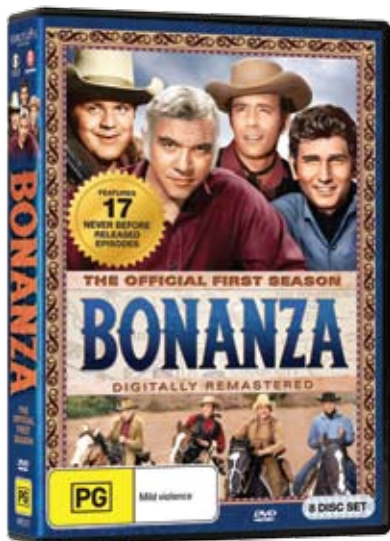
Sally Hansen Salon Effects Real Nail Polish Strips pack



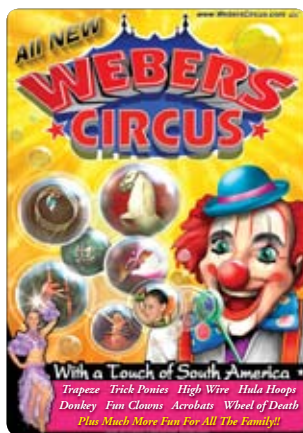
Family passes to Aladdin's Tales at Marian Street Theatre



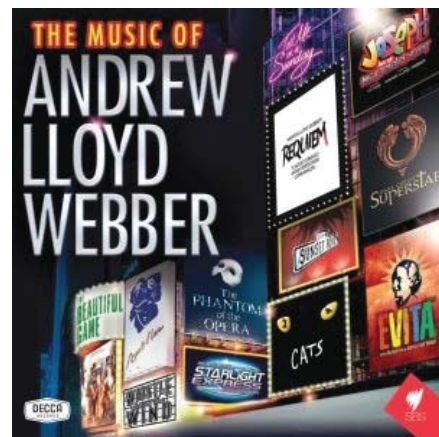
Opera Warriors by Huajin Dance Art Troupe at the Opera House



Bonanza: The Official First Season



Family passes to Webers Circus in Hornsby



The Music of Andrew Lloyd Webber CD

PUZZLES SOLUTIONS

CROSSWORDS

Handy 3269 (Leaderless)

L	E	A	D	E	R	L	E	S	S	S	M	O	G
I	G	X	E	U	P	A	R						
L	I	M	I	T	S	U	P	E	R	V	I	S	E
T	O	S	R	E	Z	E							
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I	N	D	I	A	N	S	E	N	D	O	R	S	E
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SUDOKU

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

Novice 0360

WORDSEARCH

PX_0161 - Hats

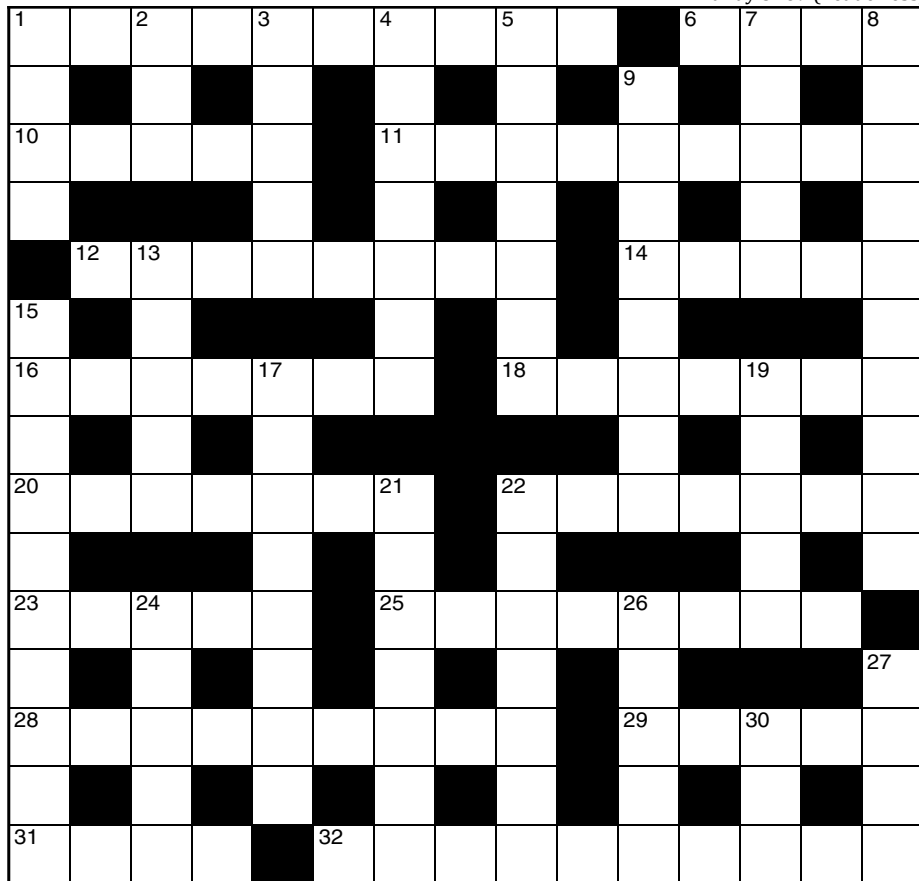
L	C	Y	N	A	K	E	Y	E	P	A	T	C	H	P
P	A	J	O	L	L	Y	R	O	G	E	R	P	I	L
D	P	N	R	E	E	N	A	C	C	U	B	L	C	C
R	T	A	I	U	Y	H	D	N	C	T	L	A	O	R
A	A	L	K	M	O	K	E	R	A	L	I	M	O	
E	I	Y	E	A	L	E	A	G	I	U	P	S	S	
B	N	G	R	S	O	R	B	E	C	Q	K	L	D	S
K	B	D	U	I	S	K	C	O	L	T	S	A	R	B
C	L	W	T	C	E	J	R	S	H	V	N	A	O	
A	O	N	S	A	T	A	V	T	U	L	A	K	E	N
L	O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



Here at the *Sydney Observer* we want our readers to feel appreciated and so each month we have all sorts of giveaways, from theatre tickets, to chocolates, books, flowers and movie passes. If you would like to enter any of the giveaway draws then all you have to do is write to us and send your entry to **PO Box 420, Killara NSW 2071** or email editor@kamdha.com with your name, address, and contact number by the 25th of this month.

Crosswords

Handy 3269 (Leaderless)



Across

- 1. Without boss
- 6. Pollution haze
- 10. Restrict
- 11. Oversee
- 12. Target centre (4'1-3)
- 14. Ignore alarm clock (3,2)
- 16. Cowboys & ...
- 18. Recommend
- 20. Patio
- 22. Poison
- 23. Dead end, blind ...
- 25. Extinct elephants
- 28. Memphis is there
- 29. Become aware
- 31. Whisky measure
- 32. 5-event competition

Down

- 1. Jaunty voice rhythm
- 2. Company's yearly meeting (1,1,1)
- 3. Praise lavishly
- 4. Leaseholders
- 5. Pizza variety
- 7. Corn
- 8. Conservation group
- 9. Musical introductions
- 13. Goat milk sac
- 15. Diverted (attention)
- 17. Scrutinised
- 19. Cattle farm
- 21. All together (2,5)
- 22. Seat divider
- 24. Former Ceylon, Sri ...
- 26. Nocturnal chick
- 27. Unknown author
- 30. Feel sick

Wordsearch

WordsearchPX_0161 - Hats



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.

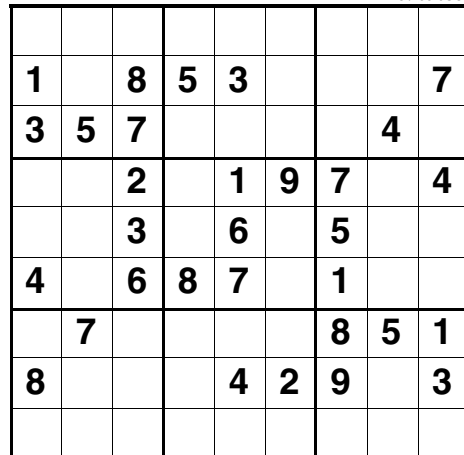
- BALMORAL
- BELL-SHAPED
- BRIM
- CASQUETTE
- CHIN STRAP
- CHUPALLA
- CONE
- CROWN

SUDOKU

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

Rating: ★☆☆☆☆

Novice 0360



- DEERSTALKER
- EAR FLAPS
- FASCINATOR
- FEATHER
- FOLDABLE
- KEPI
- MORTARBOARD
- NEWSBOY
- ROLLED
- SAFARI
- SALAKOT
- TASSEL
- TRICORNE
- USHANKA
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