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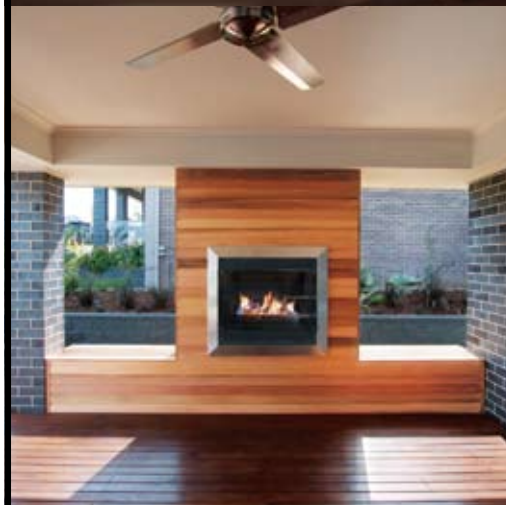
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16



30



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FROM THE TEAM

This month the Sydney Observer team has had an excuse to eat out, it has been our job to trial restaurants in the lead up to the Sydney Morning Herald Good Food Month.

To align with this we've found some of the best places to have a meal, or just grab a coffee along the north shore (p. 40 - 47).

Make sure you check out some of the featured restaurants throughout October.

We also chatted to celebrity chef Curtis Stone, who gave us recipe tips for those weekdays when eating out isn't an option (p. 16).

For our older readers we have put together our annual seniors special, which includes advice on hearing loss, retirement villages and dental care for those in their 'golden years' (p. 23 - 35).

Enjoy the magazine and let us know what you think!

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STAYING IN THE LOOP

I really liked the September magazine. I love all the interesting articles cleverly put together and all the wonderfully captured photos. I enjoy browsing through all the latest news that contribute to every citizen's life, the thoughtful touches of things to do in the holidays and finding out what's going on in our communities

Vanessa Lai, Mosman

KNOX BOY LEADS BY EXAMPLE

I took myself off to the Knox Garden Day where it's always a treat to watch the pipes and drums display. Sitting eating lunch afterwards, I noticed the pipe major from the senior school band approach the young prep band members and make sure he shook hands personally with all the little boys. This immediately reminded me of the leadership skills article by Dr Hawkes (September p.24), this is his philosophy in motion. Each little boy was obviously impressed and hopefully inspired by this simple action. Looking forward to next month's calendar!

Kim Chestney, Turramurra



PLANTING A SEED

My favourite part of the September magazine was the article 'Terrariums - the indoor plant solution for everyone' (September p. 10). I live in a unit and do not have a balcony but I am a very keen gardener and love my plants, especially if they are indoors. I think that plants lighten up a place and make you feel happy. My bedroom currently has an array of plants which sit on my window sill since it is the sunniest spot in the whole unit. This article has given me a great plant idea to think about, which I had not thought of before!

Elena Grabovsky, Wahroonga



If you would like to enter any of the giveaway draws, tell us in 25 words or more, what you liked in this month's magazine. The best entries will be published* and go in the running for our monthly giveaway in the next issue of the magazine. **PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 25th of the month.**

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OPINION

COUNCIL SPENDING CONCERNS

by Tony Hall*

ONE OF THE many lessons which those in government may take from the result of the recent Federal Election is that the taxpayers will not lightly forgive a government guilty of spending their money unwisely.

Members of local councils who fail to appreciate this do so at their peril. What it comes down to is a matter of priorities.

Many ratepayers in Ku-ring-gai would suggest that the present council had got it wrong when councillors decided to press ahead with the purchase of expensive new accommodation for sporting fields.

This decision was taken at a time when council had already committed to several other expensive projects, such as a new West Pymble Aquatic centre and two level gym; and extensive new

sporting fields contentious decisions in themselves.

But the decision to acquire new headquarters has serious consequences for the community because it means that in order to fund this project council must sell off valuable and important community assets.

Among these is the Culworth Avenue commuter car park at Killara railway station. This has become a matter of grave concern to many residents beyond those immediately affected.

Another unfortunate decision was to sell off a well established preschool long day care centre at Gordon and the Lifeline premises next door, both of which fill valuable community needs.

Council's failure to consult with the community in these matters apart from a one line mention in its budget is reprehensible and has caused serious

concern. Councillors who supported these community asset sell offs should be aware that these decisions will certainly have repercussions as they have inevitably stirred up serious opposition.

Another serious aspect of these decisions is that they demonstrate that councillors are prepared to spend large sums of ratepayers' money at a time when the economy is weak and businesses are not all profitable.

It also demonstrates contempt for ratepayers who already pay additional levies of up to 10 per cent more on their annual rates to cover a multiplicity of services, many of which are not at all effectively delivered.

*Tony Hall served for 25-years as the St Ives ward councillor for Ku-ring-gai Council before retiring last year.

A NEW MAYOR FOR KU-RING-GAI

HERITAGE CONSERVATION A TOP PRIORITY FOR JENNIFER ANDERSON.

by Rose Moloney

KU-RING-GAI COUNCIL HAS elected Jennifer Anderson as mayor for the next months.

Cr Anderson was elected mayor on September 14 after securing six of ten votes while the incumbent mayor, Elaine Malicki, was elected her deputy.

However the position isn't new for Cr Anderson, who served a term as mayor in 2008.

"Obviously this is a second opportunity for me to put my hand up and I'm honoured to be in the role again for another months," said Cr Anderson.

Her election to the position was unexpected as prior to the meeting Cr Anderson was expected to challenge Cr Malicki for the position.

However a new Liberal Party Code specifies only one Liberal member can be nominated to run for the position.

After it was revealed that David Citer who lives in Hornsby would not receive the necessary six votes to beat Cr Malicki, Cr Anderson was instead nominated as the Liberal candidate at the last minute.

Her priority for the next year will be to strike a balance between preserving Ku-ring-gai's heritage, while catering for the growing population growth across Sydney.

Ku-ring-gai is undoubtedly a beautiful area. Leafy green with beautiful architect-designed, heritage listed homes. The challenge is really to protect as much of that character as possible," said Cr Anderson.

Over development in Ku-ring-gai has been a controversial issue; with many res-

idents concerned about the effect apartment blocks are having on the character of the area.

Although Cr Anderson said she is sure more apartment blocks will be built throughout Ku-ring-gai she hopes the recently gazetted Local Environment Plan will ensure these developments are restricted to town centres.

"That's where the apartments should always have been, not branching out into the beautiful residential streets."

Other changes that residents can expect to see over the next twelve months include new commuter car parks in Gordon and Lindfield and the opening of the Pymble indoor aquatic centre.

Budget cuts have also been made to provide for better maintenance of roads, footpaths and drainage systems.

ARMED ROBBERY AT ROSEVILLE CINEMA

IT SEEMS LIKE THE ONLY GENRE PLAYING AT ROSEVILLE CINEMA LAST MONTH WAS ACTION.



by Amelia Zhou

TWO OF FOUR thieves were arrested at a fast food restaurant a day after threatening movie goers and staff in an armed robbery at Roseville Cinema last month.

Twenty-year-old Amanda Ridden and her boyfriend Daniel Roche were arrested at Kirrawee McDonald's Sydney's south after staff noticed they were acting suspiciously.

The couple allegedly attacked seven police officers while being arrested.

Mr Roche allegedly bit an officer on the hand before fleeing the fast food outlet. However he was arrested a short time later.

Police will also allege the woman scratched and punched the custody sergeant at Sutherland Police Station.

A shortened shotgun was found by police while searching the pair's bags, leading officers to alert detectives in the Metropolitan Armed Robbery Unit (MRU)

investigating the armed robberies at Roseville Cinema, where a similar shotgun was used to threaten customers.

Multiple charges were laid against both, for the robberies of Roseville Cinema and Revesby Pacific Hotel as well as an earlier patrons and staff in the September carjacking in Lane Cove.

The blue Nissan carjacking vehicle stolen from an 18-year-old Lane Cove resident was used as an escape vehicle for the two robberies.

The couple is facing multiple charges including two counts of robbery while armed with a dangerous weapon, damaging property with fire and illegally taking and driving a motor vehicle.

Mr Roche, who has been described as a repeat offender in court documents, faces further charges of intimidating and assaulting a police officer and having a knife in a public area for an unrelated incident in Dee Why on September 10.

Both were refused bail and appeared

in Sutherland Local Court the day after their arrest.

The court heard how the four thieves, armed with shotguns and machetes, demanded more than \$10,000 from cinema patrons and staff in the September robbery.

According to the police, no personal belongings were taken, but the four offenders escaped with approximately \$10,000 from the box of office.

The same offenders were involved in an armed robbery at Revesby Pacific Hotel two hours later, where they threatened the hotel manager and stole cash and cigarettes before fleeing.

No one was injured in either of these two incidents.

While the four robbers evaded capture, the stolen Nissan car was located burnt out in a Westmead reserve just after midnight.

Roseville Cinema and North Shore Police declined to comment on the issue.

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MORE COMMUTER PARKING

by Rose Moloney

THE NSW GOVERNMENT has proposed major changes at Gordon station as part of the Transport Access Program.

Key features of the government's plan include a looped bus interchange and a three-storey car park below the interchange on the western side of Gordon Station off Henry Street. The new space car park would provide more cars spaces than currently exist.

The plan also includes bicycle racks, improved signage and pedestrian facilities, and the installation of CCTV cameras.

Residents were asked to provide feedback between August and September.

Issues raised in the feedback will be addressed in a report before Transport for NSW make a final approval decision.

Mayor of Ku-ring-gai Jennifer Anderson said: "Councillors haven't been briefed on the consultation yet, but it definitely will be going ahead."

If approved, construction is set to start in early and finish by the end of.

Work is currently already underway at the Werona Avenue commuter car park, which is being extended to provide an additional car spaces at Gordon.

Lindfield will also benefit from the



An artists impression of the proposed Gordon Station bus interchange.

state government's transport projects.

A commuter park will be built there with additional spaces.

Ku-ring-gai is quite fortunate in that we've had the government announce two car parks in our local government area," said Cr Anderson.

St Ives to benefit from recreation funding

THE REGIONAL PLAYGROUND at St Ives Showground will get a major upgrade, thanks to \$250,000 in NSW government funding, announced state MP for Davidson Jonathan O'Dea last month.

According to MP for Davidson Jonathan O'Dea, when the work is completed, there will be new playground equipment for toddlers as well as children aged 2 to 10 and 6 to 16 years.

The funding to Ku-ring-gai Council was part of a \$2.5 million allocation to support new outdoor facilities across Sydney under the Metropolitan Greenspace Program.

"I am pleased this funding has been made available to help recreational activities in the Davidson electorate," said Mr O'Dea.

Council says "no" to development

IN A MEETING LAST month Ku-ring-gai Council rejected a development application to bulldoze 164 trees at 39 Chilton Parade, Warrawee.

The application in question proposed to demolish the existing 1920s house on the site, and subdivide it into eight new houses.

If this application had gone ahead, 459 square metres of critically endangered blue

gum high forest would have been destroyed.

The land in question is in a gazetted heritage conservation area with an immediately adjacent heritage listed item next door.

Ku-ring-gai Mayor Jennifer Anderson said: "There are a whole range of levels of protection relevant to that site and council did not think the application addressed those sufficiently so it has been refused."

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KU-RING-GAI CAPTURED BY RESIDENTS' CAMERAS

SIX BUDDING PHOTOGRAPHERS HAVE BEEN AWARDED FOR THEIR PHOTOS OF THE LOCAL AREA.

by Rose Moloney

THE WINNERS OF Ku ring gai s annual photography competition Capture Ku ring gai were revealed last month at a ceremony in St Ives Shopping Village. Among the winning images were pictures of a thoughtful garden gnome, Mona Vale Road at night and a joyful puppy.

However judges faced a difficult decision picking the best out of the many photos received each showcasing diverse aspects of Ku ring gai s colourful landscapes and people.

The five original winners were each awarded a cash prize while the People's Choice winner – who was selected later in September via Facebook votes won a cash prize

Competition categories included, environmental sustainability; local business sports fields parks and playgrounds streetscapes and youth

Clockwise from top:

- 1. 'Night light' by Max Pognand, first place in 'Our streetscapes'
- 2. 'Gnome overseeing veggie garden' by Ashley King, first place in 'Our Environmental Sustainability'
- 3. 'Bowling' by Jacques Roussel, first place in 'Our Sportsfields, Parks and Playgrounds'
- 4. 'Little green fingers' by Chris Hooton, People's Choice winner
- 5. 'Local shops in the morning' by David Lousick, first place in 'Local Businesses'
- 6. 'Bouncing in the backyard' by Max Jensen, first place in 'Youth'



THE CONCOURSE GOES GREEN

A TRIGENERATION POWER PLANT IN CHATSWOOD COULD BE THE NEXT ENVIRONMENTAL STEP FOR WILLOUGHBY COUNCIL.

by Jessie Goldie

THE CONCOURSE IN Chatswood is already an exceptionally environmentally friendly establishment, and now, thanks to a grant from the government, it may soon be running only on renewable or natural gases.

The grant was given by the government's Community Energy Efficiency Program and will enable Willoughby City Council to research introducing a trigeneration power plant at The Concourse.

Willoughby Mayor Pat Reilly, is excited about the possibility and believes in the importance of reducing our environmental impact.

"A trigeneration power plant at The Concourse may have the ability to dramatically reduce our reliance on coal-fired electricity and overall gas emissions," said Cr Reilly.

So what is a trigeneration power plant? A trigeneration engine runs on natural or renewable gases and produces low-carbon electricity, heating and air-conditioning for connected buildings.

The engine, which is about the size of a shipping container, generates heat that is captured to make hot water. The hot water can be distributed to nearby buildings through a network of underground pipes.

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From day one The Concourse has been committed to minimising its impact on the environment. Sustainable features of the building include a stormwater detention tank, high energy efficient light fittings and natural lighting, chilled beams and high performance glass.


"We look forward to seeing the results of the study to see if this type of system will be of benefit to The Concourse," said Cr Reilly.

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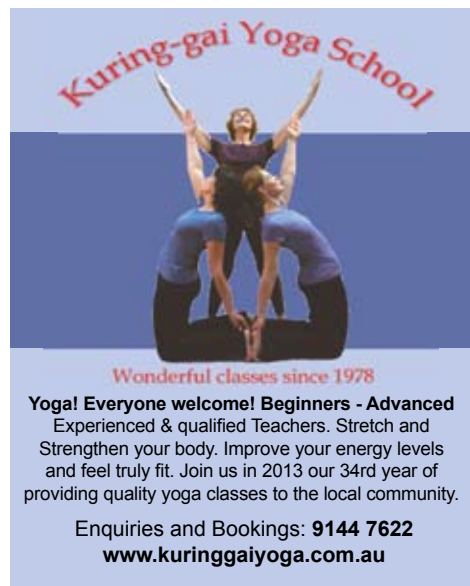
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BIKES CHANGE LIVES

DONATED BIKES WILL BE SENT TO UGANDAN STUDENTS TO ENCOURAGE SCHOOL ATTENDANCE.



Chris Roe with the donated bikes from St Ives Park.

by Rose Moloney

EARLY IN SEPTEMBER volunteers gathered in Chatswood to help repair up to bikes before they are sent to remote communities in Uganda.

This was part of a Bikes 4 Life initiative – a charity that recycles unwanted bikes for use by underprivileged groups.

Sydney Bikes 4 Life coordinator and Killara resident Chris Roe says “Remember the freedom you felt as a kid with a bike? Well these communities are the same. There’s nothing like seeing a year old man smiling riding a bike for the first time.”

Students, aid workers and police officers in Uganda use the bikes. They

provide students with an easier way to travel to school, and entire communities with better access to food, water and medical aid.

According to Chris the focus of the charity is recycling. “It doesn’t cost anyone any money,” he says.

To ensure the longevity of the program the bikes are sent to Uganda in containers with spare parts and power tools. The containers then become workshops where older students are taught to become bike mechanics. Doing this ensures the bikes can be maintained.

It also provides the students with new skills, which Chris says could open doors to other opportunities, like car mechanics or even engineering.

St Ives resident, Sonya Acon, is also involved in the program. Her family had some old bikes hanging around in the garage. Instead of throwing them away, Sonya organised a bike collection for Bikes 4 Life at St Ives Park Primary School.

We collected over bikes all up,” says Sonya, who is now considering making it an annual effort.

Bikes 4 Life is currently looking for corporate sponsorship for a container to ship the bikes to Uganda.

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Curtis Stone

You can take the man out of Australia but you can't take Australia out of the man. Melbourne-born chef, Curtis Stone might be happily settled in LA with his wife, Lindsay Price, and son, Hudson; however Curtis says he would still choose a meat pie over a hot dog any day of the week.

Curtis was in Australia in September with family, celebrating his brother's birthday and promoting his latest cooking product – the pizza stone. This came as a break from planning his new LA restaurant, which is set to open in the next six months.

He chats to *Sydney Observer* about the inspiration behind his restaurant's menu and his go-to spring ingredients.



The weather is really heating up now, what kinds of ingredients do you like to cook with at this time of the year?

I think with spring comes a bunch of exciting ingredients. Things like asparagus, rhubarb and strawberries really come into season; lamb is also great in springtime of course.

The transition is a bit like fashion, as you take your sweaters and jumpers and push them to one side of the closet, you can do the same with the slow cooker, and the braises, stews and soups that we love during winter. Instead we start thinking about salads eating outside and firing up the barbie again. It's an exciting time of year!

Tell us about the new restaurant you're opening in LA.

It's a tiny little place, it's going to have 30 seats so we're excited about it. The menu is still in the works - I want to let the market drive it and see what sort of ingredients we've got to work with. At the moment I'm thinking of highlighting one ingredient at a time and doing a five or six course tasting menu around that ingredient. Hopefully we'll change the menu once a month so as the season changes so will what we offer.

You have been living in the US for over seven years now, what foods do you look forward to having when you come back to Australia?

The coe for sure. Also it sounds ridiculous but I really miss pies. In the States you can't find a decent pie. I play a little golf and it's always a hot dog when I would die to have a pie. So as soon as I come back I like to have a game of golf and get a pie into my hand. I think we've got a really good grasp of Asian food here too, I love that eastern attitude towards food that we have in Australia.

Is it ever difficult to find healthy eating options in the US?

It's really hard to talk about America as a whole. If you go to one of the major theme parks then yes it's really hard to find healthy options. But I live down the road from the Hollywood Farmers Market, which is one of the best open-air farmers markets I've ever been to. It's filled with organic ingredients that are grown literally on the doorstep.

You have a two-year-old son, Hudson. Do you have any secret recipes to make sure he eats his vegetables?

We've been lucky with him so far. He sort of eats everything that we throw his way. Truthfully I think the most important thing with feeding the kids is giving them what you're eating and then all sitting together to eat it. They start living your lifestyle and hopefully you're eating healthily yourself, so that means that they do the same.

I was talking to somebody the other day and they said, "But how do you stop him from eating chicken nuggets and chips?" and I'm like "How do you stop them from smoking cigarettes and drinking beer?" It's the same thing; if you don't give it to them then they won't do it!

Do you have a personal favourite meal?

I love the delicate nature of seafood, crab is probably my favourite thing to come out of the ocean and I like a bit of spice in my food. So a good curry crab might be the one if I had to pick.

What about a show-stopping dessert?

My go-to is a salted caramel *pot de creme*, which is a baked custard that I garnish with a little sea salt. It's just beautiful, sweet, rich custardy caramel. Oh my God it's so good.

The Curtis Stone Pizza Stone is currently available at Coles. What do you think is the key to cooking a good pizza?

I like them to have a nice thin crust. Then the key to it is not to put too much on the pizza. As we transition into spring, zucchini works really well. Zucchini flowers are beautiful with a bit of salami or something like that. There are so many things to put on a pizza and that's the beauty of it.

Have you ever considered moving back to Australia?

I do love to come back to Australia, I really would. Especially to be around my family - as you have kids you want your kids to know their cousins. We're really fortunate at the moment, we get to divide our time and travel as a family, so that's working for us right now, but who knows what's in the future.

A HSC SURVIVAL GUIDE

TIME MANAGEMENT, PLANNING AND A GOOD NIGHTS SLEEP ARE VITAL FACTORS IN EXAM SUCCESS.

by Amelia Zhou

WITH THE HSC exams just around the corner the collective groans from year 12 in anticipation of the final hurdle can be heard across the state.

By now, the word “belonging” is the last word any year 12 student wants to hear.

However in just over a month the HSC will be another distant memory.

It may not seem like it now, so here are some useful study and exam tips to help students through the crucial exam period.

EXAM TIPS

1 TIME MANAGEMENT

With only two to three hours of allocated time to cover a year’s worth of syllabus material, time is of the essence when it comes to exams. Utilise your reading time wisely by looking through the questions in the paper and identifying which ones need to be given more time than others. “Time management is a huge factor because students can become bogged down by the questions,” says Prue Salter, founder of Enhanced Learning Educational Services. Ms Salter emphasises the need for students to finish a HSC exam with at least 15 minutes remaining to leave time to check answers.

2 READ EVERYTHING CAREFULLY

While reading the questions and mark allocations thoroughly seems like an obvious thing to do, many students for

get to do so due to pressure and time constraints during the exam. Noting the mark allocations is important in determining the amount of material which needs to be written for each question. Don’t fall into the trap of writing a paragraph long answer for a one mark question. Make sure you know the HSC key terms used in each question before the exam.

3 BEFORE THE EXAM

Leave plenty of time before the exam to get ready, eat a nutritious meal and arrive at the exam centre early. When you arrive at the examination hall, don’t surround yourself with classmates that you know will stress you out. “When students are waiting around they shouldn’t sit with their friends and look at what they did or did not study,” says Ms Salter. Whether it’s revising your notes by yourself, chatting to friends, or taking a walk; do something you find relaxing.

4 PLAN YOUR ESSAYS!

Planning your essays before writing them is a great way for you to map out what you’re going to say in a structured and clear manner. While it does take a little extra time, writing down your thesis and main points of arguments is crucial so nothing is forgotten while writing under pressure. The first part in your plan is to understand what your thesis is... then you can brainstorm all your ideas on the page opposite,” says Ms Salter.

STUDY TIPS

1 CHOOSE AN EFFECTIVE STUDY SPACE

An effective study space means getting rid of clutter and distractions on your work space. Everything on your desk should be there only for the study task you are completing. Finding a suitable learning environment is paramount – whether it’s at a local or university library, in your home study, at a cafe, or in a park.

3 HAVE A REWARD AFTER STUDYING

Allowing yourself to have a reward after studying can be an effective motivation technique as it gives you something to look forward to. If you’re one of those people who checks their phone constantly, make set breaks every half hour where you can do so for a few minutes.

4 EXERCISE AND SLEEP WELL

Exercise and sleeping are sacrifices every HSC student makes when it comes to the exam period. However, they can be effective tools to de-stress after a day of studying. Even just fifteen minutes spent outside walking can be a useful way to get some fresh air. Sleep is also important for memory retention. Pulling all-nighters before an exam day to cram in extra revision is never a good idea.

WHAT PAST HIGH-ACHIEVING HSC STUDENTS HAD TO SAY:

Sophia Ma

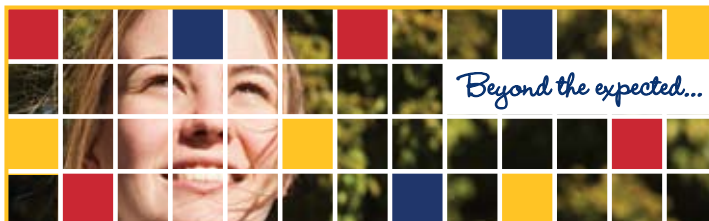
ATAR: 99.0 - Studying Medicine at UNSW

I found that it was useful to balance group study and individual study – group study was good for motivation but I also needed individual study to focus on what I didn't know. For science exams try to always underline the key verbs. For maths show all steps of working and watch out for restrictions like undefined values. Generally, I think if you have been studying consistently, you'll be in the exam. My best exam tip is to be prepared, and that involves not slacking off, hence why the motivation is so important.

Tang Li

ATAR: 98.7 - Studying Journalism/Law at UTS

One of my biggest hurdles was getting sick right before the HSC English Advanced exam. I had to resort to studying in the doctor's office. Since I mostly did humanities subjects, writing out essays and practice questions in order to train your arm for the real thing was very important.



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ENDING THE MEAN GIRL MYTH

A RECENT STUDY REVEALS THAT BOYS MIGHT BE MORE LIKELY TO INDIRECTLY BULLY A FRIEND THAN GIRLS.

by **Jessie Goldie**

IT IS A commonly held belief that girls are “meaner” than boys. That girls spread rumours, gossip and give other girls the ‘silent treatment’, while boys are more honest and deal with problems directly. However, a recent study challenges this perception, and suggests that perhaps it’s time to focus less on the ‘mean girl’ and more on the ‘mean boy’.

The Canadian study surveyed almost six thousand year-old boys and girls from 11 different countries. The findings show that almost half of the boys surveyed reporting using indirect aggression against their peers, as opposed to only 10 per cent of girls.

Indirect aggression is a form of aggression that isn’t necessarily observable. For example if someone spreads a rumour about

somebody else but the origin is unclear. While direct aggression encompasses things like physical confrontations.

The study did not aim to prove the common belief that girls are ‘meaner’ than boys wrong, rather it was an analysis of the distinct differences in the use of aggression between genders.

“We weren’t trying to prove or disprove, we were just trying to understand the dynamics in the relationship. There is a difference and it’s not that girls do it more it’s that boys do it more,” said the director of the study, Dr Sibylle Artz.

In her research Dr Artz also found that boys were able to get away with indirect bullying because their teachers would turn a blind eye, believing that only girls were capable of such behaviour.

“Teachers were coming with the notion

that girls were so much worse, that girls were so mean, and that boys were so much easier to deal with because they were so direct,” said Dr Artz.

Boys commented in the study that teachers tended to only notice when they acted out physically.

Dr Judith Lattas, director of the Women’s Studies gender and sexuality program at Macquarie University, said she was pleased with the results of the study. According to Dr Lattas, the mean girl stereotype is continuing to grow and can have negative effects.

It does confirm my suspicions in the relation to the way in which this whole discourse about mean girls has emerged in recent years. This idea that girls are manipulators behind the scenes and more deadly than the male - these are kind of ancient myths that I think are re-emerging now.”



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AN EXCUSE TO

TAKE A GAP YEAR



by Tess Gibney

A RECENT STUDY released by the University of Sydney has found that students who take a gap year after school are more likely to achieve better results in their first two years of tertiary study than those who enter university straight after school.

Tracking the achievement of university students from the departments of art,

social science and science, the study found that taking a year off after high school had positive effects for the motivation levels of university students.

Lead author of the study, Professor Andrew Martin, said having a gap year often gave school-leavers the chance to accrue skills that could help them cope more readily with the demands of university life, as well as providing them with time to more clearly consider their future study options.

"Students explore their strengths and weaknesses in a year off after school and can develop attributes and qualities such as self-responsibility and self-direction through working or collaborating with other people in part-time jobs or volunteer work," he said.

Gemma Hooley, a student at the University of Technology Sydney, took a

year off study after finishing her HSC in 2011. "I think taking a gap year is incredibly beneficial. I got to experience so much and those experiences have really helped me in my degree, providing me with inspirations, insight and ideas," said Gemma, who is now studying events management.

Though the study results indicate that having a study break before university can benefit students, Professor Martin stressed that taking a gap year may not suit everyone.

"Though students should always consider the benefits of taking a year off, many students go straight from school to university and are just fine. They may even go on to take a gap year mid-way through university, or afterwards – before entering the workforce," he said. "Flexibility in pathways after school are endless."

REACH YOUR TRUE POTENTIAL

BUILDING BLOCKS IN HORNSBY CELEBRATES OCCUPATIONAL THERAPY WEEK.

OCCUPATIONAL THERAPY WEEK will be celebrated in Australia from October 20-26, coinciding with World Occupational Therapy Day on October 27. This year's theme is 'Reach your Potential' and the team at Building Blocks Occupational Therapy in Hornsby believe that is worth celebrating.

It's all about raising awareness of what occupational therapists do. Director Celeste Riach says, "Occupational therapy (OT) is all about helping people to achieve independence in daily tasks."

Many people don't realise it's an extremely diverse profession that involves working with individuals right across the lifespan from birth to old age, and across multiple settings including homes, clinics, hospitals and workplaces.

Specialising in paediatric practice, Building Blocks Occupational Therapy are a local award winning business, established in Hornsby for over 20 years working with children from birth to eighteen years of age.

"We help many children who are finding daily tasks a challenge, including issues with eating, sleeping, motor skills, behaviour or play. Sometimes this is due to a syndrome or condition, however in most cases it's simply due to developmental delays," states Suzanne Mackay, manager of preschool services.

The largest of its kind on the upper north shore, Building Blocks Occupational Therapy has just opened its new Sensory Space, a specially designed gymnasium for children with special needs and developmental delays.

Psychotherapist and counsellor, Clare

Jameson, says: "The children are really enjoying the movement challenges provided in the Sensory Space, and it adds another dynamic to our therapy, challenging children to reach their full potential. We have had an amazing response from parents also, who enjoy the bright and welcoming atmosphere."

As part of Occupational Therapy week, Building Blocks will open its doors to the public on Friday 26 October and welcomes anyone from the community to drop by and learn more about occupational therapy and Building Blocks Sensory Space programs.

More Info:

Phone: Celeste Riach 94823082

Email: admin@bbot.com.au





OVERSEAS LEARNING EXPERIENCES HELP TO DEVELOP CULTURAL AWARENESS

by Vicki Steer*

IT IS SAID that the use of mobile devices in schools, such as smart phones and tablets means that learning can now take place anytime and anywhere. A student, for example, could be sitting out in the middle of the school yard composing and sending an essay to a teacher.

The truth is that in the broadest sense, students have always learned anytime and in any place because they learn from what they hear, observe and experience in any context. They may have learned about algebra in the mathematics classroom, but they will also learn about being part of a team by playing basketball on Saturday. They will learn the skills of public speaking through inter-school debating and they will learn about respectful interpersonal relationships through positive interactions with their teachers.

The Melbourne Declaration on Educational Goals for Young Australians made by all Australian education ministers in asserts that as part of becoming “active and informed citizens” our students will be “able to relate to and communicate across cultures, especially the cultures and countries of Asia”. Cultural understanding is of course promoted across the curriculum through the study of geography, history or

literature in translation for example. The learning of languages other than English as part of the formal curriculum is a specific element in the achievement of this goal and one that we support actively, not simply because we are required to, but because we place a high value on this learning.

One of the most powerful means by which students develop cultural understanding is through gaining personal experience of other cultures through student exchanges, cultural immersion and service trips. The learning outcomes of these visits include language acquisition; understanding different cultures and societies and a personal level, coping with living in a new and foreign environment.

In the July school holidays groups of Ravenswood students participated in trips to countries in Asia and the Pacific with an emphasis on learning about the value of service and about cultures different from their own. The central purpose of both trips was to help local children through education. Groups consisting of students from Ravenswood and Knox Grammar School travelled to Cambodia for a two week cultural immersion programme in which they visited community schools established by the Mates Abroad Foundation and visited historical sites. Another group participated in ‘Operation Bula!’ - a trip Ravenswood

students undertake biennially to a village school in Fiji where they take classes and lead other activities.

Ravenswood student Elizabeth Cooney reflected on the Fiji field trip

“The experience of actually being there rather than simply learning about it helped me better understand the different lives people live outside of Australia compared with the life I live in Sydney.

“Actually being there really personalises it, especially teaching the children. You develop quite an emotional bond to them even after just one week. You learn about their families, their siblings and it brings the whole thing home on a far more personal level than it would if you were just learning straight facts about a place, when you actually meet the people.”

Australian students inhabit one of the most prosperous countries in the world. Experiences that help them connect with people living very different lives from their own are invaluable. We hope that they will develop compassion, understanding and cultural sensitivity to apply to whatever paths they may pursue as young adults.

*Vicki Steer is the principal of Ravenswood School, Gordon.

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COTSWOLDS VILLAGE TURNS 30

AFTER SPENDING THE LAST THREE DECADES LIVING AT COTSWOLDS RETIREMENT VILLAGE, BETTY WOOLLAM, HAS SEEN IT ALL.

by Jessie Goldie

THIS OCTOBER THE Cotswolds retirement village will celebrate its 30th anniversary and one resident has been there every step along the way.

Betty Woollam was one of the first residents back in 1983 and today is still living in the very same unit.

She fondly remembers the BBQ dinners they would have when they first arrived

“We’d all get out our pork chops and bring them down to the BBQ, and for dessert we’d get stuck into a tub of ice cream,” says Betty.

The area has since been updated and the BBQ itself is always kept in top shape to ensure this weekly tradition continues.

Betty, a keen gardener, is most at home in Cotswolds’ award winning gardens, which

she has helped grow and tend to over the past three decades.

“When I was moving house I potted some of my beautiful violets to bring with me to my new home,” she says. “I got the bug from my mother she was a prolific gardener and now my daughter is too.”

Betty is also thoroughly involved in the maintenance of the village’s library, holding the title of senior library monitor.

Sir Garfield Barwick was one of the first residents too, and he wrote a book and donated it. The book bus comes round and we swap books, there’s always a good selection in there.”

There is always something happening in the village, whether it be art classes, folk dancing or a movie screening, so active retirees like Betty can ensure they will always be busy.

There are also day trips running each week to Glen Street theatre the Ku ring gai Wilder Garden and Bobbin Head among other exciting locations.

Betty is particularly looking forward to the Melbourne Cup celebrations.

“There’s nice nibbles, chicken and champagne, and of course the sweeps - they get very into it,” she says.

More Info:

THE MIRVAC BUILT Cotswolds Village remains a warm, community minded village for the over 55s and is a valued and well respected part of the Turramurra neighbourhood.

The village facilities include an indoor swimming pool, billiard room, computer room and sports hall where Betty enjoys playing indoor bowls.



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There are also 39 serviced apartments, either studio style or one bedroom, situated in the Village Centre.

The levy for the serviced apartment pays for three meals per day, the servicing of the rooms and linen change.

One advantage in buying in **The Cotswolds** is that there are **no Deferred Management fees**.

In the Village Centre, residents are able to enjoy an indoor heated swimming pool and spa and a range of recreational facilities including a library, card room, computer room, a billiard room and indoor carpet bowls. There is also a comfortable lounge area, complete with piano, and a lovely dining room. A public golf course is located opposite the village.

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

All units are fitted with a 24 hour emergency call system to the Registered Nurse, who is on site 24/7.

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

Social activities are also organised on a regular basis for those who wish to participate.

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LUXURY MEETS AGED CARE AT SAILORS BAY ROAD

WITH ONLY A few weeks remaining before the ground-breaking aged care residence, expected to start operations by late October, opens on Sailors Bay Road, the Sydney suburb of Northbridge is abuzz with anticipation.

This residence is the latest and most elegant creation of Pathways Residences, a boutique organisation that provides excellence in care, accommodation and services to older Australians, paving the way for a new standard of luxury and amenity.

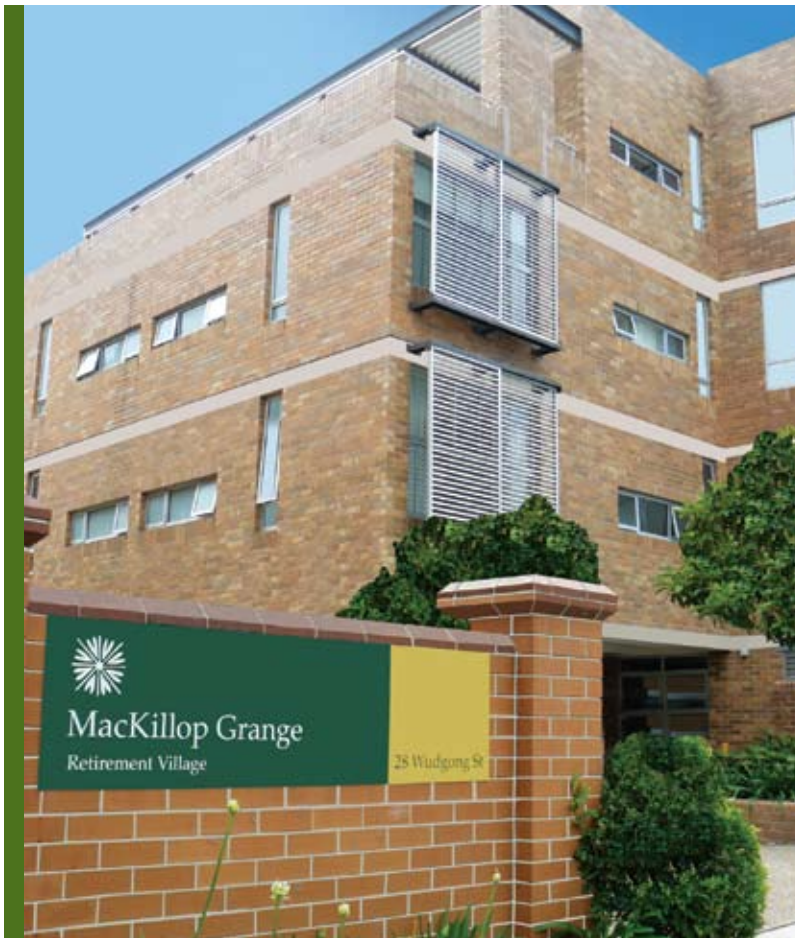
Each Pathways residence features a unique lifestyle program designed to enrich the quality of life of residents through a diverse range of activities. From high tea, group outings and artistic pursuits, the programs are designed to keep both the mind and body, healthy and active. The caring and professional personnel exemplify the other essential component of the Pathways Residences' environment, dedicated to enhancing and enriching the lives of residents.

In a union of care and style offering a level of sophistication and quality not yet seen in aged care - starting with the beautifully detailed interiors, feature gardens and custom artwork, the Sailors Bay Residence will set a new standard in its field.

Among the innovative gardens - designed by the winner of Best in Show at the Australian Garden Show - celebrity gardener Brendon Moar - is a dementia-specific activity garden themed as a streetscape. An Australian first, this unique design initiative was specifically framed to create a space of comfort and positive memory associations for residents with dementia, many of whom have stronger recollections from that period than with more recent times.

The Sailors Bay residence, which will be able to accommodate residents at any one time will also house a Day Club enabling elderly people and people with dementia, who are being cared for at home,

to have a meaningful days outing, in a safe, secure and fun environment. It will also include a dynamic hotel-style in-room active entertainment system, a hair and beauty spa, on-site cafe and an in-house cinema with a person capacity



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PATHWAYS

SAILORS BAY

LEGATEES SUPPORT WAR WIDOWS

EVEN 68 YEARS AFTER THE SECOND WORLD WAR FINISHED, LEGACY IS STILL DEDICATED TO HELPING THE WOMEN WHO LOST LOVED ONES.

by Rose Moloney

LEGACY IS CELEBRATING its 68th birthday this October after almost a century of looking after the widows and children of men who died at war.

One of the volunteers, or 'Legatees', who makes this possible is Killara resident Trish Berghouse, who assists 28 ladies across the Chatswood division.

Most of these women lost their husbands in World War Two. However they look forward to a friendly phone call or cup of tea with Trish, who dedicates her time to making sure they are looked after – she even sends them birthday cards every year.

Trish herself is no stranger to the pain of losing a family member to war, both her and her husband lost their fathers in World War Two.

She remembers Legacy volunteers helping her and her mother while growing up, and since her mother's death seven years ago, Trish has been paying on the favour.

"All of the ladies I look after remind me of my mum," she says.

The ladies she helps, many of whom are housebound or have no family members living close by, share this maternal bond.

"For all of the older ladies it's the contact they appreciate, I'm like a daughter to them in some way," says Trish.

Despite the efforts of dedicated volunteers like Trish, at the moment Legacy is facing a growing problem – a shortage of younger volunteers.

Trish wonders how they will find people to hand the volunteer positions on to.

"We're missing the next generation, there's nobody coming up the ranks."

She encourages younger people to get in touch with Legacy to find out how they can get involved.



Trish Berghouse with images of her father.

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HEARING LOSS: WHAT DO YOU NEED TO WATCH OUT FOR?

15% OF AUSTRALIANS SUFFER FROM HEARING LOSS, BUT IT MIGHT BE PREVENTABLE.

by Amelia Zhou

WHILE THE MOST commonly known cause of hearing loss is due to the natural ageing process, many people are unaware of the increasing risk of preventable hearing impairments.

Raising awareness about the main acquired sources of hearing loss in Australia is a crucial first step in preventing an increase of the number of people suffering from deafness. Approximately 15 per cent of Australians currently suffer from hearing loss and this figure is projected to increase to one

in four Australians by rapidly ageing.

Joanna Magee, principal clinician and director of Audiohealth, urges individuals to seek hearing loss treatment if they think they are affected.

"If hearing loss was treated, the person would have better cognition, better interaction and better communication," she said.

Key areas of hearing concerns identified by Magee are:

Senior Australians:

It is estimated that over half the population aged between 65 and 74 have some form of hearing loss. This figure increases to more than 70 per cent of those over 75 and 80 per cent of those over the age of 85.

A recent study by Australian Hearing revealed that Australians over 65 would prefer to tolerate poor hearing rather than receive treatment.

The study showed that a quarter of Australians aged over 65 believe that there was a stigma attached to wearing hearing aids.

"It's concerning that people are avoiding taking action about their hearing simply because they feel they'll be perceived as looking old," said Janette Thorburn, principal audiologist at Australian Hearing.

According to the study, even those with di-

agnosed hearing loss waited for an average of four years until finally seeking treatment.

Magee said that despite the negative perception of hearing aids, treatment for hearing loss is rapidly improving and there are now more discreet methods to treat hearing impairments.

"Fortunately the technology means that we can provide about 90 per cent of the people with [discreet] type of solutions."

Leisure activities:

Although it is not the most significant cause of hearing loss, popular leisure activities which involve noise, such as going to nightclubs, pubs and live concerts, are increasingly affecting hearing among young Australians.

According to a report published by Australian Hearing, leisure noise exposure can be almost 10 times greater than the allowable workplace noise exposure.

Magee said that young people can tolerate high amounts of low frequency noises more than older Australians, which increases the risk.

"We might think that the noise is at a very comfortable level, but in fact it could be that your brain has become so used to the noise that it's still doing damage to the cochlear without the person actually being aware of it."



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Headphones:

Headphones with a poor fit and high volume carry a high risk of damaging ears.

"Research indicates that about 25 per cent of 10 to 15 year old Australians are using personal stereos with listening levels that are impacting on their hearing," said Magee.

"It's best to invest in some noise reducing headphones so they can block out the background noises and reduce the volume, for example of their Ipods," she said.

Workplace and occupational hazards:

People who work with loud machinery are more likely to suffer hearing damage from office jobs

However instances of industrial deafness have decreased over the last few decades, as employers become more aware of protective measures for those who work in a loud environment.

Magee said those still worried about working in loud environments should invest in noise dosimeters.

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DENTAL DECAY: A PROBLEM FOR SENIORS

by Dr Ian Sweeney*

THERE ARE A number of problem areas facing the ageing population in regards to their dental needs.

Reduced manual dexterity and failing eyesight are two major contributing factors behind increased oral disease in senior years. If patients cannot see the plaque or are unable to remove it, problems will occur.

A history of gum recession or past gum disease results in longer teeth with more root surface being exposed. Root surface is softer than tooth enamel and more prone to dental decay. Prolonged exposure to plaque will result in decay in this area.

Teeth that have been heavily restored with a number of fillings are prone to fracture. Fracture of key teeth in the mouth may have dramatic effects particularly if the tooth in question is a front

tooth or a key support for a partial denture.

These problems are increasingly likely to occur after the age of 65 and the patient may live for another twenty or thirty years in gentle medical and physical decline. Maintenance of dental health presents a series of unique problems under these circumstances.

An Adelaide study into nursing homes showed large numbers of tooth surfaces were covered in plaque and debris. The existing residents had caries decay on both coronal and root surfaces. Coronal caries incidence was 64 per cent and root caries incidence was 78 per cent of existing residents.

The conclusions of the study were that; oral disease experience was high in both existing and new residents. New residents were being admitted to nursing homes with a compromised oral health status. Coronal and root caries were high for existing residents over the one-year period.

Another study compared the incidence of coronal and root caries in community-living older Australians with and without dementia. Their conclusions showed the incidence of both coronal and root surface decay was significantly higher in the community living older adults with dementia over a one-year follow-up period. Contributing factors were: sex males dementia severity moderate to severe), high carer burden, oral hygiene care difficulties and use of medications that dry the mouth.

In order to minimise the effects of decay in the ageing population, regular dental maintenance of all patients is recommended.

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

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10am (Free)
Where: Karuah Park Sportsground,
 Karuah Road, Turrumurra

October 24

The Role of Grandparents
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 tea provided)**
Where: Ku-ringai Council Chambers,
 Level 3, 818 Pacific Highway, Gordon

October 20

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GROWING ONLINE SAFETY RISK FOR SENIORS

BEWARE: SENIOR CITIZENS MAKE EASY TARGETS FOR ONLINE SCAMMERS.

by Amelia Zhou & Tess Gibney

WITH THE RAPID ageing of Australia's population, seniors are becoming a growing target for online scams and fraud.

Research conducted by the Joint Select Committee on Cyber Safety shows that people 55 and older account for four out of ten victims of cyber fraud in Australia.

As the fastest growing online user group, senior Australians are perceived as attractive targets for online scammers due to their access to superannuation, life savings and their assets.

In an incident early last month an 80-year-old man was targeted by two scammers claiming to be Microsoft Windows representatives who asked him to transfer \$10,000 from his NAB bank account.

The senior citizen, John Scott, was alerted by a NAB bank teller before transferring the money, who believed that he was falling victim to a scam.

Fair Trading Commissioner, Rod Stowe, said victims of incidents such as these need to come forward to prevent further scams from reoccurring.

"Many people don't report their experience with scammers to authorities but it is important they do because it helps Fair Trading and other consumer protection agencies warn other people to avoid similar experiences," said Mr Stowe.

It is estimated that Australia loses \$1.5 billion every year to cyber criminals

however Symantec predicts this figure is closer to \$2 billion.

According to the Centre for Internet Safety at the University of Canberra, the issues faced by senior Australians online are common to other online demographics.

While the federal government currently has programs in place addressing cyber security such as Cybersmart and CERT Australia, there are no specific programs in place aimed at senior Australians.

A report published by the Australian Federal Police, said the implementation of the NBN would increase the growth of online criminals' "ability to commit cyber offences due to the attractiveness of the increased speed."

Although Tony Abbott plans to scrap the NBN he is still promising faster internet speeds.

Keith Harvey an experienced computer tutor at Muswellbrook Seniors Club and Woodrising Neighbourhood Centre, gives some top tips to help seniors avoid preventable online scams and fraud:

TIPS

→ Thoroughly investigate all emails you receive that are supposedly sent on behalf of financial institutions. Banks and other institutions are unlikely to ask you to provide your password over an email.

→ Scamming websites often rely on minor typing mistakes to claim their victims. Be vigilant when typing in addresses for bank and other such websites – sometimes the only difference between the addresses is a single letter.

→ Employ common sense. If you receive an email that claims you have won a 'too good to be true holiday deal', it's probably exactly that: too good to be true. If you think that the claim may be genuine, always be sure to discuss it with others first.

→ Never give out your personal passwords to others or divulge them over insecure online mediums.

→ Don't pay companies using money wiring services like Western Union. Always book or pay for things on a secure system using a credit card – that way, if things go awry, you may be able to apply for a charge back.

→ The internet is anonymous – anyone can claim to be anyone. Keeping this in mind, it is always essential to verify someone, or something, is who or what they say they are. Always look up companies, charities and the like to ensure they are legitimate.

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ORGANISATION IS KEY

by Rose Moloney

LAST MONTH ORGANISATIONAL expert, Peter Walsh, spoke to *Sydney Observer* about how to rid our homes of clutter. If you managed to do that, then now it's time to make the most of what you have left. Peter offers some quick and easy ways to organise some of the more important, but difficult to manage rooms in the house



The Master Bedroom

→ No excuses: make the bed

The master bedroom is the single most important room in the house, as it establishes a tone for the whole house. Show that you care about your house by making an effort to make your bed in the morning no matter how rushed you are to get out of the door. Doing so says 'I take pride of place in this room and I'm prepared to invest a little bit of effort into it.'

→ Keep flat surfaces clear

Your master bedroom should feel like a hotel room because it's in that room that you want to create a sense of intimacy, relaxation and closeness. It's hard to maintain this feel if flat surfaces are covered in clutter. Ensure there are no unnecessary items on top of the dresser, the bedside table and on the largest surface at all – the floor.



The Kitchen

→ The magic triangle

The kitchen is the room that nourishes your family. It's the room where everyone always gathers, whether it's just for breakfast or a time of special occasion. For this reason it is essential that you establish a room that is both welcoming and easy to work in – this is where the 'magic triangle' technique comes into play.

The 'magic triangle' is an imaginary space bordered by the fridge, the sink and the cooktop – the main area of movement of any person working in a kitchen. The only things you should have in that triangle are the things you use most often when cooking – knives, chopping boards, pots, pans and slicers.



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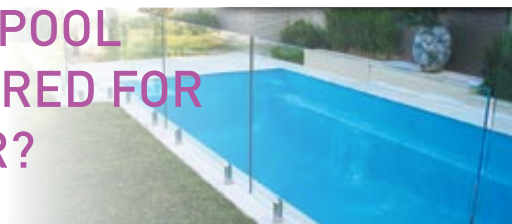
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Considering drowning in private swimming pools is a leading cause of accidental death in very young children, pool safety is absolutely vital.

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4. The gate must self-close from any of its open positions.
5. The gate should be self-latching.

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Anything that you use often, but less frequently, for example serving platters or baking trays, should be one step outside of the 'magic triangle'. While the things you use irregularly like a roasting pan or ice cream maker should be again one step farther away.

The idea is that the 'magic triangle' is the core of activity; working in the kitchen will be easier and more efficient if only regularly used items are kept within this space.

→ **Cardboard box test**

The 'one month cardboard box test' is a simple way of managing all of the gizmos that build up in kitchen draws over time.

Gather all of the extra items in your kitchen that you don't use on a day-to-day basis. Think spatulas, juicers, whisks, colourful cookie cutters and that avocado slicer that you just *had* to have. Put them in a cardboard box on a counter in the kitchen, and for the next month every time you use one of those items put it back in the kitchen drawer where it belongs.

At the end of the month take a look at the items left in the box – if you haven't used them, ask yourself if you ever will. Donate or discard the items you don't need.

Childrens' Rooms

→ **Invest in some toy boxes**

The most important items to put in a child's room are toy boxes – the amount of toy boxes you choose doesn't matter. What does matter is that these toy boxes then act as a limit for the number of toys your child can own.

If they have two toy bins, when the bins are full, they should learn that before they can add a toy, they should get rid of a toy – preferably by taking it to a donation centre or perhaps by giving it to a younger sibling. Not only will this prevent a toy build up, it will also give them a sense of passing toys on to others.

→ **Establish a routine**

Ensure your children understand that when they have finished playing they need to put but their toys back where they belong – in the toy boxes. Establishing this routine is a simple way to ensure their rooms remain tidy.

More importantly it also teaches them to contribute as part of a family. Children learn that they have personal responsibility for their toys and that it's their job to take care of them.



More Info:

Peter Walsh worked on the Oprah Winfrey Show for five years before it ended. He is now the star of Extreme Clutter on the Oprah Winfrey Network and recently returned to Network TEN's The Living Room. Visit his facebook page for more tips: www.facebook.com/PeterWalsh

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WEEDING OUT THE BAD GUYS

EQUIP YOURSELF WITH THE KNOWLEDGE YOU NEED TO FIGHT OFF THOSE UNWANTED GARDEN WEEDS.

by Hugh Meyers*

WEEDS PRESENT A constant battle for gardeners. They show up when you're least expecting them, threatening the pristine lawn and neatly manicured lowerbed you have worked so hard to grow and maintain. In fact, if all plants were as easy to grow as weeds, then maintaining the garden would be easy. However before you head into battle with your garden weeds this spring, it's important to know how they got there in the first place

Why are weeds a problem?

To start with they are strong competitors for water and sunshine and can smother the 'good guys', while some of the climbers can destroy a brick wall or kill their host. Many weeds provide a winter home for pests like aphids and mites of various kinds. These pests are just waiting to warm up and attack your plants in the spring!

Health wise they can be poisonous to humans and pets, cause skin rashes when brushed against and in some cases cause breathing problems due to their high pollen count.

Where do weeds come from?

Many plants in their home country are considered regular garden plants, but when they come to Australia they run riot and become a pest. Why is this? Quite often climatic conditions or native insects keep them under control in their homeland. However when they are introduced into Australia, where none of these conditions exist, they rapidly become a pest.

Many weeds are unwittingly introduced. A prime example is the bitou bush introduced by the government to the Northern Beaches of Sydney from South Africa to control the sand dunes. It has since become a fearsome weed that we are trying to eradicate.

How do weeds spread?

→ Laziness

If you have a contractor come in and mow your lawn, make sure they hose down the lawn mower beforehand. More than one good lawn has been ruined by a careless contractor bringing in weed seeds from a previous job.

If a weed is lowering on your lawn get rid of the lower before you mow the lawn then dig out the root later.

→ Wind

Do you remember as a child pulling dandelion puff balls out and blowing on them to watch the little parachutes drift away in the wind? Everyone of those little parachutes had a dandelion seed attached to it. Another plant that uses this method of spreading its seeds is the moth vine. If you grow the moth vine get rid of the seed pods before they ripen.

→ Birds

Birds are also a major cause of weeds spreading. Those bright red bunches of berries on the cotoneaster shrubs look quite attractive - birds think so too so they eat them and spit the seed out. Next season you could have a new cotoneaster half a kilometre away.

→ Waste

Garden rubbish dumped in bushland or beside a quiet road can lead to the spread of out-of-control exotics in the bush. The smallest piece of a succulent will strike if given half a chance as will any discarded bulbs. Onion weed infested soil, sometimes used by unscrupulous landscapers or dumped unwittingly by gardeners, will shoot up with no trouble. To avoid this, take garden rubbish to the tip where it will be properly composted.

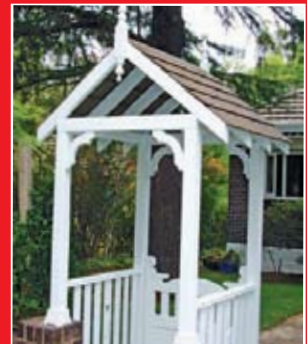
*Hugh Myers is a member of the Ku-ring-gai Horticultural Society inc. The society meets on the first Tuesday of the month at St Ives Village Hall, Memorial Rd, St Ives (opposite Woolworths) at 7:30 pm. Visitors are welcome. Phone 9449 6245.



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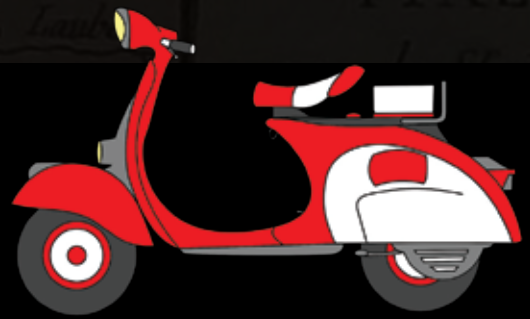
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IN ITALIAN DINING, antipasto is not simply the start of your meal; it is an invitation to an experience. At Lounge you can enjoy our chef's antipasti with vino chosen by our award-winning sommelier, with live entertainment in our relaxed lounge area. Alternatively, you may decide to indulge in one, two, three or even four course dining in our elegant restaurant. Lounge you to experience the best produce of the seasons, the best wines from the world at the highest standard of hospitality we can offer to all our guests.

Lounge is also the perfect location for your functions and parties, and hosts its own special events for the local community. Upcoming events include Meet the Winemaker on October 26, to

celebrate Good Food Month where sixth generation winemaker Scott McWilliam of McWilliam's Wines will present the art of making and matching wine with food as you indulge in a four course dinner with wine.

Lounge will also host Melbourne Cup festivities on November with a special three course set menu lunch with complimentary champagne on arrival, prizes and a live screening of the race.

MORE INFO:

Website www.lounge.com.au



Mario's Cucina is the culmination of the dreams of husband and wife team Fiona and Mario Ambrosino.

AFTER SERVING AN apprenticeship under the guidance of chefs such as Armando Percuoco and Mark Armstrong, Mario gained extensive experience at famous restaurants in London, Sydney and Italy.

In London Mario worked at restaurants including, Coast restaurant Bibendum Asia de Cuba The Pheasant and The Dolomites. Having lived in both Australia and Italy Mario's passion for quality fresh produce and Italian flavours comes naturally and he brings this to his menu at his restaurant, Mario's Cucina and wood fire pizza bar.

Experience traditional Italian culinary delights at Mario's Cucina where the flavours of fresh produce clearly shine throughout the menu. From the rustic simplicity of traditional wood fire pizzas and fresh pastas, to the substantial kids menu and delectable desserts this Italian restaurant offers something for everyone.

Make Mario's Cucina your next venue to eat out, or even consider hosting a function there.

More Info:

Website: www.marioscucina.com





CURTIS' TOP PIZZA TIPS

Perfect your pizza-making technique with tips from Curtis Stone.

- ➔ Don't overproof the dough. Doing so will make the dough hard to work with and to roll into the desired shape.
- ➔ After rolling out the dough, dust your pizza paddle with semolina flour instead of plain flour. Semolina will give the dough more flexibility to move around the paddle.
- ➔ When assembling the pizza, less is always more. Don't use too many toppings or too much sauce!
- ➔ When using a pizza stone, make sure you put the stone in the oven as you turn the oven on. A pre-heated pizza stone will ensure a crispy crust.
- ➔ Before slicing the pizza, allow it to rest 30 seconds once out of the oven. By doing so, the cheese has an opportunity to settle making it easier to slice.



Our first restaurant opened in St Ives in 2000 and in 2011 we opened another one in Wahroonga. All our food is fresh and homemade by our chefs and recently advocate newspaper declared our restaurant in Wahroonga.

"Amazing street food in a fast paced exciting atmosphere, Hanuman Thai is a must on the upper north shore"

Proud to serve you a real taste of Thai and experience our friendly service from The land of smiles.

St Ives 99884667
Wahroonga 94872189
Lindfield 94169301

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(This promotion is not in conjunction with any other promotion)

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25 Falcon Street Crows Nest
www.tasteorganic.com.au

THIRD GENERATION DUTCH BAKERY

HONINGS BAKERY IS bringing the tradition of Dutch master crafted baked goods and pastries to Sydney for the first time

The family run business, opened its doors in Sydney's north shore in February this year and now supplies a range of exquisite baked goods and pastries to both retail and wholesale markets.

Luuk Honings grew up in the family business and has baking in his blood. He is the third generation Honings to continue the family tradition carefully nurtured and refined in his native Holland.

My family has been baking since and the great traditions and priceless recipes have been passed down from generation to generation."

The Honings range includes a never before seen range of sweet pastries that bring the taste of Europe to Australia.

Honings also has an online ordering system for its baked goods. Customers are able to order online for next day pick up or delivery. It is fast and convenient, especially for local wholesale customers.

More Info:

Address: 101 C Burdett St Hornsby

Opening Hours: 9 am - 5 pm Tuesday - Friday and 9 am - 6 pm Saturday

Website: www.honings.com.au

WITHAM'S PROVIDES QUALITY COFFEE

SYDNEY'S NORTH SHORE is home to speciality coffee roaster Witham's Coffee. After establishing their boutique coffee business in Waverton almost two decades ago, Witham's now roast and distribute their premium freshly roasted coffee beans from Hornsby.

Each day the coffee roasters churn away roasting beans from around the world in order to fill their wholesale cafe and of course orders. The roastery boasts a wonderful retail shop and cafe, where customers can purchase coffee beans straight from the roaster including origins such as Ethiopia, Guatemala, Kenya, Costa Rica, Colombia and Nicaragua to name a few.

A great selection of coffee equipment is available such as coffee syphons, Chemex filters, espresso machines, grinders, domestic roasters, barista tools and accessories.

Witham's child-friendly cafe serves light lunches and tempting sweets accompanied by the freshly roasted Bean of the Day. Barista Training Courses and Coffee Appreciation Workshops are run on a regular basis for budding baristas or coffee enthusiasts alike.

More Info:

Website: www.withams.com.au



KIPLING'S GARAGE BAR NOW OPEN!

We look forward to welcoming you to Turramurra's new wine bar, a place to relax over a drink with friends or enjoy a few dishes from our Street Food menu.

Monday to Thursday 5pm
Friday Noon to Midnight
Weekend breakfast 8am - 11am
Saturday open until Midnight
Sunday open until 10pm



Ideally situated at the bus, train & taxi interchange corner Rohini St & Eastern Rd Turramurra ph: 9440 4088



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📍 514 / 1C Burdett St
Hornsby NSW 2077

🕒 Mon	07:00 - 13:00	☎ 1300 448 228
🕒 Tue - Fri	07:00 - 18:00	✉ info@honings.com.au
🕒 Sat	09:00 - 16:00	🌐 www.honings.com.au
🕒 Sun	Closed	📺 facebook.com/honingsbakery



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LOUNGE 10'47

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McWILLIAM'S
FAMILY WINEMAKERS

MEET THE WINEMAKER

6th generation winemaker **Scott McWilliam** comes to Lounge 10'47 to present the art of making and matching wine with food.

4 Course dinner with matching wines

Bookings Essential, 26th October



www.lounge1047.com.au | 9449 1047 | 1047 Pacific Hwy, Pymble

The Far North

North Turrumurra's newest meeting point.

THE NEW CHARMER on the north shore cos. Aside from a sensational wine selection, dining scene The Far North is an intimate they offer an outstanding range of cocktails mate and welcoming destination in the and premium bottled beers. heart of North Turrumurra It's the creation of a trio of local hospitality experts who dreamed of giving the community somewhere to enjoy fine wines, exquisite food and a great atmosphere.

After years of experience designing and managing bars and restaurants, Brett, Brody and Aiden wanted to create a casual and unpretentious venue in their local area. They lovingly fitted out The Far North with rustic timber and bespoke fittings and stocked the cellar with a select range of wines from the new and old worlds.

The menu reflects this global influence with an eclectic range of share plates featuring everything from prawn dumplings to ta-

More Info:

Phone: 9988 0016

Website: thefar north.com.au




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0412 521 226
www.spiralcellars.com.au

ADELAIDE • AUCKLAND • BRISBANE • CANBERRA
 PERTH • MELBOURNE • SYDNEY

INNOVATIVE WINE STORAGE

SPIRAL CELLARS, THE leading large-scale home wine storage specialist in Australia and the UK has launched its first NSW showcase in Sydney. The showcase features a real Spiral Cellar, which is available for potential customers to view and experience.

Visitors are invited to book an appointment to meet with the distributor for NSW and Victoria and view the 1.5 metre white spiral cellar with rectangular glass trap door, which also features an internal LED lighting scheme and leather step treads. The showcase space is a residential setting, with the cellar located in the main living area to enable visitors to imagine the cellar in their own homes.

Spiral Cellars has a heritage of more than 30 years of installing its expert cellars and wine storage into people's homes. Launched in Australia in 1982, the company offers its unique storage solutions to wine and design lovers across NSW, Victoria, South Australia, Western Australia and ACT.

For Bookings:

Phone: Neil Smallman 9340 7515, 0412 521 226

Email: sydney@spiralcellars.com



*A relaxed and intimate
place to gather.*


Welcome to The Far North,

an inviting new wine bar and restaurant in the heart of North Turrumurra. This jewel of the North Shore is the creation of a passionate team with roots in the community, who dreamed of making a welcoming place for locals to meet amid sensational wines and fine food.

Tastefully appointed with rustic timber and bespoke fittings, it's the perfect atmosphere to enjoy conversation, a meal and a glass of wine with friends. Come relax in the warm ambience of The Far North.

Opening Hours – Tue-Fri: 5pm–11pm and Sat-Sun: 12pm–11pm
For bookings over 8 people please email: bookings@thefarnorth.com.au

The Far North, 1/270 Bobbin Head Road,
Turrumurra, Sydney, 2074

T: 02 9988 0016 W: thefarnorth.com.au  /TheFarNorthNT

the far
north
NORTH TURRAMURRA

OCTOBER 2013

October 9 – 12, 14 – 19, 21 – 26 Night Noodle Markets

5pm – 10pm (Free)

Don't miss the prime event of October's Good Food Month. Enjoy Asian street food at this annual market in Hyde Park, with over 40 food stalls, bars and nightly entertainment. Feast on shanghai pork buns, Thai noodles, duck pancakes, and Vietnamese desserts.

Where: Hyde Park North, Sydney

Contact: www.goodfoodmonth.com



11-19 October Calendar Girls

Wed-Sat 8pm, Tues and Sat 2pm and Sun
5pm matinees (\$32-\$38)

Calendar Girls is coming to the north shore! Based on the award-winning 2003 movie starring Helen Mirren and Julie Walters, the play (like the movie) has been an international hit, including sell-out seasons on London's West End. Get your tickets now!

Where: Zenith Theatre, McIntosh St, Chatswood

Contact: 9777 7555

October 12 – 13 Darling Harbour Fiesta

Saturday: Noon – 10pm, Sunday: Noon –
6pm (Free)

This two-day festival celebrates everything Latin-American, from a carnivals parade, to performances from Latin reggae artist Quique Neira.

Where: Tumbalong Park, Sydney

Contact: www.darlingharbaor.com

October 13 Gordon Markets

8.30am – 3.00pm

On the second Sunday of every month Gordon Markets sell a variety of items including furniture and antiques, clothing, tools, books and bric-a-brac. If you're looking for a bargain then make sure you check them out this month.

Where: Second floor of the Council Car Park in Wade Lane, between Gordon Railway Station and Gordon Shops

Contact: gordonmarkets@gmail.com

October 17 Ku-ring-gai Lantern Club Fashion Parade

10.30am (\$20)

Get a preview of Spring/Summer 2014 garments presented by Betty Annette of Cammeray. Proceeds will go to the Royal Institute of Deaf and Blind Children, so go along to support a good cause. Morning tea will be provided.

Where: Turramurra Uniting Church, Turramurra Ave

Contact: Margaret 9144 7372, Rosemary 9449 5274

October 19 Round She Goes: Pre-loved Fashion Market

time (\$price)10am – 3pm (\$2 entry)

Originally hailing from Melbourne, this women's pre-loved fashion market has recently launched in Sydney with much success. Over 60 market stalls will be selling pre-loved and vintage clothing and accessories. With designer and one-off finds, there will be plenty of bargains to be found.

Where: Marrickville Town Hall, 303 Marrickville Rd, Marrickville

Contact: 0433 131 864

www.roundshegoes.com.au



October 20 Crows Nest Festival

10am – 4pm (Free)

The biggest annual street festival in North Sydney is back this year. Featuring 250 market stalls with food, wine and fashion and three stages of live bands and entertainment, a petting zoo, and amusement rides, there will be plenty to do for the whole family!

Where: 1 Willoughby Rd, Crows Nest

Contact: www.crowsnestnsw.com.au/crowsnestfestival2013

October 20 Spring Cycle

(\$42.50 - \$120)

The biggest annual event for cycling pros and amateurs of the year, the Spring Cycle is back for its 30th time. Riders can choose three race options according to the level they feel most comfortable in.

Where: Sydney

Contact: 9704 0800, springcycle.com.au



October 24 – Nov 10 Sculpture by the Sea

(Free)

Sculpture by the Sea returns to Sydney for the seventeenth time. Make a day trip out to see the creative installations along the coast, while enjoying Sydney's iconic beaches.

Where: Bondi to Tamarama coastal walk

Contact: 8399 0233 or email info@sculpturebythesea.com

October 27 The Prisoner of Second Avenue

2pm (Concession \$15, Adults \$20)

The Actors Forum final production for 2013 is the comedy 'The Prisoner of Second Avenue' by Neil Simon, always a favourite with audiences. The play deals with the trials and tribulations of a man who feels that the pace of life in New York is getting beyond him.

Where: Marian Street Theatre, 2 Marian St. Killara

Contact: 9498 7671

FOODIE GIVEAWAYS

HIGH TEA FOR TWO AT THE SOFITEL WENTWORTH

So itel s Afternoon Tea at the Wentworth is a return to high tea tradition, featuring a full range of deluxe Ronnefeldt Tea, sweet and savoury treats, and the Wentworth hotel's very own signature cheesecake - resurrected from an original recipe created around the time the Wentworth opened as Sydney s very first ive hotel in Two people will win the chance to indulge in chocolate mousse cadeau financier hazelket lemon curd tart warm scones and a selection of sophisticated inger sandwiches plus welcome glasses of champagne.

5 X CURTIS STONE EVERYDAY PIZZA STONES

Do you struggle to make the perfect pizza Never fear this month Sydney Observer is giving away ive of the Curtis Stone Everyday Pizza Stones. Use a pizza stone and Curtis' cooking tips to create crispy spring pizzas. Whether mushroom and prosciutto or zucchini and prawn are your favourite pizza toppings, everyone will benefit from this innovative product

2 X SUNBEAM SNACK HEROES CAKE POP MAKERS

Anyone that has attempted to make cake pops before will know that it isn't easy always easy to achieve that picture perfect round look you see in magazines. Luckily the Sunbeam Cake Pop Maker takes the pain out of the process, allowing you to make six perfectly round cake pops in one go, using any cake or brownie mix. The cake pops set in just 8 minutes, which leaves plenty of time to decorate your cake pops before the special event.



If you would like to enter any of the giveaway draws, tell us in 25 words or more, what you liked in this month's magazine. The best entries will be published* and go in the running for our monthly giveaway in the next issue of the magazine. **PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 25th of the month.**

CROSSWORDS

HANDY 0333 (TAKINGS)

Novice 0789

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WORDSEARCH

PX2504 - STAGECOACH

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F	D	O	E	W	E	Q	M	B	G	T	S	E		
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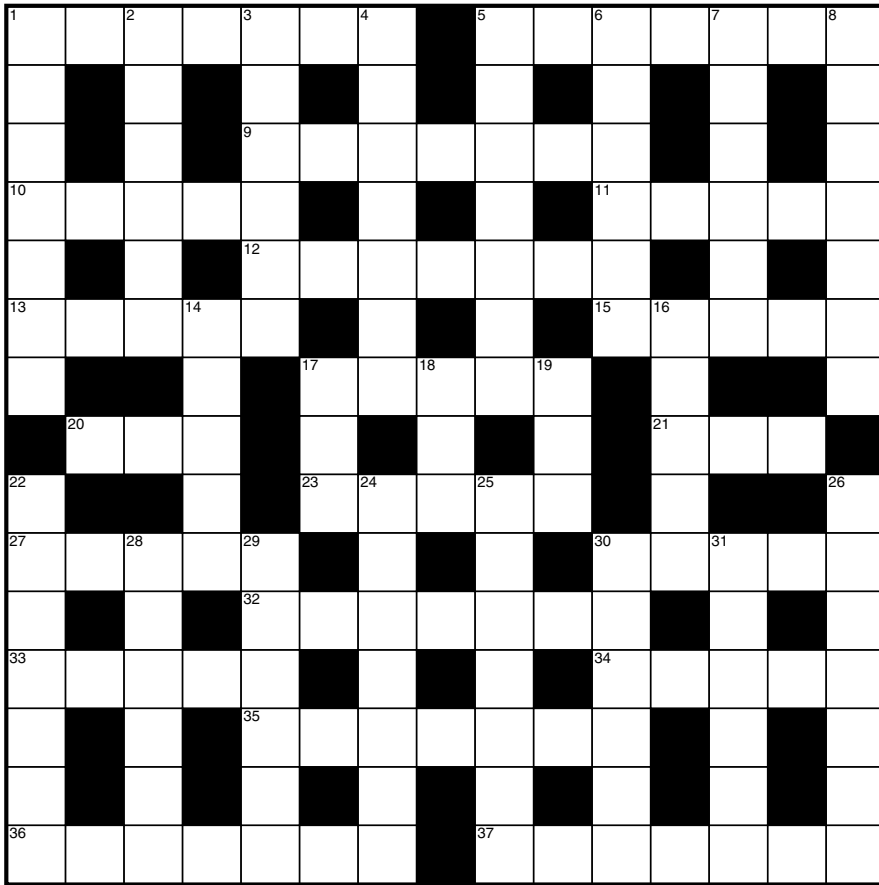


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Crosswords

HANDY 0333 (TAKINGS)



Across

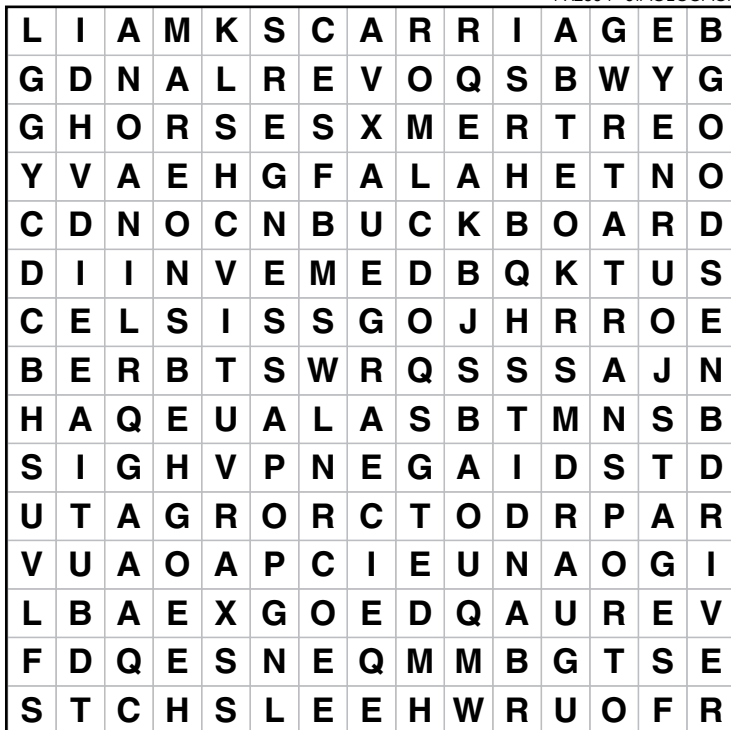
- 1. Shop's daily earnings
- 5. Cul-de-sac (4,3)
- 9. Wheelers & ...
- 10. Fork point
- 11. Ire
- 12. Imposing structure
- 13. Hammers & chisels
- 15. Aerial tracking system
- 17. Fabricate (illness)
- 20. Mob crime boss
- 21. Street directory
- 23. Surfaced
- 27. Do business
- 30. More bizarre
- 32. Record spinners
- 33. Desert plants
- 34. Nuisance (phone call)
- 35. Shoulder blade
- 36. Groomed feathers
- 37. Guaranteed

Down

- 1. Beverage vessels
- 2. Japanese robe
- 3. Gentle prods
- 4. Coastal
- 5. Losing weight
- 6. Speak back
- 7. Swell
- 8. Falters
- 14. Striped
- 16. Directed
- 17. Animal hair
- 18. ... & outs
- 19. Insane, ... compos mentis
- 22. Snooty (5-2)
- 24. Emerald Isle
- 25. Rescued disaster victim
- 26. Trudged
- 28. Shopping corridor
- 29. Inventor, Thomas ...
- 30. Hollywood's movie prizes
- 31. Fabric retailer

Wordsearch

PX2504 - STAGECOACH



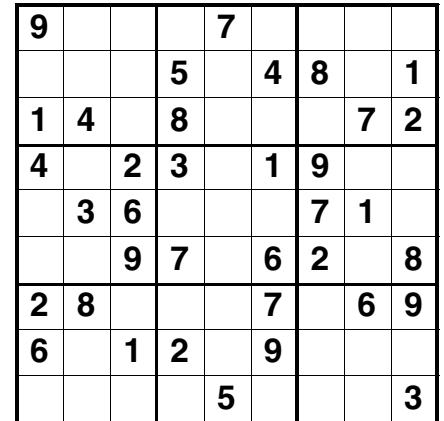
Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

- | | | |
|-------------|----------|------------|
| BAGGAGE | GOODS | PASSENGERS |
| BANDITS | GUARD | PUBLIC |
| BRACES | HAUL | ROADS |
| BUCKBOARD | HEAVY | ROBBERY |
| CARRIAGE | HORSES | SEATS |
| COVERED | INN | STAGES |
| DISTANCE | JOURNEY | STATIONS |
| DRIVER | MAIL | TRANSPORT |
| EXPRESS | MULES | WAGON |
| FOUR WHEELS | OVERLAND | |

SUDOKU

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

Rating: ★☆☆☆☆



Novice 0789

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GLADESVILLE
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