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10 page feature

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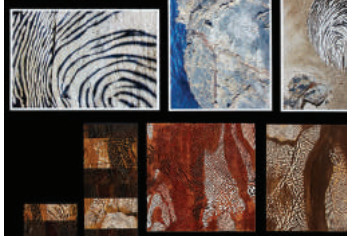
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SYDNEY RESIDENTS MISSING OUT ON MILLIONS IN LOST SUPER

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FROM THE TEAM

It's April in Sydney and that means it's school holidays and show time. This month Sydney Observer takes a look at some adventurous outdoor activities for the kids during the holidays. For the empty nesters we've included some great South Coast getaways - perfect as the weather begins to cool.

This month's profile features local boy Keegan Joyce and his ascension to national TV on Rake and his love of musicals and theatre. Joyce is a King's School old-boy and we have a feature on the school's Future Project development which is fostering collaboration between budding researchers and University of Sydney academics.

Autumn has been unseasonably warm this year, but Sydney promises to cool down for the winter and we have some great tips for keeping fit as the weather chills out.

And if you're going to be spending more time indoors over the coming months, we have some tips on creating your own online presence with a blog. It's fun and can even make money.

Many seniors nearing retirement are looking at their superannuation. We have some advice on recovering the funds from lost super accounts so don't get caught short changed, particularly if you have changed funds over the years.

Have fun this Easter and let us know how you go at the show!



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BOOKING DEADLINE: 20th of the month

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when lips and skin remember and hands feel as though they touch again.
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WONDERFUL ROLE MODEL

What a wonderful role model Karina Carvalho is for young women today! Such a varied life with no two days ever the same. It has certainly made my daughter consider a life in journalism!

Leah Rigney, Turramurra

“HUMAN BODIES BATTLE”

What I liked best in this month's Sydney Observer was the story titled “Human bodies battle against fad of bad nutrition.” As I work with local teenagers I found this interesting and informative, especially the statistics. Eating disorders are a huge problem today and it was great to see you put it out there. Thanks for a great publication.

Mandy Sibbald, Turramurra

“WHAT’S ON FOR SENIORS”

I appreciated the “What’s on for seniors” guide this month as it meant I had some ideas of where I could take my Grandma to celebrate her week of being a senior. As we all know seniors are very important members of the community!

Jacqueline McCarthy, Normanhurst

ENJOY SYDNEY OBSERVER

Open the magazine, straight to Competitions, then Recipes and health tips and advice on nutrition. Travel and What’s On and who is doing what. For us these pages have the lot! Don’t forget the puzzles are there to keep our minds in good repair.

And provide a moment or two to relax and enjoy a nice sunny spot.

Sandy Wingrove, North Turramurra



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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Laura goes purple for Leukaemia



IN SUPPORT OF people suffering from blood cancers like Leukaemia local girl Laura Harvey dropped in to Hairessence in Roseville to bite the bullet and get her hair dyed bright purple.

Laura said she hopes her colourful hair and fundraising efforts will help the Leukaemia Foundation invest millions more in research and provide practical and emotional support to people with blood cancer.

"The work of the foundation has recently become very important to my family. I wanted to do this as it is a great and ex-

pecting way to raise money for the important work of the Leukaemia Foundation."

Today, 31 Australians will get the news they have blood cancer. Laura has already raised \$2,102 and people can donate until June 30.

Hairessence at Roseville proudly donated the stylish purple dye and their expert hairdressing talents to help Laura's noble cause.

If you wish to donate head to: my.leukaemiafoundation.org.au/lauraharvey

Hornsby Ku-ring-gai Women's Shelter moving forward

THE HORNSBY KU-RING-GAI Women's Shelter will officially go ahead, following a decision by the Women's Community Shelters Board to invest \$1 million over three years into the project.

The shelter aims to ensure that more women who have become homeless will have access to short term (up to three months) emergency accommodation.

Hornsby Mayor Steve Russell said the shelter will provide a safe, comfortable and secure environment for vulnerable women.

"This is great news for women throughout Hornsby Shire, offering much needed support for those who are going through tough times," Russell said.

The shelter will provide crisis accommodation, case management and focused assistance to more than 50 women each year.

The Chief Executive of Women's Community Shelters, Annabelle Daniel, has welcomed the reaction from locals.

"The response to the call for support has been wonderful, with contributions from both Hornsby and Ku-ring-gai councils, the Local Domestic Violence Network, Lions Club, sporting clubs, Zonta, Soroptimists and local business."

The local community have already donated almost \$30,000 to the project.



North Shore litterers set for wake up call



LITTERERS ON THE Upper North Shore are set for a wake up call as a new \$50 million program is launched to fight litter and litterers in Australia.

The plan will see local residents able to 'dob' in littering neighbours and a new hot-spot scheme will be set up to support the upper North Shore community clean up the area.


A 24/7 national hotline, an online reporting website and a mobile app will be created to encourage responsible Australians to 'dob in a litterer'.

The Chief Executive of the National Packaging Covenant Industry Association (NPCIA), Stan Moore, said the new measures will help tackle the growing problem of littering in NSW.

"It's time to get tough on upper North Shore residents who think it's okay to toss rubbish from their cars and expect other people to cover the cost of cleaning it up. We're calling on all Australians to do the right thing and dob in a litterer," Moore said.

The NPCIA has partnered with Keep Australia Beautiful to launch Australia's Litter Action Plan in a bid to reduce the overall litter rate volume across the country by 20 per cent by 2025.

"If upper North Shore residents are concerned about the litter problem in their local area, they should visit www.dotheightthing.com.au/register-hot-spot and register their area as a litter hot-spot," Moore said.



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LIVE WELL



HEALTH CHECK: ARE SATURATED FATS GOOD OR BAD?

Dr Rosemary Stanton

IS SATURATED FAT a saint or sinner? Or could the search for a single culprit miss the inevitable subtleties of a multifactorial problem such as heart disease? These are complex questions so let's start with what cholesterol and fats actually are and the different types.

Cholesterol is a waxy substance found only in animal products. It's an essential component of our bodies, easily made within the body. A diet high in particular saturated fatty acids can increase cholesterol production, assisted by genetic factors, to levels that increase the risk of heart attacks.

FATS IN FOOD

The fats in food are categorised on the basis

of their chemical structure as saturated, monounsaturated or polyunsaturated. Polyunsaturated fatty acids are further divided into omega 3s and omega 6s.

Individual foods are defined by the major type of fatty acid they contain. So olive oil is tagged "monounsaturated" although 16 per cent of its fatty acids are saturated and 9 per cent are polyunsaturated.

A "polyunsaturated" margarine spread may have 45 per cent polyunsaturated fatty acids, 30 per cent monounsaturated and 25 per cent saturated. That's less than the 70 per cent saturated fat content of butter, but it's not an insignificant amount!

FATS IN BLOOD

Being insoluble in liquid, fats and cholesterol are carried in the blood in

protein-fat compounds (called lipoproteins).

Low-density lipoproteins (LDL) can deposit cholesterol in plaque on the walls of the coronary (and other) arteries. This can restrict blood flow and eventually block an artery causing heart attack or stroke. LDL cholesterol is often called "bad" whereas high-density lipoproteins (HDL) carry stray bits of cholesterol back to the liver for disposal and are therefore "good".

Triglycerides are the form of fat circulating in the blood immediately after meals. Excess carbohydrate and alcohol also increase triglyceride levels. Any not used for physical activity is stored as body fat.

High triglyceride levels increase the risk, especially when accompanied by high LDL, low HDL and upper body fat.

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FOODS VS NUTRIENTS

Claims that saturated or unsaturated fats are “good” or “bad” are distorted by ignoring their food sources.

Consider that the same quantity of saturated fat is found in 35 grams of cheese, 35 grams of white chocolate, 70 grams of potato crisps, 90 grams of roasted cashews, a small (145 grams) rump steak, a tablespoon of lard, 50 grams of polyunsaturated margarine, a small custard tart or 15 grams of hollandaise sauce.

It would clearly be nonsense to assume these foods were nutritionally equivalent, but judging only their content of saturated or monounsaturated fat creates that absurdity.

In Mediterranean populations, most unsaturated fats come from olive oil and nuts – foods with a wide range of other beneficial components. However, in North America and Australia, major sources of unsaturated fats include products such as frying oils and spreads.

Until fairly recently, spreads were made by partially hydrogenating (adding hydrogen

atoms to) liquid oils. The same process was used for oils for commercial frying, snack foods, confectionery, pastries, biscuits and crackers and anything with a crisp coating.

It took scientists years to realise that partial hydrogenation produces an unsaturated, but nasty trans fatty acid called elaidic acid. This fat raises LDL cholesterol, lowers HDL cholesterol, increases inflammation and has a string of other undesirable effects.

“ CLAIMS THAT SATURATED OR UNSATURATED FATS ARE 'GOOD' OR 'BAD' ARE DISTORTED BY IGNORING THEIR FOOD SOURCES.”

Other processes are now used to make spreads, but we have no way of identifying other foods with elaidic acid as it need not be labelled in Australia. It was recently found in margarine sold in remote communities.

SAINT OR SINNER?

Whether saturated fat is a saint or sinner depends on the quantity consumed and on other features of the food containing it.

Food companies produced many low-fat foods where sugar and refined starches replaced fat. This has been counterproductive – and the diversity of foods containing saturated and unsaturated fats in modern diets has added to the confusion. A simple way through the muddle is to follow dietary patterns associated with low levels of heart disease and other health problems.

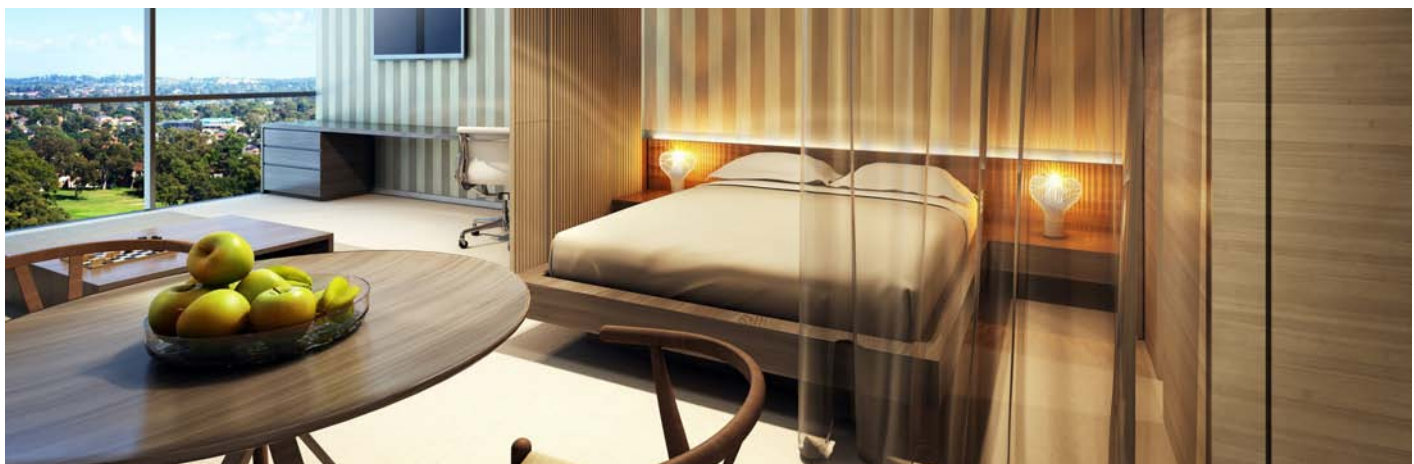
My bias is for Mediterranean dietary patterns that favour few highly processed junk foods, cheese and yoghurt rather than butter and only modest meat intake.

The basis of the day’s meals includes a variety of fruits, vegetables, legumes, nuts and grains, with extra virgin olive oil, herbs and spices. Foods high in butter or sugar are enjoyed on special occasions. It’s an enjoyable and proven healthy way to eat.

Dr Rosemary Stanton is a Visiting Fellow at the UNSW School of Medical Science.

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SYDNEY ADVENTIST HOSPITAL ON TRACK TO BECOME THE BIGGEST PRIVATE HEALTH FACILITY IN NSW

FOCUS ON DEVELOPING MULTIDISCIPLINARY MEDICAL AND ALLIED HEALTH SERVICES TO OPTIMISE PATIENT OUTCOMES.

Mike Fairbairn & Kieran Gair

THROUGHOUT THE PAST century the Sydney Adventist Hospital (San) at Wahroonga has proven to be a crucial centre for health on the north shore. However, a sharp increase in demand and a large-scale redevelopment project will now transform the San into the biggest private hospital in NSW.

The hospital will undergo a \$180 million upgrade to its facilities, in an attempt to deal with the expected rise in patients.

Adventist Healthcare communications manager, Leisa O'Connor, says the development of a new maternity unit, women's health centre, children's centre and a purpose built cancer centre is in line with the Adventist ideal that the San is with you for life.

"The redevelopment will make us the biggest private hospital in NSW. We will effectively be doubling the hospitals size," O'Connor says.

"It will enable us to help the young families with our new maternity centre and we will be able to care for our increasing aging population. We will be able to support the community in every stage of life."

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“THE NEW CANCER CENTRE WILL ALLOW PEOPLE TO GET ALL THEIR TREATMENT IN THE ONE PLACE.”

DR. LEON CLARK

The new \$20 million integrated cancer centre will allow easy patient access to diagnostic, consulting, treatment and recovery services. In an effort to extend the scope of cancer care, the San will also focus on developing multidisciplinary medical and allied health services to optimise patient outcomes.

CEO of Adventist HealthCare Limited, Dr Leon Clark, believes a key feature of the redevelopment will be the new cancer centre.

“The new Cancer Centre will allow people suffering from the disease to come and get all their treatment in the one place. All forms of cancer treatment and recovery will be offered at the centre minimising patients stress,” Clark says.

Facing an expected 60 per cent increase in demand for services within the next 12 years, Dr Clark believes the redevelopment will vastly improve health services in northern Sydney.

“The San is the largest single campus private hospital in NSW with over 2,400 staff, 500 volunteers and 700 specialist doctors,” Clark says.

“We treat more than 50,000 inpatients and 175,000 outpatients each year; and we expect a 60 per cent increase in demand for our services between now and 2026. This is why we must grow and provide new, expanded and refurbished facilities and services.”

With 250,000 patients each year, the redevelopment represents one of the largest construction projects in NSW. Buildcorp, a leading private construction company, was awarded the contract in 2011.

Buildcorp Group Managing Director, Tony Sukkar, says Buildcorp is collaborating with clients and stakeholders, enabling them to deliver true value and transparency.

“This collaborative approach will define the entire project from start to finish, so we can deliver a state-of-the-art redevelopment that will cater to the expected increased need for the hospital’s vital facilities,” Sukkar says.

The redevelopment has been on track for the majority of its construction with the new car park opening last year and construction expected to be fully completed towards the end of September.

The project is expected to increase overnight inpatient bed numbers by 180 to 538 beds to cater for an increase in 35,000 admissions per year and provide for up to an additional 14 operating theatres and enhanced medical consulting space.

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SKILLS SHORTAGE RISKS NORTHCONNEX TUNNEL BUDGET

AUSTRALIA'S LEADING ENGINEERING BODY HAS LASHED OUT AT THE STATE GOVERNMENT OVER FUNDING PLANS FOR THE \$3 BILLION NORTHCONNEX PROJECT

Kieran Gair

HORNSBY SHIRE COUNCIL has welcomed Premier Barry O'Farrell's announcement of a \$3 billion tunnel between the M1 and M2 motorways, linking Sydney's north to the National Highway route and removing up to 5000 trucks from Pennant Hills Road per day.

However, more than 50 residential, commercial and industrial properties will be demolished to make way for the new NorthConnex tunnel and the northern ventilation facility will be built near existing houses on Woonana Avenue and Bareena Avenue in Wahroonga.

A spokesman for Roads Minister Duncan Gay said it is too early to say which proper-

ties will be bought or how compensation will be decided.

"While building a tunnel requires less property acquisition than a surface motorway, some property will need to be acquired for this project," he said. "The project team is committed to working closely with those affected to allow the necessary acquisition to be progressed ahead of work starting in 2015."

The much anticipated project carries a total budget of \$2.65 billion and will be funded through a joint contribution of up to \$810 million from the federal and NSW state governments. The majority of the cost will be funded through toll charges.

The motorway will directly connect northern Sydney to the western and southern roads, linking the M1 motorway at Wahroonga to the M2 motorway at West Pennant Hills.

Government representatives have started to notify property owners their land is needed to build the nine kilometre NorthConnex tunnel and Hornsby Mayor, Steve Russell, believes the motorway will significantly ease congestion and give back local roads to the local community. "This is great news. Council has campaigned for this for a long time and we're thrilled that it's happening. This is going to give Pennant Hills Road back to the local community," Russell said.

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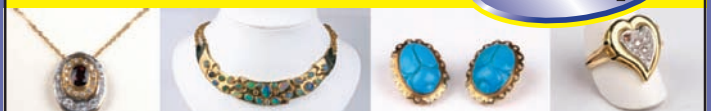
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“No longer will residents of Hornsby Shire have to carry the burden of vehicles, particularly trucks, clogging our roads.”

The twin motorway tunnels are expected to improve opportunities for public transport and motorists will be able to avoid some 40 sets of traffic lights on the Pacific Highway to the CBD.

However, a recent Australian National Engineering Taskforce (ANET) survey revealed 93 per cent of private and public sector engineers believe that governments of all types lack essential engineering capacity to deliver such projects on time and on budget.

Director of Professional Engineers Australia, Paul Davies, warns the Road and Maritime Service (RMS) is underfunded and unprepared to oversee the NorthConnex project.

“Engineers are very concerned that successive government cuts mean that RMS

no longer has sufficient in-house engineering expertise to ensure the government and taxpayers get value for money when it comes to large road projects,” Davies said.

“Worse still, it will be the taxpayer that will pick up the bill when projects are scoped badly, experience cost blow outs, become delayed due to variations and waste escalates through lengthy disputes with contractors.”

While the NorthConnex will reduce travel time, remove an estimated 5000 trucks from Pennant Hills Road and help improve air quality, a Senate inquiry into the shortage of engineering skills in Australia in 2012 revealed 26 per cent of projects costing over \$1 billion end up running more than \$200 million over budget.

Davies believes successive government cuts had been “penny wise but pound stupid”.

“When you consider the \$3 billion

NorthConnex Motorway project, insufficient engineering capacity at RMS could equate to taxpayers’ facing a \$600 million bill, when the reality is that we can’t afford to waste a single dollar,” Davies says. “If Prime Minister Abbott and Premier O’Farrell want to be recognised for their delivery of infrastructure, they need to get serious about building in-house engineering capacity [and] RMS is a pivotal place to start.”

However, Russell believes the benefits far outweigh the disadvantages.

“The benefits are countless: our roads will be safer, our neighbourhoods will be quieter and our air will be cleaner,” Russell said. “I’d like to thank the State Government for taking this action that will bring tremendous benefits to Hornsby Shire.”

Construction on the NorthConnex motorway is due to start in early 2015. See: www.northconnex.com.au



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MEDICINE PRICE CUTS SEES CHEMIST SHAKE UP

COMMUNITY PHARMACIES CLAIM PRICE REDUCTIONS WILL PUT PRIMARY HEALTH SERVICES AT RISK

Kieran Gair

THE VOICES OF 1.2 MILLION Australians were heard in Canberra last month as the largest petition in the nation's history was tabled in the House of Representatives, expressing public anger over the government's decision to accelerate price cuts on a range of PBS-listed drugs.

Price cuts had initially been factored in to happen over a course of five years, however, a pre-election change to the Pharmaceutical Benefits Scheme (PBS) by the former Labor government will mean the price cuts will start in April of this year, leaving pharmacies with less time to adjust.

National President of the Pharmacy Guild, George Tambassis, believes the government's decision will lead to cuts to services such as bowel screening, aged care, home delivery and mother and infant services.

"We have some absolutely fantastic and dedicated pharmacists and pharmacy staff

out there delivering quality medicine advice, primary health care services and important clinical interventions that deliver better health outcomes for patients and savings for taxpayers," Tambassis says.

"We have to ensure this work can continue for the benefit of all Australians including the more than a million who signed our petition."

The Gillard government's August 2013 Economic Statement announced changes to the PBS would amount to budget savings of \$835 million over four years. However, the pharmacy guild launched its petition, 'Pharmacy Under Threat' soon after, claiming primary health care services like wound care management and blood pressure monitoring would be threatened.

Despite the 1.2 million signatures delivered last month to Parliament, a spokesperson for the Minister for Health, Peter Dutton, says

the fiscal situation left by Labor has forced the Abbott government to accept price changes to the PBS.

"Due to the fiscal situation left by Labor – budget deficits totalling \$123 billion across the forward estimates and debt heading to \$667 billion – the Coalition was left with no choice but to accept these savings," according to the spokesperson.

"They were factored into the forward estimates and not to accept them would force the Coalition to find similar savings from other programs."

However, Minister Dutton's spokesperson acknowledged the changes to the PBS will make medicines more affordable for consumers.

"The process of price disclosure means medicines become cheaper for consumers," he said.

While the price reductions for prescription medications for April 2014 have been publicly released online, the pharmacy guild is campaigning against the move, saying if pharmacies are to sustain their businesses and keep employees they need more time to adjust.

The Pharmacy Guild of Australia estimated pharmacies would on average lose \$88,000 in 2014 and 2015 through lost mark-up and trading terms. However, by April 1 the government will reduce the prices of more than 100 medications, some by up to 40 per cent.

Following the launch of the 'Pharmacy Under Threat' petition last year, former Labor Health Minister, Tanya Plibersek, said that as drugs come off patents, paving the way for cheaper generic versions to enter the market, the government should reduce the price consumers pay for medication.

"If the cost of medicines for pharmacists is dropping, then it makes sense that the price the government pays for these medicines should drop too – that's fair, and it's what taxpayers expect," Plibersek says.

Pharmacist in charge at Wahroonga Village Pharmacy, Tom Corte, says while he does support cheaper prescription medicines, the changes needed to be done in a sustainable way or small pharmacies in particular would need to cut free services.

“Speeding up price reforms is unsustainable for pharmacies. Our ability to offer services like blood pressure monitoring, diabetic consultations, webster packing on a daily basis and our capacity to stay open seven days a week will be compromised,” Corte says.

However, the price changes will significantly reduce the cost of some medications used to treat common illnesses like high blood pressure, depression and anxiety.

High blood pressure is the leading cause of coronary heart disease and heart failure in Australia and is currently the most common illness managed by General Practitioners, affecting over 2.1 million Australians and costing the health system over \$5 billion per year.

With prices for amlodipine and lercandipine, used to lower high blood pressure, set to drop by as much as 30 per cent and the price of simvastatin, the most commonly prescribed drug in Australia, to be reduced by nearly 40 per cent, Director of

“**SPEEDING UP PRICE REFORMS IS UNSUSTAINABLE FOR PHARMACIES. OUR ABILITY TO OFFER SERVICES AND OUR CAPACITY TO STAY OPEN SEVEN DAYS A WEEK WILL BE COMPROMISED.**”

TOM CORTE

Communications at the Consumers’ Health Forum, Mark Metherell, believes patients health interests need to come before profits.

“We’re supportive of pharmacies, but the previous arrangement wasn’t transparent enough. Drugs came off patents and drug companies were able to offer deep discounts to pharmacies for generic medicines and the PBS covered all of this,” Metherell says.

“Large amounts of public money go into the PBS and pharmacy owners want to maintain their high revenue, but the taxpayer should not be underwriting pharmacists’ profits.”

The petition calls on federal Parliament to take whatever action is needed to ensure community pharmacies receive the support they need to stay in business, provide patient care, employ staff and remain open after hours.

The government’s steep price reductions on generic branded medicines start this month and negotiations with the Pharmacy Guild of Australia will continue into next year.

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THE MEANING OF ANZAC DAY

Tess Gibney



THIS YEAR MARKS the one hundredth anniversary since the commencement of World War I. Not only was it a war that united our newly federated country: it was the first incidence of major military action for both the Australian and New Zealand forces.

Holding a special place in the heart of many Australians, the mateship and courage of those who fought in WWI has long been remembered. In a testimony to the sacrifice of our soldiers, April 25 signifies the spirit of our Anzacs; and, as a national holiday, has come to symbolise not only the strength of the human spirit but several celebrated Australian values – those of mateship, bravery and self sacrifice.

Though the deep and profound legacy left by our Diggers is undeniable, the relevance of Anzac Day today is something that many people struggle to explain.

For both youth and those born outside of (but living in) Australia, the connection to Anzac Day, and indeed those who fought

and died, is not explicit. No longer are there any living WWI Diggers to remind us of the enormous sacrifice made.

In a 2010 report commissioned by the Department of Veterans' Affairs, it was warned that celebrating Anzac Day could be a point of 'divisiveness' for our openly multicultural society. Despite gaining much media hype at the time, the idea has not recently been given much consideration.

Social analyst and author Mark McCrindle said although 25 per cent of Australia's population was born outside of Australia, "83 per cent of people strongly disagreed" with the notion that multiculturalism might in some way render Anzac Day irrelevant.

"Most people said [Anzac Day] unites people from all backgrounds, due to the freedoms gained, the sacrifice of people from all cultures," McCrindle said.

Local Pymble resident and student at the University of Sydney, Lilly Costello, said Anzac Day to her has always been about peace.

"Anzac Day, I think, is more about peace than it is about war," Costello said.

"I think it used to be about this idea, or conception, of the 'Aussie Spirit', but now today I think it's about valuing peace for all people in Australia at the time. It's really about how lucky we are. To me Anzac Day has always really been about being grateful."

The exact relevance of Anzac Day may not be crystal clear: it holds different, diverse meanings for every individual. For some, it may be overtly personal, representing familial loss and sacrifice. For others it may simply be cause to ruminate on the collective luck we have as a nation.

Regardless of relevance, it is indisputable – the legend of Anzac still resonates for most Australian people. The culture of our country may indeed be changing, but it is a day steeped in tradition and tied inexplicably to the birth of our nation.

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WHAT'S ON: ANZAC DAY 2014



April 25 marks a quintessential Australian tradition – Anzac Day. Collectively, we come together as a nation to celebrate the anniversary of the first military action fought by Australian and New Zealand forces in World War I. Continuing to shape our identity as a nation, the 'Anzac legend' lives on today as a day to remember all Australians who have died for our country in military operations.

Roseville Memorial Club

The Roseville Memorial Club begins Anzac Day with a traditional dawn service – commencing at 5 am in Roseville Memorial Park – followed by a complimentary hot breakfast at 6 am in the bistro. Starting from 2 pm, the Club will run the customary two-Up championship until sundown. Free chicken and ham rolls will be available all day, the bistro will operate normal hours.

Where: Roseville Memorial Club, 64 Pacific Highway, Roseville.

Contact: (02) 9419 6849 or ruth@therosevilleclub.com.au

Chatswood RSL Club

Anzac Day at Chatswood RSL kicks off this year with a 5 am dawn march. Beginning on the corner of Albert Avenue in Chatswood (near the interchange), the march finishes at the Cross of Remembrance (in the Garden of Remembrance) at 5:25 am for dawn service. Afterwards, all attendees of the march and service are invited back to Chatswood RSL for a complimentary morning tea. From 3 pm – 5 pm some light entertainment will be provided by the Chatswood High School band, followed by further live entertainment from 5:30 – 8 pm. The meat raffle will run from 5:30 – 6 pm.

Where:

Chatswood RSL Club, 446 Victoria Ave, Chatswood

Contact: (02) 9419 4765



Harbord Diggers Club

The Harbord Diggers Club in Freshwater boasts the largest two-up game in the southern hemisphere. Starting from noon onwards, the two-up festivities are preceded by a commemorative parade and service. Assembling at 7:30 am at the eastern car park flag pole, there will be a march to the Cenotaph before the commemoration service commences at 8 am. Those present at the service will be welcomed back for a complimentary breakfast.

Where:

Harbord Diggers Club, 66-78 Evans Street, Freshwater

Contact: (02) 9938 1444

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ARTEXPRESS:

SHOWCASING THE STATE'S MOST CREATIVE TEENAGERS

FOUR YOUNG ARTISTS SPOKE WITH SYDNEY OBSERVER ABOUT WHAT IT TAKES TO MAKE IT INTO ARTEXPRESS

Kieran Gair

DRAWN FROM THE most outstanding works submitted for the 2013 NSW Higher School Certificate Visual Arts examination, Artexpress provides privileged access into students' creativity and the issues and ideas that matter to them.

Artexpress showcases a diverse range of artworks from time-based forms and sculpture, to graphic design, paintings and photomedia. The exhibition exposes the most gifted young artists in the state and the *Sydney Observer* heard firsthand from four top North Shore students about what it's like to be recognised as one of the best young artists in NSW.

Nicholas Piper

KNOX GRAMMAR SCHOOL, WAHROONGA

Artwork title: Life cycles

While other students were celebrating the end of year 11, Nick Piper had already started brainstorming possible ideas for his Visual Arts major work.

He decided to use the charred remains of

rope fibres and wood to demonstrate the inevitable process of decay and death.

"Fire is used throughout my work, acting as a catalyst to increase the rate at which the objects decay. This is symbolic of the various issues in our lives that can contribute to our destruction," Piper says.

Piper was shocked to hear he had been selected for Artexpress, but it is no surprise the judges recognised Piper's pure artistic flair. However, Piper points out that careful planning is the most critical aspect of preparing an artwork worthy of Artexpress.

"Your idea will change multiple times and the quicker you can get to your final idea the earlier you will be able to begin making your final body of work," Piper says.

Tracey Poon

NORTH SYDNEY GIRLS HIGH SCHOOL

Artwork title: Smart Solutions®

Tracey Poon decided to put a spin on her Visual Arts major work. She presented her artwork as a business package, designed to mimic peo-



ple's preoccupation with linking celebrations to their social media lives.

Poon cleverly conveys her intricately designed artwork as an example of what 'Smart Solutions®' can do when "food isn't pretty enough for instagram."

"Smart Solutions® provides a multifaceted solution for your next celebration; pre-packaged, non-perishable goods and utensils mean your next meeting or instagram post will not be without tasteful treats," Poon says.

The tongue-in-cheek idea behind Poon's artwork also alludes to the

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cieved the news she had been selected for Artexpress.

"I was really excited because I knew my late grandfather, who was the publisher of Art in Australia magazine would've been proud."

Dennis De Caires
MARIST COLLEGE NORTH SHORE, NORTH SYDNEY

Artwork title: Silence yourself

Dennis De Caires explored the growing disconnect between people and their environment through the less traditional medium of film.

"Now that technology has infiltrated almost every facet of daily life, we are constantly bombarded by audio and visual stimuli, whether in the form of advertising or social media."

"Through eliminating the random noise around us we can begin to reconnect with our surroundings on a deeper level," De Caires says.

He warns that art is highly subjective and so it's important to get input from a number of people and be open to unexpected sources of inspiration.

"Try to visit as many art galleries and exhibitions as you can. I personally found ambient drone music a key influence on the mood of my film and the manifesto of a punk band called Savages helped refine my concept."

"The most important thing is that you are proud of what you have produced, and that it reflects your artistic style and conceptual interests," De Caires says.



downsides of modern life.

"This kit removes the process of emotion from the preparation and consumption of food – with love preinstalled, there's no need to worry!"

Georgina Clark
ABBOTSLEIGH, WAHROONGA
Artwork title: Imprints

After experimenting with different ideas throughout year 11, Georgina Clark came to the realisation that the ridges of a fingerprint bear an uncanny resemblance

to the lines of a topographic map.

"A fingerprint is an impression left by the friction ridges of a human finger, and a ridge is a long narrow hilltop or mountain range."

Clark's lifelong fascination with mountain ranges and landscapes led her to inlay the markings of her palm into different surfaces, constructing a portrait of abstract images. Clark wanted to convey the symbiotic relationship between the land and humans.

"I wanted to explore how our human 'imprints' resonate with the land," Clark says.

Clark says she was "stoked" when she re-

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NATIONAL CURRICULUM REVIEW DRAWS CRITICISMS

FEDERAL EDUCATION MINISTER CHRISTOPHER PYNE WILL OVERTURN LABOR'S CHANGES TO THE NATIONAL CURRICULUM

Rosie Russell

EARLIER THIS YEAR Education Minister Christopher Pyne announced a nationwide curriculum review focusing on streamlining the education system and promising to bring the current curriculum to a world class standard.

Aiming to put the interests of students first, Pyne appointed business professor Ken Wiltshire and former teacher Dr Kevin Donnelly to lead the review.

"The review will evaluate the robustness, independence and balance of the Australian curriculum by looking at both the development process and content," Pyne says.

While the Abbott government is seeking to make the curriculum less 'political' and restore the focus of education to science, technology, engineering and mathematics, the current curriculum devised by Labor prioritised indigenous culture, sustainability and Asia.

However, reports from the OECD's Program for International Student Assessment show Australia has slipped down the rankings and is now out of the top ten countries for reading, maths and science, falling behind nations like Poland and Vietnam.

Pyne believes Australia's education system in its current form is not meeting the

most basic needs of students, particularly those who move onto university.

"I think the fact that universities are teaching maths and English remedial courses is a symptom of an education system that isn't meeting the needs of students who go on to university, and that's something the reviewers will be taking a close look at," Pyne says.

However, federal Shadow Minister for Education, Kate Ellis, does not support the review and believes the solution to Australia's drop in international education rankings is due to flaws in the school funding model.

"What Christopher Pyne is seeking to do, is make a ridiculous and a partisan announcement to draw attention away from the main issue facing Australia's schools," Ellis says, "and that is that this Government broke their promise to introduce the new school funding model."

Ellis has urged the Abbott government to listen to the advice given from the Gonski review.

"What Christopher Pyne has claimed today, is that in six months, two individuals can do a better job of coming up with a national curriculum, than in five years, academic experts all

around Australia working collaboratively achieved," Ellis says.

Pyne has also come under fire following Dr Donnelly's public announcement that religious education should have a greater presence in schools.

"I'm not saying we should preach to everyone, but I would argue that the great religions of the world – whether it's Islam, whether it's Christianity, Hinduism, Buddhism – they should be taught over the compulsory years of school," Donnelly says.

However, President of the Atheist Foundation, Michael Boyd, is uneasy about what results the review will put forward.

"We are a bit concerned with some of the comments that were made by Christopher Pyne and Kevin Donnelly in relation to their beliefs that somehow religion should be a part of the curriculum," Boyd says.

"We think that special religious instruction classes should be abolished. We take the view that there's really no place for special religious instruction in schools because it isolates those students who don't attend the particular religious instruction which is offered."

The final report from Professor Wiltshire and Dr Donnelly is due to be delivered to the Minister of Education by July 31 this year.



GIRLS EMBRACE SCIENCE AND MATHS TO SERVE AND CHANGE THEIR WORLDS

Dr Briony Scott

WE HAVE NEVER been at a more exciting time in educating girls. As we systematically move away from the stereotyped perception that girls are good at English and the humanities, we open the door to the worlds of Science, Technology, Engineering and Maths (STEM) in new and exciting ways.

STEM initiatives at Wenona include a new Space Science Club, a visit by vintage car clubs, a weekly mathematics competition for our community, robotics, programming, and app development.

Wenona has an excellent academic record in the HSC with strong results in English, the creative arts, languages and social sciences, but we are by no means limited by these successes. The world is changing in many ways, and the expectation that girls will be leaders, actively participating across all domains, is as strong as it has ever been.

Among our Wenona alumnae are a number of pioneers in medicine and science, including the late Dr Judith Dey AO whose ground-breaking work with children with Down Syndrome improved many lives.

Wenona applauds the contributions of globally renowned marine biochemist the late Dr Shirley Jeffrey AM (1947), another Wenona alumna, and we are actively encouraging our girls to consider how STEM subjects can help them to serve and shape their worlds.

Our young “rocketeers” in Wenona’s Space Science Club are wholeheartedly enjoying their introduction to the concepts of orbital mechanics. They meet three times a week to refine their skills and understanding of space travel using a highly realistic rocket simulation program called Kerbal. This allows them to develop a deep understanding of the mechanics of rocketry and space exploration without the requirement of the high level of mathematics traditionally necessary in this field.

The visit by vintage car clubs on March 24 enabled all Wenona students to experience a range of classic and vintage vehicles from the 1920s to the present day. Our Year 11 Physics students will see for themselves some of the advances in car safety achieved over the last century, a requirement of their course.

This is an exciting time in history for young people, and particularly women, with advanced technologies giving them access to resources, ideas and skills like never before.

We have plans for Wenona to compete in the Sunsprint Model Solar Car Race in September, and as part of our commitment to embracing Design Thinking at Wenona, young women in Year eight will work with UNSW and UTS engineering students and lecturers to devise a realistic engineering solution to a practical problem they identify around the school.

Students in Years five and six will be involved in a robotics workshop during term three, hosted by Robogals, who are female undergraduate engineering students whose enthusiasm for their subject is infectious.

The next generation of young women are wonderful, inspiring and thoughtful. Given the chance, with high expectations across all disciplines, the humanities and STEM, these caring girls, who have grown up with our motto Ut Prosim, that I may serve, can and will change the world for the better. I am excited by what they can achieve for themselves and for others.

Dr Briony Scott is principal of the Wenona School, North Sydney

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SYDNEY'S CAPTAIN OF COOL:

KEEGAN JOYCE

RAKE STAR TALKS ABOUT LIFE AS ONE OF AUSTRALIA'S TOP NEW ACTORS

Kieran Gair

FOR ONE HOUR every week Keegan Joyce explodes onto our screens in the acclaimed ABC series *Rake*. Joyce plays Fuzz, the mischievous and bad behaving teenage son of Sydney barrister, Cleaver Greene, played by Richard Roxburgh.

At 24 Keegan Joyce has some impressive titles under his belt. The longest serving actor to play Oliver in the musical production of *Oliver*, appearing as Starkey in the Doctor Who spin-off series *K9*, playing the audacious Fuzz in *Rake* and in his latest role Joyce has

dived into comedy, performing in Josh Thomas' second series of *Please Like Me*.

Joyce, a former student of the King's School in Parramatta, shot to stardom at the age of 13 in *Oliver*. With no background in dance or drama Joyce was amazed when he landed his first big role.

Playing the orphan *Oliver Twist*, Joyce was told by Choreographer Geoff Garratt, "you're not the actor Keegan Joyce playing *Oliver Twist*, you're *Oliver Twist* being *Oliver Twist*, that's the hard part". It seems Joyce incorporates that mantra into every character he plays, expertly portraying the innate temperament of characters as diverse as Starkey to Fuzz.

Since performing in *Oliver* all those years ago, Joyce is now focused on *Rake*, where he expertly conveys the quirky and quick-witted Fuzz, who has a penchant for choosing the wrong partners. Unashamedly Australian, *Rake* attracts an audience of over 500,000 each week and neither Joyce or the hit drama is showing any sign of slowing down.

In between a break from playing Fuzz and jetting off to Melbourne to work on *Please Like Me*, *Sydney Observer* got the rundown on what it's like to hit the big time and mix with Australia's most celebrated actors.

You landed your first big role playing Fuzz in the critically acclaimed ABC drama, *Rake*. Since then you have started on Josh Thomas' comedy series *Please Like Me*. Is there a particular genre you're drawn to?

I've been very lucky in the last few years of my career to work on two great shows with fantastic scripts. I'd never worked on a 'proper' comedy show before *Please Like Me* and it has been fantastic experiencing something different to what I've come to know from *Rake*'s special blend of 'dramedy'. At the moment I can't really say what genres I'm drawn to, but I can say that what drew me to *Please Like Me* was the wonderful writing and storytelling.

From dating his English teacher to an evangelical Christian and returning from Africa with a Congolese wife, your character on *Rake*, Fuzz, leads quite a chaotic and wild lifestyle. Are there any similarities between yourself and Fuzz?

I'd love to say yes – that I'm a chaotic mess with a great mind like Cleaver or Fuzz, but alas no! Fuzz and I share a few similarities and I think that's our absolute stubbornness to do anything but what we want. I was always a 'teachers pet' in school and I hate confrontation. I keep to myself nowadays and would never ever consider doing some of the things Fuzz tries to get away with.

“ I'VE BEEN VERY LUCKY IN THE LAST FEW YEARS OF MY CAREER TO WORK ON TWO GREAT SHOWS WITH FANTASTIC SCRIPTS.”

KEEGAN JOYCE



PROFILE

What have you gained from your first experience in a supporting role?

It has been absolutely wonderful to work with incredible scripts, incredible crews and some of Australia's best directors but as for inspiration it's hard to beat the likes of Richard Roxburgh and the entire ensemble and guest appearances in *Rake*. I've been really fortunate to watch them perform their jobs amazingly, so it has been a great learning experience for me. In the most recent season of *Rake* my character returned as a replica of his father. Richard was wonderful and helped me get the perfect 'Clever' down on tape.

Why do you think audiences continue to return in droves to watch the fictional scandals and self-destructive characters in *Rake*?

I think *Rake* is kind of special because not only is it a great story that people are drawn to (people love seeing chaotic genius), but it's also special because it's iconic to Sydney and so Australian in the way of location, quotes, and actors. Audiences are loving the hilarity of this remarkable character and the stories that are trying to push the envelope of Australian TV, but it really is Richard Roxburgh who brings him to life. So I think it's a combination of everything that keeps them wanting more.

Why did you decide to embark on a career in acting, has it met your expectations?

I'm glad you asked this question; some actors say that they chose a career in acting because they "can't do anything else" or they "don't have a passion for anything else". It seems like their career was thrust upon them. I hate to think of it this way because I'm really passionate about the fact that I chose it, not the other way around. In saying that, I've had some incredible luck working from a young age and then getting more and more work as I've become older.

I love my career because it gives me the opportunity to work in so many different fields and think about so many different things. No day is ever the same and I love it.

I had a really great grounding from my family and teachers when I was growing up. They knew I was going in this direction and I think were wise enough to guide me into having realistic expectations about the



“ I LOVE MY CAREER BECAUSE IT GIVES ME THE OPPORTUNITY TO WORK IN SO MANY DIFFERENT FIELDS. ”

KEEGAN JOYCE

industry. I've got a great family, girlfriend and management team behind me who support me in what I do and what I want to do.

You were the longest serving actor to play Oliver in the musical production of *Oliver!* Would you consider returning to theatre?

I'd love to return to the theatre. I'd especially love to do a play as I've only ever done musicals in the theatre. As for music theatre – of course! It's where I started and I'm currently finishing my degree in Musicology at the Sydney Conservatorium of Music so I've never lost my passion for Music. Hopefully I'll be returning there real soon and continuing to film for television.

What are your long-term goals and future career plans? Will we be seeing you in films?

You will I hope! I'd love to continue working in television. I think I'll make a go at the US market eventually, but I'm not in any hurry at all. I want to make sure I've got a great grounding here before I try anything elsewhere.

As for my long-term goals I'd love to conduct for choir one day and also write my own music and release a record. There is definitely enough to keep me occupied in television and theatre at the moment so I won't rush into anything. Unless it's going to be really great and something I'll be proud of there's no way I'm going to touch the music venture stuff so I think it's a little way down the road. On a side note I sang tenor on a recently released album "Mysteries of Gregorian Chant" and things in music are happening for me as well I guess.

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“Education at King’s is about more than just a mark. King’s encourages boys to find their passions and develop the related skills, whether they be in sport, science, drama or music.”

**Hugh Taylor
School Captain 2014**

One on One with School Captain, Hugh Taylor

“Let’s make it a great year!”

While these words may seem non-descript, when spoken by School Captain, Hugh Taylor, they have the power to set the tone for the 2014 school year.

A Kingsman through and through, Hugh began his journey with The King’s School in Year 4 and is now embarking on his 9th and final year as the 2014 School Captain.

“School leadership is important as it provides a student based sense of direction and provides a sense of pride and passion,” says Hugh, “I am looking forward to working together with all Year 12 boys and making this our best year yet.”

Hugh has recently returned from a rugby tour that took him and his team mates through the UK and France. “I love learning about new cultures and bringing the experiences back home to Australia.” This, no doubt, is due in part to the time he spent living and attending school in Indonesia and Singapore with his family when he was young.

Hugh is currently taking biology and physics

for his HSC and also has a keen interest in Engineering and hopes to be able to combine these areas after leaving King’s. He will also be sitting the SAT (Scholastic Aptitude Test) later this year, to help open doors to American universities.

“Education at King’s is about more than just a mark. King’s encourages boys to find their passions and develop the related skills, whether they be in sport, science, drama or music. King’s fully supports each boy’s interests and abilities and gives you everything you need to excel in those areas.”

Hugh is also participating in the School’s current advertising campaign across Northern Sydney. The campaign focuses on how a King’s education can support a boy in achieving his dreams and help him answer questions like, “what do I want to be when I grow up?” “I’m happy to be able to help the School and I’m looking forward to seeing the response from friends and the School community,” says Hugh. His role as School Captain is just another example of Hugh’s commitment to his education and helping others along the way. Outside of his studies, Hugh enjoys sport (especially rugby), playing the guitar, and the School’s Cadet Corps.





The Future Project

In an Australian first, The King's School opened a world class research and teaching facility - the Science Centre on 7 March 2014. The vision of teachers Brad Papworth and Roger Kennett, the Science Centre will be home to a number of commercial research teams as well as hosting researchers from the University of Sydney Faculty of Engineering and IT.

□ In an age that is in desperate need of scientists and in an age where science is not being supported as much as it should be, we need initiatives like this that can help raise up the next generation of scientists □ said Roger Kennett.

Together with his colleague, Brad Papworth, Mr Kennett put in place, *The Future Project*. This initiative is designed not only to forge links between students and scientists, but to establish links between King's students and students in other schools who have an interest in Science.

Complete with 18 teaching laboratories and a dedicated research facility, the Science Centre will house up to 16 full-time scientists from universities and the commercial world, who are engaged in cutting edge research. Part of this research will be undertaken in partnership with students from the School allowing them to engage in authentic scientific research. Boys will also have the opportunity to contribute to scientific journals, allowing them to graduate from King's and enter university already having worked on published research.

Speaking on the night of the opening, King's Headmaster, Dr Tim Hawkes, reiterated the ever growing need for science education here in Australia. *The Future Project* will provide gifted students with the ability to work alongside industry partners to develop the skills and techniques taught in the classroom in a practical manner. King's students have also been working



Australian home for research into the process of fractionation which is a less damaging way of separating blood plasma to create the disease fighting drugs.

Key members of the PrIME Biologics team Executive Chairman Dr Hari Nair and Managing Director, John Manusu were both present on the first day to see the students' reactions first-hand and provide some insight into their research and involvement with King's. Both Nair and Manusu are excited about involving King's boys in their research and are hoping to instil in students the excitement of doing a scientific experiment, starting from designing an experiment through to obtaining the results, says Nair.

"We are trying more than anything else to



"The Future Project will provide gifted students with the ability to work alongside industry partners and develop the skills and techniques taught in the classroom in a practical manner."

make science real, what it means to a society, and why they should become scientists," adds Manusu.

Vitramed Bioscience is currently working on ways to better detect, diagnose, and treat gastrointestinal diseases such as Crohn's Disease. "It is fantastic to be here and embrace a new opportunity and working environment," says Belinda Chapman from Vitramed. King's students have taken part in a six-week intensive science boot camp where they learn the basics of working in a research laboratory from setting up experiments through to proper research techniques. "We are really looking forward to having the students in the laboratory and guiding them through the research process," says Vitramed researcher, Michelle Bull, who will be working with Ms Chapman and King's students throughout the year.

The Science Centre will also be open to students from around the country who have an interest in science. School groups are encouraged to contact The King's School to find out how they can become involved.

on stem-cell research and other projects as varied as animated biomedical presentations to the archival display of scientific artefacts. The most recent challenge in the area of scientific display was to hang Dick Smith's helicopter from the roof of the new Science Centre. On loan from the Powerhouse Museum in Sydney, the Bell 206B Jetranger III helicopter was used by Dick Smith in 1982 to fly solo around the world.

Students will have the opportunity to work side by side with researchers from PrIME Biologics and Vitramed Bioscience. Both organisations are working on finding disease curing medications that will benefit not only Australians, but people around the world who are in need of life saving medical treatments. PrIME Biologics is a Singapore based company working on solutions to bring lifesaving, emergency room medication to emerging nations. The King's School will serve as the





Samuel Atkinson

Future Project Intern

Students are at the heart of The Future Project and Year 10 student, Samuel Atkinson, is proud to be a Future Project Intern, working alongside his King's classmates and scientists from PrIME Biologics and Vitramed Bioscience. Samuel began his journey at King's in Year 7, after moving to Australia from England with his family, and has found his passion in science, engineering, and history.

As an Intern, students begin learning basic applications of research, such as counting blood cells, and then begin the more practical applications involved with different research projects. Samuel is currently working on a project looking at protein found in blood, known as gamma globulin. The aim of the research is to help determine if certain diseases can be detected by looking at the levels of the protein in blood.

Whilst still having two years left at King's, Samuel is already considering his options for university, "I'm considering doing an engineering degree at the University of Sydney and then on the opposite end of the spectrum I'm also looking into doing a history degree at ADFA," Samuel said. After university, he is also considering returning to England for graduate courses. With his father's military background, Samuel would also like to pursue a career that allows him to combine his areas of study with the military.

"I hope everyone is aware of the enormous opportunities The Future Project has opened up to King's," says Samuel. "Ultimately, I hope people realise how much The Future Project has affected us in such a positive way."



Collaboration with University gives school students a head-start

Not only did the recent opening of The King's School Science Centre mark the beginning of a one of a kind partnership with the scientific industry, it also marked the beginnings of a collaboration between King's and the Engineering and IT Faculty at the University of Sydney. In an Australian first, The King's School and the University of Sydney have bridged the gap between scientific learning in theory and in practice. With a large number of King's students going on to continue their education at the University of Sydney, collaborating with the University was a natural progression to the relationship that has already been formed. This partnership will revolutionise the way science, technology, engineering, and mathematics (STEM) subjects are taught in high school.

The partnership between King's and the University will allow high school students not only from King's, but from other schools, to work alongside university researchers. Dr John Kavanagh, Director of Undergraduate Laboratories in the School of Chemical and Biomolecular Engineering, will be heading up the research taking place at The King's School.

University of Sydney researchers will be focusing on various areas of food technology. Dr Kavanagh will be leading teams of students researching ways to turn food waste into viable products that can be used by medical professionals and for commercial purposes. Students will be working on ways to turn apple pulp into

ethanol that can be used for manufacturing purposes or sold commercially to generate revenue for struggling fruit growers. Future Project participants will also be working on extracting anti-cancer properties and antioxidants from oranges. Research into the absorption of Vitamin K, which is essential in combating osteoporosis, will also be taking place.

"Students will be participating in authentic scientific research, collecting data and communicating the results," says Science teacher Brad Papworth, who was instrumental in the development of The Future Project. "We are helping to develop the next generation of scientists and engineers by providing students with hands on experience that will allow them to think differently about their education."

The Science Centre that houses The Future Project is a PC2 facility meaning that it is fully self-contained and equipped to handle higher level research than that which can generally take place in a classroom. Students will begin as Interns, first learning the basics of PC2 procedures and then moving into more application based roles alongside the qualified researchers, collecting data and working on their own projects that will eventually form the basis of a portfolio they will be able to present to future employers.

Throughout the remainder of the current term research groups from the University of Sydney will begin moving into The Future Project's facilities. "We are looking to establish long term relationships with our current collaborators and allowing The Future Project to grow with our partners," says Mr Papworth.



Henry Simpson
ATAR Score: 99.80
Dux of the School 2013

Q
How does it feel to have achieved your ATAR score?

A
Really great! There was a fear for me personally when studying for HSC that it might all be for nothing, but to come away with a great result really makes all the hard work and pressure feel worthwhile.

Q
How did your parents feel when you told them what you had achieved?

A
They were both shocked and delighted when I told them. It was a very pleasant surprise for all of us when the result arrived.

Q
How did King's help you to achieve HSC success?

A
One of the most significant, and I feel overlooked, areas in which the School helped our entire cohort, was the attitude instilled into the boys. Fellow Students had nothing but respect for those who were willing to work hard to achieve their academic goals in Year 12. This collective attitude manifested itself in lecture nights and note sharing websites, which proved very helpful. Additionally, I feel like the staff went above and beyond what was expected of them to help us achieve our very best, constantly responding to e-mails and marking work.



Matthew Jacob
ATAR Score: 99.95
Highest ATAR 2013

Q
How does it feel to have achieved your ATAR?

A
It is an incredibly rewarding feeling to have achieved all my goals and to see how all the hard work from my teachers, parents and other staff has paid off. It is also great to see the School as a whole perform so well academically and I have no doubt this will only continue to improve into the future.

Q
How did your parents feel about your achievement?

A
My parents were thrilled with the result and I know they are both extremely happy for me. They also feel immensely grateful to the School for providing me with every opportunity, and are so appreciative of the support from staff I received along the way.

Q
How will you remember King's?

A
For me King's is an institution where the only limits to what you can achieve are those which you place on yourself. It is a close-knit community of staff and students of which everybody is proud to be a part. The Cadet Corps is one of the most well-known co-curricular activities the School offers. Serving as the Adjutant of the unit in 2013 was truly the most incredible experience. In particular, the Passing Out Parade held at the end of Term 2 is something I will never forget, as well as fond memories of Corps Camps in

years gone by. While I was by no means a gifted athlete by any measure, sport formed a critical part of my life at King's. The opportunity to train twice a week with a game on the weekends provided a perfect platform to strengthen relationships with friends and put aside the pressures of school life, not to mention the inherent health benefits. Other co-curricular/achievement □ School Monitor, House Captain (Dalmas), Captain of Debating, Mock Trial, Piano (Grade 8), 5th Basketball, 4th Football, Twelve Club, Honour Colours in Academics and Debating, Some other fond memories of King's include the annual GPS Head of the River and GPS Athletics Carnivals, where my attendance enabled me to feel incredibly proud to be a part of this great school. Added to this is the depth of extraordinary talent in all areas that surround you. Whether it is the familiar names that decorate the walls or the outstanding musicians, athletes and thespians in our community, there is no shortage of role models and sources of inspiration.

Q
What are you planning on doing in 2013?

A
I will be studying a vertical double degree at the Australian National University, Politics / Philosophy / Economics & Juris Doctor (PPE/JD), having been awarded a Tuckwell Scholarship to study there.

“ the only limits to what you can achieve are those which you place on yourself. It is a close-knit community of staff and students of which everybody is proud to be a part.”

Matthew Jacob
Highest ATAR 2013



A spectacular performance

Celebrating the exuberance of the 50's and literally "welcoming the 60's", *Hairspray* pays tribute to a time when dancing reigned supreme and more significantly, a time of great social change - the breakdown of segregation.

Running for 10 performances, *Hairspray* has been sold out each night and patrons have given nothing but praise. "After the shows, many of the guests have been saying that *Hairspray* is the best musical that King's has put on in a long time," says Year 12 student Nick Jackman who plays Wilbur Turnblad. "It's very rewarding knowing that the time and effort you have put in has been worth it." While he loves participating in school productions he is also considering other career paths and is looking to attend the University of Sydney next year.

For Nick, learning about social and racial norms

of the 1960s has been one of the most interesting aspects of being in *Hairspray*. "It's been interesting to experience the attitudes of a different generation and gain a different perspective on America in the 1960s."

Hairspray celebrates the integration of black and white, set amidst a stunning array of colour - costumes, lighting and classic retro videos. With an animated cartoon LED screen acting as a backdrop making one feel as though they were in a cartoon, audiences were thoroughly entertained by joyful singing, stylised choreography and charming characters leaving those older audience members reminiscing a by-gone era.

A cast and crew of over one hundred students from both The King's School and Tara Anglican School for Girls, have showcased their talents to packed houses. "The support from all of the teachers behind the scenes has been an enormous part of the success of the show" says Nick.

Jumping for joy

With the athletics season now in full swing, Year 11 student Nick Andrews has his sights set on breaking records.

"I began running when I was five and found hurdles when I was in Year 6 and have been hooked ever since," says Nick. As a member of the King's Senior Athletics team, Nick is focused on encouraging more students to become involved and of course, bringing home a win at the 2014 GPS Championships in May. That would make it 6 wins from the past 7 years. Looking to break the current U17 GPS record set in 2012, Nick is hoping for a time of 13.05 seconds.





Bus Routes

King's now connects daily to the Upper Northshore with hundreds of families benefiting from its comprehensive bus network.

The Wahroonga service commences at the Railway Station at 7.30am then proceeds down Coonanbarra Road onto Ada Avenue picking up opposite Abbotsleigh School. It then turns into Fox Valley Road and stops opposite the SAN Hospital before proceeding to the School via The Comenarra Parkway and Pennant Hills Road. The St Ives service commences at the Memorial Avenue Reserve at 7.05am, picking up at Gordon Station at 7.15am, then proceeding directly to the School.

After School return services are available daily, with an additional after sport service available on Monday to Thursday.

More information is available at kings.edu.au/busroutes

Book a School tour

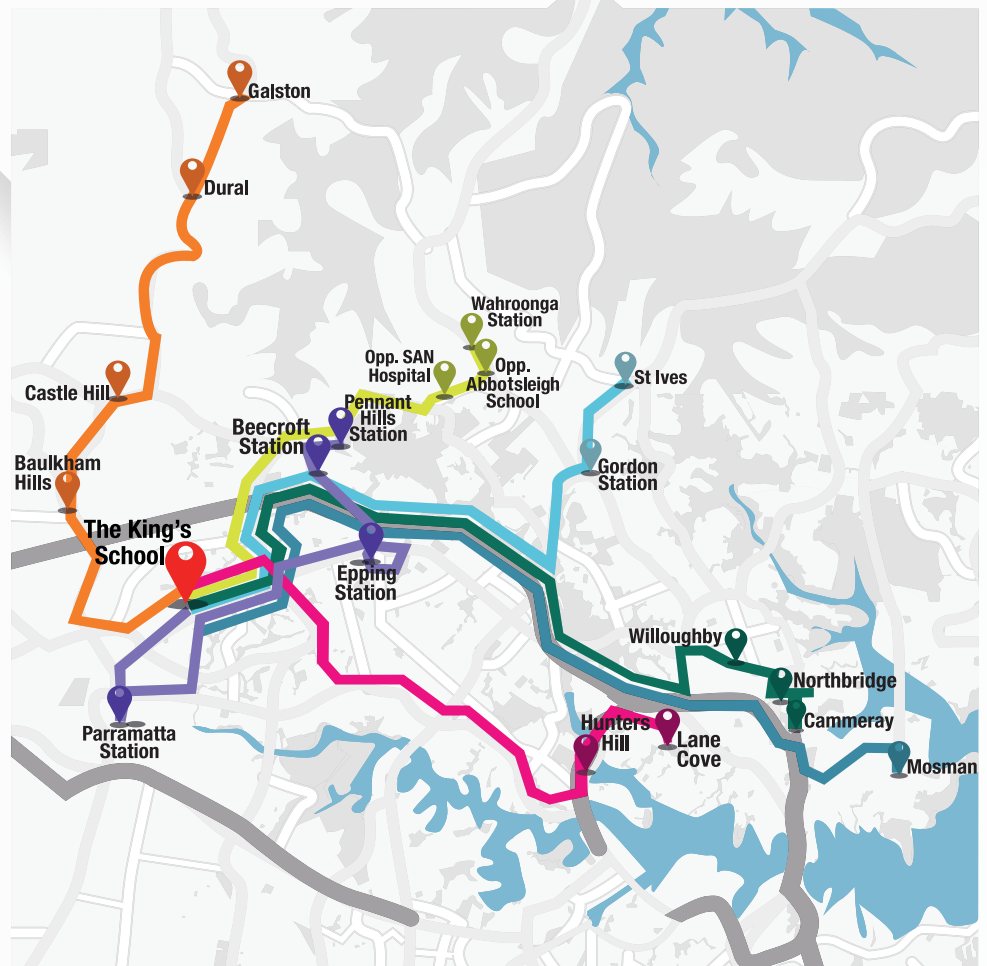
Boys at King's enjoy magnificent grounds and state-of-the-art learning facilities situated on over 300 acres in the demographic heart of Sydney.

School tours are held regularly each term to enable families to see their students and the School in operation. Throughout the tour, staff will highlight King's innovative educational approach and provide opportunities for you to see how its dedicated and highly experienced teachers captivate boys, inspiring them to become life-long learners.

To book your tour of The King's School please visit kings.edu.au/schooltour or scan the QR code below on your mobile device.



Tours commence at 9.30am and conclude by 11.30am.





AUTUMN OVERHAUL

TOP DECORATING TRENDS
TO TRY THIS AUTUMN

AUTUMN OVERHAUL

TOP DECORATING TRENDS TO TRY THIS AUTUMN

Tess Gibney

THE SPRING OVERHAUL is an established thing – the ‘spring clean’ – but whatever happened to that all-important transition from hot to cold? There’s no better time to overhaul your home than when the autumn chill begins to permeate the air. It’s a time of comfort and warmth: a time to settle down and settle in. Let your home reflect that with these simple tips (they’re almost sure to guarantee instant cosiness!)

SPRUCE UP YOUR CURTAINS

New curtains are an essential part of any autumn home overhaul. Exchange lighter, stark white cotton curtains for something more substantial: think thicker fabrics in warmer whites or light beige. Not only will they keep heat in, they’ll add depth to the room.

CONSIDER FLOOR COVERINGS

Principal interior designer at Solutions: Living in Harmony, Deborah Faulkner, says when transitioning a house or living space from summer to winter, it is “essential to start from the floor up”. Faulkner suggests creating a more tactile and comforting feel and look for autumn by thinking about purchasing floor coverings. Generating warmth in a house with vinyl, tile, concrete or wooden floors can be difficult, so rugs



and other such floor coverings are an elemental aspect of any autumnal overhaul (and not only for their style).

CREATIVITY WITH CUSHIONS

The urge to be inside – to settle down and withdraw in a comforting environment – is never greater than it is in autumn. The cold is welcomed; it is not harsh and unwanted like in the latter months of winter. If you’re looking to embrace autumn and can’t wait to be in a communal area with the ones you love the most, think about adding cushions in a range of soft fabrics and exciting textures. Fluffy, shaggy cushions (think mohair) are optimal to cuddle up against with a good book and a nice cup of tea.

SEASONAL FLOWERS

Making good use of seasonal flowers is a fantastic way to add some autumnal flair to any room, living space or home in general. The colours of autumn are simply stunning, and the deep crimson and flaxen yellow of liquid amber leaves can be arranged in any room to add warmth and create mood. Try delicately punching holes in bottoms of the papery leaves and threading them with a neutral string to create a garland.

As winter encroaches and more leaves appear on the ground than on the trees, bring nature inside to oppose the starkness and crispness of the world outside your window. Baby’s breath; a delicate, whimsical plant

comprised of tiny white flowers, is optimal as it can be dried and then displayed wherever. It can even be hung upside down in the kitchen if you're looking to add a quirky, natural touch. Another plant we recommend is the 'hyacinth' - particular to autumn, this sturdy, sweetly scented and brightly coloured bloom will be a welcome addition to any room.

CREATE A NEW COLOUR PALETTE

Looking to make a cosier home for autumn? By adjusting your summer colour palette you can easily create a living space that appears warmer and more inviting. Autumn is an earthy season; all muted brown, red, orange and neutral tones. If you're working with a white base, try adding some natural wooden accents to a room or living space - such as chairs or a dining/coffee table. Try to get the wood looking as close to its natural state as possible: stripped back and showcasing the beauty of the material as it is. Complement

the wood with luxurious throws and curtains in a neutral beige or off-white and inject colour by utilising eccentric accessories in vibrant chrome and orange.

INVEST IN THROWS FOR THE LIVING AREA

Cold on the couch? Invest in some throws for the lounge. Fabrics we recommend include cashmere, wool and other knitted styles. They should compliment your cushions and will undoubtedly set the scene for the cooler weather to come.

MOOD LIGHTING AND CANDLES

Soft mood lighting is particularly suited to the cooler months, illuminating lounge and bedrooms as the evening encroaches. "Autumn is definitely the time to think about warm floor and table lamp lighting rather than harsh downlights," says Faulkner. She believes lamp lighting in the autumn and winter months is a good idea, as it projects an air of "cosiness and closeness".



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HUMDINGER HERBS

FOR THE HOME GARDEN

Karla Davies



GROWING YOUR OWN herbs can benefit the rest of your garden if you sow what is called a 'good bug mix' - an assortment of flowering herbs and wildflowers which encourages beneficial insects such as bees, ladybirds and predatory wasps.

Herbs are exceptionally easy to grow and very economical. If you choose the right ones, your garden will not only be attractive to you but also to beneficial bugs which can help control aphids and other pests.

Horticulturist Angela Mateo who tends to the Herb Garden at the Royal Botanic Garden, Sydney recommends some of her favourites.

"Some of my favourites which attract good bugs and make your garden look stunning are dill, lavender, parsley, Queen Anne's lace, sunflowers, thyme, alyssum, marigolds, borage, phacelia and coriander," Mateo said.

Ms Mateo stressed the importance of growing your own herbs organically, without using chemicals or other nasties.

"Definitely don't use herbicides on any plants that you grow yourself for food. If

you keep your herbs healthy, follow the minimum requirements of water and fertilising and have companion plantings, you should not need to use chemicals on them."

SYDNEY'S NORTH SHORE IS IDEAL FOR CULTIVATING YOUR OWN HERBS

Sydney's North Shore offers ideal growing conditions for most herbs because they relish warm weather and loads of sunshine. Do be vigilant during periods of humidity, as it can encourage fungal diseases.

Well drained soil and good air movement is essential for most herbs, especially during times of high humidity and heavy rainfall. The Mediterranean herbs such as rosemary, thyme, oregano, sage, lavender, hyssop and chamomile especially loathe wet soggy soils and overwatering.

In frost free areas, you can plant herbs in autumn while the soil is still warm from the summer season. In cooler areas the general rule is to plant herbs in spring after the last frost.

There are many commonly used herbs which are simple to grow in your own

backyard - especially if you live on Sydney's North Shore. These are: thyme, rosemary, oregano, sage, mint (best kept in pots as this one can become very weedy), chives, garlic chives, spring onions, basil (there are many different types), rocket, parsley, coriander, lemon verbena and stevia - just to mention a few.

In contrast to the Mediterranean herbs there are some types that require ample moisture, especially in summer such as Vietnamese mint, ginger, cardamom, galangal, lemon grass and turmeric. These herbs will take some shade too and they give the garden a tropical feel. Parsley, coriander, basil (many types), chillies, dill and rocket do well in similar conditions, as they all prefer rich soils and good moisture in summer.

Ms Mateo said it is useful to understand the pros and cons about whether to grow herbs from seed or seedlings (small established plants).

"Herbs that belong to the Apiacea family, for example, coriander, parsley, dill and chervil, resent being transplanted, so it is best to sow seed in situ - that is, where they will be growing. If you buy seedlings

from your local nursery and plant them straight away, they should be fine," Mateo said.

TOP TIPS FOR KEEPING YOUR HERBS HEALTHY

Make sure that straight after planting you water your herbs and apply a liquid fertiliser (such as seaweed solution) to help with transplant shock.

The Herb Garden at the Royal Botanic Gardens, Sydney is a fabulous place to visit for ideas. It features the usual herbs (the ones you find in most nurseries and on the shelves of your grocery store) but also rarer and more challenging ones (from specialised nurseries).

The Herb Garden hosts about 200-plus herbs and other useful plants, classified geographically (per continent). They are also grouped into:

- Culinary herbs, lots of herbs from around the world are temporarily or permanently displayed with a label explaining where they come from, what



“**THE HERB GARDEN AT THE ROYAL BOTANIC GARDENS, SYDNEY IS A FABULOUS PLACE TO VISIT FOR IDEAS.**”

part of it is used, how it is used and so on.

- Medicinal herbs.
- Various other herbs that are used as dyes, insecticides, essential oils and perfumery amongst other.

WHAT TO BE AWARE OF

Space: how big is your garden, what is the ultimate size of the plants. Many herbs can grow quite large.

Requirements: For the best success make sure to match the water, sunshine and temperature requirements of your herbs to what your garden can provide. Do a bit of research; it is an excellent and easy way to learn too!

Some herbs are a bit too successful at growing and might spread or self-seed readily. If you live close to a reserve or national park, please check with your council as some might be classified as weeds.

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CREATING A CHILDHOOD OASIS

DESIGNING CHILDREN'S BEDROOMS ON A BUDGET

Kieran Gair & Tess Gibney

KIDS HAVE A lot of work to do – from meticulously guarding their lego castles, building fortresses from your best linen and inventing a second world made up of stuffed toys, boys' and girls' bedrooms are undoubtedly their kingdoms.

As the school holidays draw nearer and the kids become noticeably more restless,

we thought we would share some practical ways to add some magic to your children's bedrooms this school holidays.

THE BEAUTY OF BOXES – PRACTICALITY MEETS STYLE

A wall of storage cubes is a perfect way to brighten up those odd spaces you never

knew what to do with. Children's storage cubes are made for every purpose – from stowing toys and books to making great homes for trophies and piles of clothes.

If you're not too DIY shy and are prepared to let your imagination run wild, why not try your hand at building your own wall of boxes to keep the kids' clutter at bay. Paint the boxes in vibrant colours that suit the layout and look of your child's room. You can purchase plain white storage boxes from most homewares shops for a pittance, but if the school holidays are already shaping up to be a riotous frenzy of primary school aged activity, your mental wellbeing might best be served by buying a pre-painted 'Trofast' storage combination from IKEA.

PERSONALISE YOUR CHILD'S ROOM WITH THEIR OWN ART GALLERY

Turning your child's room into a scaled down art gallery can be as simple as using a piece of string. You can personalise your child's room by attaching string to the wall, providing an area to peg up a small gallery of their favourite drawings. It is a cheap and simple way of injecting additional colour and creativity, as well as utilising the surplus artwork children eagerly bring home from daycare and school.

QUIRKY LIGHTING FOR A SAFE AND SOUND SLEEP

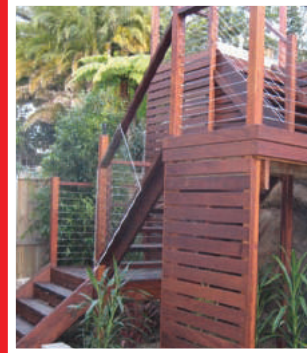
Good lighting can instantaneously take any space from dull and sterile to soft and warm. For young children, lighting is of particular importance – especially where a night light is still needed to scare away the ominous boogeyman and friends. Trusty Swedish classic IKEA has some fantastic lamps for the young ones (or the young at heart), our pick being 'SPOKA' – the transparent animal that changes colour when you press down on his head.

String lights can add a dreamy glow to any room. For girls' rooms, plain white 'fairy' lights are both beautiful and ambient, and are a nice break from the harshness of an overhead white bulb. Typically thought to be a girly installment, boys needn't miss out on all the string light fun – with websites like Etsy and Urban Outfitters stocking some adorable (and less feminine) options. We particularly love the 'Pony String Lights' and the 'R2D2 String Lights' available at Urban Outfitters (they can be purchased online from urbanoutfitters.com).

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SYDNEY RESIDENTS MISSING OUT ON MILLIONS IN 'LOST' SUPER



UNCLAIMED
SUPERANNUATION LEAVING
SENIORS OUT OF POCKET

Kieran Gair

A STEEP INCREASE in the number of unclaimed superannuation accounts over the past year will leave Sydney workers \$39 million short, according to new data from the Australian Taxation Office (ATO).

The figures reveal a growing trend in lost superannuation accounts, with as many as one in every five accounts without an owner, causing the total worth of unclaimed super accounts to skyrocket to \$2.21 billion between 2012 and 2013, an increase of \$959 million.

The threshold to collect lost super increased from \$200 to \$2000 last year, widening the funds the ATO could collect and hold on to and causing the sharp spike in unclaimed super.

Deputy Commissioner of the Australian Taxation Office, Alison Lendon, says Australians are increasingly missing out on claiming their own money.

"If you found \$50 in the pocket of your old coat, it would make your day. But 1.9 million Australians have an average of \$8,368 waiting to be found and claimed – which is a lot more than a forgotten banknote," Lendon says.

"Finding your lost super and rolling it into your active super fund could give your retirement savings a significant boost. Thanks to recent changes to super, it's easier than ever to find and claim your own money."

Since December 2012 unclaimed super

accounts have increased by more than one million, leaving more than three million Australians out of pocket.

The combined total value of lost super accounts across the North Shore well exceeds \$100 million. St Leonards residents alone have more than 3000 lost accounts between them, with an average value of \$11,000. However, the average value of a lost account in Killara is a massive \$19,453, far exceeding the Australian average of \$8,368.

The ATO is only able to hold up to \$2,000 of lost superannuation. The money is protected from being eroded by fees and charges while interest is also paid at a rate equivalent to the Consumer Price Index when the savings are reclaimed.

Lendon says the ATO is the first port of call for residents of Sydney who are keen to find their super.

"Using SuperSeeker, which is part of our online services, it is easy to find lost and ATO-

held super," Lendon says.

"You can register online to view all your super accounts, see details of any lost super accounts or super the ATO is holding for you and arrange to transfer it to your preferred super account using an online form. What's more, if you are making a fund-to-fund transfer, it will generally now only take three working days. It's an easy way to reduce unnecessary fees and make the most of your retirement savings."

CEO of the Australian Institute of Superannuation Trustees' Tom Garcia says the amount of lost and unclaimed super is a major concern.

"It's a concern that there's still almost \$18 billion [in unclaimed super] sitting here," Garcia says. "We need to do more to encourage people to have a look at the SuperSeeker site and ring up their funds and try and work out if they have money sitting there."

UNCLAIMED SUPER ACCOUNTS ON THE NORTH SHORE

	No. of Accounts	Value of Accounts	Average value of accounts
Roseville: 2069	984	\$17,782,636.99	\$18,071.79
St Leonards: 2065	3326	\$36,593,256.53	\$11,002.18
Chatswood: 2067	2113	\$22,131,233.03	\$10,473.84
Lindfield: 2070	784	\$13,840,459.85	\$17,653.65
Killara: 2071	735	\$14,298,499.85	\$19,453.74
St.Ives: 2075	1108	\$16,886,200.44	\$15,240.25
Hornsby: 2077	2871	\$29,473,562.23	\$10,265.96
Gordon: 2072	436	\$6,536,597.66	\$14,992.20

WHAT WOULD HAPPEN TO YOUR KIDS IF SOMETHING HAPPENED TO YOU?

AN UP-TO-DATE AND legally valid Will gives instructions on how parents would like their children to be taken care of if the unthinkable happened.

A valid Will allows you to have a say on who would act as a guardian for your children and choose how they would live and be educated. Unless you make a Will, you miss out on the chance to make particular provisions for these important decisions, and you may also risk leaving your children and extended family in unnecessary financial and legal difficulties.

By naming a guardian in your Will you can ensure that someone you trust will be legally able to look after your children.

Once you've chosen a guardian, you may wish to choose a different person or

organisation to act as your trustee. This reduces the demands on your guardian by dividing the responsibilities.

- Have I appointed guardianship for my children?
- Do I have a trust/financial security for my children?
- Did I update my Will after each child?
- Do I need to consider an allocation for their education?
- Have I provided for each of my children equally?
- Do I need to include assets for when they turn 18 or 21?

Once you have made a Will it is a good idea to update it, especially if there is a substantial change to your assets or beneficiaries, every five years. For more information, visit www.planningaheadtools.com.au or call 1300 887 529.



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REACHING FOR THE SKYE

CROWN GROUP'S LATEST offering brings luxury apartment living to Sydney's North Shore, with sky high interest on the 20-storey, \$150 million development.

While apartment living continues to grow in popularity across Sydney, Crown Group is hoping to attract buyers to their luxury Skye by Crown residential project by re-defining city living.

Senior Landscape Architect, Liam Bowes of 360 said Skye by Crown will fuse natural and urban elements, offering a five star resort-style experience.

"We overlaid mass native planting with tropical canopy trees to separate space and create the sense of an intimate and tranquil garden escape in the unlikely urban-residential habitat," Bowes said.

Following Crown Group's award-winning development at Ryde, Top Ryde City Living, which was named the best high-density development in NSW and ACT, Skye by Crown in North Sydney will feature a top-floor gymnasium and a 25m infinity-edge rooftop pool.

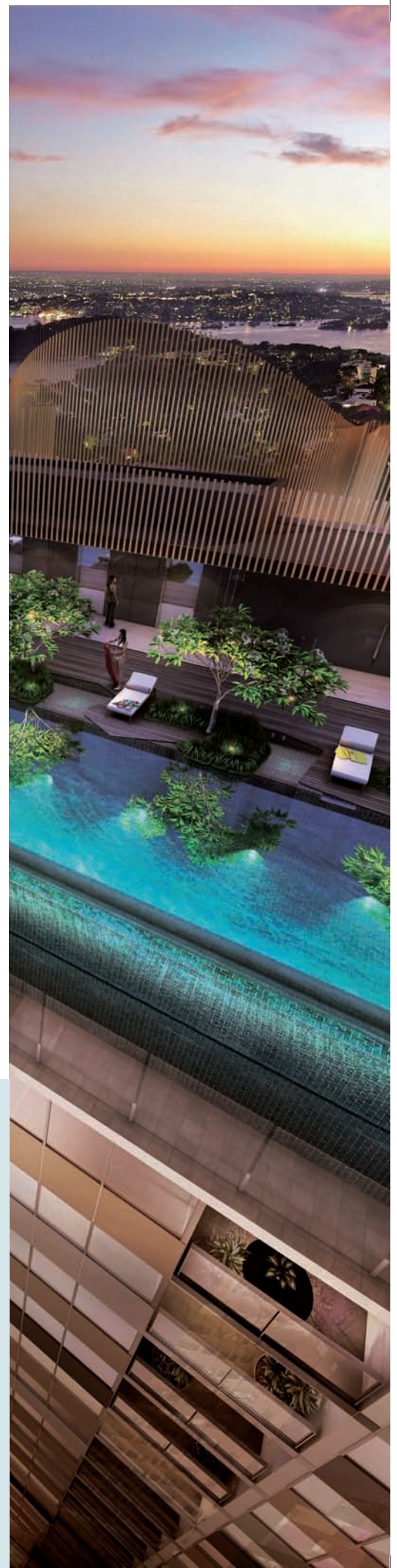
However, with buyers often succumbing to a concrete jungle when choosing inner-city living, Crown Group and famed Japanese-Australian architect Koichi Takada have focused on green and outdoor living.

Crown Group Chief Executive, Iwan Sunito, said multi-dimensional winter gardens and the curves and angles in Skye's façade are positioned to maximise daylight and ventilation, offering an outdoor living experience in the heart of North Sydney.

"Making a memorable experience is at the heart of everything we do," Mr. Sunito said.

"North Sydney has had a long-standing reputation as a secondary business district. To bring greenery and gardens to that destination is unexpected but in the most exciting way possible."

Skye by Crown will offer panoramic views across the Sydney CBD and North Shore and a state-of-the-art display suite is open to the general public at 233 Pacific Highway North Sydney.



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— IWAN SUNITO



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HOW TO: CREATE AN AUDIENCE, AND INCOME, WITH A SUCCESSFUL BLOG

Madhu Manohar

ANYONE, AT ANY age, can create an online weblog, or “blog”. Running a blog only requires a computer, dedication, and a passion for what you’re writing about. However, while we’ve all heard of ‘make money online’ or ‘make money while you sleep’ ideas – do they actually work?

In this month’s *Sydney Observer* technology section we have devised a few tips on how to create a blog, generate an income and keep readers coming back for more!

RESEARCH YOUR FAVOURITE BLOGS

Before you write your first entry, research as many blogs with similar topics as you can.

You may be overwhelmed with how many other bloggers have the same coverage area, but take notes on what has made that blog successful, as well as what you didn’t like as a reader.

TIME IS MONEY

You might have a formula for the most successful blog ever, but if you cannot find the time to work on it regularly it will never take off. The most successful bloggers often spend hours every day writing, networking, and perfecting their blog. Dedicate time to your blog each week before you begin so you know you will be committed to it in the long term.



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2012 Lilly - PLC (91% in English) “Walter, I’m extremely happy. Many thanks for your support.”

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STAND OUT FROM THE PACK

Ask yourself: can my blog offer something different to the hundreds I have found within the same category? Try and make the content in which you are writing about unique. There are thousands of blogs discussing everything from fitness or fashion and if your topic is something popular, make sure there is something different about it that stands out.

GET BLOGGING WITH GOOD CONTENT

Blogspot and WordPress are popular and easy sites to get started with blogging. Your first blog should be something catchy that your target audience (for example, boutique fashion for 20 to 35 year olds) is seeking and something missing your audience requires, which you have now provided for them. Viewers will only visit a blog regularly if the content and overall experience is helpful.

ADD SOME STYLE AND ADS

Once you have published a series of blogs you can look at making your blog visually appealing. Color themes, layouts and images are all important features of any Web site and blogs are no different. With good content and a stylish theme, you can start adding online advertisements to bring in some revenue. There are numerous advertising networks that make it easy to add ads to a blog.

NETWORK AND SHARE

Once everything is established start sharing your blog and its content through other online channels and networks. This step is vital and is often approached by bloggers much sooner than it should be. If you begin to share an unfinished, unprofessional looking blog it can detract viewers from visiting your site again.

Networking your blog involves promotion and social media. Social Media is a key aspect of networking in today's world, especially if your target audience is under 30. Be creative with networking, but remember that to make money you might have to spend money. For example, Facebook offers paid promotional campaigns in which you can substantially increase your following.

To initially increase your blog's social media audience try targeting countries with high response rates India, Brazil, Sri Lanka, Bangladesh, Nepal and Indonesia. Social media users in those countries are more active in liking, sharing and following blogs, which widens your readership and increases ad revenue.

Other social networks which make it easy to build a following without any cash investment are Twitter and Instagram. And LinkedIn is another great portal for networking with other professionals in your field.



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FIGHTING FIT DURING WINTER: SYDNEY OBSERVER'S TOP WORKOUTS

FORGET ABOUT LOSING WINTER WEIGHT, KEEPING FIT IS KEY DURING COLDER MONTHS

Rosie Russell

COLDER MORNINGS AND breezy evenings might be enough to keep us away from the treadmill and the pool this winter, but staying motivated to keep fit is important even if all you want to do is snuggle up and enjoy the warmth of a heater.

Personal trainer at Key Fitness Personal Training, Cara Dennis, believes exercising in winter can be much more beneficial than sweating it out during summer.

“Training in the cold benefits you so much more than training during summer, because your body uses much more energy to keep itself warm,” Dennis says. “Although you should be healthy all year round, 365 days a year, I don’t see why being fit and healthy in summer should be different to being fit and healthy in winter.”

Staying fit in winter certainly has its attractions. There are hundreds of activities to choose from and there is no reason why

you can’t improve your fitness and have fun at the same time.

GYM WITHOUT WALLS

From 8:30am every weekday morning in Wahroonga Park the council-run Gym Without Walls is on to get your blood pumping before the day starts. The hour-long session is only \$10 for a work out with others from the neighbourhood under the supervision of an accredited instructor.

The workouts vary from week to week – from boxing to strength exercises to step work. All ages are welcome as well as all fitness levels. There are also other bootcamps offered at many gyms and locations throughout Sydney.

YOGA

Yoga is a great way to balance strong training with becoming more flexible, as well as having many other great benefits for the body and mind. Taking an hour out of your

day to go through this low-intensity workout can burn calories, tone your muscles and calm your mind. And don’t be afraid to start if you’re not very flexible – instructors accommodate all ability levels and after a few classes, the differences are noticeable. Many gyms now offer yoga classes as well as specialised places.

“In winter, I love going to bikram yoga and hot yoga, and doing stuff that’s warm and indoors so you’re stretching and lengthening and still moving,” Dennis says. “If you’re an unfit person, start with something more gentle, like yoga or pilates or something similar. Winter is one of the best times to start.”

For something different, try yoga under the sea or yoga in the sky. When the pressures of the world have got you stressed, head to Sydney Aquarium’s yoga under the sea classes for a relaxing and tranquil

experience. However, if the aquarium is not your thing, try your hand at a bit of yoga on the observation deck of the Sydney Tower. Classes are held every Tuesday morning at the aquarium and every Wednesday at the observation deck.

For bookings visit:

www.sydneyaquarium.com.au/experiences/yoga-under-the-sea

www.sydneytowereye.com.au/events/yoga-from-the-sky

WALKING

Walking is one of the cheapest and easiest methods of exercising. Walking briskly for only 30 minutes has been shown to have many benefits, including strengthening bones, reducing body fat, boosting endurance and reducing the risk of heart disease, type 2 diabetes, some cancers and osteoporosis.

While there are many beautiful walking tracks throughout Sydney, Dennis warns you have to be dressed for the season. "Definitely start walking outdoors, but it does become a lot harder to motivate yourself when it gets

||
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 IN THE COLD
 BENEFITS YOU
 SO MUCH MORE
 THAN TRAINING
 DURING SUMMER,
 BECAUSE YOUR
 BODY USES MUCH
 MORE ENERGY
 TO KEEP ITSELF
 WARM"**

CARA DENNIS

colder," Dennis says. "If you can, walk in the middle of the day or put a jumper and beanie on, and walk at night."

However, if exercising by yourself is becoming tiring, the Heart Foundation run many free walking groups around Sydney.

For more information, contact the Heart Foundation on: www.heartfoundation.org.au

PERSONAL TRAINING

While one of the more expensive options, personal training is the most flexible way of exercising and is tailored just for you. Not only that, but you are held accountable for missing appointments. Personal trainers teach you how to workout properly and safely, so you can get the full benefits of your gym membership and create your own workout which provides maximum results in minimum time. Dennis suggests you should always keep an open mind. "Try something you haven't done before. If you're an outdoors person, move indoors or just change up your whole routine."



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THE POWER OF TWO

Dr Ian Sweeney

IN 2013 THE team at Northside Dental & Implant Centre were delighted to have expanded its care through the establishment of a new dental practice in Hornsby. Taking over a practice previously established by Dr John Ball, Northside has completely renovated the surgeries and sterilisation area.

Conveniently located at 79 Burdett Street, the practice is in close proximity to Hornsby Hospital and other allied medical services. The Hornsby practice has plenty of on-site parking and offers all aspects of general, family, children's and cosmetic dentistry and dental surgery.

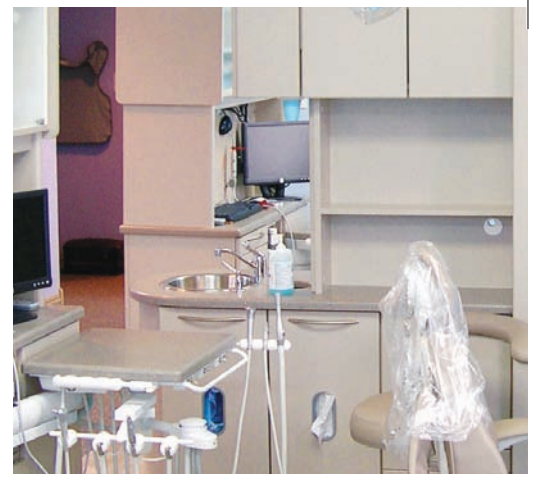
Northside Dental & Implant Centre strives to provide the utmost in care and safety for all patients. Both locations offer you and your family exactly the same processes and materials. The Hornsby practice now has the same modern equipment and high standard of infection control that

earned our Turramurra practice its Quality In Practice accreditation.

Having two symbiotic practices in such close proximity allows us to enhance patient care by expanding the hours of operation. For your convenience, Hi-CAPS and electronic payment processing is available at both facilities. The same digital imaging and record keeping system ensures doctors and administration staff can access records immediately, as necessary.

The Turramurra practice is located next to the council car park. It also offers all aspects of general, family, children's and cosmetic dentistry, as well as oral and implant surgery and treatment under conscious sedation.

Treatment under conscious or intravenous sedation is used as an effective way of providing profound anxiety relief and pain control during dental procedures.





The amnesic effect of the medications makes sedation an ideal treatment choice for nervous or phobic patients, or for those undergoing long or complex procedures, or procedures that patients would rather not remember. Sedation is also ideal for those patients with strong or heightened gag reflexes.

All dental procedures from examinations and cleans to complex crown and bridge work or dental implants may be performed under general anaesthesia, should situations demand such treatment.

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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FIVE-DAY HOLIDAY SET TO GET SYDNEY-SIDERS ON THE MOVE

THIS YEAR A FIVE-DAY BREAK OVER EASTER PROVIDES THE PERFECT OPPORTUNITY TO TAKE A SHORT TRIP DOWN THE COAST

Mike Fairbairn

WITH EASTER JUST around the corner, Sydneysiders can make the most of their holidays this year and take off to the South Coast to soak up the last rays of the Autumn sun.

The south coast is the gateway to luxury and adventure, it is also on Sydney's doorstep. It is the coast of procrastination and between Sydney and Tuross Heads there is a variety of different things to do, see, eat and drink.

The stunning Tuross Heads sits just four and a half hours south of Sydney, but it feels like the other side of the country.

The south coast has everything at any level of luxury, and all that is needed is a car and a sense of adventure.

WHERE TO START

The south coast has it all so pack whatever it is you want to do and you will find a place to do it.

If you don't have a giant 4x4 don't worry, it isn't needed to conquer the south coast.

There are some beaches further south you won't be able to reach without a 4x4 but those beaches are exemptions.

While you might not need to worry about the vehicle, the level of luxury is something everyone will want to consider. If a really lean holiday with more cash to spend on good food and wine is the option, then a tent or even a mattress in the back of a bigger car is all that is needed. There are countless holiday parks that provide powered sites for camping gear, as well as toilets and hot showers.

However, if something a bit more permanent to sleep in is required then these same holiday parks have some pretty amazing villa accommodation. Most of these parks have some of the best real estate in town, so for holiday park prices you can enjoy some pretty spectacular accommodation. Bed and Breakfast style accommodation is also easy to come by down

the coast, there are some hidden gems in almost every town.

WHERE TO GO

Gerroa

Gerroa is a stunning seaside town, perched on a hill overlooking Seven Mile Beach. Only two hours south of Sydney, visitors can choose from a range of accommodation options. Seven Mile Beach Holiday Park offers fantastic facilities for all budgets, from luxury cabins to a beachside camping site, families and couples have immediate access to one of the states best beaches.

However, lazing about in the southern sun can certainly work up an appetite. The Gerroa Fishermans Club offers uninterrupted views of the ocean and a menu specialising in the best seafood the south has to offer. For breakfast the Blue Swimmer offers everything from berry

organic toast to smoked ocean trout with crushed potato, spinach and poached eggs.

Jervis Bay National Park

Barely 30 minutes from the famous Hyams Beach lies Jervis Bay National Park. The park provides access to Cave Beach, an isolated south coast beauty. While camping is the go at Cave Beach, the secluded area provides toilets and hot showers.

However, make sure you take a detour on your way to Cave Beach and follow the signs to Jim Wilds Oysters, near Greenwell Point. The oyster industry is thriving on the south coast and Jim, a legendary oyster farmer and world champion shucker, will provide you with a table on the water and a tray of the freshest and most delicious oysters around.

South Durras

Further south lies a cluster of small towns. If you plan to head past Cave Beach the picturesque town of Milton is a must. Fresh produce cafes, award-winning bakeries

and a famous vegetarian restaurant offer a wealth of dining options. After enjoying a hearty feast in Milton continue driving past Ulladulla to South Durras.

South Durras is where you will find Murramarang Resort, which boasts some amazing seaside villas as well as camping spots. The beach at South Durras features stunning tidal rock pools and kangaroos graze lazily by the waters edge. Campsites equipped with kitchens, hot water and toilets back on to the Murramarang National Park, providing direct access to some of the best beaches in NSW.

Tuross Heads

It would be hard to find a more idyllic coastal location than Tuross Heads. Set on a spectacular headland, the town is bracketed by beautiful ocean beaches on one side and, on the other, by a network of tidal lakes that offer exceptional fishing and boating.

Go kayaking on Tuross Lake or follow the



Tuross Head forshore cycle path around Coila Lake, past the ocean front and on to the Tuross River.

The fishing is phenomenal and a south coast sunset is an experience not to be missed.

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CELEBRATE WITH SYDNEY OBSERVER'S EASTER-THEMED RECIPES

Rosie Russell

THE SHOPS HAVE been stocking Easter eggs for months, but now it's time for the *Sydney Observer* to get excited about Easter too. And what better way then to share some of our favourite Easter recipes? From healthy to decadent, these recipes are sure to get your mouth watering.

COPYCAT REESE'S EGGS

(Makes 6 – 9 eggs)

Easter doesn't need to be a struggle for those trying to stay away from the not-so-healthy eggs and bunnies everywhere. With only 55 calories per egg, these can almost be labelled good for you. And there's no need to be wary – these taste exactly like actual Reese's Peanut Butter Cups, but with half the calories. If you're anything like us you will pounce on the chance to eat healthy and set your taste buds tingling at the same time.

Ingredients

¼ cup organic peanut butter, or any nut butter
Dash of salt
¼ cup icing sugar, or sugar-free icing sugar
2 tbsp cocoa powder
2 tbsp virgin coconut oil, melted
2 tbsp pure maple syrup

Method

- Mix the first three ingredients together in a bowl until it becomes a crumbly dough.
- Add an extra 2 tbsp of icing sugar if it's too goeey, and add more peanut butter if it's too dry.
- Taste the dough and add more salt if desired.



- Form dough into flat little ovals or egg shapes.
- Freeze the dough for an hour or so, until it's hard.
- Meanwhile, mix the cocoa and coconut oil in a shallow dish.
- Add the pure maple syrup.
- Mix until it looks like chocolate sauce, then take one 'egg' out of the freezer at a time and cover in chocolate.

Immediately return covered egg to the freezer and let harden. It's best to store these in the freezer as well.

EASTER ROCKY ROAD

(Makes 25 pieces)

This mouth-watering snack goes perfectly with your afternoon tea, and will keep your friends and family coming back for more and more. It combines the best of both worlds – chewy rocky road with delicious Easter eggs. This recipe was featured in the Super Food Ideas magazine.

Ingredients

400g dark chocolate, chopped
300g chocolate mini Easter eggs
100g packet mini marshmallows
2/3 cup (100g) pistachio kernels, toasted
1 ¼ cups (150g) dried cranberries
10 sponge finger biscuits, chopped

Method

- Grease a 6cm-deep, 20cm (base) square cake pan and line bases and sides of pan with baking paper, allowing 2cm overhang on all sides.
- Place chocolate in a heatproof, microwave-safe bowl.
- Microwave on high for 2 to 3 minutes, stirring every 30 seconds with a metal spoon or until smooth.
- Set aside to cool for 20 minutes.
- Place marshmallows, pistachios, cranberries, biscuits and half the eggs [in a bowl].
- Add chocolate and stir gently to combine.
- Spoon mixture into prepared pan and press with the back of a spoon to level.
- Lightly press remaining eggs into top.
- Cover and refrigerate for 2 hours or overnight, if time permits, or until set.
- Remove rocky road from pan and cut into





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"Finest Gourmet Meats"



"Fresh Fruit & Vegetables"

HOLIDAY BOREDO BUSTERS

Kieran Gair

KU-RING-GAI COUNCIL ACTIVE KIDS

Don't let your kids' eyes get stuck in front of the television this Easter school holidays, get them out and about with the Active Ku-ring-gai Kids sports program.

With different activities every day, children will get to sample a variety of sports and find out what's best suited to them, whether it's netball, football, tennis, athletics or basketball. The program encourages primary schoolers to get active, have fun and meet new friends, while developing important skills in team work and leadership.

All sports will be taught and supervised by the professionals from Oz Sport Solutions, respected industry leaders in sports coaching and education. The program will kick off in week one of the school holidays, starting at 8am on April 14 at the West Lindfield Community Hall.

For more information and to book contact Matthew Joyce on 94240802.

AUSTRALIAN NATIONAL MARITIME MUSEUM FAMILY TORCHLIGHT TOUR

Amaze the kids with the wonderful underwater world of whales. From graceful giants of the sea, to playful dolphins, from dangerous predators such as orcas to the mysterious narwhal and beluga whales the Amazing Whales exhibition has it all.

This international exhibition uncovers the diversity, origins and adaptation of the ceta-



ceans, charting their development from land mammals to aquatic giants. Amazing Whales also looks at the different relationships that humans have had with the cetaceans and the threats that weigh on their future.

Take a special guided torchlight tour through the exhibition on Saturday April 12 at 6pm. The exhibition will be run through-

out the entire school holidays.

Tickets are \$20 for non-members and bookings are essential so call 9298 3644 to reserve a spot.

MOWBRAY PARK FARM

Whether it's midweek or the weekend, Mowbray Park is alive with the sights and sounds of the Australian country. Family owned and operated, Mowbray Park is a working farm and farmstay with all the comforts you would expect and only a one hour drive from Sydney Airport.

Supervised activities are offered all day long for the kids while the parents can finally get a chance to relax and unwind. Separated from mobile phones, the internet and a computer the entire family can delight in a leisurely horse ride, take a dip in the pool or spend a lazy afternoon by the creek.

Every meal is included and while you wait to enjoy a hearty breakfast or sizzling barbecue visitors can try their hand at archery, play a game of tennis or just relax under the shade of a tree with a good book.

ART EXPRESS 2014

This popular exhibition features a selection of outstanding student artworks developed for the artmaking component of the HSC examination in Visual Arts, 2013. The annual exhibition at the Art Gallery of NSW celebrates the state's best young artists.

OM

ACTIVITIES TO KEEP THE KIDS ENTERTAINED THIS SCHOOL HOLIDAYS



The exhibition includes a broad range of approaches and expressive forms, including ceramics, collection of works, documented forms, drawing, graphic design, painting, photomedia, print-making, sculpture, textiles and fibre, and time-based forms.

Ideal for older children undertaking visual arts at school, or for creative younger ones, the 2014 showcase will be gracing the halls of the Art Gallery throughout the April school holidays.

SEA LIFE SYDNEY AQUARIUM'S BEHIND THE SCENES TOUR

If you've ever wondered what goes on in the inner workings of an aquarium then Sea Life Sydney Aquarium's new Behind the Scenes Tour is perfect for you.

Prepare to investigate the inner workings of a world-class aquarium during a 45 minute tour that will take you and your family to the most secret corners of Sydney's underwater world.

You'll get the opportunity to face your fears of the deep by standing above Shark Valley and feeding the hungry fish below. If your kids fancy themselves as budding scientists they will get the chance to visit the research laboratory to see how the professional staff test the pH and oxygen levels of the aquarium's water.

||
TARONGA ZOO IS PREPARING TO WELCOME VISITORS INSIDE THE ZOO'S NEW LEMUR FOREST ADVENTURE EXHIBIT THESE APRIL SCHOOL HOLIDAYS."

One of the highlights of the tour is a trip to see where the staff prepare lunch for the dugongs, Pig and Wuru. You will have a once in a lifetime chance to get up close and personal with the only pair of on-display dugongs in the world!

Sydney Aquarium's behind the scenes tour is on every day of the school holidays

and tickets include general admission to the aquarium and are priced from \$58 for adults and \$45 for kids.

WALK WITH TARONGA ZOO'S LEMURS THIS EASTER

Taronga Zoo is preparing to welcome visitors inside the Zoo's new Lemur Forest Adventure exhibit this April school holidays. Children of all ages will be delighted to jump beyond the barriers and experience the tropical habitat of Madagascar's endangered lemurs.

The Lemur Forest Adventure replicates the lemurs' natural habitat on the island of Madagascar, off the east coast of Africa. This interactive exhibit includes a forest path and a custom-built playground with complex climbing structure, designed to allow young visitors to climb just like lemurs.

It is planned so that groups of visitors will be able to walk through the Lemur exhibit between 11.15am and 4.00pm daily, following the path right beside the trees, rocks and climbing structures where the lemurs are leaping and walking.

As part of your entry to the Zoo during the school holidays, visitors can take advantage of the many keeper talks and shows throughout the day. This includes the Lemur Keeper Talk at 11:00am, as well as the popular Seal Show at 11:00am and 1:00pm, and the free Flight Bird Show at 12 noon and 3:00pm.

WHAT'S ON

7 April

AUSTRALIAN PLANT SOCIETY LECTURE SERIES: EASTERN MUELLER TRACK

(\$5 per person)

Meet at the Bushland Education Centre at 9:45am for a 10am start (finishing at 2:30pm) and be guided by experienced members of the North Shore Group. Participants of this challenging walk are to wear suitable footwear and a hat.

Where: Ku-ring-gai Wildflower Garden 420, Mona Vale Road, St Ives

Contact: Bill on 9498 6052

9 April

BUSHCARE AT KU-RING-GAI WILDFLOWER GARDEN

9am – 12pm (free)

A great opportunity for volunteers to supply their skills and commitment in preserving and enhancing the Wildflower Garden's beauty, whilst promoting biodiversity in a social environment.

Where: Ku-ring-gai Wildflower Garden 420 Mona Vale Road, St Ives

Contact: Bushcare Office on 94240000



10 April

TREAD LIGHTLY! MOTHER'S DAY MARKETS

4pm – 8pm (free)

Arts, crafts and gift stalls selling unique local and Fairtrade products. Great Fairtrade coffee, delicious ethnic food, locally grown produce, facepainting and other activities for kids.

Where: Turramurra North Public School Hall, Bobbin Head rd, North Turramurra

Contact: 0409710990

11 April

DISCOBILITY

7pm – 10pm (\$8 per person)

A fun and exciting 'Pyjama Party' themed event for youths (aged 12-24) with special needs. The party provides an enjoyable atmosphere for young people in a community of special needs individuals for a chance to have fun and feel supported.

Where: Fitz Youth Centre off Memorial Avenue, St Ives

Contact: Youth Services on 9424 0981



15 April

PETER PAN – SECOND STAR TO THE RIGHT – STORIES AND CRAFT

10:30am – 11:30am (free)

The classic tale of Peter Pan by J.M. Barrie continues to delight children of all ages. Join us for storytelling and Peter Pan themed craft activities, a great way to spend a day in the school holidays!

Where: Lindfield Library, 265 Pacific Highway, Lindfield

Contact: 9424 0428

17 April

THE GOONIES – FAMILY MOVIES AT GORDON LIBRARY

9pm – 8pm (free)

The Goonies is a classic all-time favourite movie that can be watched over and over again. If you haven't seen it before, or you have seen it but not in a while then cancel your plans and head down to Gordon Library for a special screening. Take a journey with the Goonies to find One-Eyed Willie's Treasure. I dare you! Doors open at 5:30pm Bring a pillow or a blanket Popcorn and hot chocolate will be provided Bookings essential.

Where: Gordon Library Meeting Room 1, 799 Pacific Highway, Gordon

Contact: 9424 0120

23 April

TREKS TRAVELS STORIES AND CRAFT 10:30AM – 11:30AM (FREE)

Trek the lovable scarecrow and his three feathered friends travel around the world discovering many far off lands. Why don't you join Trek at the library and share in his great adventures and create a super craft to take home. Age: Children age 5-8 years

Where: Turramurra Library, 6 Ray Street, Turramurra

Contact: 9424 0480

24 April

WALK WITH DINOSAURS

10am – 11:30am (\$10 child, \$5 adult)

Step into our time machine for a journey back to ancient Australia! Some of the plants, birds, reptiles and insects found in the Wildflower Garden today evolved from their giant prehistoric ancestors. Investigate who lived with dinosaurs and how they survived the mass extinction.

Where: Ku-ring-gai Wildflower Garden, 420 Mona Vale Rd, St Ives 3

Contact: 9424 0353

3 – 4 May

A DAY OUT WITH THOMAS

Trains will be departing

Sodor Station at: 9.30am, 10.45am, 12pm, 1.15pm, 2.30pm & 3.45pm.

(Tickets Adult \$35, Concession \$30, Child (aged 2-16) \$25)

Thomas and his friends will be visiting Trainworks on Saturday the 3rd and Sunday the 4th of May. On our Day Out With Thomas events you can meet the life-size Thomas the Tank Engine, take a genuine steam train ride and meet Thomas' other friends like Toby the Rail Motor, Henry and The Fat Controller.

Where: 10 Barbour Road in Thirlmere

Contact: 02 4683 6800



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Register now for our FREE Kids Basic Trampoline Moves at the Springfree™ Trampoline experience centre these School Holidays.

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Monday 15th – Thursday 17th April

Stop your kids from bouncing off the walls these school holidays - REGISTER NOW

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School Holiday Fun!



EASTER FAMILY FUN DAY
Hippity-hop down this Easter Sunday for a massive Easter Egg Hunt, and some fun Easter-themed activities. Date: 20 April



PHOTO LOCO This creative workshop is a basic intro to digital photography. Includes workshop, camera hire, printing & framing. Date: 15 April



MECCANO MACHINES
Meccano-mania at Trainworks! Find out how to build simple & complex machines. Date: 16 April

Visit our website to find out about the other fun activities happening here this school holidays!

www.trainworks.com.au



10 Barbour Road, Thirlmere NSW 2572
P: 02 4683 6800 E: info@trainworks.com.au



HOW TO ENTER OUR SCHOOL HOLIDAY GIVEAWAYS



HIGH TEA AT THE GUNNERS BARRACKS MOSMAN 2 X DOUBLE PASSES

Gunners Barracks offers an experience of great food and friendly service which are rivalled only by the superb views of Sydney Harbour.

Whether seated within the recently refreshed venue or in the comfort of the enclosed harbour terrace, diners will enjoy the balanced flavours of head chef Marc Philpott's modern Australian cuisine.

Amidst the soft clink of English china, the tea service is an opportunity for guests to delight in tradition in a luxurious setting.



TARONGA ZOO 5 X FAMILY PASSES

There's no better way to pass a day in the school holidays than by spending it surrounded by the world's most exotic animals at Taronga Zoo. Spend the morning exploring the new ring-tailed lemur forest, catch the bird show in the afternoon then hop on the cable cart back to the entrance and take in the spectacular harbour views. Taronga Zoo is open every day of the Easter school holidays from 9.30am to 5pm.



AUSTRALIAN NATIONAL MARITIME MUSEUM 10 X FAMILY PASSES

The museum captures Australia's maritime identity with fascinating artefacts, lively exhibitions, fun activities and even the chance to board ships and experience life on the water.

School holiday activities range from mini mariners, kids on deck and youth workshops. Discover the fun and adventure of countless children's activities. There's something for every sized sailor, and the parents too!

POWERHOUSE MUSEUM 5 X FAMILY PASSES

The Powerhouse museum is one of the world's leading museums of science and design, acclaimed internationally and loved locally.

The kids will get the chance to Step into the world of Zelda, Super Mario Bros, Sonic the Hedgehog and many more much loved characters at the blockbuster exhibition Game Masters.

Featuring over 100 playable games, this highly interactive exhibition celebrates the work of the world's most influential videogame designers and showcases some of the most groundbreaking games ever made across arcades, consoles, PC and mobile platforms.



HANDY 4582 (UNAWARE) GRID_15D

PUZZLE SOLUTIONS

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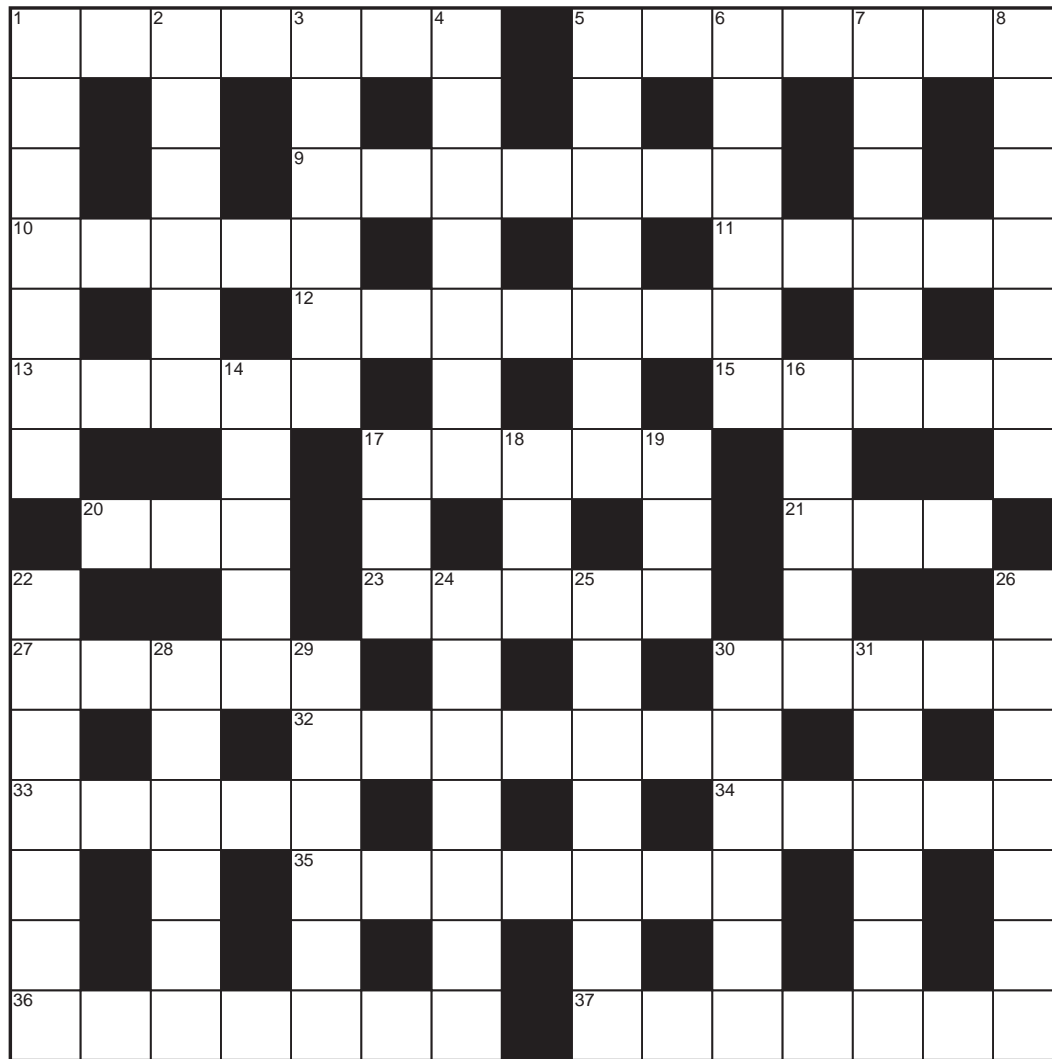
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Crosswords

HANDY 4582 (UNAWARE) GRID_15D



Across

- 1. Oblivious
- 5. Weaponless
- 9. Ageing (population)
- 10. Garden shovel
- 11. Rave about
- 12. Cloth plaything (3,4)
- 13. South American ranges
- 15. Furtively
- 17. In unison (2,3)
- 20. Respectful address
- 21. Closest relative, next of ...
- 23. Cleaned with broom
- 27. Stood opposite
- 30. Rocky Mountains state
- 32. Inflexible
- 33. Hut
- 34. Capture
- 35. Drink chiller (3,4)
- 36. Fumes angrily
- 37. Disarmed (bomb)

Down

- 1. Unorthodox
- 2. Within reach (2,4)
- 3. Enrages
- 4. Materialises
- 5. Mythical horned horse
- 6. Cherubs
- 7. Chiefly
- 8. Arranges (troops)
- 14. Eagle's home
- 16. Appreciated
- 17. Fool
- 18. Raw metal
- 19. Consume food
- 22. Scraps
- 24. Fabric makers
- 25. Pestered
- 26. Cringed
- 28. Taxi driver
- 29. Copenhagen language
- 30. On its own, by ...
- 31. Burglary warnings

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