



Sydney Observer

OCTOBER 2014 - FREE

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SYDNEY HOME
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AGENDA
THE COPYRIGHT ISSUE

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FROM THE TEAM

Welcome to October. It almost feels odd saying that; it seems to have come around all too soon.

In preparation for the end of the year, we've riled together this month to bring you an issue filled to the brim with interesting tid-bits and tips.

In our On the Agenda section, we've taken an important piece of government legislation and done our best to debunk it. We all agreed that following topical issues in the media can get confusing, what with all the various angles and influx of information, so we aim to provide an objective, brass fact summary for our readers.

Getting the more serious stuff aside, we had some fun this month with our Golden Years special. The team met with lovely local man Ted Price, who this year celebrated his 64th year in practice at his West Pymble pharmacy; proving that age really is just a number.

To round out October, *Sydney Observer* couldn't resist getting involved with the annual Good Food Month. Head over to page 31 to uncover our pick of the best craft beers at Willoughby Beer Festival and a review of local restaurant Marciano's.

Bon appétit! We hope you enjoy.

The *Sydney Observer* editorial team
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KU-RING-GAI MAYORAL ELECTION ANNOUNCED

COUNCILLOR FROM THE Roseville ward, Jennifer Anderson, has been voted into top job as Ku-ring-gai Mayor for a second successive term.

With the vote 6-4 in her favour, Mayor Anderson said she was excited to work closely with the Ku-ring-gai community.

"The Council has several exciting projects under way, such as finishing touches to the new

Ku-ring-gai Fitness & Aquatic Centre and the reinvigoration of our local centres."

"I thank my Councillor colleagues for entrusting me with the role once more. I'm keen to continue making a positive contribution to our community during this term," she says.

The new Deputy Mayor, from the Wahroonga ward, will be Chantelle Fornari-Orsmond, who also received 6-4 votes in her favour.



CHERRYBROOK SKATE PARK OPENS



Cherrybrook's new skate-park is open as of Sunday September 28.

A project of Hornsby Council, the new park is based loosely on one of the most famous bowls ridden by the Dog Town and Z-Boys – the Gonzalez Pool – with proper pool tiling.

Received well by local skaters, the park upgrade includes a deep bowl, taco extension with granite coping, mogul roll over, down/up rail, flat bank hip, vanishing quarter-pipe with refurbished handrail and a kicker to kicker over mogul.

The grand unveiling of the park was attended by Australian skating legend Renton Millar, and also included skating demonstrations by Lachie Bouillir, Ben Key, Ryder Lawson and Nathan Taylor.

Hornsby Mayor, Steve Russell, told Hills News it was "very gratifying to see a council project embraced by its target audience."

FEDERAL GOVERNMENT TO REINTRODUCE TEMPORARY PROTECTION VISAS

Immigration Minister Scott Morrison has announced a plan to re-introduce the Howard-era Temporary Protection Visa (TPV), after striking a deal with the Palmer United Party.

Morrison also hopes to introduce a new visa titled the Safe Haven Enterprise Visa (SHEV). Both visas will disallow permanent residency in Australia, and are aimed at curtailing the people smuggling trade.

Morrison said: "These are temporary visas, they do not provide a path to permanent protection visas. That's very clear in our arrangements and in the discussions we've had with the cross bench senators."

"They also do not apply to anyone who seeks

to come to Australia illegally. Anyone who comes to Australia in a boat and is not turned back, will find themselves in Naru, or Manus Island, like those 157 people on that last venture did."

Brad Chilcott, National Director of the Welcome to Australia movement, is appealing for Clive Palmer to reverse his decision regarding the future of some 30,000 refugees before it is too late.

"The proposed legislation would rob people found to be refugees of permanent protection, permanently separate family members from one another, remove legal protections for vulnerable people and enable the government to return people to the risk of harm," he said.





NEW WOMEN'S SHELTER FOR HORNSBY AND KU-RING-GAI

Steph Nash

A **BRAND NEW** women's shelter will be opening in the Hornsby/Ku-ring-gai area in late October, thanks to the Women's Community Shelters organisation and Hornsby and Ku-ring-gai Councils.

CEO of Women's Community Shelters, Annabelle Daniel, said that it was about time the North Shore area opened another women's refuge. Daniel's organisation underwrote half of the start-up costs for the shelter, hoping to help ease a growing problem in the region.

"There was an overwhelming need for a women's shelter in the area. 1 in 2 women are turned away from crisis accommodation every day - especially women without dependent children," she said. "15 women per month are looking for help, but there is nowhere to accommodate them."

A large 7 bedroom house has been secured by the managing group, which will include a modern kitchen and bathroom, and an outdoor deck area. The facility will aim to cater for a

diverse variety of needs, offering residents individualised methods of care.


"Besides food and accommodation, our women will be provided with client-centric case management, doctors, counselling, support for study opportunities, employment opportunities, issues with government departments, housing issues and Centrelink problems," Daniel said.

Ku-ring-gai mayor, Jennifer Anderson, agreed that the shelter will play a highly significant role in the local community, stating that the council would maintain a close relationship with the shelter's management.

"The shelter will be a vital haven for women on the North Shore seeking refuge from domestic violence and other difficult circumstances," she said. "The council is very supportive of the project, and as Mayor, I am pleased to be a member of the Board of the Hornsby and Ku-Ring-gai Women's Shelter and the original steering committee."

Meanwhile, Hummingsong Community

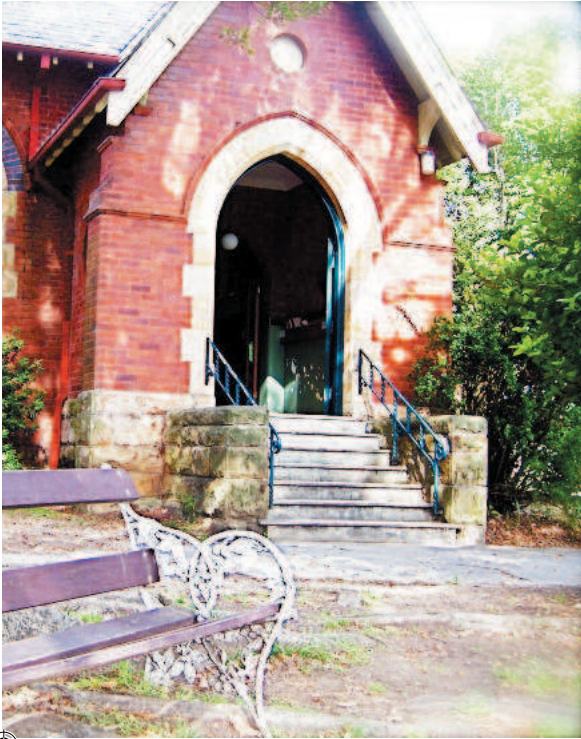
Choirs raised \$25,000 for women's refuges last month, by performing a concert at Brigidine College in St Ives. Five of the group's choirs took to the stage with acclaimed jazz musician, Evelyn Duprai, thanks to sponsors National Hearing Care, National Home Doctor Service, and Channel Nine. Hummingsong Choirs founder and creative director, Anna Humberstone, said that event was truly a good night for a good cause.

"The event was more than just entertainment for the 1000-strong audience," she said. "Women's refuge funding has been drastically cut or stopped all together recently, so it's great we were able to raise this money." 

To donate to the Hornsby/Ku-ring-gai Women's Shelter, please see www.givenow.org.au/hornsbykuringgaiwomensshelters.

To get involved, please email Annabelle Daniel at info@hkws.com.au

100 years of worship at Lindfield Church



IN CELEBRATION OF 100 years of worship on site at Lindfield's Tryon Road Uniting Church, residents of the local community are invited to attend the 2014 production of Handel's famous oratorio, *Messiah*. Commemorating both the local WWI sacrifices for our freedom, as well as the church's legacy of 118 years of Christian service to the community of Lindfield, *Messiah* will be conducted by Dr Paul Pavior OAM, with Heather Moen-Boyd on the Jackson Heritage Organ. The pair will be accompanied by 8 professional musicians and a choir of some 80 voices.

The church, which has recently undergone renovation to include wheelchair access and modern kitchen and toilet facilities, has hosted Handel's *Messiah* annually for 15 years. Many of the young soloists who have performed have gone on to achieve fame; including tenor Sam Sakker, now a young artist at the Royal Opera House, and mezzo, Anna Dowsley, a young artist at the Royal Opera Australia.

Four of Australia's young operatic voices will sing the solos. The soprano, Ayse Gökür

Shanal, has one of the most beautiful soprano voices. Amongst many prizes for singing, she has won the *Joan Sutherland Bel Canto* award and the *2014 National Liederfest* award. Mezzo, Jade Moffat, has won many awards for singing including the *Joan Sutherland Memorial Vocal Scholarship* in 2013 and the *Dame Nellie Melba Scholarship* with the Melba Opera Trust in 2014. Tenor Damian Arnold, as well as many other awards, won the *Male Voices (21-25 Years)* at the Sydney Eisteddfod 2014. Daniel Macey, baritone, has been working with Pacific Opera, and this year, has been working professionally with Opera Australia School's Company in their production of *The Barber of Seville*.

Where: Lindfield Tryon Road Uniting Church (33 Tryon Road cnr. Nelson & Tryon Rds)

When: Saturday 11th October, 5pm

Price: Adults \$30; Children \$15; Family of 4 \$50

Contact: 94982888

Marketing mogul speaks at Chamber of Commerce

Steph Nash

KU-RING-GAI CHAMBER of Commerce hosted an advertising and marketing event late last month, which was chaired by marketing guru, Herbert J Field. The event aimed to help local entrepreneurs understand and overcome the various challenges faced by small businesses. Around 20 local business owners attended the discussion, hoping to learn how to increase their return through advertising and marketing.

Field said small businesses are being hugely impacted on by the nature of big business. The rise of big business monopolies have forged a new sense of customer urgency, which Field said is one of the main problems effecting local industry.

"Because of these challenges, many small business owners are being stressed and are not surviving no matter how hard they work," he said. "Business owners are working long hours to provide for their families, hanging on by their teeth, not making any real money, only to find that one day they get knocked out of the game by

unfair competition."

To adapt to the increasing pressures of demand-and-supply, Field suggested that small businesses use strategic methods of advertising and marketing. He spoke about the advantages of social media, and how digital networking can help local companies establish a greater presence for next-to-no costs.

"The businesses that will prosper the most in the near future are those that are driven by their marketing, rather than by their mechanics," he said. "In business, creativity has become essential. This is because everything has become a commodity. Competing with India, China and the Web on price is impossible. This leaves creating new value as the basis for winning new business."

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COPYRIGHT BREAKDOWN

The *Sydney Observer's* guide to understanding what's what when it comes to the government's proposed copyright changes

Steph Nash

THE COPYRIGHT ACT 1968 has had its fair share of attention over the last year, after the federal government's Communication and Arts Ministers released a discussion paper in July proposing certain amendments.

In short, Minister George Brandis and Minister Malcolm Turnbull have proposed to make Internet Service Providers (ISP's) liable for the actions of their customers. The legislative framework that is suggested in the paper, involves the usage of internet filtering by ISP providers, who then become responsible for awarding wrong-doers with official sanctions.

In the last two months, this topic has been discussed heatedly. Some parties have remained reserved about their opinions, whilst others, such as ISP and iiNet, have been more vocal. The Australian-based service provider recently launched an advertising campaign against the government's proposed changes, openly claiming that the paper exaggerates piracy's effect on our recording and film industries.

Spotify and Pandora

A study released in September by commercial music streaming service, Spotify, revealed that piracy is, in fact, on the steady decline. The study showed that illegal downloads dropped by 20 per cent between 2012-2013, and that illegal copies of films and television shows are downloaded 4-times more than music torrents.

Keep in mind that Spotify have also had the finger pointed at them for bleeding the music industry dry. Some well-known American singers have started a shame campaign against programs like Spotify and Pandora for making copyrighted content too easily accessible to customers. An example of this is Better Midler, who publicly Tweeted: "@Spotify and @Pandora have made it impossible for songwriters to earn a living: three months streaming on Pandora, 4, 175, 149 plays = \$114.11"

Cost-Benefit Analysis

Commissioned by Australian Interactive Media Association (AIMIA), economist Professor

Henry Ergas conducted a cost-benefit analysis of the government's proposal. The results, which were published online as a response to the discussion paper, reveal that the plan would be, in fact, more costly to the community than it would be beneficial.

"It is quite possible that there would be significant costs," Professor Ergas said. "The government should assess these costs and compare them to the benefits. The discussion paper isn't very clear on how the scheme would work. Even if there was the effect of minimising copyright infringement, you still have to wonder whether the cost they would impose in doing so, would be so great as to out-weigh the benefits."

"We're not saying that these changes are unworkable," Ergas said. "We're saying that they need to be better assessed, because they have the ability to impact on many stakeholders."

Geo-blocks

In their submission against the proposal, Australian consumer organisation, Choice,



ON THE AGENDA



suggested that piracy rates could be easily lowered by legally circumventing geo-blocks. Geo-blocks are online barriers that prevent users from accessing overseas content, as copyright laws vary from country to country. As discussed by Choice, the circumvention of geo-blocks could lead to the start up of successful international streaming sites, such as Netflix, whom operate via payment system.

The Aftermath

The online submissions section on George Brandis' website was closed early last month. Malcolm Turnbull held an anti-piracy forum on September 9 to respond to the various submissions made for and against the proposal. The Minister acknowledged the vast amount of criticism lodged at the discussion paper, and went so far as labeling the original proposal as a 'fail'. According to Turnbull, the most widely unaccepted facet of the proposal was the legal framework, or 'extended authorisation liability', with which ISP's would be accountable for if their customers illegally downloaded copyrighted content. Looks like its back to the drawing board for the government in regards to curbing Australian piracy infringement. ○

Supportive of anti-piracy reforms:

- Australian Law Reform Commission (ALRC)
- Village Roadshow
- Foxtel

Opposed to anti-piracy reforms:

- Google
- Facebook
- eBay
- iiNet
- Microsoft



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Sunrise's star girl: Edwina Bartholomew

Tess Gibney

EDWINA BARTHOLOMEW, OTHERWISE known affectionately as 'Eddy' to the crew at *Sunrise*, is no stranger to adventure. Scoring her first big break in the industry at just 20, the effervescent, personable *Sunrise* weather girl has had her fair share of wild experiences in her 10-year career as a journalist. When I do finally manage to catch her on the phone, she mentions casually that she's flying over Perth, on route to Broome after a whirlwind work trip to the Kimberley region and back.

Though she'd now describe herself as a Sydney-sider through and through, Edwina was born in South Australian mining town, Wyhalla, where she lived until she was five. From there, her family flitted back and forth between Japan, Malaysia and Sydney's North Shore. Eventually settling in Wahroonga as a teenager and attending boarding school at Abbotsleigh, an early life of transit led Edwina to a deep love of travel and exploration. "I'm definitely used to moving around a little bit," she laughs.

And moving around she does. I get the feeling that 'home' is many places for Edwina, and that her physical home, now located in Sydney's Eastern Suburbs, is just one of many. In saying that, she's quick to assure me she can't really picture herself living anywhere else. Currently co-hosting her second season of *7's Dancing with the Stars*, along with her regular gig at *Sunrise*, the girl that originally started as the 'intern' really has worked her way up the ranks.





How did you get your first big break in the industry?

It's a pretty funny story. In my last year of university, someone from *Sunrise* called up my lecturer and asked for candidates for a competition they were running to give away a job. He put my name forward, so I had to go down to Sydney and compete for a job, and there were six of us who were part of the competition. I won.

I had never really watched breakfast television before, and at that time didn't really know who Kochie and Mel were – it was before the days that breakfast news really made the headlines. So there I was at age 20, working in the *Sunrise* office. It was crazy. I basically started out making coffee and reading scripts and helping Kochie find his joke of the day, and eventually I climbed the ranks to become the producer and stayed there for about two to three years initially.

I then went away and did my Masters in International Relations at Sydney University. While I was doing that I did freelance work for 2GB and then ended up going to work in radio, which was an amazing experience – I think it's just the best possible experience that any emerging journalist can get. You've got to be across everything that's happening in the news – it's just that real buzz, the first buzz that I had of live news. It was amazing. That was sort of how I got my start.

Where do you live now?

I live in Woolhara now, near Centennial Park. It's wonderful; we've basically got the whole park as our backyard. I live there with my boyfriend, and although I'm rarely there, it's so lovely to come home.

What do you enjoy - and dislike - most about travelling so much for your job?

What I love about travelling is meeting new people and seeing incredible places, especially in Australia. We've just come back from a week in the Kimberley, where we travelled from Broome all the way up to the Bungle Bungles. It was amazing. We get to see parts of Australia that many people don't ever get to see, and we get to travel every week doing it. I think sometimes you begin to take it for granted; we have so many different experiences each day that sometimes they don't really stick with you, but now and again you see something that really makes you hold your breath and it makes you think 'wow, I'm so lucky to do this'.

At *Sunrise*, we call it Tapas Travelling; it's a tasting plate. You get to experience a little bit of each place at a time, and then leave. We're rarely in a place for more than 24 hours – we have one night only most of the time, and so you try and fit as much as possible in that small amount of time. It's like being the ultimate travel agent.

What I hate is the airports, and the waiting. You get through a lot of books and TV shows. I

think the team and I have watched every episode of *Seinfeld*.

From doing a job like *Sunrise*, you get a distorted sense of how much you can do in a day. When I went on holidays with my boyfriend recently, I almost killed him, because the itinerary I set for our trip to Ireland basically circumnavigated the entire country and we saw things that Irish people hadn't even seen in their lifetime. I have a, kind of, unfortunate ability to pack so much into a day that there's very little time to breathe.

What is the most rewarding aspect of your job as a journalist?

Finding stories: it's like, you go to this place and you meet this person who is a fantastic character. Recently, when we were up in the Northern Territory, we met this bloke called Phil O'Brian. He was just a knock about Australian guy, who had written a book and made a calendar and a movie, and who was just this real go-getter, with a Croc Dundee kind of alter ego. We had a wonderful couple of days getting to know him – he was just so entertaining, it was so much fun.

Working with the crew I work with as well – we are like one little travelling family. It's been so great getting to know that team in a way that you don't normally get to know your work colleagues. It's almost like 24 hours a day, 7 days a week sometimes. You'd think tempers would fray, but generally we just have the best time. It's



PROFILE



fray, but generally we just have the best time. It's like travelling around with your mates; there's a really great sense of camaraderie.

What have been some of your ultimate career highlights?

I filed a number of stories for *Sunday Night* which were a definite highlight; I went over to Los Angeles and interviewed Andre Agassi. I also can't forget travelling up to the top-end and going crocodile egg collecting hanging from a chopper.

Last year, over Christmas, *Sunrise* bought an ice-cream truck and we drove it all the way from Bundaberg to Geelong, serving ice cream every day. That was an unusual highlight – I wouldn't really call it journalism, but it was lots of fun. Even this week, just flying over the Bungle Bungles. It's surreal; there are so many amazing memories.

Then there have been sad stories as well – floods, cyclones, the Christchurch earthquake. I covered that, and it was a really emotional experience. I visited Christchurch a year after to see the recovery, and many things hadn't changed, and lots of the destruction was still there. Those stories are compelling in a different way. There's the sad and there's funny. What's lovely about *Sunrise* is that every time you go to a community now, it's for a positive reason, whereas when I worked in news, it was always for a negative story. It's really nice to be able to see smiles on people's faces when you get there.

How does Sydney differ to some of the other cities you've visited?

It was interesting visiting New York recently because my boyfriend was adamant he could definitely live there. But flying back into Sydney, for me, just confirmed that I don't think I ever could. It's a just a different pace of life, and just the beauty of the city – I think it's amazing. There is a definitely a certain snobbery to Sydney, but in saying that, I do think we have a lot to brag about. What an incredible location, what incredible national parks (like Ku-ring-gai National Park). We don't have to try very hard. The food, the attitude of the people, and that relaxed atmosphere. I wouldn't really want to live anywhere else, though I love Melbourne and I love the coffee: it's a bit cold for me. I think Sydney's just right; it strikes a really great balance. Flying back into Sydney over the harbour: that's about as good as it gets. ○





THE HSC OLYMPIC GAMES

Megan Krimmer

IN HIGH SCHOOLS around NSW, it seems that as we wave this year's Year 12 goodbye, we immediately start preparing our Year 11's for next year's HSC. That is certainly how it felt for me during the last week of Term 3 this year.

I often compare students preparing for the HSC to athletes preparing for the Olympic Games 12 months out from the 'meet', and for this, they need a 'game plan' and the right mental attitude.

Firstly the 'game plan': To begin with, all syllabus documents for every subject can be found on the BOSTES website. It is useful for students to download these and check with their teachers the topics they will be studying, should there be optional areas

Secondly, it is likely that your son or daughter will receive an assessment schedule either for whole year or term by term. This will show them what tasks they have, when they are due, and how much each task is worth in the lead up to their HSC examinations. Plotting these out on a chart and placing this on their wall is helpful for future planning.

Once they know what topics they are studying and when specific assessment tasks may be due, like any athlete, it is useful for your daughter or son to work out their 'training

schedule'. This should be in the form of a home study timetable that takes into account daily homework, assessment tasks, wide reading and examination question practice.

The 'training schedule' should also allow for important 'down time' for relaxation, a 'social life', holidays, playing sport and/or music and even scheduled time for social networking (so that this is not used as an excuse to procrastinate). It may not always be possible for your daughter or son to keep to the schedule, but it does help them to be organised and even get 'ahead of the game', and not feel guilty about doing other things. In spite of the seemingly arduous study regime, students cannot study 24/7 and Year 12 can be, and should be, lots of fun.

Equally important to the 'game plan' is to have the right mental attitude. Athletes work hard on this, and so should students. Possessing a 'growth mindset' rather than a 'fixed mindset' is the key. Students who possess a growth mindset set short term goals, enjoy challenges in learning, and aim to improve and achieve their personal best at all times. Then, just as athletes do, once they reach their personal best, they celebrate.

So where do their parents fit in? Well,

you are the 'support crew' and sometimes the coach, providing sustenance through regular nutritional meals and ensuring that your son or daughter gets the sleep that teenagers need (8 – 9 hours on average). Being the 'support crew' also means giving lots of encouragement (and sometimes biting your tongue). Young people often put so much pressure on themselves during Year 12 and they need us just to be there and say the right thing at the right time.

Ultimately, no matter what the age of your children, the most important thing is to believe in them and assist them to do their personal best in all areas of their lives, not just academics. After all, the test of a great person cannot be found in the result of the game (their ATAR); instead, it is found in how they 'play the game', in other words, their character: how they live their lives and how they treat others around them.

I wish all this year's Year 12 students the best in their final exams and all Year 11 students and their parents equal success as they begin their final 12 month journey at school. ○

Megan Krimmer is Principal of Roseville College, Roseville.

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The Age Debate

How young is too young for primary school?

Steph Nash



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THE AGE DEBATE for primary school enrolment is a contentious issue facing many Australian parents. How young is too young for a child to start school? The minimum age varies all over the states, with the NSW minimum being 4 and-a-half years. By law, children must be enrolled in school by their sixth birthday, meaning that at most, the ages of children in any one classroom can differ by a maximum of 1 and-a-half years.

Norm Hart, from the Australian Primary Principals Association (APPA), is aiming to bridge this age gap. With the minimum enrolment age differing across the states, and some states allowing special conditions for early enrolment, children that move interstate may need to repeat a year of school to satisfy national guidelines. To help prevent this, the APPA are calling for a national minimum enrolment age across all states and territories, with the organisation's preferred minimum being five-and-a-half years old.

"APPA believes a nationally consistent school starting age, based on evidence from across the country, would be good for Australian children," Hart said. "The age of the child is an indicator of school readiness. Six months is a significant portion of the life of a four year old child ... Many parents decide to delay school enrolment so their children have the opportunity to maximise readiness in all domains. Teachers are able to focus on formal lessons earlier in the school year when children come to school with the physical, social and emotional skills necessary for formal classroom activities."

Sydney Observer released a Facebook post asking local mothers what they thought was the right age to enrol a child in primary school. Concern over the potential year-and-a-half age gap between students showed to be a common point of contention among local parents.

Fiona Mackay said, "The biggest issue in NSW is that they should have a fixed 12 month window so you don't get the issue of kids being more than 12 months different in age in any one class. [Certain] exceptions should be accepted."

Teacher, Cassie Pethybridge, concurred. "I'm a primary school teacher and have taught a kindergarten class where two students were 18 months apart in age. The differences academically were minor, the differences socially and emotionally were HUGE! Starting age should either be the calendar year that children turn five, OR the calendar year they turn six," she said.

The Daily Telegraph released an article last month claiming that many parents in the state are enrolling their children early to avoid the soaring costs of child care. Bruce McDougall from the Telegraph wrote, "Some financially strapped parents even try to enrol their children before they reach legal age, the Saturday Telegraph has learned".

This may not necessarily be the case. Dr Ben Edwards, from the Australian Institute of Family Studies, has called this information misleading, stating that the Daily Telegraph's claims fail to acknowledge the research available in this area.

"According to national data, children aren't being sent to school early at all," he said. "It is, in fact, the reverse. In 2005, NSW had the highest rates of delayed entry. The rate of delayed entry in NSW was 31 per cent, which compares to the national average of only 14.5 per cent."

Edwards said that by comparison, rates of early enrolment are so low that it can be considered negligible information. Despite this, he still maintains that the entry age for enrolment remains a contentious topic in Australia, with mixed views shared across the community.

"Choosing an appropriate age for primary school enrolment is a decision that parents agonise over," he said. "We always get a lot of queries from parents. We say that it's a personal choice, and that it depends on the child and where they're up to." ○



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Beating the ATAR blues

Steph Nash

THE HSC CAN be a stressful time for most students, and for some, hard work may not necessarily pay off. There's a lot of pressure on students to perform well in their HSC – whether it be aiming for a band 6 average, the highest possible ATAR, or simply wanting the mark you need to be accepted into a university course.

Due to the competitive nature of the HSC, some students unfortunately don't get the results they expect. This could be due to a number of things, such as stress, anxiety or personal issues.

But there is good news! As it turns out, the HSC may not necessarily be do or die. Juliet Moore, an educational psychologist from Lane Cove, gives her tips for students wanting to bounce back from an unexpected HSC mark.

"It's not the end of the world at all," Moore said. "There are so many ways to get into university."

Moore suggests that students look at undertaking 'pathway' subjects at TAFE or university, which are available for students seeking alternative means of course entry. Pathway courses can be counted as credit points for some subjects, which can help students get into the course that they desire.

This is similar to an internal transfer, by which students use credit points from undergraduate subjects to get into courses with higher ATAR requisites. Both of these options require a good final passing mark, so time and

hard work is a definite necessity!

For students that are set on doing a certain course at university, but are concerned that they won't get the marks they need for requisite subjects, bridging courses are always available for students to brush up on their assumed knowledge.

The University of Technology, Sydney, runs a special program to help get students into university. UTS:INSEARCH takes students based on their HSC average marks, as opposed to their overall ATAR score. Sally Payne, Associate Dean of Studies at UTS:INSEARCH, says that disappointed students should realise that an unexpected ATAR is not a final outcome.

"It's important to remember that getting a lower than expected ATAR doesn't mean the end of your university goal," she said. "Although you may not be happy with your results, there are alternative ways of getting into the course you want which will keep your career plan on track."

UTS:INSEARCH gives students the opportunity to complete a diploma after they finish high school. This serves as an alternative means of entry for acceptance into some UTS undergraduate courses.

"The best piece of advice I can offer students who receive a lower than expected ATAR is to know your options," Payne said. "We offer diploma programs that can lead students into the 2nd year of a range of bachelor degrees at UTS – depending on the course chosen and meeting the

Grade Point Average required."

Moore recommends that, above all, students should relax during and after the HSC. She stresses that the ATAR should not define a child's future, and that the measure of time and effort might not necessarily be reflected by a single mark.

"Students could also take a gap-year or do a trade certificate, so that they at least have something behind them before they enter full-time study," she said. "Don't let your mark determine who you are and where you want to be in life. It's not about how intelligent you are, it's about the effort you put in that will achieve results."

One student who can vouch for alternative means of university entry is Oliver Wijaya. Disappointed with his overall ATAR mark, Wijaya went to UTS:INSEARCH to complete a diploma of marketing, and is now enrolled in his second year of study at UTS.

"After I completed my HSC I didn't get the required ATAR to enter UTS. At the time, I thought there was no way for me to get in, but then I remembered UTS:INSEARCH," he said. "Through UTS:INSEARCH, I completed my diploma and am now in my second year of a business degree at UTS. In five years time I see myself promoting or marketing a product around the world. I want to start marketing both in Japan and Australia. I want to fly back and forth, and after that, I want to promote something to the world." ○

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WE MUST FORGE RESILIENT LEARNERS

Jane Dennett


IF THERE'S ONE barbecue conversation guaranteed to make the discussion as hot as the grill, it's secondary education. High school is high stakes for metropolitan parents. A great deal of time and energy is invested into this choice, with the school's Higher School Certificate track record and effective student wellbeing services the key discriminators.

I have told you nothing you don't already know. But the hot talk in education circles today is how to build personal resilience, and its role in bringing this success and happiness. Author and social researcher Michael McQueen regards patience as a 'paradigm rift' between the generations. No longer is it seen as a virtue; in a world that gives millions of returns from a Google search in half a second, to our kids it's

a connection problem to be diagnosed. So we work to make things right, and immediate, for our children. Sometimes we clear all obstacles from their path, and praise them for routine actions, choosing to see them as accomplishments.

By doing so, we are failing to empower our young people. True education supports children to take managed risks with their learning, and to work out ways they can improve. Edison's thousand or so attempts to create the light bulb indicate that great achievements take time and trial and error. Making mistakes is an essential part of life, and we do our kids a disservice if we rush to excuse behaviour that should be acknowledged. As unpleasant as they are in the moment, failure

and disappointment build character, and shielding young people from them is akin to feeding them Twisties on toast for breakfast. It keeps them happy in the short term, but does nothing to sustain.

Resilient people understand that a setback is just that – an opportunity for growth, not panic. They are less anxious, and face the future with hope. And in the end, faith in their own ability is what we want everyone to take with them when they leave school. As Henry Ford wisely observed, whether you think you can, or you think you can't, you're right. 

Jane Dennett is Principal of Killara High School, Killara.

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MANAGING YOUR FINANCES IN THE GOLDEN AGES

Peter Vickers

Stage 1

When most people reach retirement age, they're still relatively fit and agile and quite capable of managing their own finances. They have more time than ever to be actively involved in ensuring they're making the most of tax saving opportunities like superannuation, the best interest rates available, acquisition and disposal of shares, and other assets in their investment portfolio. Having recently retired, they have the added interest of ensuring that their savings are going to last for this undetermined amount of time. In most cases, those partnered are of a similar age to each other, have a similar interest in finance and a similar ability to manage and grow these savings.

Stage 2

As time passes, most people begin to ask for assistance. It's now not quite so easy for many to grasp some of the more intellectual aspects of their investments and they find that they miss key dates and have become a little forgetful. It's

common to turn to their children for help. Often, however, the children are in London or New York, or just too busy with their own full time jobs and family life. Professionals are often called in to help with the management and administration of the couples' affairs, working very much in partnership and consultation with them and their children, seeking their approval along the way.

Stage 3

The next stage sees the relinquishing of control of financial matters as decisions are no longer able to be made with clarity. Most professionals have designed a system which allows for the individual to pass through these normal stages, commencing with advice and a very consultative management approach. This progresses to the stage where clients are not in a position to take actions, and rely on us to manage not only their investments but also their day to day financial needs. Usually, the advisor has grown to know

their clients well and has also become familiar with the various family complexities and relationships that matter.

Stage 4

In the final stage, the advisor is sadly no longer dealing with their client but with the client's estate and the family they have left behind. It's hugely helpful at this emotional time to have a professional advisor who is already fully informed and well versed in the financial affairs of the deceased. Dealing with the family lawyer, issues of probate, tax returns until the date of death and the resultant estate, superannuation, usually a SMSF, and other matters can be incredibly stressful. Again with children interstate and overseas, and thus unable to handle these matters, the professional advisor is readily able to assist. ○

Peter Vickers is a Chartered Accountant and Director of Peter Vickers Business Group

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Falls can happen to anyone. But it is a common problem for older people. Preventing a fall involves several steps: paying attention to and dealing with poor eyesight; correcting bad balance; and noticing weakness in the feet and legs. It is equally important to attend to any of these medical situations, and keep yourself mobile. It is always good to address your personal worries about a potential fall – whether it be because of a past fall, or because you're simply fearful.

The next step is to ensure that your surroundings are as safe as possible. Your home, garden and immediate surroundings should be free of potential hazards. Sufficient lighting is very important. It is vital to remove any cause for tripping and slipping, and to wear appropriate footwear.

Mayo Clinic presents the following 6 steps falls-prevention strategy:

1. Make an appointment with your doctor
2. Keep moving
3. Wear sensible shoes
4. Remove home hazards
5. Light up your living space
6. Use assistive devices

Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can also help. Examples include hand rails in the shower; a raised toilet seat or one with armrests; a hand held shower etc. If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. Some solutions are easily installed and relatively inexpensive. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.

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'SWITCH-OFF' YOUR DIABETES

Steph Nash

AUTOIMMUNE DISEASES AFFECT about 1 in 20 people in Australia, with the most common diseases being multiple sclerosis and diabetes. In a breakthrough of medical technology, a team of scientists at the University of Bristol (UOB) have discovered a way of 'switching-off' cells that cause autoimmune diseases.

Autoimmune diseases are a group of chronic inflammatory conditions that are caused by immune system responses against the body's own tissues. In this case, the body's own natural antigens are targeted by antibodies in the immune system, causing the body to essentially fight itself.

Until recently, there have only been methods to ease the symptoms of autoimmune disease. This process is called immunotherapy, which works to make the body more tolerant to these self-antigens. The team at the UOB have discovered a method of immunotherapy that releases certain blood cells to dampen the body's autoimmune response. This therapy uses

intranasal administration of special compounds to selectively control substances released by the immune system.

During immune response, special blood cells called CD4 T-cells release chemicals into the body to fight disease. For the average person, these CD4 T-cells work protectively to fight antigens. For someone with autoimmunity, however, these special T-cells work aggressively, targeting more than just foreign antigens in the body. UOB's new method of immunotherapy works to pacify CD4 T-cells, which can potentially stop autoimmune disease, and regulate immune response.

Dr David Wraith, one of the brains behind this medical discovery from the University of Bristol, describes his team's method of intranasal immunotherapy as a game-changer for sufferers of autoimmune diseases.

"There are over 90 different diseases that are said to be autoimmune," he said. "Our therapeutic approach is applicable to any disease

for which we know the antigens that the immune system targets in order to drive disease."

Type 1 diabetes is an autoimmune disease, which affects around 120, 000 Australians. Everyday, two or more Australian children develop type 1 diabetes, making it one of the most prevalent children's diseases in the country. Multiple sclerosis (MS) is another very serious autoimmune disease in Australia, with over 23, 000 affected. MS is one of the most common diseases of the central nervous system.

If you thought that the 'reversal' of autoimmune diseases was all this technology could do, then think again. Wraith and his team's method of immunotherapy can also help to suppress allergic diseases. Common allergic diseases include asthma, hay fever and eczema.

"Allergic disease are currently treated by so-called 'desensitization,'" Wraith said. "This is effective, but carries certain risks. Peptide immunotherapy should be a much safer approach." ○



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Ted Price: 64 Years and Counting



Brooke Van Der Woude

AFTER 64 YEARS OF working in a pharmacy, West Pymble Community pharmacist Ted Price, 73, isn't looking to retire any day soon.

Immensely involved in community activities and working 6 days a week at his store, Price's Pharmacy, the white-collar wearing local man remains refreshingly down to earth.

Greeted at his desk with a warm smile and a boy-like laugh to follow, you immediately get the sense that this man loves his job.

"It's the feeling of being a part of the community. I have often thought of retiring but it hasn't happened yet. I have wonderful staff and they can carry on without me, if need be. It's a lot of fun. That's why I keep going," Ted said.

Beginning work at his father's pharmacy in 1950, Ted proudly claims he is the pharmacy's original community paperboy.

During his years growing up on the North Shore, he enjoyed scouts with friends like Australian Entrepreneur Dick Smith (founder of Dick Smith Electronics), who replaced Ted as a paperboy for his father's pharmacy.

Finishing his apprenticeship and university degree, he went into partnership with his father at the West Pymble store and he's been working there ever since.

"I love being part of the community. I've been here all my life. The community is very strong and close-knit. We've known everyone for so



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long. I guess that's what makes it so special."

When he can, Ted Price enjoys being involved in the community organisations of Ku-ring-gai Rotary Club and the West Pymble Scout Group.

"For 10 years I was involved with the Cub Pack for the West Pymble Scout Group when it first opened up in the 1960s. At present I'm just involved in the Ku-ring-gai Rotary."

Ted is extremely family-orientated, with two 30 year old daughters and grandchildren he likes to spend all his spare time seeing.

"I don't really have much time outside of work to do things like sport as I work six days a week. I try to see my family as much as possible in the spare time and do the gardening at home."

His daughters have successfully pursued careers in graphic design, and Ted assures us they have no intention of joining the family business any time soon.

"I've found that they love what they are doing and I wouldn't try and force them to work in the pharmacy," he said.

Even at times of travelling, or on a holiday, Price keeps his focus on family.

Always on the move and an avid traveller, Ted chased one of his daughters to London (where she lived for three years) and followed the other to Dubai.

While Ted won't be retiring soon, this lovely veteran community member hopes for a future of ease and travel. ○

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Staying active in Sydney

Tess Gibney

THERE'S NO BETTER time of year to spring into shape than in spring: beautiful blue skies, a light, balmy breeze and the sweet smell of jasmine. Although the gym is undoubtedly an excellent, organised way to stay fit all year round, who wouldn't want to be outside when the weather's so nice?

Active in Ku-ring-gai

Ku-ring-gai Council's latest 'Active in Ku-ring-gai' classes are set to start just as the weather begins to really heat up. Running from Tuesday October 7 to Friday December 12 in locations across Ku-ring-gai, this locally-based recreation program is designed to promote physical activity in residents of all ages. Though some classes are held indoors, majority are based in the area's lovely public parks.

Hosting a range of classes such as pilates, yoga, Tai Chi and the 'gym without walls' program, 'Active in Ku-ring-gai' ensures there's an activity to suit everyone. For older citizens

looking to try something new, be sure not to miss Tai Chi. This free-flowing form of ancient Chinese martial art has a range of wonderful health benefits; including alleviation of arthritis pain, promotion of fast recovery from stroke and heart attack, relief from physical affects of stress and improvement of balance and stability. It is an easy, peaceful activity that melds the physical with the spiritual to deliver a dynamic, meditative form of exercise.


For more information on the program, visit www.kmc.nsw.gov.au/active. Most classes are \$10, though the walking groups are free of charge. Tai Chi is held weekly at St Ives Hall (11:30am – 12:30 pm) on Wednesdays and at Echo Point Park (11:00 am – 12:00 pm) on Thursdays.

Harbour walk

Sydney is arguably most beautiful in spring and summer, and our close proximity to the water makes for numerous gorgeous walking

options across the city. In light of this, there's no excuse not to get outdoors and engage in some gentle exercise in the warmer months.

A collaboration between The Walking Volunteers, State, local and Federal governments and other authorities titled 'Walking Sydney Harbour' has been devised as a way to "share the vision to improve public access to, and enhance the recreational enjoyment of Sydney Harbour and its tributaries, as well as Sydney's coastline, for the people of Sydney and visitors to the city". Including a 'Sydney Walker Map' phone application, the project makes it easy for both residents and tourists alike to discover Sydney's many beautiful coastal walks.

Visit the 'Walking Sydney Harbour' section on the NSW Government Planning and Environment website for a detailed compilation of various harbour and coastal walks. Brochures can be collected from Sydney Visitor Centres and the National Parks and Wildlife Service. 

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Award-winning village celebrates 10th Anniversary

WHEN LIVING CHOICE Glenhaven welcomed its first residents in September 2004, no-one could have foreseen how the Hills Shire village would grow so rapidly into a stunning, award-winning retirement village.

The awards have included Orange Blossom Festival garden awards, the Best Multi-Unit/Housing Residential Development at the 2013 Hills Building and Design Awards and being voted in Australia's top 5 in the Retirement Living category of the 2014 Property Council of Australia Awards.

Despite all its accolades, however, the village's greatest achievement is its strong sense of community, with more than 300 residents enjoying a wonderful lifestyle in a safe and secure environment.

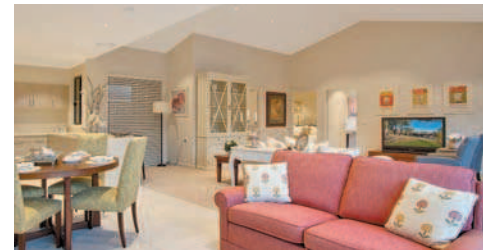
On Saturday September 13, the residents and staff rolled out the red carpet for the village's 10th anniversary celebration and what a fun day it was, with the stirring sound of bagpipes leading in the first resident Enid Hewson and the most recent resident Janet Miller.

The residents took the opportunity to showcase many of their activities, including the



Living Choice director Graham Hobbs welcomes Enid Hewson, the first resident at Living Choice Glenhaven, to the village's 10th Anniversary celebration.

Sensational Seniors exercise classes, bowls, displays of art, craft and woodwork as well as a pictorial display on the history of the village. Guests also enjoyed tours of the beautiful bush garden and vegetable gardens.



One of the display homes open for viewing at Living Choice Glenhaven.

Stunning display homes are open for inspection daily. For more details phone 1800 797 333 or see www.livingchoice.com.au

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The Cotswolds Village

a unique retirement village

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NESTLED on more than 3 hectares at North Turramurra on Sydney's leafy Upper North Shore, **The Cotswolds** has, since 1983, been renowned for the quality of its services and lifestyle.

The complex is constructed of double brick and is beautifully designed with clusters comprising 89 one and two bedroom self-care units set in award-winning gardens. Each unit has its own front entrance, ensuring privacy, and the larger 2 bedroom units have a separate dining room and ensuite bathroom. The units have either a lock-up garage, carport or parking space allocated to them.

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

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

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

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

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

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

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

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

Currently available:

- Studio serviced apartments from \$99,000 - 2 available
- Two bedroom and two bathroom self-care units from \$475,000

Inspect by appointment with Julie Rodgers at Turramurra North Real Estate on 9449 3075 or 0418 606 006.



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Sydney **Observer**

Good Food Month



INSIDE
REVIEW
 VISITING MARCIANO'S
CRAFT BEER
 WILLOUGHBY CRAFT
 BEER FAIR WRAP-UP

goodfood MONTH



The Pop up Food and Wine Paradise is Back for Another Year



Images: Fiora Sacco

ON SUNDAY 26TH October, Wahroonga Park will come to life once again for the annual *Wahroonga Food and Wine Festival*. Festival goers will get the chance to savour mouth-watering tastes from local restaurants, sample boutique wines and purchase home grown produce right from their own doorstep.

Colourful produce available for sale from regional farmers will line the pathways, while live symphony music and the best sounds from local school orchestras fills the air. Last year's event received positive feedback: a survey suggested that over 98 per cent of attendees thought it was either good or excellent.

On offer this year are signature dishes from Wahroonga's finest: La Zana restaurant, Thai by La Thai, Mexican by Cantina Mobil, the legendary Urban Pasta Van, spicy Indian dishes by Spice Villa, gourmet hot dogs by Woofy's Grill and the best veggie burgers by The Veggie Patch crew. There will be grilled seafood tasting plates, pancakes by Gourmandise de Paris, Hunter Valley Cheese Factory platters and for dessert, Danish pancakes and Serendipity ice-cream. To wash it down there are hand roasted gourmet coffees and wines from some of Australia's most prestigious wine makers.

The most exciting addition for many will be the Champagne Taittinger and Oyster Bar which will take pride in the centre of the park. The exquisite French wine maker, famous for their champagne, will team up with Masterchef 2012 contestant and Eat Local advocate, Mindy Woods, to create a delectable menu that will inspire your palate.

"My philosophy on food is very much about celebrating local produce, staying true

to seasonality and supporting sustainability". Mindy says.

"Simplicity and honesty are important foundations of the food I create. For the day, I have created a menu inspired by the best of Australia's seasonal produce".

Mindy and the Champagne Taittinger team have matched the carefully thought out menu with three Taittinger champagnes. On the day you can look forward to freshly shucked South Coast oysters with a choice of three dressings, buttery brioche mini sliders of wild caught prawns and million island dressing, followed by Mindy's personal take on the summer time favourite: strawberries and cream.

The festival also features local side-show events in high profile dining establishments within the Ku-ring-gai municipality. Top Ku-ring-gai chefs will team up with selected winemakers to hold 'Meet the Winemaker' dinners. Argo Restaurant, Reel on Redleaf, The Cooks Garden, La Zana Restaurant and Kiplings Garage Bar will all stage a wine and food event in October as part of the event festival program.

Wahroonga Festival is being sponsored by McConnell Bourn Estate, Mercedes Benz Hornsby, Mazda Hornsby and Champagne Taittinger. The event on Sunday October 26 is free to enter, with wine tasting experiences starting from \$25.

Wahroonga Park is in close proximity to Wahroonga train station for ease of travel.

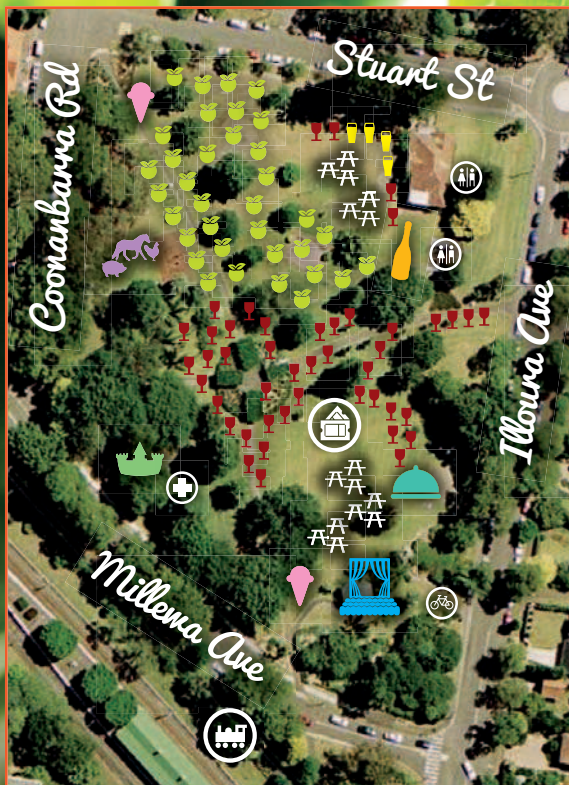
For directions and a full schedule of festival events you can visit the official website at www.wahroongafoodandwinefestival.com.au














WAHROONGA

FOOD + WINE FESTIVAL

Sunday 26 October 2014



-  Wine Stalls
-  Beer + Cider Stalls
-  Produce Stalls
-  Champagne Taittinger + Oyster Bar
-  Kids Food + Icecream
-  Gourmet Food Stalls
-  Live Stage Performances
-  Kids Inflatable Ride
-  Kids Farmyard Friends
-  Wine Ticket + Glass Sales
-  Dining/Picnic area
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Wahroonga Food + Wine Festival in association with Taste Orange and Yellow Brick Rd gives you the opportunity to

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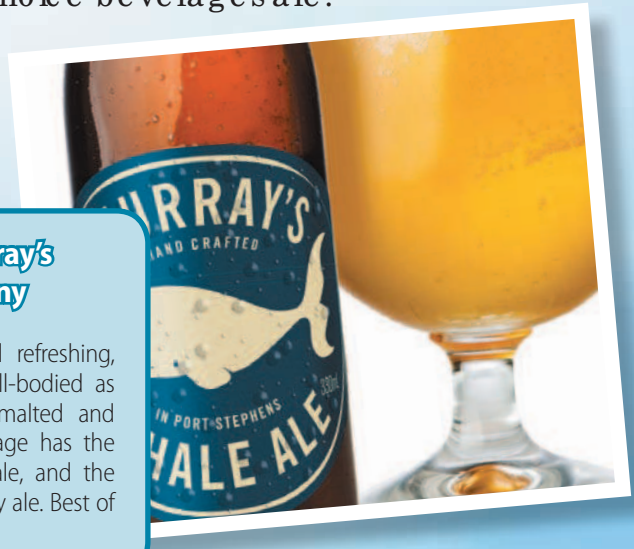
Willoughby Craft Beer Fair

Steph Nash

INDEPENDENT BREWERS FROM all over Australia gathered in Willoughby last month, giving locals a very special glimpse at the underground industry of craft beer. The purchase of one golden ticket gave attendees ten tasty tipples, with an array of choices in beer, wine and cider.

Willoughby Hotel became a fair ground for Australia's pot-bellied entrepreneurs, with a crowd of hundreds swarming the barracks for a taste of some unique varieties of liquid gold. With the heat in full-force, and the rock 'n' roll blaring, Willoughby Craft Beer Fair was a successful day for brewers and drinkers alike. The stereotypical 'Aussie beer lover' has changed: blue 'wife-beater' singlets and tins of VB be gone - the new beer drinker is wearing designer sunglasses, tight jeans and holding a bottle of craft beer.

Sydney Observer's choice beverages are:



1. WHALE ALE by Murray's Craft Brewing Company

Although light, creamy and refreshing, Murray's Whale Ale is as full-bodied as its title. Made from both malted and unmalted wheat, the beverage has the sweet, fruitiness of a pale ale, and the sharp, crisp after taste of a dry ale. Best of both worlds.

2. ALCOHOLIC GINGER BEER by Monteith's Brewing Co.

If you're a fan of Monteith's Crushed Apple Cider (and you should be), you would definitely be a fan of Monteith's Alcoholic Ginger Beer. With the sweet and spicy tastes of ginger, and the light bitterness of yeast, this ginger beer will be your newest beverage of choice. It's highly carbonated, and best served ice cold. An excellent summer sip.



3. EXTRA STRONG VINTAGE ALE by Coopers

Cooper's 2014 Vintage Ale uses four different types of Australian hops to give their beer a unique fruity and spicy flavour. This beer is ideal for storing, promising to develop a richer, more classic taste over the next two years. Sweet and floral, and yet enticingly bitter, Cooper's Extra Strong Vintage Ale is paired well with a salty, hearty meal.

4. DIRTY GRANNY APPLE CIDER by Matilda Bay Brewing Company

With a powerful sour punch, and a unique dry astringency, Dirty Granny Apple Cider is one of the more beer-ier tasting ciders that you should add to your favourites list. As the name suggests (figuratively, of course), it's like biting into a big fat green Granny Smith, only with a bitter beery taste to follow. Not your typical sickly sweet cider. ○



The Barrington Tops Organic Retreat

IT'S A LIFESTYLE most can only dream of, an eco-business opportunity that generates good profit and good karma. The Tops Organic Retreat is an award-winning, cash positive, 4.5 star eco-resort bordering the magnificent environs of The Barrington Tops World Heritage Area.

The Land

The property includes 1800 acres of natural forest, pristine creeks and rivers with 200 acres of rich farmland. There's a 3km frontage to the Dilgry River, the cleanest river in mainland Australia, with waterfalls, swimming holes and great fishing. Walking paths cross the property and there are 30km of 4WD trails. Wildlife includes koalas, wallabies, rare frogs, over 80 species of bird and the reclusive platypus. Farm animals include cows, alpacas, horses, pigs, ducks, geese and goats.

The Improvements

The 4.5 star resort consists of nine luxuriously appointed cottages that accommodate 50 guests. All cottages have spa baths, log fires, designer kitchens, verandas,

wi-fi and cable TV. A striking 80-seat restaurant also accommodates a lounge with massive open fireplace, bar, and extensive commercial kitchen. There is also a newly renovated 4-bedroom homestead, floodlit tennis court, swimming pool, helipad and stables.

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The Possibilities

The property is sold with approval for two 250-acre subdivisions. There is also development approval for an extra 15 cabins.

For Sale

Offers are invited on a Walk In/Walk out basis until 23rd October. All farm equipment



is included. Current good management can continue if required.

For further information on this unique opportunity contact Harry Bui @ Collier International on 0418 477 888 for a full Information Memorandum.



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Marciano's Lindfield: a feast fit for a family



IN ONE BITE, Marciano's Italian restaurant will make you feel like you're part of a big Italian family.

With food made from authentic Italian ingredients, and made by some of the most passionate chefs, Marciano's is far from your average Italian restaurant.

"Our menu is not like what you'd expect of typical Italian restaurants," says restaurant founder, Lorenzo Flammia. "There's thousands of Italian restaurants in Sydney. We do a more traditional, more homely style of plate."

Marciano's speciality? Spuntino. According to Flammia, spuntino means "homely" - which, in foodie terms, means a plentiful degustation of Italian food.

"I've tried to show the real side of the Italian table, rather than what everybody thinks goes on," he says. "Instead of doing your typical spaghetti bolognese or veal parmigiana, we try to do plates that enhance the description of spuntino."

This means authentic wood-fired gourmet pizza, hand-made from imported Italian flour, tomatoes and cheese. This means hand-rolled pasta. This means wine, salami, salad, olives... In short: a decadent feast of small and flavoursome meals.

Marciano's at Lindfield is strongly family-orientated - in both taste and vibe. The name of the venue itself has strong family significance, representing the passing on of heritage

and culture.

"In Italian families, the table is where everything happens," Flammia says. "It's where business happens, family discussion happens, and crying and laughter happens. Italians are very passionate about food, and if you taste our food you'll taste that passion."

"In the town where my father is from, there was a church called St Marciano's," Flammia said. "My son's name is Marciano. My father's name is Marciano. My great grandfather's name is Marciano. It's not a common name, but in my family it is very meaningful."

The venue itself is expansive, yet warm. What was once a former hardware store has been refurbished with classic timber and low hanging modern lighting. Black and white portraits of cinematic legends line the walls, with a few street-style wall lamps providing sultry back-lighting. It's old-school New York meets classic Tuscany: cool enough for business, and warm enough for family.

Marciano's most requested? Traditional style calamari: lightly dusted with flour, fried and served with zucchini. Just like Flammia would've done at home.

Whether you're up for a cocktail with colleagues, a slice of pizza with friends, or an antipasto platter to share with the family, Marciano's will fill you up with warmth and sophistication.



"Come Cucinava Mamma Mia"



Marciano's Woodfire Spuntino Bar is an Italian dining experience which shows the more traditional and rustic side of how Italians have eaten for centuries.



"Spizzico, spuntino, cicchetti, or stuzzichino": The family table has always been laid with at least 3 or 4 smaller dishes, followed by a main meal of pasta, pizza or small meats. A selection of salumi, cheeses, olives, salads and wine were nearly always served as a 'digestive' so as to enjoy as much variety as possible.



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MOLLY MCHUGH'S INVISIBLE ILLNESS

Local woman emphasises the importance of understanding when it comes to chronic disease

Tess Gibney

WHEN THEN-26-year-old Warringah local, Molly McHugh, returned from an overseas work trip completely exhausted, she brushed it off as the natural result of a busy, stressful week.

However, after a week of feeling lethargic, and having developed a strange tingling sensation that spread up the right side of her body into her fingertips, Molly decided it was time to pay her GP one of her characteristically infrequent visits.

"I went to the doctor, and she thought maybe I had pinched a nerve," Molly explains. "I was sent to a physiotherapist and had six weeks of therapy before Christmas."

Just before she was due to go away with friends for New Years Eve, Molly began experiencing paralysing full-body fits. "Basically," she says, "I'd just fall down on the ground for 3 minutes and my body would clench really, really tight."

Returning to her doctor on the advice of a friend, Molly underwent a round of MRI scans before she was delivered the devastating diagnosis of progressive multiple sclerosis. For a young, seemingly healthy woman in the prime of her life, the news was understandably terrifying and isolating.

Affecting around 2.5 million people worldwide, multiple sclerosis is a debilitating inflammatory disease that virulently attacks insulating nerve cells in the brain and spinal chord. There is no known cause or cure, and symptoms are both non-specific and extensive. Ranging in levels of severity, the disease is often characterised by periods of remission, whereby those diagnosed experience a reduction or total absence of symptoms.

11 years after her initial diagnosis, Molly McHugh is happily married with a three-year old son, Oliver. Though her illness is ever-present

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(she experiences varied, equally impairing symptoms) it is not readily apparent to those who don't know her well. Some might even go as far as to say it is totally invisible.

"Even at work, a lot of people don't know," she says. "I would tell some people I'm comfortable with, but a lot of people I don't tell."

"When I have told people, many have been surprised. I'm also sure many people have seen me limp and have wondered, but they don't know - I might just have a bad leg. It's definitely [outwardly] invisible."

Sitting on the board of MyInvisibleLife - a not-for-profit blog that promotes awareness of chronic illness - has been pivotal in helping to connect Molly with others in her position.

"I've read a lot of people's stories, and it's been interesting for me to hear about how others' illnesses have affected their lives. You can get a bit self-absorbed and entrenched in what is going on for you... but now we've built [a] community where I can, you know, share woes, thoughts [and] positive feelings."

Inspired by a friendship between two women from Sydney living with chronic illness - one with motor neurone disease and the other multiple sclerosis - MyInvisibleLife invites a diverse community of people to share stories of what it is like to either live with a chronic illness, or be close to someone who lives with a chronic illness.

Additionally, the blog works in collaboration

with Invisible Illness Awareness week (8th - 14th September), a new initiative to Australia that aims to get people to start having "community conversations about illness that is not obvious to the everyday person."

Working as a part-time marketing manager in North Sydney, Molly is in a better mental place than she was in the years immediately following her diagnosis, and after the birth of her son. For her, the most important part of both Invisible Illness Awareness week, and the blog, is its focus on helping the wider society to understand that most people are living, day-to-day, with some challenges - whether they are apparent or not.

"I compare the campaign to the campaign of mother's in the workplace. They don't want to be unfairly treated just because they're a mum, but at the same time they would like flexible work practices to allow them to work."

"It's the same as someone with a chronic illness. Flexible work places could help them incorporate their treatment, but still allow them to keep their job. At the end of the day," she says, "people living with these kinds of conditions are just that: people, and this illness is part of their life, not their whole life." ○

To find out more about MyInvisibleLife and Invisible Illness Awareness week, or to get involved, visit: www.myinvisiblelife.net



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Sydney Observer Health Corner

Bringing you the latest in medical research and health news monthly

Hannah Brissenden

Resistant bacteria on the rise

A study conducted by a team of researchers at the University of Adelaide found antibiotic resistant bacteria is on the rise. Samples of bacteria, such as *E. coli*, were used in the research, with results finding 7.6% of samples were resistant to antibiotics, compared to 4.6% in 2008. Lead author of the study, Professor John Turnidge, Affiliate Professor of Molecular and Biomedical Science at the University of Adelaide, said resistance to the bacteria *E. coli* was particularly alarming: "E. coli is the species of most concern to us because it's showing a noticeable resistance to one of the most commonly used antibiotics – its resistance to amoxicillin is now at 44%".

First ever world suicide prevention report released

The first ever report on suicide prevention, conducted and released by The World Health Organisation (WHO), shows that one person commits suicide every 40 seconds. Astonishingly, there are 803900 deaths every year from suicide globally, with the recently released report noting that the highest suicide rate appears in men aged between 15 and 29, and is the second leading cause of death among 15-to-29 year olds across the world. Titled "Preventing Suicide: A Global Imperative", the report is a collective call to action on establishing better preventative measures to combat suicide worldwide. The report lists a number of measures governments can take to reduce the risk of suicide, including responsible media reporting of suicide, policies to reduce harmful alcohol use and follow-up care for those who have already attempted suicide.

Ovarian cancer survival rates

A study published in the Medical Journal of Australia on the survival rates of women with invasive epithelial ovarian cancer found that only 35% of women survived 5 years after their diagnosis. The seventh most common cause of cancer mortality in Australian women is ovarian cancer, accounting for 1080 deaths in 2013. Older women with more advanced cancer and women with certain cancer subtypes were found to have a poorer prognosis. Women with early stage cancer had the best prognosis, although only 20 per cent of cases are diagnosed at an early stage. The population based study also suggests that further research needs to be done to determine whether location and socio-economic status are contributing factors of survival outcomes.

Moving closer to malaria vaccine

Findings published in international journal BMC Medicine, reveal that researchers at the Burnett Institute have uncovered a "group of proteins that could form the basis of innovative diagnostics and effective vaccines against malaria." Together with ARTES Biotechnology, the Burnett Institute have joined forces to develop a vaccine that can block the transmission of malaria infection from mosquitoes to people. A great opportunity for working towards the prevention of malaria, an illness killing 600,000 annually, the vaccine will be aimed at protecting whole populations in an attempt to totally eradicate the disease.



Australian Government supports legalisation of medical cannabis

Prime Minister and leader of the Liberal Party, Tony Abbott, has recently spoken out in favour of the legalisation of medical cannabis. In a letter to 2GB talk-back host Alan Jones, Mr Abbott said: "If a drug is needed for valid medicinal purpose and is being administered safely there should be no question of legality... I have no problem with the medical use of cannabis, just as I have no problem with the medical use of opiates." NSW Premier Mike Baird has also similarly approved a trial of the use of medical cannabis.



TEETH WHITENING

Dr Ian Sweeney

ONE OF THE QUICKEST and easiest ways to brighten and improve your smile is to whiten your teeth.

Whilst there are many brands and methods available on the market, the safest and most effective way to have your teeth whitened is by your dentist.

Prior to whitening, your dentist will perform a thorough check up and clean to ensure your teeth are suitable for whitening. Pregnant and breast feeding women, patients with any active dental disease (decay or gum disease), patients with extremely sensitive teeth or patients who have crowns or restorations, may be unsuitable for whitening.

Teeth may be whitened using two different methods: either "in office", or "at home". The at home technique involves wearing thin plastic trays over your teeth that are filled with whitening agent overnight for a period up to two weeks. The "in office", or "chair whitening procedure", is performed in the dental chair. It involves the application of whitening agent to the teeth that is then activated by the

ZOOM light. The result is much faster, and usually obtained in around 60 minutes. The patient is then also given an at home kit to further enhance the whitening effect.

Northside Dental and Implant Centre offer the latest technology in whitening. Recent advances in the ZOOM whitening technology have further improved a great product for both "in chair" and at "home whitening".

The ZOOM whitening system was created by Dr Bill Dorfman in the USA, and was shown on the hit TV show "Extreme Makeover".

The ZOOM "in chair" whitening technology includes a new LED lamp, which works to activate the whitening product while reducing heat exposure to the teeth. The new system helps to further reduce any post-operative sensitivity experienced. The ZOOM "in chair whitening" and the ZOOM "at home" formulas are the only whitening products that contain ACP (Amorphous Calcium Phosphate); helping to reduce sensitivity, protect enamel and improve the lustre and smoothness of your teeth. ○



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Your Local Real Estate Guide



Sydney Observer would like to introduce you to our new real estate section. If you are looking at buying or selling, we will have the information to help you. Over the next few months you will see lots of tips and figures to help make the big decisions.

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Small spaces, big ideas

Tess Gibney & Adele Palfreeman

SUMMER IS THE optimal time for growing your own fresh, organic produce. Unfortunately, many people see this as unfeasible due to space restrictions – whether they live in a rental house with little outdoor space or a high-rise apartment with a poky balcony. Pete Bachak, of *Landart Landscapes*, shows us how to create big ideas for our small spaces.

What are some of the best ways people can create a vegetable/herb garden in a small space?

The simplest and most accessible way is just old-fashioned pots. They don't have to be new and they don't have to have a bladder system, because that can be retrofitted. From an aesthetic point of view, if you have an old pot that someone has handed down from you, it is really easy to retrofit a reservoir [the water system] at the bottom of them.

The problem with all pots on roof top gardens and balconies is pots drying out and that's the first obstacle for growing anything – particularly because vegetables are very thirsty and very hungry. So they need to have lots of light and lots of water and they need lots of nutrients constantly.

How often should people be watering their small gardens?

If you stick your finger in the soil, it should be moist but not wet. The equivalent would be if you soak a sponge and wring all the water out of that sponge it would still be moist afterwards. That's what you're going for – because if it is too wet they will drown.

How would you maintain a vertical edible garden?

Vertical gardens are good too, but the same rules apply: they need to have lots of sun and lots of nutrients. A simple watering system will help [with vertical gardens]. There are lots of different types depending on the size and price... some are where you plug it into the wall and turn on the tap physically. Others are timed where they work on a spring-loaded system. The main thing with vertical gardens is that you need to get water to that system, and if it is on a wall then that wall should be water proofed or you have some kind of plastic liner in between.

You can build your own ones out of found objects and that's all fine but the main thing is that you need to get water to it, and it needs full sun and nutrients.

What is the best way to maintain a small-scale vegetable/herb garden?

For pest [control] there is a mixture of chili, garlic and pyrethrum, which is the simplest and most 'green' way to do it. It's not a chemical, and the pests find it offensive so they will not even sit on the leaves. It's a really low impact, green way to do it.

With fertiliser, a combination is the best. A little bit of liquid fertiliser, fish guts, Seasol – there are plenty of different products. Some chicken poop is good from time to time, but it's kind of smelly.

I find the best thing to have is a little compost, even in a small place. I have a 500mL pot that was left over from a plant and that just has a little bit of soil in the bottom. Every time we make a salad we put in the onionskins or banana skins. It will attract worms, and the worms break it down even further and you have this great little cycle.

What are some good plants/herbs/vegetables to grow on a balcony/in a small, paved space?

Really anything. We have lemongrass, basil, thyme and tomato – anything that you cook with. I don't think that there is a rule. ○



Crazy for coconut oil

Beyond its cooking capabilities and health benefits, coconut oil can become a staple in your beauty regime. Coconut oil's primary beauty value is in the moisturiser department; with its ability to deep condition your hair, remove eye make-up, and, primarily, help protect your skin from dryness. An all rounder in the beauty department, coconut oil can be used as is, all over. The oil can be found in the health food aisle of most supermarkets, and costs around \$8 a jar.



Tea Tree oil an ace in beauty therapy

A natural skin reliever, tea tree oil can be used as a versatile cosmetic product. Apply just a drop of oil to pimples 3 times a day for a fantastic way to naturally combat acne. Alternatively, try adding 4 drops of tea tree oil to a bottle of natural shampoo to alleviate dandruff, or put 2 drops on a cotton pad and rub on infected nails to activate natural antibacterial properties. Tea tree oil can be purchased in health food shops and chemists and is around \$11 for a bottle.

How to take these products from the pantry and into the beauty parlour

Stay away from nasty chemicals with our guide to being an all-natural beauty

Hannah Brissenden

Excellent uses for Epsom Salts

Epsom salts, made up of the compound magnesium sulfate, have some excellent uses for the all-natural beauty. If your hair is a little lacklustre and in need of a pick-me-up, add a pinch or two to your conditioner upon application. The salt will breathe new life into your hair, making it bouncy and shiny once more. A popular option is to add around 2 tablespoons of Epsom salts to a bath to relieve both mental and physical stress. Bathing in the mineral rich salts amends cumbersome skin conditions; leaving skin restored, soft and supple. The salts can be purchased widely for under \$4 at your nearest supermarket.



Coffee: for sipping and scrubbing

Coffee's potent caffeine levels and granulated texture upon grinding make it a prime candidate for scrubbing and exfoliating. Coffee scrubs are a big beauty trend at the moment but you don't need to splash the cash to reap the benefits of coffee. A cheap ground coffee will tighten the skin and lessen cellulite, allowing you to get all the gains of a more expensive scrub at a cheaper price – with the added bonus of no nasty additives. You can buy ground coffee for around \$6. To use ground coffee as a scrub, put a handful of the stuff on moistened skin and rub all over – be sure to stay in the shower or bath as it gets messy. Trust us; it will leave you feeling fresh throughout the day.



Oats are a go go

Let this breakfast staple become a staple in your beauty regime too. Oats – both cooked and raw – can be used in a variety of diverse ways; including as a natural acne-remedy or dry shampoo. We recommend applying cooled porridge to acne-ridden skin and letting it sit for 5-10 minutes as a way of removing both oil and bacteria. Additionally, try mixing equal parts powdered oats to equal parts baking soda and putting it in your hair as a cheap, chemical-free version of dry shampoo.

At just \$2 a bag, oats are a soothing addition to your beauty regime and your beauty budget. They can be readily purchased in any grocer, supermarket or health food store. ○



What's on October

Eveleigh Farmers Market

Every Saturday up until December 20th
(Free)
8am-1pm

As the weather warms and the flora flourishes, spring is the perfect time to explore the farmers market. Eveleigh Markets promises an array of Australia's finest produce, and good day of fresh family fun.

Where: Carriageworks, 245 Wilson St, Eveleigh
Contact: 02 8571 9099



Art and About

19th September-12th October (Free)
Various times

Art and About is a fabulous way to explore and identify with Sydney culture, filled with a range of events from parties to exhibitions and food to feelings. A truly immersive experience, Art and About allows Sydney-siders to discover a thriving Sydney culture you just have to scratch the surface to reveal. It is perfect for all ages, with a great range of events to suit each and every individual.

Where: Art and About occurs across Sydney City. Head to www.artandabout.com.au to check out the event timetable and event locations
Contact: 02 9265 9333



Interface: People, Machines and Design Exhibit

15th August- 11 October (\$38 for the family, \$8 for pensioners and concession's & \$15 for adults)

10am-5pm

This exhibit offers up a chance to gain insight into the design process of the visionaries that helped build the tech world of today. A tour through tech history, it is not to be missed.

Where: Powerhouse Museum
Contact: 02 9217 0111



Sydney Rides Festival

11-25th of October (Mostly Free)
Various Times

The Sydney Rides festival provides active and environmentally friendly fun so that you and the planet can stay healthy. With a range of events from group cycling to bike building, the festival is perfect for the novice to the professional. It is a great opportunity to get out and get moving.

Where: Activities occur across Sydney City. Check out www.sydneycycleways.net/events/categories/sydney-rides-festival/ to find out more
Contact: 02 9265 9333

Night Noodle Markets

10-26th of October (Free Entry)
Mon-Tue 5-9pm; Wed 5-10pm; Thu-Fri 5-11pm; Sat 4-10pm; Sun 4-9pm

The Night Noodle Markets offers up some delicious delights; specialising in Asian Australian fusion food. A fine representation of Sydney's eclectic and food obsessed culture, the Night Noodle Markets are a perfect way to experience what is on offer thanks to Good Food month.

Where: Elizabeth & Park St, Sydney



I Love Retro

Sunday 19th of October (Around \$15)

The I Love Retro film festival at the Hayden Orpheum provides an experience of times gone past with its art deco style and resident pianist. Lean's Oscar winning Lawrence of Arabia (1962) will play at the Orpheum and take you to another time for a little while.

Where: Hayden Orpheum 380 Miller Road, Cremorne
Contact: 02 9908 4344



The Art of Thrifting: Secrets of Surry Hills 4

Saturday 4th and 18th of October (\$35pp)
11am-2:30pm

This is a tour that takes you through Sydney's main fashion district; showing you how to take your wardrobe to the next level for minimal cost at maximum effect. What's best, it is sustainable for both the environment and for your wallet.

Where: Taylors Square Where Oxford St meets Flinders St and Bourke St, Surry Hills
Contact: 1300 32 22 32





Wise Stand Up for Mental Health

Thursday October 30th (\$20 for adults & \$18 for concessions)

7pm

This daring and relevant night of standup comedy for a cause showcases a quality line up of acts, including the award winning David Granirer. The aim of the show is to break through social stigma and raise awareness for mental illness in a way that is light-hearted and relatable.

Where: Sydney Town Hall, 483 George St

Buy tickets at: www.ticketmaster.com.au



Annette Messenger: Motion/ Emotion

July 24th – Sunday October 26th (free)

The Motion Emotion Exhibit cannot be neatly categorized into a specific art genre, and so therefore it shouldn't. An emotive experience from the darker to the lighter side of life and back again, the installation is both text heavy and filled with large scale pieces. An exhibit that will make you think and reflect, it is one to be seen and experienced.

Where: Museum of Contemporary Art Australia, 140 George St, The Rocks, NSW

Contact: 02 9245 2400

Ken Thaiday Snr. at Carriageworks

October 3- November 23 (Free)

10am-6pm

This is a performance installation from internationally acclaimed Ken Thaiday Snr. The exhibit tells the story of culture and everyday life, with inspiration from the Torres Strait. This is an activity that will provide an insight into the cultural experience of a great creative mind.

Where: Carriageworks, Wilson St, Corner of Codrington St Eveleigh, 2042

Contact: 02 8571 9099

Wollombi Spring Picnic

Saturday October 11th (\$60 per couple)

11am-4pm

The Wollombi Spring picnic offers up a fun day out for the family. Including a taste tantalising hamper by the Panino Restaurant and a glass of Noyce Brothers Wine, sit back and relax to live music in the picturesque Grays Inn Garden.

Where: 2884 Wollombi Rd, Wollombi, NSW 2325

Contact: 02 4998 3483



PACT: 50 years on the edge

Saturday October 18th (\$50 for general admission with food and drink)

6pm-9pm

This will be a one off experience showcasing a range of artistic expressions from emerging artists of the PACT centre. It is an event to celebrate 50 years of cultivating Sydney's finest artists.

Where: PACT centre, 107 Railway Parade, Erskineville, 2043

Contact: 02 9550 2744

Morning Gloryville

Wednesday October 29th (\$18-\$30)

6:30-10:30am

Morning Gloryville is a sober rave that is family friendly fun. It offers up healthy treats, DJ's, yoga, eclectic workout gear and an all age crowd. This follow on from the London scene is a great way to start the day off right. Who needs coffee and the gym when you can have a boogie and a juice? It's time for everyone to jump on board with this fun fad.

Where: 395 Oxford St, Paddington 2021

Contact: 02 9331 2646



Green and Down to Earth

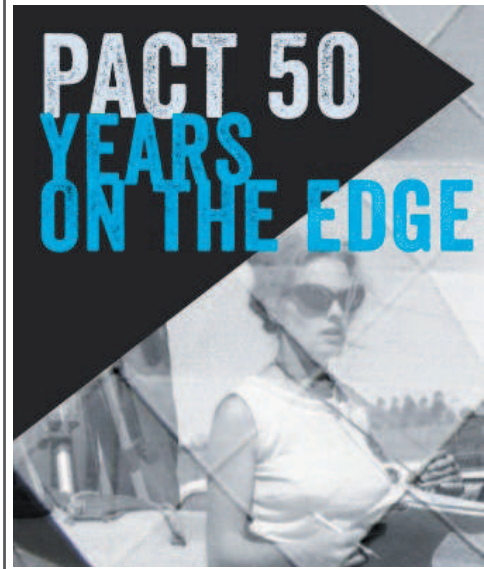
October 26th (\$95PP)

10am-11pm

A tour through Callan Park, with Diego Bonetto – weed advocate and forager. Bonetto will show you how to forage for edible weeds and potential 'super foods'. Later you will eat at the award winning 3 Weeds Restaurant, dining on a meal made up of locally foraged goods.

Where: 197 Evans St, Rozelle 2039

Contact: 02 9818 2788



HANDY 3677 GRID_15D (TEACAKE)

PUZZLE SOLUTIONS

T	E	A	C	A	K	E	R	E	A	C	T	E	D
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7	1	9	6	2	8	3	5	4
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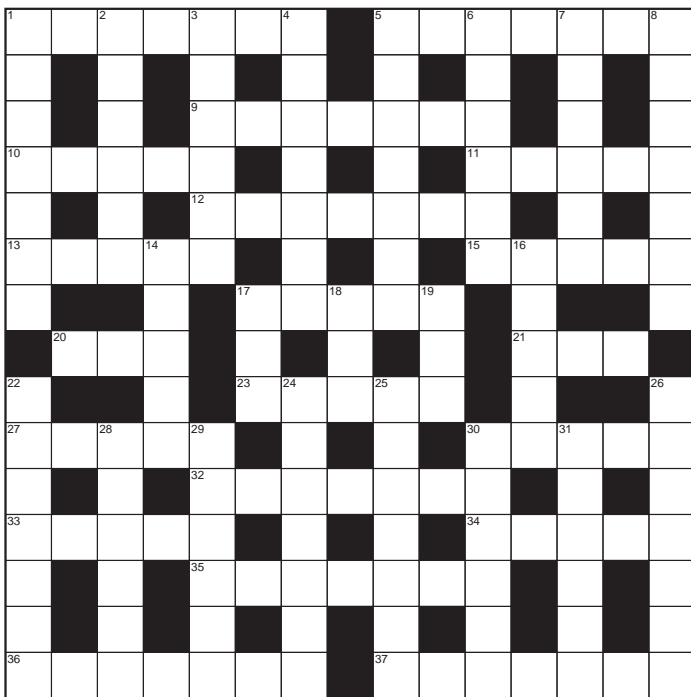
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Crosswords

HANDY 3677 GRID_15D (TEACAKE)



Across

- 1. Flat bun
- 5. Replied
- 9. Deaths inquiry official
- 10. Army clergyman
- 11. Florida city
- 12. Hide
- 13. Chores
- 15. Nephew & ...
- 17. In reverse order, vice ...
- 20. Laugh out loud (1,1,1)
- 21. Contagious disease
- 23. Waned
- 27. Whip (yolk)
- 30. From Galway
- 32. Jubilation
- 33. Estuary
- 34. Stood opposite
- 35. Immature frog
- 36. Climb down
- 37. Respects

SUDOKU

Rating: ★☆☆☆

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

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			6	8				4
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Down

- 1. Leaf brew pourers
- 2. Incidental comments
- 3. Entry
- 4. Aural pain
- 5. Video hirers
- 6. Flyers
- 7. Mouthful of abuse
- 8. Chose
- 14. Brick-baking furnaces
- 16. Surmise
- 17. Do battle (with)
- 18. Polish
- 19. State further
- 22. Looked forward to
- 24. Having whiskers
- 25. Occurrence
- 26. Secretly follows
- 28. Wife's family (2-4)
- 29. Container for boiling
- 30. Taint
- 31. Earnings



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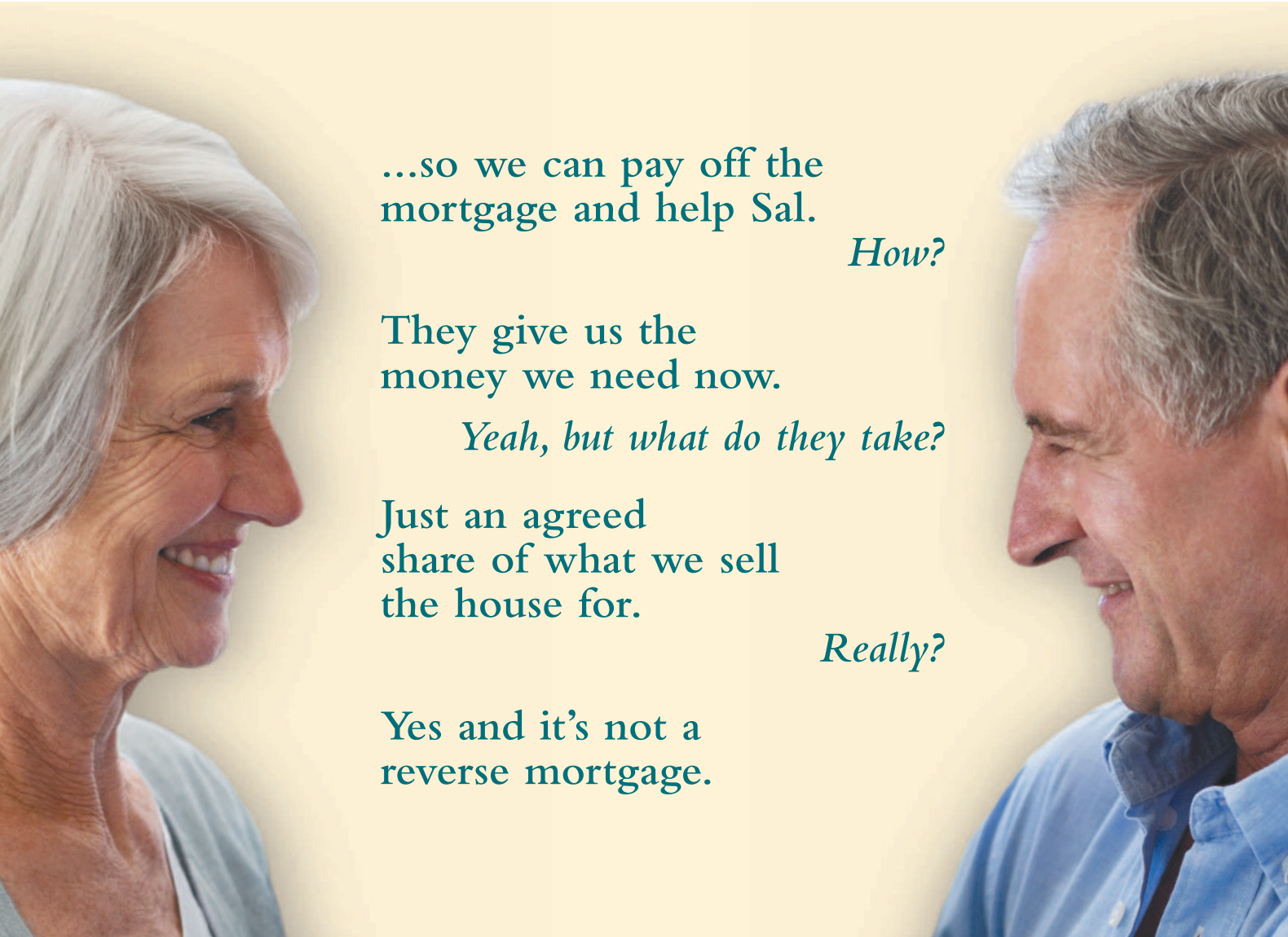
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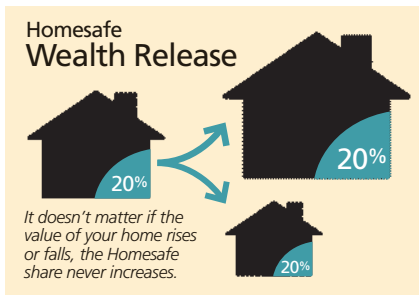
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