

# Sydney Observer

NOVEMBER 2015 - FREE

WWW.SYDNEYOBSERVER.COM.AU

**WIN**

**BEAUTY LOOT  
& CIRCUS  
TICKETS**

**NATURAL  
BEAUTY**

BE KIND TO  
YOUR SKIN

**ESCAPE  
TO NEW  
ZEALAND**

**UNDERQUOTING  
REAL ESTATE  
CHANGES**

*Do you need to go to  
'Parent School'?*

**ARIA Award Winning**

# JESSICA MAUBOY

WELLBEING • TRAVEL • HOME & GARDEN • FOOD & WINE • EDUCATION

# Len Wallis Audio takes you back to the moment of creation...

## Join the HiFi revival.

Globally, music lovers are rediscovering High Fidelity.

During the last decade we have gained almost unlimited access to our music; now we are demanding to hear it at its best.

Your choice of music may come from sources as diverse as vinyl, or from newer formats such as Hi-Resolution downloads.

Irrespective of how you source your music, you now have the opportunity to get much closer to the original performance.

Never before have we had the opportunity to recreate a musical experience with such clarity, realism and involvement.

This comes naturally to Len Wallis Audio.

We have been playing in this space since 1978, audio excellence has been our passion for close to four decades.

**Len Wallis Audio**  
**64 Burns Bay Rd, Lane Cove**  
**Phone 02 9427 6755**  
**[www.lenwallisaudio.com](http://www.lenwallisaudio.com)**







BLUESOUND

 **HEOS**  
by DENON

Bowers & Wilkins

**BOSE**  
Better sound through research®

 **FOCAL**  
**JVC**

**KRELL**  
THE LEADER IN AUDIO ENGINEERING

 **TRIANGLE**  
MANUFACTURE ELECTROACOUSTIQUE

**marantz**®

**MUSICAL FIDELITY**

**NAD** 

**oppo**

**Panasonic**

**rega**

**SONOS**

*Sunfire*®

 **YAMAHA**

 **LEN WALLIS AUDIO**



14



42



44



28

LETTERS & GIVEAWAYS .....6

LOCAL NEWS .....8

PROFILE .....14

OPINION .....16

EDUCATION .....18

LIFESTYLE .....24

HOME & GARDEN .....28

WELLBEING .....34

FASHION & BEAUTY .....40

FOOD & WINE .....42

TRAVEL .....44

CLAIRVOYANT .....46

WHAT'S ON .....48

PUZZLES .....50



43



# From the team

Hello November! It's hard to believe we've already hit the eleventh month of 2015. School and University semesters are at last drawing to a close, and for those workers the long awaited December annual leave is slowly creeping closer.

This month *Sydney Observer* hit the North Shore streets to find out what motivates and drives our local residents in our latest section, "Chatting with..." (24-25). Speaking of the North Shore, with our real estate sector in a so-called 'bubble' it's increasingly hard to keep up with all the latest news. For those interested in property, have a look at our underquoting update (12).

For our November profile, cover girl Jessica Mauboy dishes on her fabulous jet setting life as well as her new delicious debut fragrance (14-15).

And if you're still dreaming of that affordable getaway to escape the Sydney rat race, look no further because we've got your next trip sorted (44).

So it seems within the blink of an eye we'll be welcoming the New Year with open arms and another set of hopeful resolutions. But, why wait for another couple of months to pass before you turn over that new leaf? There's no time like the present to get things started!

*Sydney Observer* editorial team



PUBLISHED BY: Kamdha Pty. Ltd.  
 EDITOR: Sabrina Muysken  
 (editor@kamdha.com)  
 JOURNALISTS: Stephanie Stefanovic & Alex Dalland  
 (news@kamdha.com)  
 CONTRIBUTORS: Hope William-Smith, Ella Hide, Joanita Wibowo, Ian Sweeney, Kerrie Erwin, Megan Krimmer and Linda Geddes  
 DESIGNER: Matt Werth  
 BOOKING DEADLINE: 15<sup>th</sup> of the month  
 P (02) 9884 8699  
 ADDRESS: PO Box 420, Killara NSW 2071

SYDNEY OBSERVER is a monthly magazine published by Kamdha Pty Ltd (ABN 97 098 661 959). *Sydney Observer* magazine, its Publisher and Editor, hereby expressly disclaim to the full extent permitted by the law, all and any liability arising from any negligence whatsoever of the Publishers including damage, consequential damages, liability, expenses, costs to any person and/or business/ company arising from any action or inaction by any person in connection with any copy or arising from reliance on any copy which is published or failed to be published by the Publishers. The copyright of all material published in the *Sydney Observer* magazine is owned by the Publisher, Kamdha Pty Ltd, and must not be used in any form without the written permission of the publisher. This copyright includes all advertisements unless photo-ready material is provided by the advertiser.  
 www.kamdha.com

## DISTRIBUTION by PMP Distribution

*Sydney Observer* is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

### HOME, COMMERCIAL AND BULK DELIVERY

- Chatswood
- East Killara
- East Lindfield
- Gordon
- Killara
- Lindfield
- North Turramurra
- North
- Wahroonga
- Pymble
- Roseville
- Roseville Chase
- South Turramurra
- St Ives
- St Ives Chase
- Turramurra
- Wahroonga
- Waitara
- Warrawee
- West Pymble
- Willoughby



# BEAUTIFUL BATHROOMS BEGIN WITH THE BEST ADVICE

## Free instore design consultations

Visit a Bathroomware House showroom to talk to one of our qualified bathroom designers about the best ideas for your bathroom and view our extensive range of products from big name manufacturers like Methven, Phoenix and Gala by Roca.

**Book a free in-store personal design consultation** and get all the help you need to make your bathroom beautiful at Bathroomware House.



UP TO  
**35% off\***

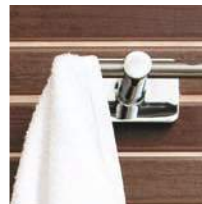
Accessories

UP TO  
**30% off\***

Baths, Basins and Tapware

UP TO  
**25% off\***

Tiles, Toilets and vanities



Accessories



Baths



Basins & Tapware



Tiles



Toilets



Vanities

**RENOVATE  
FOR CHRISTMAS  
SALE**  
ON NOW! ENDS 24 DEC

\*Conditions apply

**Crows Nest**  
188 Willoughby Rd 9437 5001

**Waverley**  
263 Bronte Rd 9387 4334

**BATHROOMWARE  
HOUSE**

The home of beautiful bathrooms



Like us on Facebook  
[facebook.com/bathroomwarehouse](https://facebook.com/bathroomwarehouse)

1300 788 653  
Australia-wide delivery  
[bathroomwarehouse.com.au](https://bathroomwarehouse.com.au)

# Letters

"I sent a letter to you re: The August Issue regarding Awareness Week and to my surprise it has been published in last months copy of the magazine.

I would like to let you know that I have been having all kinds of problems with my hearing over a long time but going to Audio Health after reading your article, was the best advice I have had. I now have an entirely new aid and attachment, which is absolutely amazing – so much so that I am over the moon, and it’s just like having natural sound."

*Gwen Letter, Hornsby*



"Having first hand experience as a carer I loved the article garnishing awareness towards the need for carers to break from their gruelling tasks. This is a huge boost for the legion of carers."

*Eli Beverley-Shack, Killara*



# Giveaways

## BÖR ORGANICS

No nasties. No parabens. No chemicals. No animal testing. This totally environmentally friendly brand is your skins’ dream Skin Care line. Made up of certified organic, natural, and pure ingredients – your skin will be thanking you for using these products.

- One Bör ‘Cleanse’ Cleanser to be won
- One Bör ‘Hydrate’ Hydrating Cream to be won
- One Bör ‘Eye Love Skin’ Eye Cream to be won



## SODA & CO

This fun, fresh, and vibrant natural skin care range believes that being natural doesn’t have to mean being bland or boring. Their aim? To not only change the way you look, feel, and think about what you put on your skin, but to enable you to do so in a refreshingly colourful way. We’re sold!

- One Sugar Scrub in Mint Burst to be won
- One Sugar Scrub in Orange Splash to be won
- One Sugar Scrub in Pink Lemonade to be won



## HOW TO ENTER



## ENTER

If you would like to enter any of the giveaway draws, simply tell us in 50 words or less what you liked in this month’s magazine. The best entries will be published\* and go in the running for our monthly giveaway in the next issue of the magazine.

PO Box 420, Killara NSW 2071 or email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, address, and contact number by the 20th of the month.

## WEBERS CIRCUS TICKETS

Webers Circus presents with a Touch of South America – a show packed with spectacular aerials, hilarious clowns, miniature show ponies, cute trick dogs, a death defying wheel of death and much much more.. So bring the family, bring your friends, and enjoy a day out at the circus!

- Five Family Passes to be won.





Servicing the local community for 27 years



LOCAL HEROES OF WEST PYMBLE

Family owned & operated GROCERY SUPERMARKET



Established 1988

Christmas Gala Day

at West Pymble Village  
5TH DEC  
9:30am - 2:30pm

- Santa Claus
- Jumping castles
- School bands

and many more kids activities!

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

Open every day except Christmas day!

Phone orders and home delivery  
Working hours 8am-8pm

Visit our store for a unique selection of imported goods

ATM, Payment Methods Accepted:  
MasterCard, Visa, Amex, EFTPOS



Available on Sat 5/12 and Sat 12/12 (until sold)

HUNDREDS OF WEEKLY SPECIALS ON OFFER!

Come and see our new revamped shopping centre!



De Costi seafoods for Christmas and a great selection of gourmet foods, Christmas confectionery and biscuits.



"Fresh Fruit & Vegetables"



"Great Daily Baked Bread and Pastries"



"Finest Gourmet Meats"

SHOP 8, THE PHILLIP MALL KENDALL STREET, WEST PYMBLE

Come and see Tony and his staff for a large selection of Christmas fare!

Call us NOW on 9498 5224 / Fax: 9418 2196

PLENTY OF PARKING



## Willoughby Historical Tour

**WILLOUGHBY RESIDENTS** can now learn more about the community's historical sites through *Willoughby Walks*, a free interactive walking tour app available through Willoughby City Library Services.

*Willoughby Walks* features audio narration and photographs on some of the most significant places in the area. The app will also be regularly updated with more tours and additional content.

"This year marks the 150th Anniversary of the City of Willoughby and what better way to learn about

its rich and interesting history by exploring it on foot," said Willoughby Mayor Gail Giles-Gidney.

"The Willoughby Walks app helps connect us to our past and creates an understanding and appreciation of the roots of the Willoughby community."

Chatswood Library will host a free demonstration of the app, followed by a walking tour of the Civil Heritage plaques in Chatswood on Thursday, 5 November, 9.30 am. Bookings essential at [willoughby.nsw.gov.au/library](http://willoughby.nsw.gov.au/library).



## Old Mans Valley Bike & Film Festival

**THE OLD MANS** Valley Bike & Film Festival returns to Hornsby on Saturday, 7 November. The spaghetti-western themed festival features a day of offroad bike racing, free kids races, and an outdoor cinema under the stars in Hornsby Park.

More than 2000 people as well as some of New South Wales' best riders are expected to attend the Festival. Bikers can race in cyclocross racing, cross country mountain bike racing (XC), and the special Bomber/Whippet relay which is developed

by Sydney North Off Road Cyclists, the originators of the Festival themselves. There will also be kids racing, BBQ lunch and family activities.

The Festival will be closed with the screening of mountain bike film *unReal* as well as a selection of short adventure films at Hornsby Park. Hornsby community members are invited to bring a picnic blanket and celebrate under the stars with a pop-up bar, food trucks and a mechanic on hand to look over your bike.



## East Lindfield's 'That Great Market'

**THE 8TH MONTHLY** 'That Great Market' (TGM) returns on Sunday, 15 November from 10am to 4pm at East Lindfield Community Hall, 9 Wellington Road, East Lindfield. The market features home and garden wares, jewellery, art, fashion, and children's goods as well as food and coffee on offer.

There will also be a storytelling session at 11am and music all day.

The creator and organiser of TGM, Jacqui Landis says the market aims to create a "funky inner city vibe" and promote community connection in the North Shore.

"TGM is establishing a loyal following from both local and not so local market visitors, and the wonderful hard working stallholders who are enjoying getting to know the vibrant north shore community."





# Gordon Golf Course Update

Ella Hide

**THE GORDON GOLF COURSE** has been under discussion for redevelopment over the past year. Since the decision was made in June last year to create a master plan for a regional park and recreation space at the Gordon Golf Course, the council has been working closely with the community to plan and begin constructing facilities that are better suited to the community's needs.

Recent community backlash against the development has halted the finalising of these plans and the beginning of physical re-development of the area. A campaign led by the United-Ratepayers-of-Ku-ring-gai in partnership with the *North Shore Times* is urging people to write to local councilors and voice their concerns.

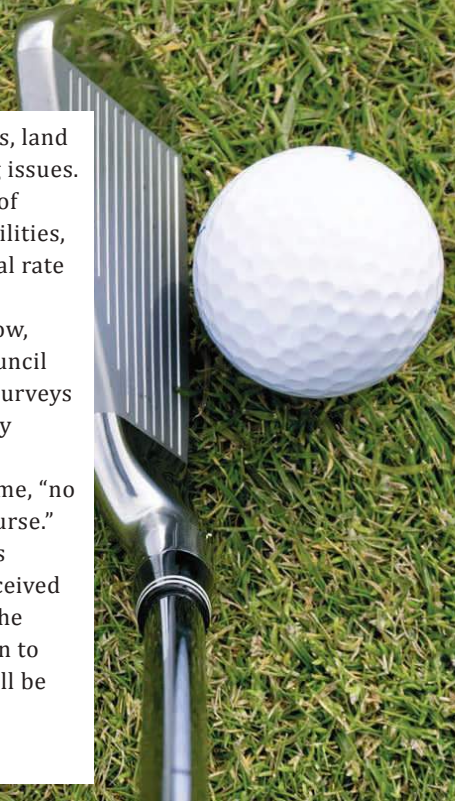
The main concerns facing rate payers in the area include loss of street parking for residents, massive increase in the number of visitors using

the site, the removal of mature native trees, land sell-offs, and increased traffic and parking issues. Small residential streets also run the risk of becoming the main access roads to the facilities, which would incur yet more issues for local rate payers.

Ku-ring-gai Mayor, Mayor Cheryl Szatow, says that, "over a six month period the Council has conducted telephone surveys, online surveys and discussion groups to gauge community feedback on the proposal."

The Mayor says that at this point in time, "no decision has yet been made on the golf course."

Heading into the next discussions, it is expected that the community feedback received through the six months of surveying and the more recent community meeting will begin to direct decisions on how the golf course will be developed.



Purchase Any Pride Scooter  
and receive a

**FREE**  
**MOBILITY PACK**

**FREE DELIVERY**  
**NATIONWIDE**

\* Available in-store and online  
while stocks last.  
Images are indicative only



**Pride**  
Mobility Products  
Australia Pty. Ltd.

includes  
on-sale  
scooters



Valued at  
**\$309**



## 7 Store Locations

Lane Cove ■ Randwick ■ Wentworthville  
Castle Hill ■ St Leonards ■ Kogarah ■ Bathurst

### Lane Cove Store

( Head Office ) 67 Mars Rd 02 9427 4995

### St Leonards Store

Main Entrance, Reserve Rd, RNS Hospital 02 9936 1196

EQUIPMENT  
**HIRE**  
**OR BUY**  
IS AVAILABLE

1300 008 267  
ilsau.com.au

**ILS INDEPENDENT LIVING SPECIALISTS**

# Lindfield's New Community Hub

Joanita Wibowo

**KU-RING-GAI COUNCIL HAS** finalised the design for the redevelopment of Lindfield's business district.

In an October 6 meeting, the Council agreed to convert a car park in Woodford Lane into a community precinct.

Under the approved design, Lindfield Community Hub will have a new library, community centre, supermarket and retail shops, residential apartment with seven-storey limit, a sizable public park, restaurants and cafes, and a basement parking lot. The project will also include upgrading and widening of surrounding streets and improved cycling facilities.

Local community group Support Lindfield, which has been engaged in the planning process for three years, welcomes this plan.

"The community want to have an active role in the planning and delivery of this project," President of Support

Lindfield Linda McDonald says.

Mayor Cheryl Szatow acknowledged the importance of the community's feedback in this project.

"The design has been a number of years in the making and attracted wide-ranging input from the Ku-ring-gai community," Mayor Szatow said.

"There is a lot of excitement and interest in this project and how it will transform Lindfield."

Ms McDonald hopes this project will bring a "new heart" to the suburb.

"[New heart] means something that is visionary, that will act as a focal point for the community, will revive the mid North Shore and give it life, have residents of the mid North Shore shopping in Lindfield (rather than Chatswood) and eating out in Lindfield rather than other suburbs," says Ms McDonald.

"In other words, keep the business

local

"We recommend that a Collaborative Working Group be established between Council, Support Lindfield and other members of community and business groups to oversee the next phases of this project."

The Council will partially fund the community hub building, the park and streetscape works through Development Contributions Plan (Section 94), a Council spokeswoman says.

"Transport for NSW will contribute funds to fully fund the commuter car park, [and] the remainder will be funded by the private sector through development rights."

Mayor Szatow said the next step for the project will be inviting expressions of interest from businesses to submit proposals. The Council expects to open the Hub for public by mid-2020.

# New Developments for Lane Cove

Hope William-Smith

## THE STATE GOVERNMENT'S

Metropolitan Strategy for Sydney has set the framework for Lane Cove to contribute 3900 new houses over the next fifteen years. Considering areas such as transport, traffic, walking, and gradient to shops, conservation and loss of area's character/interface with adjacent areas, Lane Cove Council has identified the prime location for these developments. Already over 3000 units have been approved for construction, with a large number already completed.

Lane Cove Council has been planning for the target, with apartment construction to take place in Lane Cove North, Lane Cove West and St Leonards. Council has also been ensuring this area is able to service future communities by developing a St Leonards South Master Plan. A bus/rail interchange at St Leonards over the train line to localise essential transport connections will be considered.

In addition to this the Council has confirmed Voluntary Planning Agreement funds. These are provided where developers are able to demonstrate public benefit from a modification to existing planning restrictions.

The suburbs of Lane Cove, Northwood, Longueville, and Linley Point are all set to benefit, with increased residents bringing more business, commercialisation, and job opportunities to the wider area.

## Recently Completed Projects

- New synthetic sportsfields at Blackman Park (new Scout Hall and amenities building now under construction)
- Upgrade to Lane Cove Aquatic Leisure Centre and Gymnasium;
- Upgrade to Lane Cove Plaza;
- New road at 304-314 Burns Bay Road
- New traffic lights at Rosenthal Avenue/ Longueville Road intersection

## Projects Currently Underway

- New Community Centre at 314 Burns Bay Road (due 2015)
- New Park at 314 Burns Bay Road (due 2015)
- New 200 space carpark to replace 84 spaces at Little Lane (due 2015)
- New Community Centre at Little Lane
- New pedestrian footbridge linking the Little Lane Carpark to the Aquatic Centre

## Future Projects

- Bus/rail interchange at St Leonards
- Rosenthal Carpark to be replaced with a large open space, additional shops and parking for approx. 500 vehicles
- Open space in the Mowbray Road Precinct
- Seniors Living at 266 Longueville Road
- Recreation Precinct at Golf Course



## Ku-ring-gai's forced merger with Hornsby

Hope William-Smith

**SYDNEY'S 152 COUNCILS** were required to submit a proposal to The Independent Pricing & Regulatory Tribunal (IPART) earlier this year to prove their financial fitness, capacity, and ability for the future to avoid being merged with stronger neighbouring council areas.

The IPART report on councils released in late October has declared more than 70 per cent of Sydney's Councils to be unfit, meaning only 7 have passed through as acceptable to remain independent. New Ku-ring-gai Mayor Cheryl Szatow believes that the IPART has glossed over the finer details, leaving it near impossible for Councils to prove their financial worth.

"The government has never told councils what 'scale and capacity' actually meant. If we had known it referred to a population of 250 000, we would have reconsidered our position," Mayor Szatow said.

"I am dismayed at the irony of a process that is being pushed on the basis of significant cost savings to the industry. The government cannot produce any sound evidence to back this up and have committed the industry to wasting millions and millions of dollars in analysis

and studies when the IPART outcome was predetermined from day one."

The IPART Report also states that all Councils have been given assurances that local government elections will still take place next September.

Both Hornsby and Ku-ring-gai Councils exceeded the Government's criteria for finances, infrastructure, and services, but do not have a large enough population size to fit the requirements to remain independent.

Hornsby council Mayor Steve Russell is pro amalgamation, saying it will give the North Shore area greater access to projects and finances.

"It is clear that our Councils need to merge and that process will be much easier if we can do it cooperatively," he said.

Independent analysis commissioned by IPART shows that the net benefit for the two councils merging would exceed \$88 million over the next 20 years.

"It would be foolish to reject that," said Mayor Russell.

"The duplication of services in this area is ridiculous and wastes a lot of money."

Councillors and senior staff from Ku-ring-gai council remain unhappy and will assess the findings of the report and decide on an appropriate course of action in coming weeks. All Councils have been given 30 days to respond to IPART's report, after which a decision will be made confirming who will be amalgamated and who will remain independent.

Dr Tony Recsei, President of the community group Save Our Suburbs is unsure whether the claims for amalgamation have any factual backing to support them and is doubtful of any community benefits.

"Larger constituencies weaken the link between individuals and councillors," he said.

"The community can lose its voice as genuine independent councillors may not be able to afford to run election campaigns in a larger constituency. Councils then can become the domain of the big political parties and of people with large financial backing."

[ipart.nsw.gov.au](http://ipart.nsw.gov.au)



**SCOOTERS?**  
Power Chairs & Scooters  
**TEST DRIVE ONE TODAY!**

Test drive and receive  
**\$100.00\***

**Comfort Discovered**

**OPEN 7 DAYS**

Phone 9987 4500  
511 Pacific Hwy Mt Colah  
(Next to McDonalds. Easy Parking)  
[www.mobility511.com.au](http://www.mobility511.com.au)

**511 PACIFIC HIGHWAY, MT. COLAH, HORNSBY**  
\*Test drive before 30/11/15 and receive \$100.00 Store Voucher. Conditions apply.

# Real estate agents to stop tricking buyers

Stephanie Stefanovic

**AS A RESULT** of new laws around real estate underquoting, homebuyers will now have greater protection when buying a property.

Amendments to the Property Stock and Business Agents Act 2002 have been made in response to the recent upsurge in underquoting – a tactic used by real estate agents to draw a greater number of potential buyers to their properties.

According to the new laws, real estate agents will now be required to provide written evidence of the estimated selling price they provided to the vendor, which must also be provided in the agency agreement. Agents will also need to keep a written record of every price statement they make to buyers and vendors, and will no longer be allowed to advertise statements such as “offers over” or “offers above”.

Changes to the Act are predicted to go a long way in curbing underquoting, especially considering the fact that in addition to the existing \$22 000 penalty, agents found guilty will be forced to forfeit any commission or fees from the sale.

“In the current market, the loss of commissions can be more than the existing penalty, [which means] there can be no doubt that introducing this legislation will stamp out bad practice within the real estate industry,” says Member for Davidson, Jonathan O’Dea.

“This reform is long overdue. You only need to talk to potential buyers at auctions to hear their frustration with property underquoting in the market,” he adds.

Ken Wolf, licensee, principal and valuer at Ken Wolf Real Estate agrees that the reform was overdue, but states that underquoting is something that no longer frustrates home buyers.

Today’s buyers are much more likely to do their research and see what else is on the market, according to Wolf.

“People are much smarter than they were 10-15 years ago,” he says.

“[Therefore] underquoting doesn’t annoy purchasers anymore and it’s something of the past - very few agents underquote anymore.”

At least, it is not common in North



Shore or Eastern Suburbs real estate, he says.

There are claims however that the Inner West has seen underquoting rates of up to 90 per cent, according to real estate website domain.com.au.

If potential buyers do find that the bidding reaches a level beyond their budget (whether it is due to underquoting or not), they should “sit on their hands and say ‘it wasn’t meant to be,’” says Andrew Braid, a licensee at LJ Hooker Roseville.

“I will always advise a potential purchaser to research the recent sales in

the area, and ask the agent for comparable sales they provided the vendor when they signed up the listing. [Also] talk to other agents in the area and ask their opinion on what they think the property is worth,” he adds.

The new underquoting laws will come into effect on 1 January 2016, with information sessions currently underway. ○

[roseville.ljhooker.com.au](http://roseville.ljhooker.com.au)  
[kenwolfrealestate.com.au](http://kenwolfrealestate.com.au)



# Increased funding for NSW Public Schools

Hope William-Smith

FIFTY DOLLARS

*Stephen Jarman*  
GOVERNOR, RESERVE BANK  
OF AUSTRALIA  
*Scott Morrison*  
SECRETARY TO  
THE TREASURY  
THIS AUSTRALIAN  
NOTE IS LEGAL  
TENDER  
THROUGHOUT  
AUSTRALIA



**PRIMARY SCHOOLS** IN the elective district of Davidson are set for a funding increase, with local public schools to receive \$4 912 741 in 2016.

This will be a substantive share in the record \$113 million dollars of additional funding announced by the NSW Government to support public education for students. More than \$16 million has been committed to the Davidson area since 2011.

St Ives North Public School will receive nearly \$600 000 in funding, up from \$250 000 last year. Lindfield East Public School will also benefit, collecting an increase of \$251 000 and bringing total funding to nearly \$353 000 for the next school year. Killara High School, one of the most consistent strong performers in the public sphere, will also receive \$801 000.

Examples of works being funded

include upgraded food technology facilities, science labs, general renovations, sports areas, roofing, recarpeting and painting.

“This substantial ongoing investment in public education is fantastic news for our schools, and will further boost their efforts to deliver improved student results,” said Jonathon O’Dea, MP for Davidson.

The additional funding over the next four years will be allocated in the upcoming NSW Budget for non-government schools capital works, and represents a 100 per cent increase under the scheme.

“Schools in Davidson will be able to apply for funding under the scheme which is directed to low to medium fee Independent schools and Catholic schools,” said Mr O’Dea.

“Demand for school places is increasing across the State and this funding recognises the significant role non-government schools will play in meeting that challenge.”

Many schools in the electorate area of Davidson have benefitted from increased funding in the last year; St Ives High School were able to entirely refurbish the school canteen with a grant of more nearly \$110 000 and Kambora Public School received \$22 000 for a new entrance path.

“The NSW Government is determined to provide the best learning environments possible in our schools now and in the future,” said Mr O’Dea.

Across the State, more than \$3.2 billion dollars has been set aside for school infrastructure and maintenance.

Need help with Web sites  
and online IT services?

**LINUXPEAK**

- Domain name management
- DNS hosting
- Web site design and hosting
- Email hosting and archiving
- SSL encryption & security
- Project management software
- IT problem solving



02 9499 3080 [www.linuxpeak.com](http://www.linuxpeak.com) [hello@linuxpeak.com](mailto:hello@linuxpeak.com)



**TURRAMURRA  
PODIATRY**  
CENTRE

**SHOP 2, 14 EASTERN ROAD, TURRAMURRA**

Our experienced podiatrists have been treating feet in Turrumorra for over 15 years. Our focus is to restore foot function and improve quality of life to our community. We offer a complete range of podiatry services such as ingrown nail surgery, sports podiatry, diabetes assessments and children’s foot conditions. Our clinic has extended hours available by appointment.

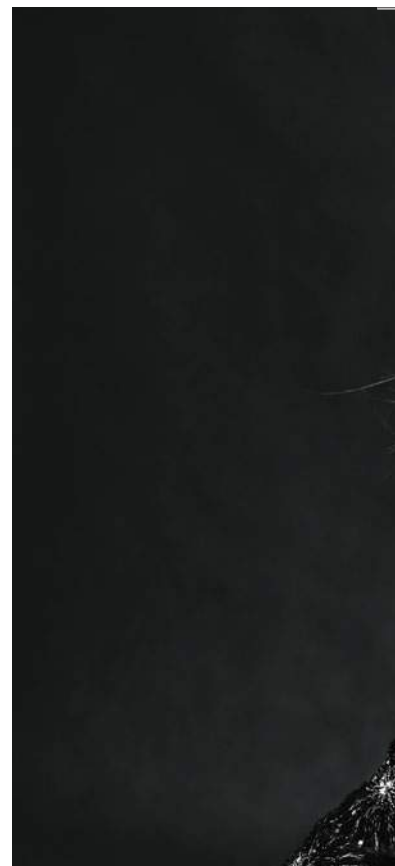
Services we provide are:

- \* Biomechanical Assessments
- \* Diabetic Assessments
- \* Foot/knee/back pain
- \* Orthotics
- \* Paediatric Assessments
- \* Acupuncture
- \* Sports Podiatry
- \* Nail Surgery / Ingrown Toenails

**PHONE: 9144 6227**

# Jessica Mauboy: Her own kind of *Beautiful*

Sabrina Muysken



**A**USTRALIAN AUDIENCES **FIRST** met Jessica Mauboy almost a decade ago. She was the young, ambitious 16-year-old singer who came runner's up in the 2006 cult series of *Australian Idol*. Today she's a multi-award winning artist; her 2013 album 'Beautiful' achieved incredible platinum success, and she's recently released her debut fragrance 'Be Beautiful'.

When you have your very own fragrance it's safe to say you've officially 'made it' in the fickle world of entertainment. In essence, her life is nothing short of glamorous. Yet despite her enormous fame and success, Jessica still radiates a down-to-earth quality that's not only impossible to feign but also

an incredibly rare find within the blinding spotlight of the music business.

"I'm still not used to any of this and I think that's a good thing. It still surprises me," Jessica admits.

Quite often stars and celebrities are thrown into (relatively) dreary media days, jam-packed with back-to-back interviews. It's not taken personally when they seem less than enthused to answer questions they've surely heard umpteen times before. But then there are a few exceptions to the rule. Those who are not only eager to indulge your questions, but hold a zealotry that can only be described as infectious. The moment Jessica excitedly sung my name down the phone line; I knew she was the exception.

"I'm just rolling with the punches

today. I'm enjoying every minute to talk about my passions."

Jessica's latest single 'This Ain't Love' has recently exploded onto the Australian music charts, being the first single released from her highly anticipated next studio album. The song's instant success was little surprise, however, its production and subsequent release deviated greatly from the usually meticulous scheduling of her management label *Sony Music*.

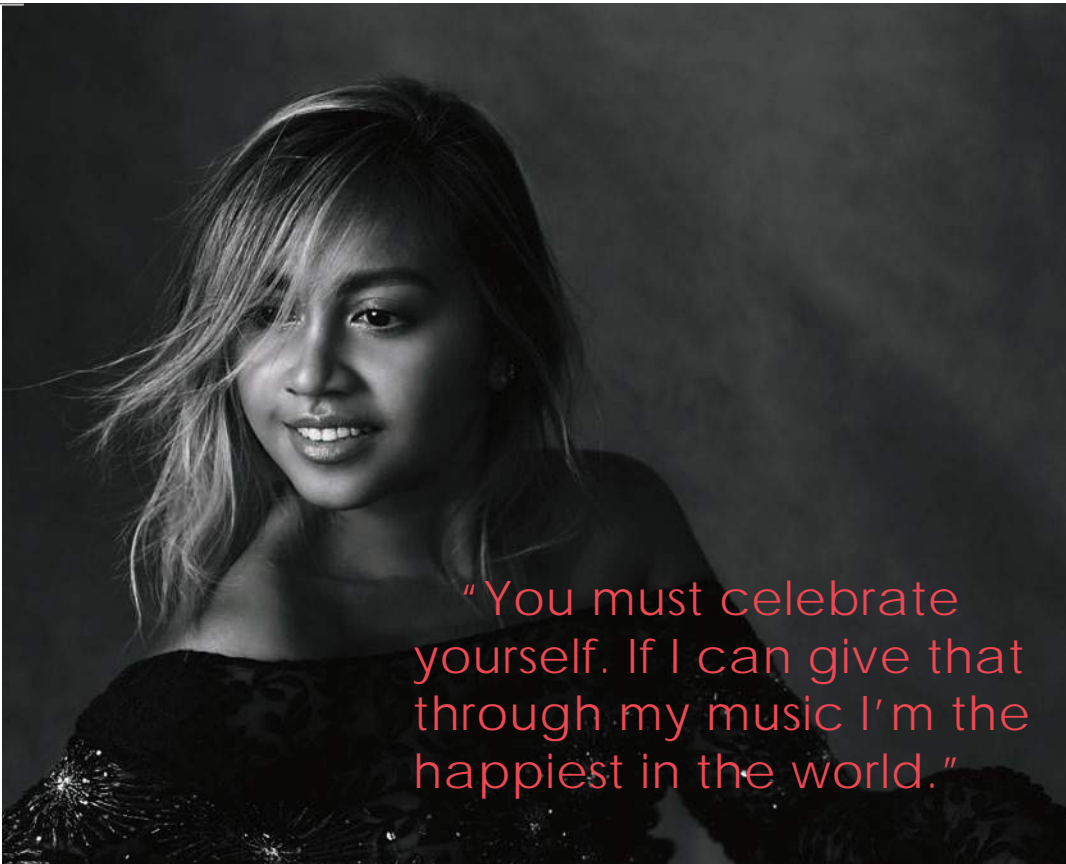
"This process is always so pre-prepared. Normally when I have a single ready to drop I'll have a whole record waiting as well. At this stage I haven't even finished recording, so releasing 'This Ain't Love' was just something completely spontaneous and unplanned."

"I only wrote this song a few months ago. I arrived home from my trip to the UK and I knew I had this amazing song. I just knew it was the right mood and vibe of where music is at the moment. I wanted to release it straight away."

Jessica attributes her time in the UK as integral in creating her latest smash hit. After a long campaign touring her platinum-selling album 'Beautiful', which spawned six hit singles, she was left craving some independence.

"To not have any management or my record label team driving things for the





*"You must celebrate yourself. If I can give that through my music I'm the happiest in the world."*

first time was really important to me. At the moment I'm driving everything and it feels great.

"Everything from the visuals to the sound is all me. It's a lot of pressure and it's incredibly challenging, but I love building challenges for myself."

With lyrics like 'This ain't love, I don't feel and nothing hurts', it's easy to imagine Jessica as being in touch with herself and her emotions. Despite the global platform from which she speaks, or rather sings, at the very core she's just a 26-year-old woman going through the same emotions as everyone else.

"I wrote this song based on my life. I go through different stages of love. Falling in and out of love with my music, my day-to-day life, and myself. Some days I'm on and some days I'm off.

"This song is about that moment when you're standing right on the edge of where you need to be and you're asking yourself if it's right or if it's wrong."

I suggested to Jessica her strong sense of self and willingness to be so open as being key in her music's resonance with so many, to which she whole-heartedly agreed. Her passion for music is almost indescribable, with her ultimate musical conveyance being one of self-acceptance.

"My music is about just being yourself. Allow yourself to venture with my story and reflect on yourselves. Not only to

connect with me, but also to connect yourself with your own identity.

"You must celebrate yourself. If I can give that through my music I'm the happiest in the world."

In addition to the new single, Jessica's debut fragrance 'Be Beautiful' has recently hit stores nationwide. Yet, following in the stiletto marked footsteps of pop singers Britney Spears and Beyoncé was something she never dreamed possible.

"It was definitely the last thing on my mind! I've always had a passion for beauty products and fashion, but never did I think I would ever have the opportunity to create my own fragrance."

It was for this reason that she demanded absolute creative authority when it came to the production process.

"I absolutely had to get my hands dirty. From the design of the bottle to the actual smell, I just didn't want to have a team do it all for me.

"I'm so involved in the production of my music that I knew I wanted it to be the absolute same when it came to creating my fragrance."

Said to embody her down-to-earth character yet glamorous charm, the aquatic fresh floral scent is already proving to be an incredibly successful career venture. And in case you're wondering, the smell of Jessica's success is a blend of fruity green apple, waterlily,

cyclamen, and a hint of spicy musk.

With her professional career kicking into fifth gear it's hard to imagine Jessica has time for much else. Yet despite her demanding schedule she still manages to find time to pursue a cause close to her heart.

As an ambassador for the Indigenous Literacy Foundation (ILF), Jessica has spent much of her time with children in remote communities across Australia.

"I passionately support ILF's belief that literacy opens the door to a world of opportunities – including jobs, better health, and general wellbeing.

"These kids need our help. They are going to be our future and it's so important to invest in them. It really is such a beautiful foundation."


As she reminisces on her own childhood of running through mango farms, picking up rotten mangoes, and watching the clouds form in her home state of tropical Queensland, she reflects on how lucky she is.

"I still have those pinch me moments where I realise wow, this is really happening to me. The whole nation is watching and gets to do this with me. That's what excites me."

The future truly is Jessica's oyster. As to where it'll lead her, well she's not entirely sure yet. Talks of expanding her empire through fashion and further beauty ventures are mentioned as well as her evolving sound.

"Music is changing all the time. I have to go with that and change with it. Music is natural and fluent, I'm happy with that because it brings out a genuine honesty in me."

One thing is certain; music will remain her first love and true passion.

"Being able to sing is truly a gift. I've known from a very young age that music is where I wanted to be. I thank that little 11-year-old everyday for sticking to her true colours." 

*Jessica's hit single 'This Ain't Love' is currently available for purchase from iTunes and her debut fragrance 'Be Beautiful' can be found at retail chains such as Target nationwide.*

[jessicamauboy.com.au](http://jessicamauboy.com.au)

[indigenouliteracyfoundation.org.au](http://indigenouliteracyfoundation.org.au)

# Do you need to go to 'Parent School'?

Is there a 'right' way to bring up your child? Linda Geddes asks whether parent school is the answer.



**TRENDS IN PARENTING** have waxed and waned over the years. Although once upon a time, new parents simply fell back on the wisdom and experience of their extended families, doctors started getting involved from the late 19th century onwards. Today there's no shortage of Supernannies, paediatricians and psychiatrists serving up often conflicting parenting advice. New parents can choose any number of approaches: attachment parenting, minimalist parenting, Tiger Mom parenting.

Even politicians are getting in on the act. In 2012, UK Prime Minister David Cameron launched CANparent, a heavily subsidised network of parenting classes that aspire to teach us all how to become better parents. Parenting has become a public issue, which means it's now eating up public funding.

All of this begs the question: which approach is best? Whereas many parenting trends reflect the opinions of a single psychoanalyst, paediatrician or nanny, CANparent's providers claim to draw upon the latest scientific research about how children develop and say their

strategies are "proven" to make a real, positive difference to families. Others, meanwhile, claim that such evidence-based parenting policies are based on distorted science and undermine parents' confidence in their ability to raise their children.

According to Claire Hughes, professor of developmental psychology at the University of Cambridge, the children we really need to be thinking about are those "facing toxic levels of stress, and whose parents are unable to provide support because they are facing their own health problems or other concerns". By placing such a strong emphasis on parenting, are we leaching resources away from other social issues that need to be tackled to really close the gap between rich and poor kids?

Obviously, it's easier to send mums and dads to parenting classes than it is to tackle inequalities in wealth or persuade parents to go back to college and boost their own education. Yet at least one study has suggested that when poorly educated young mothers return to school, their children's academic performance

– particularly their reading skills – also increases.

Although most of us worry from time to time that we're not being the best parents we could be, I'm inclined to believe that we don't need experts to tell us how to raise our children if we're honest about our anxieties and prepared to swap notes with other parents. In 1946, paediatrician Dr Benjamin Spock wrote the *Common Sense Book of Baby and Child Care*, which remains one of the bestselling books of all time. Its opening line: "Trust yourself. You know more than you think you do."

[mosaicscience.com/story/parent-school](http://mosaicscience.com/story/parent-school)

*Linda Geddes is a freelance journalist writing about biology, medicine and technology. A graduate from Liverpool University, she holds a first-class degree in Cell Biology. Her book, *Bumpology: The Myth-Busting Pregnancy Book for Curious Parents-to-be* was published in 2013.*



## Corpus Christi Catholic Primary School

Stimulating learning environment  
and extensive grassy playing fields

**Enrolling now for Kindergarten 2016**

Corpus Christi Catholic School in St Ives provides an inspiring learning environment for girls and boys. Our school is a faith-filled and welcoming community dedicated to student learning.

Our extensive range of programs, combined with exciting 21st century technologies, ensure every child achieves success.

School tours can be arranged at any time and enrolment packages are available upon request.



17 Link Rd, St Ives 2075 | Ph: 9988 3135 Fax: 9449 2335

[ccsi@dbb.catholic.edu.au](mailto:ccsi@dbb.catholic.edu.au) • [www.ccsidbb.catholic.edu.au](http://www.ccsidbb.catholic.edu.au)



Your local Computer  
store in Gordon  
offering reliable,  
affordable & friendly  
Services

## Computer problems? Please call us for:

- ☛ On-Site service for Internet, Network issues
- ☛ Data Recovery for PC or Mac
- ☛ Data Transfer from old computers
- ☛ Check, Clean up Spyware & Virus
- ☛ Computer Hardware problems



**SPECIALS ON  
DESKTOPS,  
NOTEBOOKS,  
PRINTERS....**

*Open: Mon~Fri 9:00am~6:00pm, Sat 10:00am~4:00pm*

**We've moved to Low Ground (same building)  
793-795 Pacific Hwy. Gordon NSW 2072  
Entry via Park Ave.**

**Ingenuity Computer Systems Pty. Ltd.**

• Sales • Upgrade • Repair • Services

Email: [sales@ingesys.com.au](mailto:sales@ingesys.com.au)

Phone: 02-94182945 Mobile: 0430210332

Ku-ring-gai  
**artcentre**  
ROSEVILLE



**VISUAL ART GUITAR CREATIVE WRITING**

**Join a class and explore  
your creativity!**

- Learn traditional and contemporary methods
- Beginners and advanced classes
- Classes for adults, children and youth
- Daytime, evening and weekend classes
- Learn with industry professionals



'Calla Lilies', acrylic, Mitzi Vardill (tutor); 'Following the Blue Line', mixed media, Cilla Davis (tutor); 'Benedicta', watercolour/charcoal/white chalk, Paul Miller (tutor); 'Playing House', print assemblages of various dimensions, Karen Ball (tutor)

[kmc.nsw.gov.au/artcentre](http://kmc.nsw.gov.au/artcentre)

# Education breakdown

Stephanie Stefanovic



**LAST MONTH THE ASG** Parents Report Card was released, reflecting the beliefs of Australian parents about the ability of the current educational environment to meet their children's educational needs. Over 1900 parents and guardians participated in the research, in a joint effort by ASG and Monash University. Here is a breakdown of the findings.

## Recipe for academic success

According to the report, the biggest influencer in a child's academic success is the attitude of their parents. Basically, parents who set high expectations are more likely to have children with high academic achievements.

"Parental aspirations for their children's education is the glue that holds everything together – aspirations optimise and underpin all other resources and influences that support their children's educational needs," says ASG's CEO John Velengrinis.

"Regular communication with children about the importance of education and the aspirations for their future from an early age, helps children to feel supported and achieve their learning potential," he adds.

## Australia's quality of teaching

The report also shows that parents are generally pleased with the quality of

teaching, however they would like to have a better understanding of their school's curriculum and teaching methods. Indeed, 89 per cent feel that their children's teachers are capable, and 85 per cent believe that the school curriculum will help their children with their future careers.

"Parents generally hold teachers in high regard," says Dr Shane Phillipson, co-author of the report.

"However, there is a call from parents to be educated about the teaching methodology, so they can ensure they're supporting their child's education in the home setting."

## Private vs public

It has been found that while most parents have high educational aspirations for their children, this is more common among parents of private school children. The report shows that 95 per cent of private school parents talk to their children about higher education, and 88 per cent believe that a degree will help their child achieve their ambitions. The figures for public school parents are 89 per cent and 83 per cent comparatively.

"Private school parents also report stronger agreement that their children have learning goals, that they want to do well at school and can apply their learning,

compared to children who go to public schools," says Dr Phillipson.


"These aspirations reflect an expectation by parents paying private school fees to achieve a 'return on educational investment,'" he explains.

## The gender issue

The report also shows that while most parents report that their children aspire to academic success, it is more common among parents of daughters. Two-thirds of parents of sons report having to remind their son to study, as opposed to just over half of parents of daughters.

What's more, it appears that fathers tend to have more belief in their children's academic abilities compared to mothers. The report reveals that 77 per cent of fathers believe their child to be a high academic achiever, compared to 69 per cent of mothers.

"Dads may be wearing rose-tinted glasses when it comes to their perception of their child's ability, versus mothers' more 'realistic' views of their offspring's scholastic performance," says Dr Phillipson.

"Fathers were also stronger in their belief that their children have more knowledge compared to other children of the same age (70 per cent) versus mothers (61 per cent)." 



# Staying Safe on Schoolies

Ella Hide

**THE SCHOOLIES RITUAL** is once again fast approaching for 2015 school leavers. A week of fun, partying, and enjoying some new found freedom after finishing the HSC and 13 years of school. While it's a week of fun with friends, it's easy to get caught up in the buzz of events and it's important to have a few simple tricks up your sleeve to make sure that you stay safe during one of the most hyped up weeks of the year.

An easy tip for those attending schoolies is to make sure you always hold your drink. Drink spiking can happen anywhere, no matter whether you go to schoolies in Bali, the Gold Coast, Fiji, or elsewhere. Also make sure to look out for your friends, the effects of drink spiking may not be as obvious as you would think, so it's important to make sure that you watch out for how your friends are behaving and socializing, and whether this changes dramatically at any point.

Another tip is to stay hydrated during the day. Heavy drinking is often associated with the over

age party goers, and dehydration is a very common issue. Drinking plenty of water throughout the day is essential to making sure that your body can handle excessive alcohol consumption (although this is *not* recommended).

*Drinkwise Australia* suggests that, "there are steps you can take to make sure you moderate your drinking."

Things like diluting your drink with ice and alternating between alcoholic and non-alcoholic drinks is a safer way to drink large amounts of alcohol and lower the risks of severe dehydration.

A local school teacher, and mother, says that, "you need to trust yourself and make your own decisions."

Staying safe on schoolies can be made easy, by taking a few simple precautions and staying strong in the face of peer pressure. It's a fun ending to a stressful year where some of the best memories are made, and taking a few simple precautions is a simple way to ensure that you enjoy yourself safely.



**All NEW WEBERS CIRCUS**

www.WebersCircus.com

**With a Touch of South America**

Trapeze Trick Ponies High Wire Hula Hoops  
Donkey Fun Clowns Acrobats Wheel of Death  
Plus Much More Fun For All The Family!!

**NARRABEEN**  
BOONDAH RES, PITTWATER ROAD  
6th - 22nd November

VIP ring side	
Child	\$30
Adult	\$40
Ring side	
Child	\$22
Adult	\$32
A reserve	
Child	\$18
Adult	\$28
B reserve	
Child	\$18
Adult	\$28

<b>Fri</b>	6th Nov	7pm
<b>Sat</b>	7th Nov	3pm & 7pm
<b>Sun</b>	8th Nov	11am & 3pm
<b>Thur</b>	12th Nov	7pm
<b>Fri</b>	13th Nov	7pm
<b>Sat</b>	14th Nov	3pm & 7pm
<b>Sun</b>	15th Nov	11am & 3pm
<b>Thur</b>	19th Nov	7pm
<b>Fri</b>	20th Nov	7pm
<b>Sat</b>	21st Nov	3pm & 7pm
<b>Sun</b>	22nd Nov	11am



# Demise of the Male Teacher

Hope William-Smith

**DID YOU KNOW** that fewer than 19 per cent of the teachers in your primary schooler’s classroom are male? With the lure of more stereotypically masculine, more reputable, and better paid alternatives, more and more men are shying away from the education sector.

But when did the sentiment change? What was once regarded as a superior profession, teaching has struggled to retain male candidates in recent years, due to societal stigma around the role and the poor pay prospects over time.

Joseph Chen, a third year Bachelor of Arts / Bachelor of Education student at The University of Sydney, believes that men need to look beyond the stereotypes and the so called ‘benefits’.

“If you are becoming a teacher because of anything to do with holidays, then you are in the wrong profession. Teaching is rewarding... it allows people to effect real change in the local community and it is a profession that is lifelong”.

Boys or men considering a career in teaching should also not be swayed by societal expectations, said Mr Chen.

“We need more quality male teachers who are willing to spend their life helping students to achieve their full learning potential, to break cycles of disadvantage, and to create a more fair and equitable society.”

With male teaching statistics on a decade long incline, growing concerns are emerging for children’s ability to communicate effectively with both men and women. In addition to this, children who do not have a strong male role model at home are reliant on school teachers to learn social interactions and gender specific skills.

“Students are also more accustomed to seeing females in educational roles and will have significantly more contact with them” said Mr Andre Adam-De-Villiers, the only male teacher at Our Lady of Perpetual Succour Catholic Primary School.

“Males can be deterred from teaching for a number of reasons. Some may feel that they don’t have the patience to deal with children in an educational environment and it may not come across

as a ‘masculine’ occupation.”

Better pay in the private sector is also said to be encouraging more men towards private education. The number of male teachers has increased nearly 20 per cent in the last two decades. Added to this is the growing reliance on men to bring home an above average wage.

“Male and female teachers both have very unique qualities to offer in the classroom. The relationship in which the students develop can differ on a number of levels and students may appreciate the presence and direction of a male teacher,” said Mr Adam-De-Villiers.

Balancing the ratio is a key target for the NSW Department of Education and Communities, which has a variety of programs in place, including teaching scholarships and a benefits and initiatives scheme in place to encourage a higher male candidature in teaching. Whilst statistics in High Schools around NSW are less concerning, primary schoolers across the state may be experiencing a far less balanced education than expected. ○





# IB or HSC?

Sabrina Muysken

**A GROWING EDUCATION** trend is on the rise. A rapidly increasing number of parents are consciously switching their children from state curriculum options over to those which are internationally recognised. Making the move from the Higher School Certificate (HSC) to the International Baccalaureate (IB) is no longer an unusual decision, especially in the senior secondary years, as the number of Australian students sitting for the IB Diploma has just about tripled since the year 2000.

Yet, Australia's education system still suggests the HSC and IB Diploma should be considered on equal playing fields but as offering different education options. Even so, the IB Diploma is generally considered as a more taxing educational venture, partially attributed to the two year duration, as it consists of a longer

study period and more in depth exams. It's recommended for those students who are committed to continuing their studies at University level and are prepared to work hard.

We're living in an increasingly globalised world. No longer are we born, raised, and residing in the same country, let alone the same state. As a globally recognised certification, the IB Diploma has a mass appeal for families wanting to prep their kids with a global education that equips them for roles in the global job market. With an increasing amount of career opportunities on the international stage now a very achievable reality, why limit the sights of our children to a state restricted education?

[ibo.org/about-the-ib](http://ibo.org/about-the-ib)

## What does the IB Diploma offer?

- Expanded focus
- International recognition
- Breadth of curriculum
- Opportunity for cooperative learning
- Rigorous preparation for demands of University Study

## Academic Requirements:

- Six academic subjects
- A Theory of Knowledge course
- An Extended Essay
- Creativity, Action and Service (CAS).
- Studies must take one subject from each of the subject groups stipulated. Including: The Arts, Mathematics and Computer Science, Individuals and Societies, Experimental Sciences, Second Language, and Language A1
- Take at least three and not more than four of the six subjects at Higher level (240 hours) and the others at Standard level (150 hours)





Mrs Megan Krimmer,  
Principal of Roseville College  
[roseville.nsw.edu.au](http://roseville.nsw.edu.au)

# World Teachers' Day celebrates an honourable profession

**FABLES ARE WONDERFUL** stories filled with deep meaning – and often variations of the original circulate as they are retold by different people and to resonate with different audiences. A number of years ago, I was a dinner guest listening to one such story (sourced from *The Assembly Collection*) which I'd like to retell afresh to honour World Teachers' Day, 2015.

The version I'd like to share is about a wise emperor who wished to acknowledge the greatest person in his Empire.

A delegation in full regalia was sent into every corner of the emperor's realm heralding anyone considered "great" in their endeavours and profession to gather in the Imperial City. As the candidates arrived, a member of the grand council ensured a list was made recording their names and credentials: heroes from battle, the wealthiest from commerce and trade, the most poetic in writing, the most insightful in medicine, the most clever in invention and science, a talented musician, a gifted artist, renowned lawyer, a famous orator, elite athlete, and others; each outstanding in their own right.

The emperor was perplexed, as the task he had set himself was indeed

impossible. Each had refined their talents and learning to be the best they could in their chosen field. As his eyes surveyed the glittering assembly before him, he noticed an elderly scholar standing quietly at the side. People greeted her (or him, if you prefer) as they passed, bowing with respect. Her eyes were alive, she knew each by name and there was affection in her words as she wished each well.

Discretely, he asked her identity. "Who is that person?"

"Your majesty," replied his Chief Minister, "you have called for the kingdom's greatest people to gather. This is her teacher. She is here for her students."

In his wisdom, the emperor immediately understood who was the greatest among this distinguished group before him. For, no matter how great their achievements, he knew all had begun with a love of learning and excellence inspired by this woman. All in his assembly were honoured that day, as the emperor honoured their teacher.

At the end of October each year, Australia celebrates "World Teachers' Day". This is a time to reflect on an important job that highly professional people do to prepare our nation's young people to be the very best they can be.

Everyone thinks they know what is involved in teaching, because we have all been students. It is easy to judge – until you actually have to teach, and then it can be an entirely different ballgame. I

ividly remember my father, who was a businessman, commenting after delivering a lecture at a university that, until he had had that experience, he had no idea how much was involved in teaching. And that was just one lecture!

Certainly not every member of one profession can be perfect. However, the vast majority of teachers I have ever had the privilege of being taught by, and work with, are highly intelligent professionals. All hold university degrees, many have masters' degrees, some have doctorates. All have their students' interests, learning, social, emotional and physical needs front and centre of what they do. They are passionate about their subjects and their students. They work well into the evenings, on weekends and in their holidays to create the best possible learning experiences for their students. And they keep learning; refining their craft, so that they may become the best teachers that they can be. This, of course is important for the future of our nation.

"Education is the only solution," says Malala Yousafzai who, on her 16th birthday told the United Nations that "one child, one teacher, one pen and one book can change the world."

With World Teachers' Day behind us for another year, perhaps the value of the emperor's verdict – in my earlier fable – will continue in our thoughts throughout the year ahead:

"Honour those who teach, for they touch the future."



# Roseville College students earn top place

**THREE TEAMS OF GIRLS** from Years 5 and 6 at Roseville College have won 1st, 2nd and 3rd place at the recent SAP NSW Young ICT Explorers Competition.

Young ICT Explorers is a non-profit competition with events held throughout every state across the country. Created by SAP to encourage school students to create ICT related projects - the Roseville girls have been preparing for months under the careful guidance of Mrs Abi Woldhuis, the Teaching and Learning Executive at the school.



“Groups met on a regular basis to test ideas, research possibilities and to create products that give problems a workable solution. The three prize winning projects each show how real problems can be addressed using ICT, and now have practical solutions thanks to the innovative girls aged between 10 - 12 years at Roseville College,” said Mrs Woldhuis.

The winning entry by Year 6 students Sophie Allen and April Draney was a remote communication device that is used to visually monitor a grandparent living on a remote farm periodically each day. The solution enabled alerts and messages to be communicated to a screen, to prompt a reassuring response from the grandparent.

Other Roseville College placeholders were Bella Ryan, also of Year 6, securing second place with a satellite technology device to track lost Cochlear implants; Year 5 team Rachel Barrie, Stella Phipson and Isabella Savage created an activated pressor sensor to predict food turnover and data at Sushi Train, which earned them an impressive third place.

Projects are judged by a panel of academia, industry partners and ICT professionals for their creativity, uniqueness, quality, level of difficulty, and project documentation.



Roseville College | An Anglican School For Girls



**AT ROSEVILLE COLLEGE**, girls from Kindergarten to Year 12 engage in enriching learning experiences that challenge and empower them to pursue and attain their personal best in all areas of life.

Our graduates are typically vibrant, confident, articulate, independent young women who embrace life's array of opportunities with energy and enthusiasm.

## RECENTLY AT ROSEVILLE

**PERFORMING ARTS**, Year 11 students successfully performed “Cloudstreet” on an innovative, custom-built stage over the College’s heated swimming pool.



## INSPIRATIONAL EDUCATORS

Mrs Abi Woldhuis (pictured with Ms Julia Gillard) and Mrs Henrietta Miller, presented at the 2015 IB APAC Conference and, as Adobe Education Leadership Program members, inspired Mr Ben Forta, Adobe’s Senior Director – Education Initiatives, to choose Roseville College as his only school visit in Sydney.

## PERSONALISED TOURS

Tours with our Registrar, tailored to your daughter’s specific needs and interests, are held weekdays during term time. To book an appointment, call 9884 1109 or email registrar@roseville.nsw.edu.au.

Ranked among NSW’s top schools, Roseville College has been transforming the lives of girls for more than 105 years.

27 Bancroft Avenue, Roseville  
P 02 9884 1100 | E registrar@roseville.nsw.edu.au

[www.rosevillecollege.com](http://www.rosevillecollege.com)

A school within the Anglican Schools Corporation



# CHATTING WITH LEN WALLIS

Sydney Observer's Sabrina Muysken caught up with local audio king Len Wallis to talk technology, music, and the changing face of the North Shore.

Sabrina Muysken

**Tell us a little bit about how Len Wallis Audio began back in 1978?**

"At that stage I was working for a similar company in Crows Nest. I could see an opening in the market and decided to go out on my own. At that time the business was a one-man show, although admittedly the industry was a little less complicated in those days."

**What are the core values of Len Wallis Audio?**

**"Quality of product:** The quality of the products that we carry are unashamedly better (both in terms of performance and quality of manufacture) than what you would find in the more mainstream outlets. I am a great believer that the equipment we sell has a function, providing playback of recorded music or vision. Therefore it should do the best job of that sole role as possible. It is not uncommon to have clients return to trade back systems that they purchased thirty years ago.

**Service:** We are not in a major shopping centre, or a hub suburb. The vast majority of our clients' need to travel to see us, and they will not do so unless they are looked after. For this reason over 50 per cent of our business is to return clients. We have service facilities on site (and we are warranty service agents for most of the brands that we carry). Plus we employ our own installation teams to install the products that we sell.

**Staff:** We try to attract quality staff, train them, and then retain them. It is not

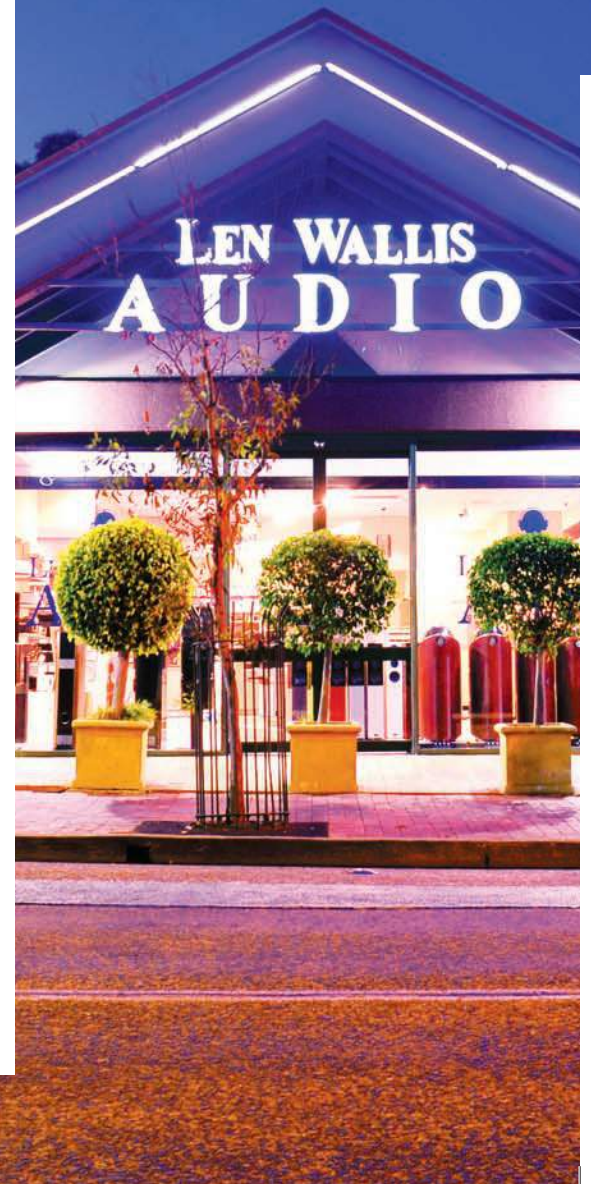
uncommon for staff to remain with LWA for 20 years or more."

**What changes have you seen in audio, video and home automation over the years?**

"This is now a very different industry to what we knew back in 1978. In those days a typical sale consisted of a turntable, amplifier, and a pair of speakers. Additional to this was a cassette deck, a pair of headphones, and maybe a cabinet to house the system.

Today Len Wallis Audio caters to many and varied markets. We are currently involved in dedicated Home Theatres, distributed audio throughout the home and Home Automation (plus the myriad of sub-sections that each of these categories entails).

Music is now accessed via the internet, or by vinyl record. It is distributed throughout the home wirelessly. Consumers now have almost unlimited access to both music and vision, and can enjoy it wherever they are. People are spending more time at home, and they want their environment to be as uncomplicated as possible (hence the rise in tablet based Apps). This is most evident with Home Automation where the touch of a single button can trigger many events, such as turning down the lights, closing the curtains, and turning on the TV. Or - you can opt for events to happen automatically, such as the outside lights coming on at dusk, and then turning off again at a predetermined time."





**What are some of the new and interesting trends you've seen in the Hi-Fi industry recently that people can adopt in their homes?**

"The two big trends at the moment are at opposite ends of the scale. LP records are suddenly very popular, partly due to their performance, and partly due to nostalgia. At the same time accessing music via the internet is becoming the norm, particularly now that there are streaming services offering CD quality – which can then be wirelessly routed throughout the home."

**You've been set on the North Shore for a long time. What major changes have you seen throughout the years?**

"Lane Cove has seen huge changes in recent years. The opening of Woolworths and the attached (small) shopping centre coupled with the upgrading of the plaza has attracted many new customers to the centre. The Plaza area in particular is vibrant and busy. There is also a large

number of home unit developments in the area which will continue to change the character of Lane Cove for the next few years."

**What are your passions outside of work?**

"There's life outside work? Music – it's the reason I became involved in the industry in the first place."

**Favourite place to eat on the North Shore?**

"Longueville Pub."

**Best place to grab a coffee?**

"La Provence – just up the road from us."

**What do you think is Lane Coves best kept secret?**

"Len Wallis Audio."

[lenwallisaudio.com.au](http://lenwallisaudio.com.au)

## The 'New Wave': Sculpture by the Sea 2015

Alex Dalland

**FOR SCULPTURE BY THE SEA**

visionary David Handley, it was a love of public arts and a walk along the seaside almost twenty years ago that inspired one of the world's largest free public exhibitions of art.

"All around me I saw natural plinth after natural plinth where sculptures of all descriptions could be installed," he recalls.

Since its humble beginnings as a major art exhibition run on a shoestring budget by just a handful of volunteers, the event has exploded in size and popularity. Another annual *Sculpture By The Sea* exhibition is now run on Cottesloe Beach in Perth, and there is also a *Sculpture by the Sea* in Denmark's Aarhus after a visit by the Crown Prince of Denmark for the event's 15th anniversary.

This year is Sydney's 19th *Sculpture by the Sea* and it promises to be bigger than ever. With over 100 sculptures lined up on the Bondi to Tamarama walk,



the team of volunteers are expecting a turnout even larger than the 520 000 who attended last year.

The sculptures shown have been chosen from over 500 submissions from as far as the Czech Republic, Thailand and the United States, with 39 international artists included in the Bondi event. Some of the highlights include a collection of giant water-shooting spray bottles by the RCM artist collective, and a wave made entirely out of barbie dolls.

But for Handley, it is the crowds who



are always the best part of the exhibition.

"A highlight of every exhibition is the first time I see someone's face light up when they see a sculpture they love," he says.

"I often can't help introducing myself to them and saying they made my day."

*Sculpture By The Sea begins in Bondi on October 22 and ends on November 8. Admission to the walk is free. [sculpturebythesea.com](http://sculpturebythesea.com).*

# Bushfires in the City



Ku-ring-gai Chamber of Commerce

**AS NEWS OF** an early start to the bushfire season is reported in the media, we tend in Sydney to see it as a concern to those in rural areas. Memories are short! Think back to Sydney in January 1994 and then again to Canberra in January 2003.

The 1994 Eastern seaboard fires entered Sydney and threatened the city with total isolation. The only road or rail route out of Sydney for several days was the Hume Highway. Ash rained down on the entire metropolitan area and the sky was orange for days.

Of the 225 homes destroyed by fire across the state, some of these were here in our northern suburbs in Warringah, Ku-ring-gai and Lane Cove where 42 houses were destroyed.

Tragically 4 people lost their lives.

In Canberra, the bush fires claimed a further 4 lives, injured hundreds of people and destroyed 500 homes.

El Nino which brings dry and warm conditions, coupled with below average rainfall for over a decade means this summer we should expect another

year of above average fire risk. The below average rainfall that we've been experiencing each year has meant we have a drying landscape, exacerbated by the strengthening El Nino in the Pacific. However the drying effects have been partially offset by record warmth in the Indian Ocean off WA, which has meant more clouds and rain than may have been delivered when experiencing one of the strongest El Ninos on record. These very complicated weather patterns interact, combine and in some cases offset each other.

Weather conditions play a significant role in the behaviour of bush fires. When the elements of weather combine they can produce optimum conditions for the ignition and spread of fires. This typically happens 4 to 6 times in a bush fire danger season. "Blow up days" as the fire fighters refer to them, occurred 16 times in a row in January 1994.

If the experts and the recently published "Southern Australia seasonal bushfire outlook for 2015-16" are correct,

Sydney and the surrounding areas are likely to have a busier than usual bush fire season.

Much has been learnt since the fires which raged in Sydney and then Canberra and advances in communications mean that those at risk can be kept informed by Apps and SMS to enable them to make timely decisions about whether to stay or leave.

The fires in the Blue Mountains in 2013 destroyed over \$180 million of property. Approximately 80 per cent of those affected were under-insured and only about 12 per cent had total replacement policies for their property.

Our advice is Prepare and Protect yourself for when fire once again threatens to encroach upon the area we live in.

*Visit [www.myfireplan.com.au](http://www.myfireplan.com.au) and read their Bush Fire Survival Plan and make sure you're insured to replace any property that may be damaged.*



"GREAT FOR BAD BACKS!" health professionals welcome!

**Largest range of Computer Chairs in Sydney**

**NEW!** now from \$549

**"The ergo-nomic air chair". It's cool!**

- Great for those bad backs - amazing back and lumbar support.
- So comfortable! • Incredibly modern aesthetic. • 5 year warranty.
- Seat slide, back and seat recline. • Soft moulded foam seat.
- MESH support prevents pressure points. • Suits all body shapes!
- Also available in high back and with adjustable-height head rest, when you need a break. • FREE ergonomic assessment! In Store.

**"Best ergonomic chair I've seen in 30yrs" OWNER, KOF**



**Free design and layout service!**  
**Office Fitouts and Furniture packages!**  
5 new designer colours;  
Red, orange, lime, blue & silver

chrome base and arms  
**\$599**

- **Desks**
- **Workstations**
- **Office chairs**
- **Board room &**
- **Reception furniture**
- **Home Office Furniture**

**Best prices in Sydney, guaranteed!**



Dee Why 824 Pittwater Rd. Ph 9982 1077  
Brookvale 7 Chard Rd. (pre-loved furniture)  
Ph 9938 6300  
[www.kellysofficefurniture.com.au](http://www.kellysofficefurniture.com.au)

# LATEST TIPS FOR BUSINESS

**The Business World Continually Changes.**  
**Our Speaker Peter Vickers will reveal the latest tips in Management and Tax**

**Seminar: Wednesday 25th November**  
Suite 2, 345 Pacific Highway, Lindfield  
Light Lunch at 12.30pm: seminar 1:00pm – 2:00pm

**To reserve a place email [kathryn@pva.com.au](mailto:kathryn@pva.com.au) or call 02 9496 2300**  
A \$50 booking fee applies

Sponsored by:

**PETER VICKERS**  
**BUSINESS GROUP**

CHARTERED ACCOUNTANTS • INVESTMENT SERVICES • INSURANCE BROKERS



Helping businesses and individuals to manage, protect and grow their wealth for over 35 years.

[www.vickersgroup.com.au](http://www.vickersgroup.com.au)  
AFSL no: 229302

# Style Revival

Sabrina Muysken

**SUMMERTIME EQUALS AN** easy living home style. With the busy season fast approaching and things warming up outside, your home should ooze calmness, tranquilly, and peace. Although summer decorating trends tend to change from year to year there are a few key ways of creating that serene oasis to escape the summer heat.

## BARE BASICS

If you've managed to follow our last issue's 'Spring Cleaning' tips then you're already one step ahead of the game. Coming into summer it's increasingly important to de-clutter and keep that flow of fresh air steady throughout the house. Get rid of the dark colours and thick winter blankets, stow away any unnecessary items and get back to the bare minimum. Doing this will not only clear out your home in time for summer but it will also cleanse your mind of the year that's been.

## EXPAND OUTSIDE

The winter months have their own perks, enjoying the outdoors of your home is not generally one of them. There's no sense in limiting your summer style revival to the interiors when the weather provides the perfect opportunity to expand out into your gardens, patios, and/or balconies. Look for comfy, all weather lounges to create windows of relaxation for you and your guests. Plants are an absolute must to create that tropical hideaway, look for tall potted plants such as palms that are low maintenance. If you don't have an awning or protection from the blistering sun, have a look around for widespread umbrellas in white canvas to give off that luxurious holiday feel.

## SWAP 'N' GO ART

Swapping out old artwork is a great way to brighten up mundane, tired walls. Look for bright, happy colours such as yellow to inject some summery colours into your home and lighten up the room. These days you don't even have to search far to find a great affordable piece. Head to online stores or visit your local markets to find an artsy steal.

## GET BACK TO NATURE

Summer calls for natural materials, fresh flowers, and greenery. With organic products on the rise, finding natural soy candles, raw material homewares, and divine succulents has never been easier. You'd be surprised by the positive energy that comes with the simple act of making room for a few potted plants. Not into the green thing? Natural elements are very on trend right now, so getting back to nature will have your home looking très chic.

## SCENTS FOR THE SENSES

For good karma and relaxation scents are crucial. Just as the seasons change, so too should our home fragrance. The summer months ahead call for fresh, crisp scents, such as ocean breeze or coconut, lime and lemon. The affects a new summery smell can have in our homes are profound, making you feel rested and energized to take on the chaotic Christmas season lurking ahead.



# Christmas ready by November

Hope William-Smith

**GETTING SPRUCED UP** for the Christmas season is easier than you think this year with our handy tips for stress free Yuletide. Even if you feel like that last minute rush is inevitable, there are quick and efficient ways to start planning your Christmas season before December hits, plus simple DIY ideas to help save those extra dollars. From smart and affordable shopping to selective planning, get yourself into gear early this year for a cracker of a Christmas. Chaos is the ghost of Christmas past!

## ATMOSPHERE MADE EASY

Create your very own Christmas scent jars in less than 5 minutes! Place 2 tablespoons of cloves, 3 cinnamon sticks, half a slice of orange and half a slice of lemon into a small saucepan with 4 cups of water. Simmer on low to release the fragrance, then put ingredients into a quart-sized jar, adding enough water to fill to the top. Close securely for storage and keep in refrigerator. It can be simmered over and over again to add a heady festive aroma to your house!

## CREATE A PLAN

Success Resources suggest setting aside just half an hour to put pen to paper and make a list of everything you need for Christmas and when it needs to be done. This can include shopping, cooking, decorating, wrapping, and organising. By writing it down and working from it, you can be sure that none of your plans are left out! Rather than rushing around in short periods, plan one day in your calendar where you can get almost everything done at once. Choose a day where you can take a friend or family member who can help you shop efficiently, easily and enjoyably! Two reindeers are better than one!

## PLAN IN ADVANCE

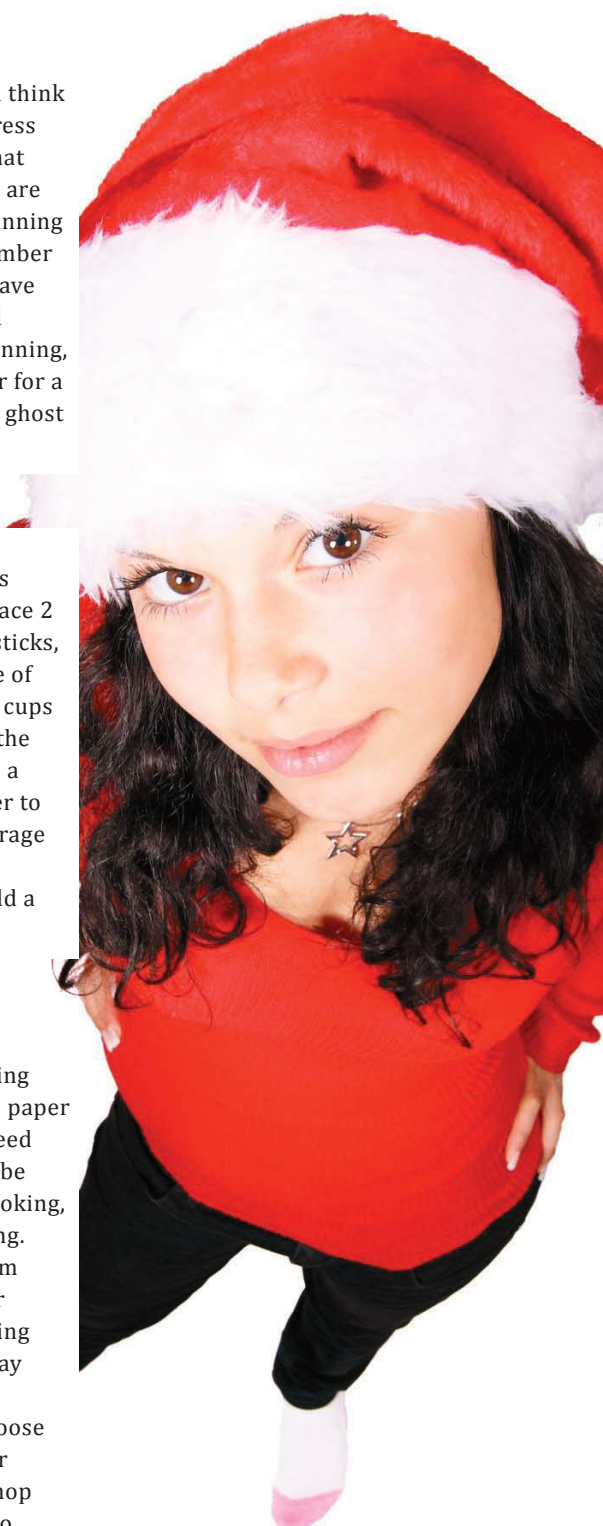
Buy early! Christmas paper, cards and decorations are best purchased between Christmas and New Year when there are still quality choices. They are also exceptionally affordable! Find a safe and easy to remember place at home where you can store things throughout the year. Red and green basics can be bought all year round and most shops begin their Christmas stock in October, allowing for plenty of time in the lead up to December. Remember to reward yourself! Christmas is a time for rest and enjoyment. Interweave enjoyable Christmas tasks with the ones you find less appealing to keep yourself motivated.

## CHOOSE A THEME

Whether you are going for a traditional red and green, a European snowy blue and silver, or a sophisticated white and gold, make sure your Christmas has a colour theme. This will make it far easier for shopping, right from decorations to simple essentials like serviettes or tulle. Be selective in your shopping; when browsing, this allows you to only have certain styles of decorations or colours you need to be looking at. Before you start a mad shop, clear out the boxes and cupboards from last year to see which annual decorations you will be using.

## CHRISTMAS DINNER PREPARATIONS

At the end of the day, Christmas dinner is like any other roast and plenty of elements can be preprepared well in advance. Make a tasty Christmas gravy long before your main event and keep it frozen until the day. Home made stuffing also freezes well for up to a fortnight and, once defrosted, can be in the oven faster than you thought! Vegetables can also be cut and prepared in freezer bags in the fridge in the days leading up to Christmas, ready to be added to your Ham and Turkey for cooking.





## Who will you trust your new kitchen to?



- **Over 30 years on the Northern Beaches**
- **Over 5000 kitchens installed**
- **Over 70% through recommendations**
- **Designed and manufactured onsite**

Seabreeze Kitchens have built a reputation that is second-to-none based on their passion for excellence, inspirational design, superb craftsmanship and meticulous attention to detail. Their Brookvale showroom has 10 stunning kitchens on display.

**188 Harbord Road, Brookvale**  
**Monday-Friday 9am-5pm, Saturday 9.30am-4pm**  
**Phone 9938 5477**  
**Fax 9938 1568**  
**[www.seabreezekitchens.com.au](http://www.seabreezekitchens.com.au)**





SeabreezeKitchens Pty Ltd

**New showroom  
now open!**

**The trip over to Brookvale is well worth  
it to see our newly renovated showroom  
boasting 10 beautiful displays and a team  
of experts to guide you.**



## VIRIDIAN GLASS

Ella Hide

**HOME INSULATION AND PROTECTION** often isn't associated with the type of glass used for the windows of your home. However, the specific elements and quality of glass has a huge impact on how cool your home can stay in summer and how insulated it can be in winter as well as how secure and quiet your home can be.

Viridian's entry-level energy efficiency product, SmartGlass, demonstrates how glass can have many positive effects on your home security, insulation and noise control. This type of glass uses what they call "low E single glazing" to achieve superior insulation without having to double-glaze your windows. This type of glass used in

the home also offers protection from damaging UV light, which is an issue usually overlooked when buying glass or windows for the home.

Since this SmartGlass is only single glazed, it can fit most standard window frames because it has the same thickness as ordinary glass. This means that upgrading the actual glass in the windows of your home can be much easier and the benefits of double glazing can still be achieved without altering the window frames. Replacing ordinary glass with SmartGlass protects the home from extreme heat and cold, and works like ceiling or wall insulation. You also have the option of choosing from four grades of solar protection, which means that you

can select a type of glass that suits the specific area of the home.

The overall result of applying Viridian entry-level SmartGlass is a more energy efficient home. Through superior insulation qualities and UV solar protection, the home uses less external sources of energy for heat or to cool the house down. By maintaining a more steady temperature, these external energy sources are required less and for smaller amounts of time, ultimately lowering energy costs and improving the energy efficiency of the whole home.

[viridianglass.com](http://viridianglass.com)



## GARAGE DOOR AUTOMATION

Ella Hide

**IF YOU PARK** your car in the driveway, it's usually for the convenience of being able to park and walk straight into your home. Automated garage doors provide this convenience, with added benefits like personal security and greater convenience – especially after shopping or during bad weather. Garage door automation is a major selling point for installations around the home and can be installed in just over two hours.

Automated garage doors increase the security of your home through being controlled by your own personal electronic device. This decreases the likelihood of someone breaking into the garage and damaging or stealing belongings. Personal safety is another factor. Being able to click a button and

stay in your vehicle rather than physically getting out of the car to manually open the garage means that you stay within the safety of your car literally until you enter your home.

In terms of convenience, having an automated system is much easier to maintain and fixing it is much simpler than a manual system. *Chamberlain* and *Merlin* are industry leaders in the garage automation, and offer all levels of convenience and technology when it comes to automating garage doors. Security motion lighting and DIY automatic door openers are some of the effective ways to optimize the effectiveness of having or installing an automated garage door.

Other leading technologies come in

the form of roller garage door openers that allow you to access your garage without electricity from the main house. This means that during blackouts you will never be caught out. These leading automated technologies are maximizing the benefits of having an automated garage door, and are often DIY and installable by the everyday home-owner.

With all of the basic benefits of having an automated garage door, current technologies are making it even easier to maintain and improve whatever system you currently have.

[chamberlainanz.com](http://chamberlainanz.com)  
[gomerlin.com.au](http://gomerlin.com.au)



# Is asbestos hiding in your home?

Stephanie Stefanovic

**WE'VE ALL HEARD** about asbestos, the fibre commonly used in building materials in the 1970s and earlier that was later found to be carcinogenic. It's usually found in places like ceiling tiles, pipe insulation, wall paper and vinyl flooring, but you'd be surprised at how many other places it could be hiding in your home.

## Baby powder

Baby powder is made up of talc, which can often contain tremolite asbestos. Australian manufacturers may take safety measures to prevent the presence of tremolite in their mined talc, but many foreign manufacturers have less strict regulations about the presence of asbestos in their products. If your baby powder is not Australian-made, you may want to avoid using it unless you find that the company does indeed restrict asbestos-use in their products.

## Crock pots

If you've got an old crock pot that was handed down to you by a relative, or perhaps you've been using the same crock pot for the past 25 years or so, it might be time to upgrade. Prior to the regulations around asbestos, it was used in the lining between the outer and inner pot to retain heat, and in the electrical cord to prevent fires. While the type of asbestos (chrysotile) used in crock pots is not carcinogenic, it's certainly toxic and not something you want surrounding your food.

## Outdoor toilets

If you live in an older home, chances are you have an outdoor toilet. While they're not so popular now, outdoor toilets were very common in houses built in the 70s and earlier. The materials used to build these toilets was very much the same as the materials used to build homes at the time, which means that asbestos was often included. If your outdoor toilet is run down (as such old toilets tend to be), this increases your chances of exposure to asbestos, which is something to be aware of.

## Electrical meter boxes

If your home was built before 1988, it's likely that your electrical meter box contains asbestos. Electrical back boards were often manufactured using asbestos to prevent fires and resist electrical arcing. Many electrical boxes were also made with asbestos-containing sheeting as thermal insulation inside the box, and asbestos-containing materials in the door to the electrical box. Asbestos-containing meter boards were manufactured under several product names – Lebah, Ausbestos, Miscolite, and Zelemite. If your electrical box is stamped with one of these names, make sure to inform any electrical workers that will come into contact with the box.



**CUSTOM MADE KITCHEN & WARDROBE DOORS & PANELS**  
[www.sydneydoors.com.au](http://www.sydneydoors.com.au)



**FREE DELIVERY\***  
**SYDNEY METRO**  
**JUL-AUG 2015**  
\*Conditions apply

**RENOVATING YOUR KITCHEN OR WARDROBE?**  
**JUST REPLACE THE DOORS AND SAVE \$\$\$**

**DIY OR CONTACT AN INSTALLER TO:**

- Measure
- Get a Quote
- Install



**SHOWROOM/FACTORY**  
 80 Redfern Street  
 Wetherill Park NSW 2164  
 Ph: (02) 9725 4444  
[sales@sydneydoors.com.au](mailto:sales@sydneydoors.com.au)



# Health Corner

Hope William-smith



## ACAI BOWL GOODNESS

### PRONOUNCED (AH-SIGH-EE) AND

native in Trinidad and Tobago and Brazil, the Acai berry is small purple fruit of the Euterpe genus which, when blended, looks and tastes like ice cream and is a breakfast dream come true. Acai bowls are almost like a thick smoothie topped with other berries or fruit, seeds and nuts. Acai puree is often mixed with frozen banana or strawberries and thinned out with soy, coconut or almond milk. The Acai berry has been popularised by both its taste and health benefits and can be found in the freezer section of supermarkets and health food stores. Simply blend frozen sliced fruits with Acai berries or powder, milk of choice and 1/2 tablespoon of honey, then top with fresh fruit, goji berries, muesli clusters or seeds. Acai bowls are packed full of antioxidants and the ideal way to start the summer days.

## GURU YOGA

**GURUYOGA IS** a yoga app like no other - the perfect companion to your daily stretching routine. Working in conjunction with the My Yoga Guru book, the app allows you to view all the yoga poses available in the book, create, save, and adapt your own sessions, view and pre-load sessions and monitor your activity and progress. In addition to creating your own sessions, GuruYoga also suggests session for you dependent on your level and available time. There is an easy to search database of single exercises which are divided by level and purpose. These include upper or lower body flexibility, concentration, relaxation, and breathing. Whether you're into sun salutations, or more of a downward dog type of yogi, GuruYoga is a must have to reach your yoga goals.

## THE BENEFITS OF DUMBBELLS

**WHAT CAN LOOK** like a complicated piece of gym equipment that comes with a hard use and muscles only manual is surprisingly easy for all. Simple dumbbell swings with any weight localise a group of muscles known collectively as your posterior chain - basically your hamstrings, glutes, lower back, and core. By strengthening these muscles with easy to do dumbbell exercises you are making your muscles leaner and more defined, whilst also protecting your lower back from risk of injury. Dumbbells are also perfect for your cardiovascular routine - to turn dumbbell swings into a cardio drill, use a light weight for a longer amount of time. Three to six sets of 20 to 50 swimming, or a timed circuit where you swing the dumbbell for 30 seconds, rest for 15 seconds and repeat this 10 times, will provide a challenging but do-able cardio workout.



At Total Bathroom Centre, we offer the total package. Our aim is to achieve beautiful bathrooms tailored to the individual needs of each customer. Our friendly team of experts have over 25 years in the building industry. We offer a free measure and quote. No bathroom is too small or too large. We accept any challenge. Our products are beautifully handcrafted in Australia or Europe. Some of our fixtures are more than functional. They are a piece of art. Visit Total Bathroom Centre and be inspired.

**Total Bathroom Centre**

684 Pacific Highway, Killara 2071  
T 9880 2885 F 9880 2886  
www.totalbathrooms.com.au

Design  
Fixtures  
Install




1958 - 2015

**57**

YEARS

**PRICE'S**  
pharmacy

WEST PYMBLE

Price's Pharmacy is proud to offer a number of special services including:

- **FREE BABY CLINIC** with Sister Vicki Wednesdays-10am to 1pm
- Preparation of **Webster-Packs** for daily medication regime
- Sub-agent for **Diabetes Australia**
- **FREE** local-area home delivery by "Delivery Boy" with over 50 years experience
- Justice of the Peace usually available but please ring first

**Our happy, dedicated staff giving caring, family friendly attention to your pharmaceutical needs.**

**PRICE'S PHARMACY 2 PHILIP MALL, WEST PYMBLE, 2073. PH: 9498 5552 - FAX: 9498 7537**



# Oral Health, Aging, and Mental Health

Dr Ian Sweeney

*Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turrumurra.*

**IT HAS BEEN ESTIMATED** that by the year 2050, over 20 per cent of the world's population will be over the age of 80.

The population of older adults may be divided into three groups: Functionally independent older adults, Frail older adults, and functionally dependant older adults. Approximations of percentages of these groups within the population are 70 per cent, 20 per cent and 10 per cent respectively.

Many of these patients have, with the help of the dental profession, retained their teeth to an advanced age. However there are a number of problem areas facing the aging population as regards their dental needs:

## Dry Mouth & Saliva

Saliva has the effect of lubrication, taste, healing, digestion, dilution, buffering of acids, and tooth remineralisation.

Medications that reduce anything from blood pressure, pain, hay-fever, fluid retention, asthma, all have the ability to reduce salivary flow resulting in decay.

## Decay Rate

Previous gum recession exposes more root surfaces to potentially damaging effects of tooth decay. Root surface is softer than tooth enamel, and this combined with a reduction in salivary flow increases decay rate.

## Manual dexterity

A reduction in effective cleaning due to arthritis and other age related problems increases the risk of dental decay.

## Eye Sight

A reduction in vision increases the risk of dental decay due to poor cleaning.

## Heavily restored teeth

Teeth that have been heavily restored with a number of fillings are prone to

fracture. Fracture of a tooth in the mouth may have dramatic effects, particularly if the tooth in question was a front tooth or a key support for a partial denture.

## Mental Health

As the population age, so does the number of people suffering dementia. Current data suggests that the prevalence of dementia in the community varies from 1 per cent in the 60-65year age bracket, increasing to 30-50 per cent in the over 85+ group.

These problems are increasingly likely to occur after the age of sixty years and the patient may live for another twenty or thirty years in a gentle medical and physical decline.

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

## NORTHSIDE DENTAL®

Trusted by generations of families, our friendly team at **Northside Dental®** can be relied upon to take expert care of your entire family's dental needs.

We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turrumurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.



Let our family,  
give your family,



### Turrumurra Practice

1253 Pacific Highway,  
Turrumurra 2074

☎ 02 9144 4522

### Hornsby Practice

79 Burdett Street,  
Hornsby 2077

☎ 02 9987 4477

Visit: [www.northsidedental.com.au](http://www.northsidedental.com.au)

# Movember 2015

Alex Dalland

**THEY HAVE DEFINED** the faces of some of this century's most recognisable people, from *Miami Vice* actor Tom Selleck to celebrity wrestler Hulk Hogan and *Anchorman*'s Ron Burgundy. And, at the start of this month, a host of Aussie men are joining these icons by growing their own whiskers to raise money and show solidarity for men's health.

Since 2003, the Movember movement has exploded across Australia and now encompasses over 13 countries. The charity has raised almost \$685 million so far, and for 2015 the group will be introducing a new challenge.

"This year, we're introducing MOVE for the first time," Paul Villanti, Executive Director of the Movember Foundation says.

"A 30-day fitness challenge, MOVE asks people to get active each day of Movember. Not only is it the opportunity for women to get involved, they can also encourage the men in their lives to get active for their own physical and mental wellbeing."

Whether its going for a run, playing team sports with friends or just getting out and walking more, the Movember team say that no move is too small for spreading the message.

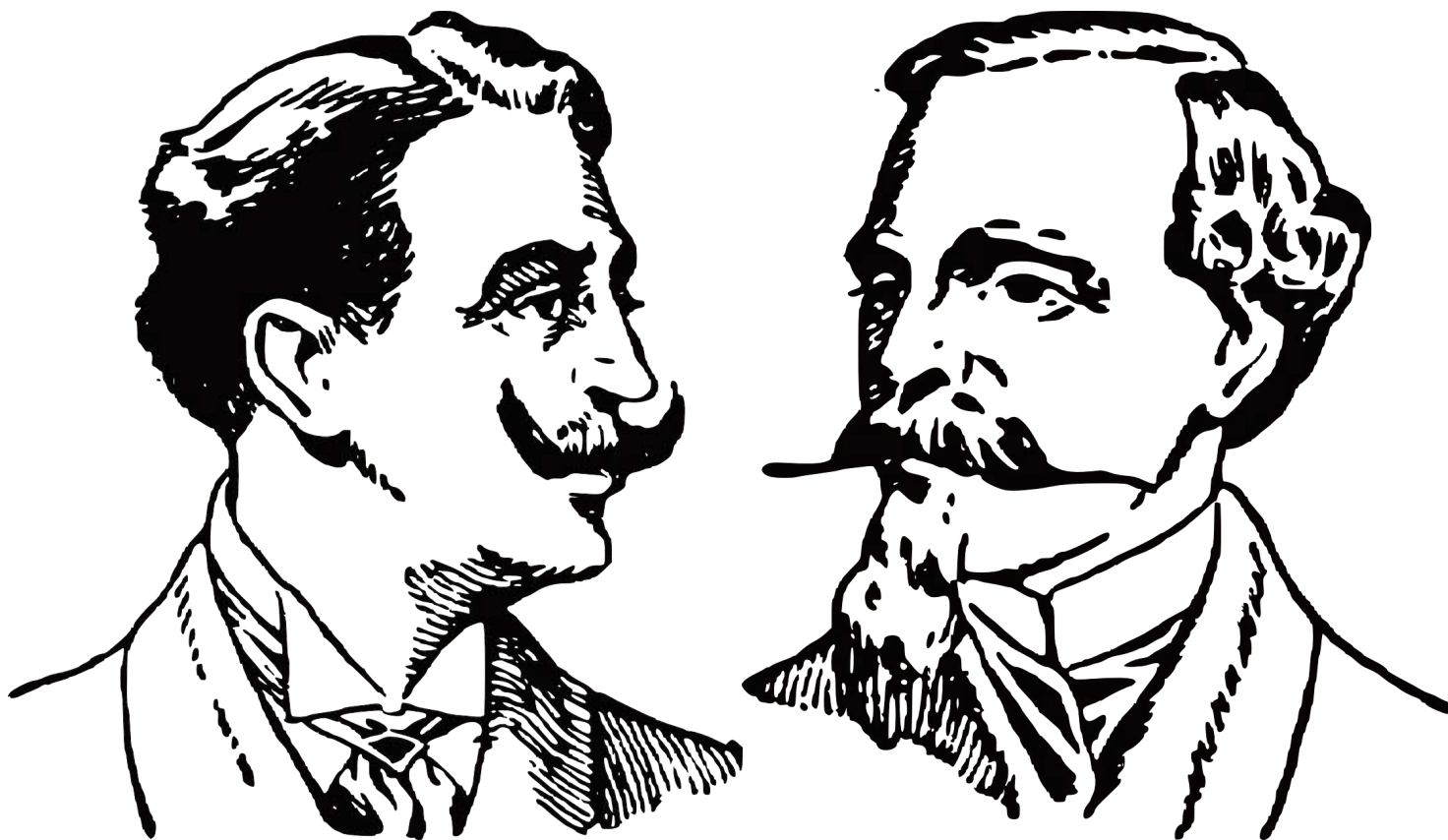
"It's just about getting active each day of the month. Whether that's riding a bike, walking the dog or getting off the tram one stop earlier, whatever suits you," Villanti says.

And of course, the moustaches will be back and better than ever. It's all part of attracting attention to men's health issues

such as prostate and testicular cancer, and opening up dialogue to talk about the mental health issues that plague men. Currently, 75 per cent of deaths by suicide in Australia are male.

"The truth we need to accept and start talking about is that the rules of masculinity prevent many men from taking action when it comes to their mental health, right at the very time they need to most. Traditional notions of masculinity are effectively killing some men," Movember foundation CEO Adam Garone says. ○

*Participants can sign up for Movember or donate at [au.movember.com](http://au.movember.com).*





# Walk 4 Brain Cancer

Joanita Wibowo

**THIS MONTH, YOUR** walk might save a life. Cure Brain Cancer Foundation is holding the 8th annual Walk4BrainCancer (W4BC), a series of walking events across Australia to raise awareness and funds for brain cancer research.

Brain cancer might not be the most widely recognised cause in Australia. However, according to Australian Bureau of Statistics, brain cancer has been the most frequent cause of death among children than any other disease. Only 2 in 10 people will survive brain cancer for five years, and that has been the case for the last 30 years.

Since its conception in Centennial Park in 2008, W4BC has continued to grow in every state with thousands of people participating. This year, W4BC aims to

raise a massive target of raising \$1 100 000 000.

"People attending the walks will be raising awareness and funds for world-class clinical trials that will deliver vital new treatments for Australian children and adults with brain cancer," said spokesperson for Cure Brain Cancer Foundation Luke Alexander.

"Cure Brain Cancer is challenging the status quo of brain cancer and helping to drive the biggest ever push to bring quality clinical trials to Australia," Chief Executive Officer at Cure Brain Cancer Foundation Catherine Stace said.

"This has the potential to radically change outcomes for patients. But research needs funding and none of this could be possible without the determination and

support of local communities, who rally behind Walk4BrainCancer.

"Every dollar raised propels us closer to increasing the survival rate of brain cancer and accelerating lifesaving treatments for patients."

Registrations are open for two organised walks in Sydney this month. These walks, which are set to attract more than 1 000 people each, will be held at Centennial Park (November 1) and Manly (November 29). The Manly event will feature radio personality Grant Goldman as MC and world-renowned neurosurgeon Professor Charlie Teo as one of the guest speakers. Attendees will also be served with BBQ and entertainment after the walks.

[walk4braincancer.com.au](http://walk4braincancer.com.au)

## The gift of better hearing...

Jingle bells, carollers, parties and classic Christmas songs – these are the sounds of the holidays. The joys of hearing and being able to engage in conversation are what many take for granted. If you know that you will spend Christmas laughing and nodding at what you hope are the right times, rather than really hearing what others are saying and joining in the conversation, then now is the time to take action.

AUDI<sup>o</sup>HEALTH has been selected to participate in a successful and unique hearing aid trial program called Flex:trial™. If your hearing test shows that you could benefit from hearing aids, we would like to offer you the opportunity to take advantage of this truly obligation-free trial.

Try it today, wear it during the holidays, love it for 2016. Flex:trial takes a simple three-step process that involves no up front cost, commitment or risk.

**Don't miss the precious sounds of the festive season...  
MAKE A BOOKING NOW 9418 1622**

**GORDON 767 PACIFIC HWY, GORDON VILLAGE ARCADE**

CASTLE HILL 293 OLD NORTHERN ROAD, FAMILY WISE MEDICAL PRACTICE  
WEST GOSFORD 69 CENTRAL COAST HIGHWAY, RIVERSIDE OFFICE TOWER

\* In two independent clinical studies it has been proven to provide better than normal hearing in certain demanding environments



### Try it

We will fit you with the trial hearing aids at your first visit. There is no upfront cost or obligation.

### Wear it

Wear the hearing aids over the festive season, in a variety of social situations for up to a 4 week trial period.

### Love it

At the end of the trial period, if you decide that you love the benefits of wearing the hearing aids then we can fit you for a fresh start to 2016.

**AUDI<sup>o</sup>HEALTH**  
hear well, live well

# Food Safety Week

Joanita Wibowo

## WHAT CAUSES FOOD

**POISONING**, and how can we prevent it? How to tell facts from myths? These are the main topics of 2015 Australian Food Safety Week, which is held on 8-15 November this year.

With the theme '*Did you know? (busting the food safety myths)*', the Food Safety Information Council as the initiator of the Week aims to provide some insight into how to avoid food poisoning.

As an illness, food poisoning is caused by eating or drinking food which is contaminated by bacteria, viruses and/or toxins.

"With an estimated 4.1 million cases of food poisoning each year, it is a serious issue – something that affects all of the Australian Community," Food Safety Information Council Chair, Rachelle Williams says.

"There are a lot of myths out there about what causes food poisoning, so during the Week we will be releasing the latest consumer research about what Australians understand about food safety, plus some simple tips to help people reduce their risk of getting sick."

The Council wishes to bust some well-known myths, such as the five-second rule.

"The often quoted 'five second rule' that you can pick up food dropped on the floor and eat it if it has been there less than five seconds just isn't true," spokesperson for the Council Lydia Buchtmann says.

"Bacteria doesn't keep a stopwatch and wait before contaminating the food."


According to the Council, around a third of food poisoning cases in Australia are thought to be caused by food handling mistakes in domestic environment.

To reduce the risk, spokesperson for the Council Lydia Buchtmann recommends these tips:

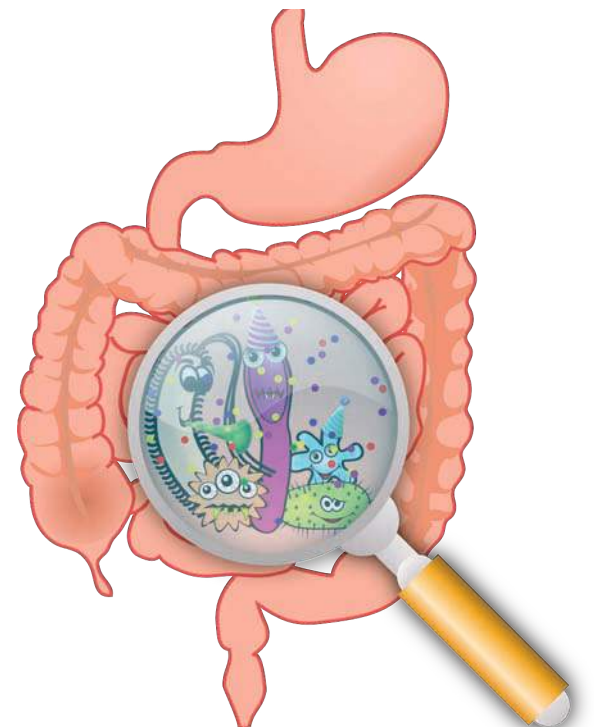
- **Clean** – wash hands with running water and soap them dry thoroughly before starting to cook and after handling raw meat or chicken.
- **Chill** – transport chilled or frozen food home from the shops in a cooler bag or esky. Use a fridge thermometer to make sure your fridge is running at or below 5°C. Refrigerate leftovers promptly. Cooked food should be stored in covered containers and either put in the fridge to cool, or frozen immediately. Frozen foods should be defrosted in the fridge or microwave, not on the kitchen bench.
- **Cook** – cook chicken, minced or boned meats, hamburger, stuffed meats and sausages right through until they reach 75°C using a meat thermometer. Serve hot food steaming hot above 60°C. Always follow cooking instructions on packaged foods.
- **Separate** – food should be stored in covered containers in the fridge and put raw meats and poultry in the bottom of the fridge so the juices don't contaminate food on lower shelves. Don't put cooked meat back on the same plate that the raw meat was on.

"If you get food poisoning, seek medical attention," Ms Buchtmann says.

"Early medical attention is recommended, especially for these at risk groups: the elderly, small children, people with reduced immune systems, and pregnant women."

The Council offers a mail-out of resource package consisting of fridge thermometers, posters, brochures, and DVDs for free. Community members can also download informational resources, do an online quiz on food safety and access a community package of a shell media release to use for local event on the Council's website. 

[foodsafety.asn.au](http://foodsafety.asn.au)





# National Skin Cancer Action Week

Ella Hide

**MORE THAN 2000 PEOPLE** die from skin cancer in Australia each year, but most skin cancers can be prevented by the use of proper and consistent sun protection. Heading into summer, the Cancer Council Australia hosts National Skin Cancer Action Week annually, taking place this year from November 15-21. Each year, the Cancer Council Australia and the Australasian College of Dermatologists join together for the week to raise awareness and remind Australians of the dangers of the sun to our skin. The 2015 theme is 'it all adds up', in reference to the unintentional UV damage Australians can accumulate when they forget sun protection. The aim of the week is remind Australians of the importance of sun protection and early

skin cancer detection.

With two in three Australians diagnosed with skin cancer by the age of 70, the week is particularly important in terms of reinforcing the importance for Australians to cover up. Our environment makes it easy to forget just how dangerous the sun is to our skin, and we need to be aware that consistent sun protection is the key to prevention.

The week will also reveal new data from the Cancer Council's National Sun Protection Survey, showing the latest trends in our sun protection behaviours. This will be crucial to identifying Australians' approach to sun protection, and how changes to this approach may minimise the number of Australians being diagnosed with skin cancer each year.

The Cancer Council recommends that people protect themselves against the sun through "slip, slop slap". This means, slipping on sun-protective clothing, slopping on SPF30 (or higher) broad-spectrum, water-resistant sunscreen and slapping on a broad-brimmed hat, seek shade and slide on sunglasses.

The Skin Cancer Council advises that you can't "rely on sunscreen alone – also use a proper hat, clothing and sunglasses to complete your SunSmart look."

It's important to remind people of these measures and just how important they are to everyday habits that lead to further prevention of skin cancer. ○

[cancer.org.au](http://cancer.org.au)



# Natural beauty

Stephanie Stefanovic

## Cosmetics

### 100% PURE CREAMY LONG LASTING LINER (CACAO) - \$42.95

A creamy long-lasting eyeliner enriched with vitamin E. The shade Cacao offers a defined, yet natural look on the eyes.



### 100% PURE PRETTY NAKED PALETTE - \$49.95

Made with the pigments of fruits, seeds, flowers and vegetables, this palette offers soft, neutral tones for the eyes and cheeks.



### NEEK VEGAN LIPSTICK (COME INTO MY WORLD) - \$38

Made with natural colourants and soothing ingredients of jojoba oil, shea butter, sweet orange peel and vitamin E, this lipstick offers the perfect nude lip colour for medium to dark skin.



### ANDALOU 1000 ROSES COLOUR + CORRECT SHEER NUDE SPF 30 - \$19.95

Made for delicate and dry skin, this CC moisturiser offers sheer mineral coverage with hydration, cellular support and sun protection. Perfect for those with fair complexions and pink undertones.





# Natural beauty

Stephanie Stefanovic

## Cosmetics

### 100% PURE CREAMY LONG LASTING LINER (CACAO) - \$42.95

A creamy long-lasting eyeliner enriched with vitamin E. The shade Cacao offers a defined, yet natural look on the eyes.

Available at [100percentpure.com](http://100percentpure.com)



### 100% PURE PRETTY NAKED PALETTE - \$49.95

Made with the pigments of fruits, seeds, flowers and vegetables, this palette offers soft, neutral tones for the eyes and cheeks.

Available at [100percentpure.com](http://100percentpure.com)



### NEEK VEGAN LIPSTICK (COME INTO MY WORLD) - \$38

Made with natural colourants and soothing ingredients of jojoba oil, shea butter, sweet orange peel and vitamin E, this lipstick offers the perfect nude lip colour for medium to dark skin.

Available at [neekskinorganics.com](http://neekskinorganics.com)



### ANDALOU 1000 ROSES COLOUR + CORRECT SHEER NUDE SPF 30 - \$19.95

Made for delicate and dry skin, this CC moisturiser offers sheer mineral coverage with hydration, cellular support and sun protection. Perfect for those with fair complexions and pink undertones.

Available at [andalou.com](http://andalou.com)



F  
\$  
r  
a  
t  
  
B  
-  
C  
w  
to  
a

# Skincare

## BÖR ORGANICS CITRUS CLEANSER - \$29.95

An invigorating yet gentle cleanser made with green tea, aloe vera, ginger and grapefruit to purify and re-balance the skin.

Available at bororganics.com



## SODA & CO LIP BALM - \$8.95

Available in flavours natural cocoa, mint burst, pink lemonade and orange splash, these lip balms will nourish and protect your lips with 100% natural ingredients.

Available at sodaandco.com



## BÖR ORGANICS NOURISHING EYE CREAM - \$34.95

A deeply hydrating and restoring eye cream containing ingredients such as white tea, coconut, avocado and rose hip to minimise puffiness and dehydration around the eyes.

Available at bororganics.com



## BÖR ORGANICS HYDRATING MOISTURISER - \$34.95

A lightweight yet extremely hydrating moisturiser made with lemon myrtle, olive leaf, shea butter and jojoba oil.

Available at bororganics.com

**ROOFS**  
ABOVE & BEYOND

Don't Wait Until Your Roof Has Started Leaking...  
Act Now

Contact us for a free no obligation quote

Phone: 9654 6000  
[www.roofsabove.com.au](http://www.roofsabove.com.au)

Services available include.....

- All Repairs, Restoration and Replacement to Metal & Tiled Roofs
- All Guttering, Downpipes & Leaf Guard

**KURT & DANIEL SEIFERT**  
JEWELLERS

Local family owned and run

**Alterations • Remodelling • Repair**  
**Engagements • Weddings • Anniversaries**

Together we can design an original piece of jewellery and quote while you wait. If you have your own gold

- Whether to save or sentimental we can reuse.
- We also buy jewellery and gold.

onsite workshop

1A William St, Hornsby • ph: 9476 4711  
e-mail: kurtsfrt@primus.com.au

**NORTHSIDE WASHER SERVICE**  
WASHING MACHINE & DRYERS, REPAIRS & SALES

- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

**Graeme Shepherdson**  
Ph: 9457 9162 / 9481 8505  
Mob: 0418 679 596



# Marvellous Maslows

Alex Dalland

**SINCE MOVING TO SYDNEY** from Noosa's Bistro C on Hastings Street, things have only been getting better for Maslows head chef Jack New. Starting out as a pop-up cafe running out of a small Pymble garage in December last year, Maslows has gone from one strength to another – opening up a permanent cafe in Naremburn and now welcoming a 'brew bar' and dinner menu as their newest additions.

A set menu was provided with the month's title, reminding diners of the fresh produce that goes into each meal, which changes seasonally and provides variety for return customers. A great selection of dishes were available, with the menu providing the impression that high-quality produce with a hint of Japanese influence would be the overarching theme of the meal.

Entrees were a Korean king prawn

hearty beef dumpling, has its origins in the harsh Russian winters but combined with the light flavours of the beetroot broth and soured cream it made for a delicious opening to the meal without being overpowering.

While entrees were brief and light meals, the mains proved to be much larger and a similar mix of inspired combinations. The lamb backstrap, with roasted rhubarb, rhubarb root reduction and peas, was a delightful mix of sweet and flavoursome rhubarb with perfectly prepared lamb that was



expertly cooked until juicy and tender. The Grilled Swordfish with Zucchini, Edamame and Burnt Butter was far more savoury, with the burnt butter nicely complimenting the smoky swordfish flavour and the zucchini and edamame balancing out the two with just a hint of sweetness.

While we didn't try any of the dessert options, there is a brilliant selection of fruit and baked options, such as the tea poached pear with crème fraiche and smoked lavender and the butterscotch mousse with beignets and toasted almond.

Of course it wouldn't be a trip to

Maslows without enjoying one of their renowned coffees. Maslows distinguishes themselves by using Melbourne based Seven Seeds coffee, and their exclusive Swedish-imported Drop Coffee. The coffee was expertly prepared and it was easy to see how it could have inspired the success of the restaurant from its humble beginnings.

For anyone who wants to experience the finest of seasonal dining on the North Shore, Maslows will be sure to impress, with their new menu proving that they do dinner just as well, if not better, than breakfast and lunch. A wide selection of dishes means there is something for everyone, and their perfect cup of coffee makes for a great excuse to keep coming back! ○

[maslows.com.au](http://maslows.com.au)

# BROWNIE PUMPKIN PIE WITH PECAN TOPPING

Recipe by Angela Liddon from [ohsheglows.com](http://ohsheglows.com)

**Preparation time:** 25 minutes

**Cooking time:** 35-40 minutes

Serves: 8-10

## INGREDIENTS

For pumpkin brownie layer

- 1 cup canned pumpkin
- 3/4 cup organic cane sugar
- 1/4 cup coconut oil, softened
- 3/4 cup all-purpose unbleached flour (other flours may work)
- 1.5 teaspoon vanilla extract
- 1 tablespoon cornstarch (or arrowroot)
- 1/4 cup dutch processed cocoa powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking soda

For pumpkin pie layer

- 1 cup canned pumpkin
- 2 tablespoon cornstarch (or arrowroot)
- 1 teaspoon vanilla extract
- 1/3 cup organic cane sugar
- 3 tablespoon almond milk

- 2 teaspoon pumpkin pie spice (or 1 & 1/4 tsp ground cinnamon, 1/2 tsp ginger, 1/4 tsp nutmeg)
- For pecan topping
- 1/4 cup earth balance
- 1/2 cup Sucanat (or brown sugar)
- 1/3 cup flour
- 3/4 cup pecans

## METHOD

1. Preheat oven to 350F and grease a pie pan.
2. For brownie layer: In a stand mixer or by hand, mix together the coconut oil, pumpkin, vanilla, and sugar until blended well. Sift in the flour, cocoa powder, cornstarch, baking, soda, sea salt and mix until incorporated. Take the entire mixture and place in pie pan. Wet spatula and spread around evenly so it is smooth.
3. For pumpkin layer: In a large bowl

mix together the pumpkin, vanilla, and milk. In a small bowl, mix together the cornstarch, sugar, and pumpkin pie spice. Slowly add the dry ingredients to the wet and mix well until all clumps are gone. Now add on top of brownie mixture. Garnish with grated chocolate (I used a lemon zester to grate the chocolate).

4. For Pecan topping: Mix all ingredients until well combined and sprinkle on top of the pie.
5. Bake for 35-40 minutes at 350F. Remove from oven and cool for 20-30 minutes and then move to the fridge to chill for 1.5 hours.
6. Serve with ice cream if you want, and enjoy!

## November hotspots

Sabrina Muysken

### 'Walsh Bay Arts Table' Returns

November 10 marks the return of the stunning sixth annual *Walsh Bay Arts Table* event. With up to 400 guests dining at one long table against the stunning backdrop of Walsh Bay, the event is one of Sydney's most spectacular dining experiences.

A feast for all the senses, the five-course al fresco degustation dinner will feature dishes from some of Sydney's best restaurants and top chefs, alongside perfectly matched wines and breathtaking choral performances.

[arts-table.eventbrite.com.au](http://arts-table.eventbrite.com.au)



### Goodness Me Box Wholefood Night Markets

Launching as Australia's first Wholefood Night Market, *Goodness Me Box* is set to transform The Grounds of Alexandria into a health and wellbeing wonderland November 11. With confirmed suppliers for the delicious Wholefood Night Market ranging from Pic's Peanut Butter to IsoWhey, guests will be spoiled for choice with healthy treats.

[goodnessmebox.com/markets](http://goodnessmebox.com/markets)





# Escape to New Zealand

Sabrina Muysken

**OUR LITTLE BROTHER** New Zealand has fast become a top travel destination for Aussie's year round, and with good reason. Not only is this an affordable escape that's merely a hop, skip, and a jump away, our Kiwi relatives boast some of the most incredible landscapes in the world.

Believe it or not New Zealand is overflowing with things to do, leaving the hardest part of your trip in deciding what activities to enjoy first.

And with the Aussie dollar struggling to hold its own, those Euro adventures are looking far less appealing. So, why not head across the ditch for some Southern Hemisphere fun?



## QUEENSTOWN

Sitting on the shore of crystal clear Lake Wakatiu among dramatic alpine ranges, Queenstown is the ultimate place for the adrenalin seekers, with activities ranging from heli-skiing to bungee jumping. Not just for the thrill seekers, Queenstown's quaint village has something to offer for everyone.

### To do:

- Skyline Stargazing. Take a tour of the sky high above the surrounding snow-capped mountains.
- Take a Gondola ride up the mountain and enjoy the breathtaking views.
- Hold on tight and embrace the excitement with a nail-biting jet boat ride through the narrow Shotover River Canyons.

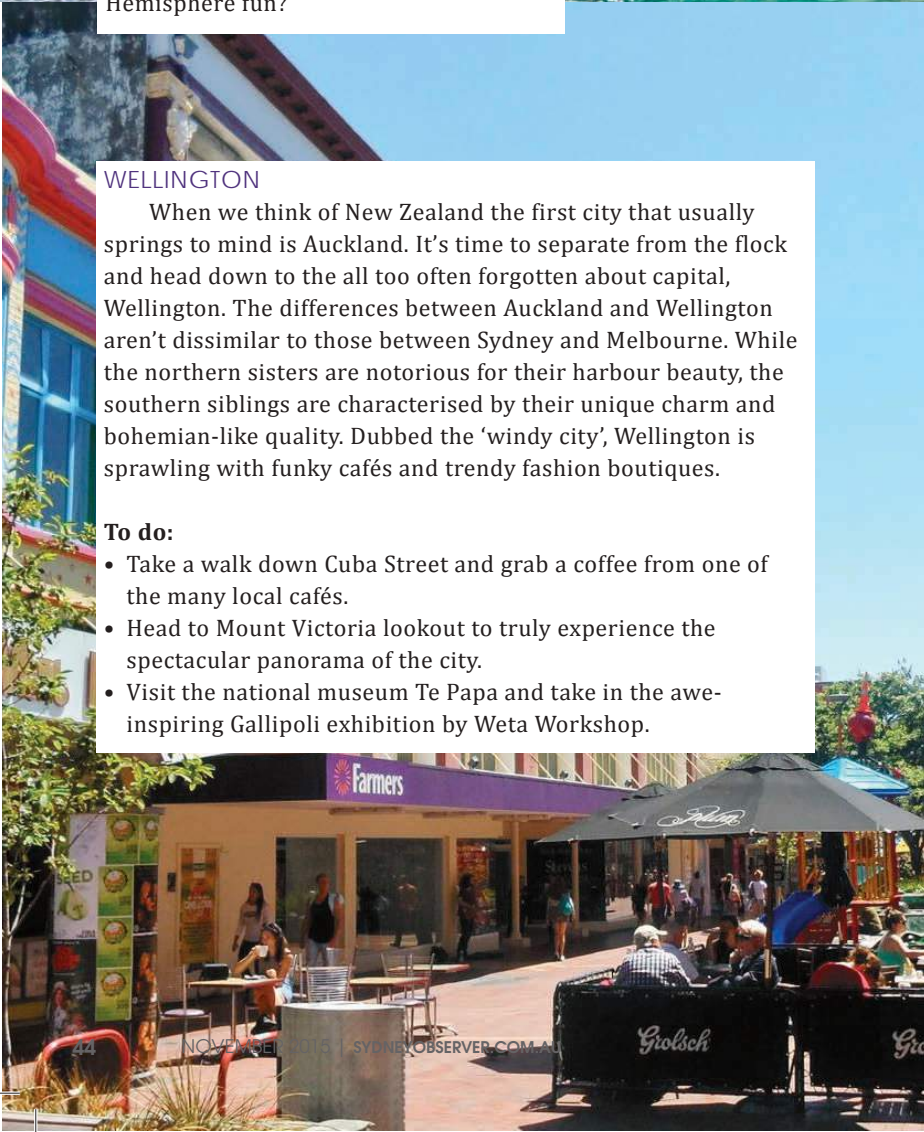


## WELLINGTON

When we think of New Zealand the first city that usually springs to mind is Auckland. It's time to separate from the flock and head down to the all too often forgotten about capital, Wellington. The differences between Auckland and Wellington aren't dissimilar to those between Sydney and Melbourne. While the northern sisters are notorious for their harbour beauty, the southern siblings are characterised by their unique charm and bohemian-like quality. Dubbed the 'windy city', Wellington is sprawling with funky cafés and trendy fashion boutiques.

### To do:

- Take a walk down Cuba Street and grab a coffee from one of the many local cafés.
- Head to Mount Victoria lookout to truly experience the spectacular panorama of the city.
- Visit the national museum Te Papa and take in the awe-inspiring Gallipoli exhibition by Weta Workshop.





### BAY OF ISLANDS

Known for its stunning tropical beauty and rich history, the Bay of Islands is a subtropical micro-region off the North Island of New Zealand. If you love beaches, water activities, and the odd glass of wine, then look no further you've found your very own paradise.

#### To do:

- Spend an afternoon sailing on board Northland's iconic tall ship
- Are you for scuba? With purpose-sunk shipwrecks, fascinating marine-life, and great visibility, this is a divers dream location!
- Experience the Maori culture, from rich historic sites such as the Waitangi Historic Reserve – where the treaty that made New Zealand a British colony was signed – to the world's largest Kauri Tree.



PH: 9997 8888

## THE RUG CLEANING SPECIALISTS

- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service
- Quality Second Hand Rugs for Sale

For our other services, visit our website:

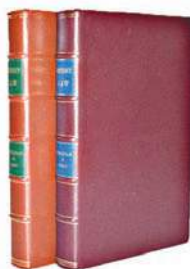
[www.agicarpetservices.com.au](http://www.agicarpetservices.com.au)

A.G.I Carpet Services  
2/45 Bassett Street Mona Vale

### BOOK RESTORATIONS

Bookbinding and Repairs

Since 1976



We sympathetically repair and restore your cherished volumes. Traditional hand bookbindings in leather, as well as special bindings, are also undertaken. Old family Bibles, dictionaries and childhood favourites are our specialty.

By appointment

34 Clanville Road, Roseville, NSW 2069.

Telephone: (02) 9416.9900

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

## THAT GREAT MARKET

**Your community market**  
Bringing a funky inner city vibe onto the leafy north on the 3rd Sunday each month. Home/ garden wares, fashion, jewellery, art, fair trade.

**Festive markets**  
Nov 15 & Dec 20

**10am-3pm**

East Lindfield Community Hall  
9 Wellington Road,  
East Lindfield

Great food and music - free storytelling at 11am.

**Be part of the fun!**  
Stallholder enquiries

0414 456 302





# Ask clairvoyant Kerrie

**INTERESTED  
IN A PSYCHIC  
READING?**

Email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin.



Kerrie Erwin

## Do you believe in angels?

**THESE AMAZING SPIRITUAL BEINGS** bring in so much needed light, joyful feelings, strong intuition, and inspiration and leave you with you with a strong sense of wellbeing and deep peace from deep within your soul. Never for a minute think you are alone as our loved ones in spirit and angel helpers are always with us to assist us on our journey on earth. All you have to do is say a little prayer, ask for help and expect a miracle.

Angels teach us that:

- Life is not serious- laugh more
- Creativity comes from humour and letting go
- Life is beautiful, like the colours of nature.
- We need to bring more joy and play into our lives
- We learn to trust loving angels and learn to trust and love ourselves
- Angels make life happier and easier and let us know that we are never alone.
- An angel is a guardian and messenger from heaven and can be called upon at all times for help.
- Angels do not control us, as they love everyone unconditionally.

### HEARING ANGELS

There are many ways to recognise the presence of angels through the auditory senses.

Voices singing in the distance  
Sweet tingling bells or chimes

For myself, I always imagine Christmas carols in my mind and this sensation always puts a smile on my face, no matter how I am feeling.

### SMELLING ANGELS

Angels also let us know they are here by our sides through the sense of smell as they always have a very pleasant sweet fragrance like roses or jasmine.

Personal angels are integrated with our higher selves; they act as guides and teachers.

Guardian Angels are with us always. We all have one guardian angel on earth who is with you all of the time.

### LOVE AND BLESSINGS Kerrie Erwin

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

### Usha, 1940 *Where is my prince now?*

As I tune into your energy I can sense you are a sentimental person with many fond and beautiful memories. You have learnt through life to let the sad times go and just keep moving on. There are many people around you that care about you so you are never really alone. I also can hear an elderly gentleman in the spirit world telling me to keep a sense of humour and that you are dearly loved. You also have an affinity with animals. Your health is improving and it is important to stay agile and keep yourself busy as I see travel coming up for you next year. Watch your joints and legs and keep them strong.

*Thank you, Kerrie!*

### Jo, 1947 *Will I ever meet my prince charming?*

You are in a new cycle this year so its in with the new and out with the old. As it is reinvention time, I see next year as an opportunity to meet and mix with new people. As a very strong and intelligent woman it is up to you, to allow the right man into your life, as when you love you do with great passion. The man I see you meeting will have overseas connections and likes to travel. I feel you will meet him through social outlets next year, if you take the time to do this.

A good way of opening yourself up to love and creating an avenue for advancement in the love stakes is by looking into a mirror and look deep into your eyes that are the windows of your soul and say

“I am a beautiful and person and I love you. I am now ready to meet my soul mate. Thank you”

This is a powerful affirmation technique and if done everyday for three minutes will give you results. *What a wonderful reading, it is so genuinely positive for me. It highlights my innermost wishes and I can look forward to a happy life.*

# DISCOVER THE NEW SEASON COLLECTION



Sterling silver and 14ct gold  
hanging charm \$149

**St IVES**  
JEWELLERS

ST IVES JEWELLERS  
SHOP 94 · ST IVES SHOPPING VILLAGE  
T: 9449 8506

**PANDORA**  
UNFORGETTABLE MOMENTS



WHAT'S ON

5

### Matthew Evans : Summer on Fat Pig Farm

Where: Ashfield Library, 260 Liverpool Road, Ashfield NSW 2131  
Cost: Free, bookings essential  
When: 5 November, 6pm-8.30pm  
Contact: ashfieldlibrary.eventbrite.com.au



5 - 10

### 2015 Japanese Film Festival

Where: Event Cinemas, 505-525 George Street, Sydney NSW 2000  
Cost: \$13-\$18.50  
When: 5 November - 15 November, 9am-9pm  
Contact: japanesefilmfestival.net

6

### Sydney Youth Orchestra

Where: Sydney Town Hall, 483 George Street, Sydney NSW 2000  
Cost: \$15-\$50  
When: 6 November, 7pm-9pm  
Contact: syo.com.au



13

### South Maroubra Art Show

Where: Cnr Malabar Rd & Meagher Ave, South Maroubra NSW 2035  
Cost: Free  
When: 13 November, 10am-8pm  
Contact: Aimee Chau, 9311 0088 or info@walshspharmacy.com.au



14

### Bondi Beachfest

Where: South Bondi Beach, Bondi Beach NSW 2026  
Cost: \$85-\$450  
When: 14 November, 3pm-10pm  
Contact: bondibeachfest.com.au



20

### Let's Light Westside

Where: outside Hornsby Council Chambers, 296 Peats Ferry Road, Hornsby  
Cost: Free  
When: 20 November, 6pm-9pm  
Contact: Holly Faulkner, 9847 6536 or hfaulkner@hornsby.nsw.gov.au



21

### Wildlife Show

Where: Ermington Community Centre, 8 River Rd, Ermington NSW 2115  
Cost: Free, bookings essential  
When: 21 November, 10am-11.30am  
Contact: Bushcare Officer, 9806 8280

# November



22

### Sydney Rock 'n' Roll & Alternative Market

Where: Manning Bar and Manning House, 1 Manning Road, University of Sydney NSW 2006  
Cost: \$6, free for kids under 12  
When: 22 November, 10.30am-6pm  
Contact: rocknrollmarket.com.au



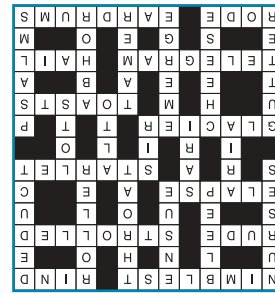
25

### Sydney's White Walk for White Ribbon Day

Where: High Cross Park, 217-219R Avoca Street, Randwick NSW 2031  
Cost: Free  
When: 25 November, 7.15am-9am  
Contact: events@randwick.nsw.gov.au



# Solutions



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

**Sculpture by the Sea Tour and Twilight Dinner**  
**Where:** Mosman Art Gallery & Community Centre, Corner Art Gallery Way & Myahgah Road, Mosman NSW 2088  
**Cost:** \$70-\$80  
**When:** 5 November, 1.15pm-8.45pm  
**Contact:** mosmanartgallery.org.au

**San RunforLife 2015**  
**Where:** Sydney Adventist Hospital, Fox Valley Rd, Wahroonga  
**Cost:** \$20-\$40  
**When:** 15 November, 7am-12pm  
**Contact:** sanrunforlife.com.au


**2015 Droppin Hammer Skate and Scooter competition**  
**Where:** St Ives Skate Park, Village Green, St Ives  
**Cost:** \$10  
**When:** 21 November, 10am-4pm  
**Contact:** youth@mkc.nsw.gov.au

**Willoughby Fun Run 2015**  
**Where:** Willoughby Leisure Centre, Small Street, Willoughby  
**Cost:** \$14-\$30  
**When:** 8 November, 7am-11am  
**Contact:** leisure@willoughbyleisure.com.au

**Mosman Historical Society excursion - History and Snags at Mosman Bay**  
**Where:** Mosman Wharf, 1 Avenue Road, Mosman  
**Cost:** Free (members), \$5 (non-members)  
**When:** 18 November, 5.15pm-7.15pm  
**Contact:** mosmanhistoricalsociety.org.au

**Swing into Summer**  
**Where:** Zenith Theatre, Cnr Railway and McIntosh Streets, Chatswood  
**Cost:** \$25  
**When:** 22 November, 3pm-5.30pm  
**Contact:** paunint@willoughby.nsw.gov.au

**Jorian Blanch & Co**  
 With Richard Fischer



- Conveyancing
- Guardianship
- Powers of Attorney
- Wills and Probate
- Aged Care Law

*Proudly servicing the local community for over 40 years*

Telephone 9144 1102 at Turrumurra or 9449 4422 at Pymble Office  
 1269 Pacific Hwy, Turrumurra. 2074  
 Email: richardfischer@bigpond.com

**NORTH SHORE Denture Clinic**  
*Smiles by Design*



- Natural looking dentures
- Deal directly with the maker
- We use the latest techniques
- You'll have well-fitting dentures & a great smile!

**9418 4922**  
**7/2 ST JOHN'S AVE, GORDON**  
 (Opposite train station)

**GORDON MARKETS** 2nd Sunday of every month



**Gordon Station Council Park (middle level)**  
**8 Nov, 13 Dec & 10 Jan**  
 8.30am to 3pm

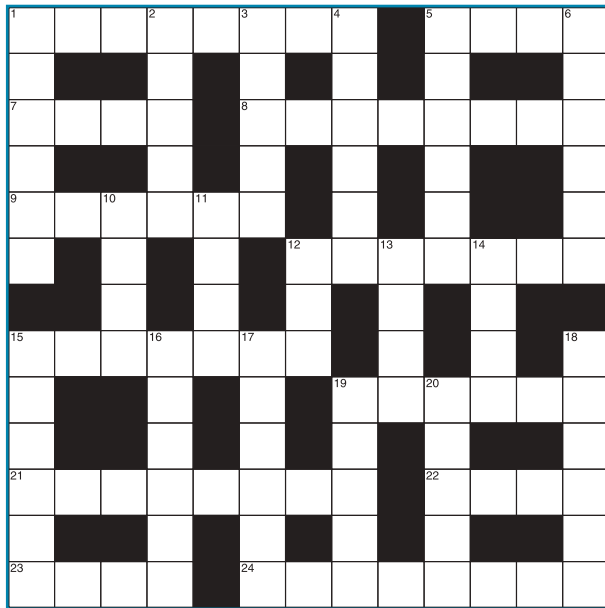
**UNDERCOVER**  
 Protected from heat and rain!

Information: www.gordonmarkets.com.au  
 Bookings: Message Service (02) 9418 2373





# Crossword



**ACROSS**

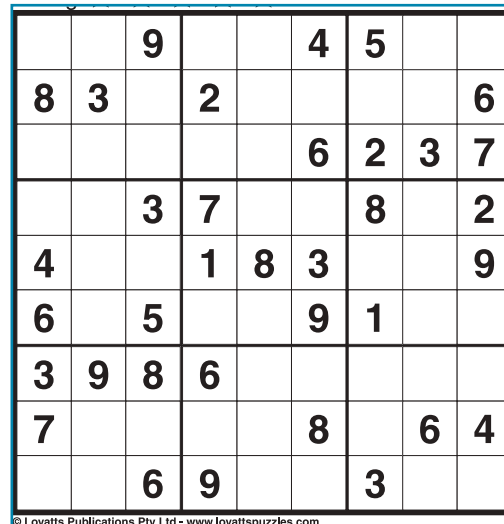
- 1. Most agile
- 5. Peel
- 7. Uncouth
- 8. Walked
- 9. Go by (of time)
- 12. Aspiring actress
- 15. River of ice
- 19. Grills
- 21. Wired message
- 22. Salute
- 23. Went on horseback
- 24. Hearing membranes

**DOWN**

- 1. Hospital workers
- 2. Paging device sound
- 3. Follow next
- 4. Front of neck
- 5. Big dipper, ... coaster
- 6. Subtract
- 10. Vocal solo
- 11. Sri Lankan robe
- 12. Male title
- 13. Type of saxophone
- 14. Large amounts
- 15. Roadside channel

- 16. Dairy product
- 17. Come into view
- 18. Biblical prayers
- 19. More docile
- 20. Dislike intensely

# Sudoku



© Lovatts Publications Pty Ltd - www.lovattspuzzles.com

## The home of Orthotic Friendly Fashion

**New season's summer stock in store NOW**

Our team will assist you to find shoes that work with your orthotics while maintaining your choice of colour and summer style.



Arch supported styles can assist to relieve the pain associated with plantar fasciitis.

FORBES FOOTWEAR

153 Peats Ferry Rd (formerly Pacific Hwy) Hornsby Mon - Sat

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



Designer of fine jewellery  
Restoration & Repairs  
Watch & clock repairs and Valuations

*For exquisitely designed jewellery*



TURRAMURRA  
JEWELLERS

Studio 2, The Walkway  
1269 Pacific Highway TURRAMURRA

**Phone 9488 8005**

[info@turramurrajewellers.com.au](mailto:info@turramurrajewellers.com.au)



# RG COLLECTION

NEW  
CASTLECRAG  
STORE

1 / 77a  
Edinburgh Rd  
Castlecrag

Shop 24  
802-808  
Pacific Hwy  
Gordon

75 / 166  
Mona Vale Rd  
St Ives

