

RELAUNCH ISSUE

FEBRUARY 2016 - FREE

# Sydney Observer

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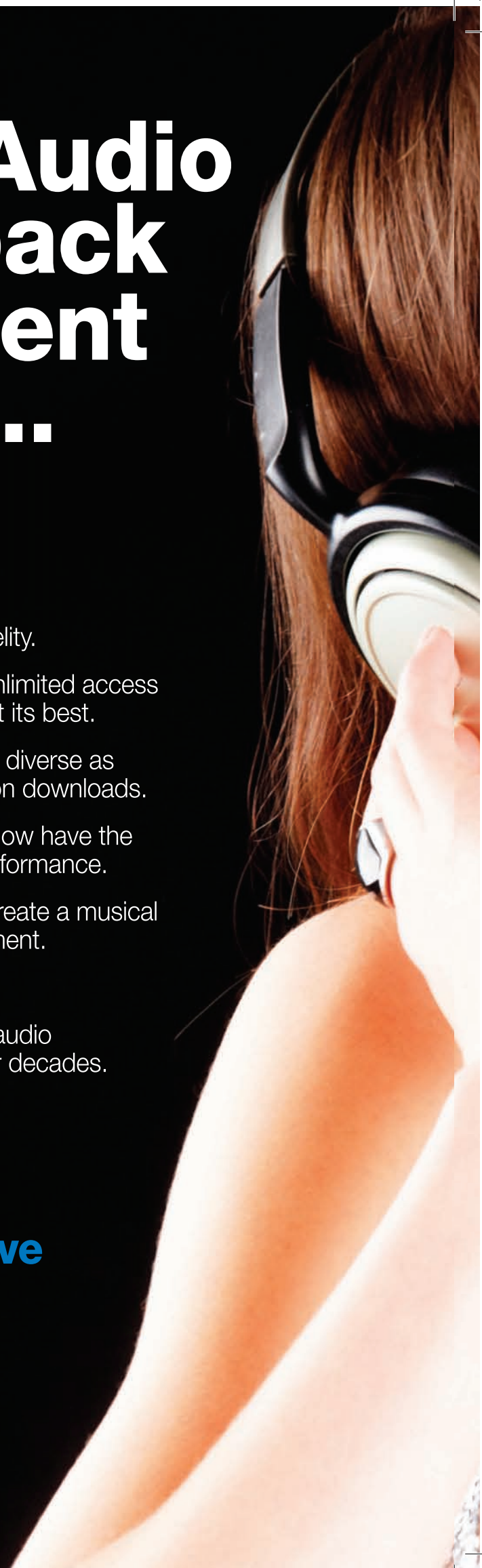
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## From the editor



Welcome to Sydney Observer's official first issue of 2016. In the spirit of the new year we've decided to revamp our glossy pages for a bigger, fresher and more vibrant look. We hope you like it as much as we do!

The SO office is finding it hard to believe we have already met February. School terms are commencing, family holidays are sadly over, and perhaps most woefully, we have entered the final month of summer. Even so, I find there to be a certain solace that follows the busy season. It's a time to get stuck into those new year's resolutions and find your 2016 rhythm.

This month we chat to celebrity chef Pete Evans about all things food and health (12-14). Inspired by the warm weather, we dish up the ultimate BBQ guide (26). And to take you from work to glam we reveal the hottest must-have beauty products (32-33).

We hope your 2016 is off to a great start!

*Sabrina*

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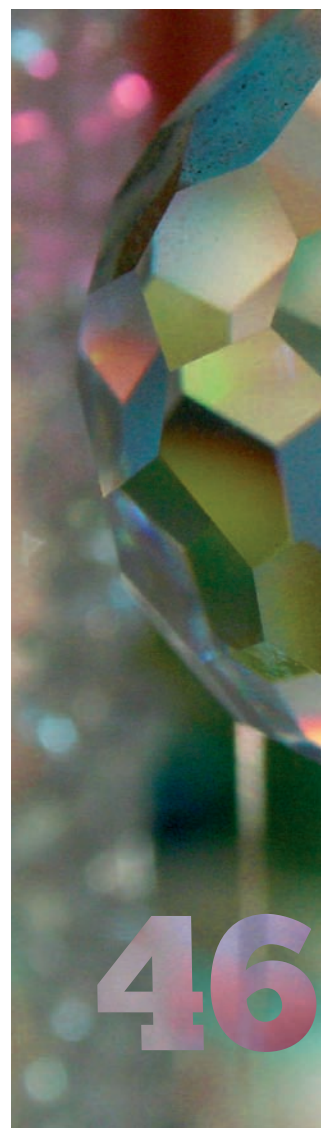
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- St Ives Chase
- Turramurra
- Wahroonga
- Waitara
- Warrawee
- West Pymble
- Willoughby



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# Letters

Thank you for the suggestions on summer getaways. The brief summary on each destination helps you choose just the right break away.

**Alan Kwan, Gordon.**

I appreciated the article on Sunscreens, having sometimes experienced stinging in my eyes from chemical sunscreens, I shall now look for those with fewer chemicals, or completely physical sunblocks. I would add that wearing a hat is worth emphasising. There are some lovely ones this summer.

**Mary Newhouse, Killara.**

What an insightful article (An Education Worth Having), written by an inspiring educator, who obviously has maintained an enormous passion for his vocation. Thank you, Sydney Observer for including this article, which so succinctly sheds light on the roles of today's educators. Our children are indeed fortunate to be learning in such exciting times.

**Helen Kensy, Turramurra.**



# Giveaways

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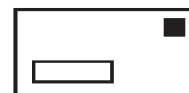
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# HOW TO ENTER



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.

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# Snippets

Rima Martens



## KU-RING-GAI'S POWERFUL OWL KU-RING-GAI COUNCIL HAS

recently completed a unique two month surveillance of the threatened Powerful Owl. The surveillance, along with critical research, has uncovered the secretive bird's nocturnal habits that will be used to protect the owls' survival in the Ku-ring-gai area. To complete the surveillance, Council's Natural Areas Officer and photographer Chris Charles monitored a pair of Powerful Owls at a known breeding spot in Ku-ring-gai and set up infrared cameras to capture their movements.

"Despite the challenges that the Powerful Owl faces we are so fortunate to have a number of successful breeding sites in Ku-ring-gai and we will continue to monitor the majestic species in order to help protect them in the future," said Ku-ring-gai Mayor Cheryl Szatow.

## CHATSWOOD'S NEW PRIVATE HOSPITAL

**THE NEW CHATSWOOD** Private Hospital has opened, a practise specialising in eye, ear, nose and throat (ENT) conditions. The hospital is located on the corner of Albert and Archer Street Chatswood and has a specialised team of 35 ophthalmologists and 20 ENT surgeons. Run by Presmed Australia, the hospital is anticipated to not only benefit local residents but also attract residents of greater Sydney with state of the art technology. Presmed Australia already runs two facilities in Chatswood, the Ophthalmic Surgery Centre (OSC) and Sydney ENT & Facial Day Surgery Centre.

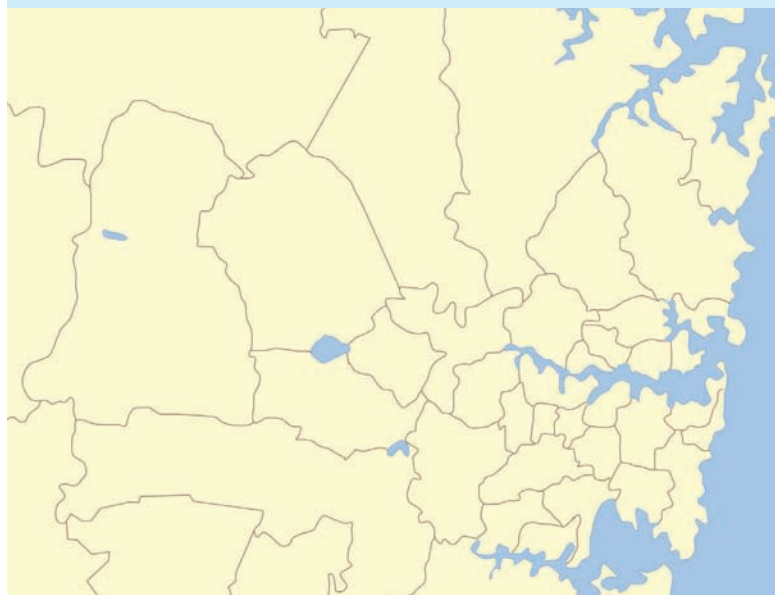


## NORTH SHORE MUSICAL STARS

**THE SOUND OF MUSIC** production cast two North Shore children in their show at the Capitol Theatre in Sydney. The musical held their opening night on Sunday December 13 and is set to stay until Sunday February 28. Jude Paddon Row from Middle Cove plays Friedrich, the eldest boy and Madison Russo plays Brigitta, the fifth child. Together they work with 16 other talented young performers, cast out of more than 1000 children. Jude Paddon Row has performed the show at an amateur level before playing Kurt and says it is one of his favourite shows. Last year Madison Russo played in Mary Poppins, cast as Jane Banks and similarly enjoys singing and drama tuition as well as dance at the North Shore Dance Academy.

## COUNCIL AMALGAMATION UPDATE

**THE STATE GOVERNMENT** is holding a public inquiry regarding the proposal to merge Ku-ring-gai and Hornsby Shire council as announced in late December. Being the last chance to have your final say, the Ku-ring-gai Council and community is invited to the Pymble Golf Course on Wednesday February 3, 1pm-5pm or from 7pm-10pm. Written submissions to the delegate are also encouraged and will need to be lodged by 5pm on Sunday February 28. These submissions, along with the reports from the community consultation will form a response for the Boundaries Commission and State Government to consider in their final decision.



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# 'St Leonards Central' development halted

Stephanie Stefanovic

**WILLOUGHBY COUNCIL HAS** recently been informed that the State Government has decided not to progress the proposal for the 'St Leonards Central' development in and around St Leonards Station.

Proposed by the St Leonards Consortium (consisting of Brookfield Multiplex and Alto Group), the basic concept of St Leonards Central was to rejuvenate the area with a new mixed-use development, built alongside and over the rail corridor. This would involve the creation of a 7500m<sup>2</sup> landscaped plaza over the rail corridor with new connections to adjoining roadways, new pedestrian and cycle-ways, and improvements to St Leonards Station.

The concept design also proposed three new high-rise buildings which would play host to residential apartments, retail space, commercial offices, affordable housing units and a childcare centre.

However, the proposal has

not progressed past stage one due to the pending outcomes of the St Leonards Strategic Centre study (which will set the framework for future development in the area) and the proposed council amalgamation, which could affect how Willoughby Council chooses to use their land.

Meanwhile, the Department of Transport has also cited the need for more clarity regarding the alignment of the new Sydney Metro tunnel at Crows Nest and St Leonards.

Willoughby Mayor Gail Giles-Gidney says that Council stands behind the State Government's decision to halt the development at this stage, adding that community feedback is another reason for the proposal's failure.

"The proposal drew significant community interest and we received



a large amount of feedback from our residents. Our residents told us they are not opposed to change, but they did not support the vision for St Leonards Central as put forward by the proponent," she said.

"Likewise, Council supports growth and change in the city, however it is important for this to be underpinned by sound strategic planning. The proposal is for a large mixed-use development, but this contradicts the Local Environmental Plan, which earmarks the area to provide jobs in the centre's commercial core."

The St Leonards Consortium may submit an updated or new proposal that attempts to address or resolve the issues with planning framework, transport infrastructure and community feedback.



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# North Shore star on the rise

Sabrina Muysken

**NORTH SHORE LOCAL** Diana Huntley is currently living every young aspiring globe trotter's dream. Recently joining the Discovery TLC program 'Wondernesia' as a lead presenter, Diana's new role involves her jetting across Indonesia and exploring what the nation has to offer.

"I've had some truly once-in-a-lifetime experiences. From abseiling 70 metres into a sinkhole to getting down and dirty in a mud pit, it has been very surreal. I can't really say much more than that right at the moment, but you should watch the show to find out," remarks Diana.

Indonesia is by no means a new travel destination, however the program does step off the well-trodden path of Australian tourists to offer up a local perspective.

"Everywhere we went, we were very fortunate to be welcomed into the homes of locals who were so warm and eager to share their food and culture.

"Naturally, we came across remote locations where running water and other comforts were not a part of daily life, and it really made me appreciate the different ways of

**"From abseiling 70 metres into a sinkhole to getting down and dirty in a mud pit, it has been very surreal."**

life around the world."

Yet despite the camera crew following Diana around, it wasn't all glitz and glamour for the young star.

"You'd be surprised at what happens off camera. Bug bites are the least of your worries. This one time a monkey broke into our rooms and raided the mini-bars!"

"We were moving between cities

once or twice a week. Sometimes by plane, sometimes by boat. When Mount Rinjani erupted and flights into Bali were cancelled, we couldn't fall behind schedule, so we took a 16 hour overnight drive instead."

Starring alongside Indonesian supermodel host Nayda Hutagalung, the 12 episode program is set to take viewers on a captivating journey. From the reefs of Raja Ampat, to the beaches of Bali and the crater of an active volcano, the show will provide a cultural and sensory exploration of one of the most diverse and beautiful countries in the world, and one that is particularly appealing to Aussie travellers.

*Wondernesia will air early 2016 on the Discovery Channel.*

[tlcasia.com/tv-shows/wondernesia](http://tlcasia.com/tv-shows/wondernesia)



# Ku-ring-gai's Australia Day Award winners

Alex Dalland

WHEN JOHN DAILEY started work planning the Turramurra Lookout Community Garden seven years ago, the lot on Rohini Street was only an empty park. Now it is a thriving place for young and old to share skills and learn how to grow organic and sustainable produce.

"It was a real surprise and a real thrill to win the Citizen of the Year Award," John remarks.

"It was a great acknowledgement that the garden has been a success."

This year, John received Ku-ring-gai Council's Citizen of the Year Award at the Australia Day award ceremony for his work on the Community Garden, a volunteer-developed project which has grown into a vibrant social space.

"The garden has dramatically changed from when it first started," John says. "As the garden has gained acknowledgement we've had schools and garden groups from young children to seniors come in and learn about how to grow completely organic produce, even if you only have a small plot of land like we do."

Sue Turner received the 'Individual Outstanding Service to the



Community' award for her efforts founding and managing The Uniform Exchange, an organisation which helps parents buy and sell second-hand uniforms, while sending unwanted uniforms and textbooks to underdeveloped countries such as Kenya and Nepal.

"I've been a mother of school children for over thirty years. I know how hard it can be to put children through school with new uniforms and textbooks every year," Sue says.


"I started this business 10 years ago and now we have a lot of parents who buy all of their uniforms from us all the way through their child's schooling. We get to know the parents really well, and they support

us because they love what we do."

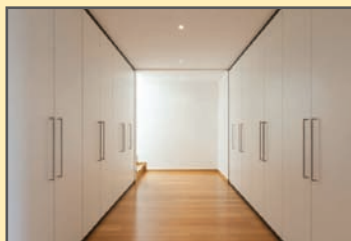
20-year-old Speech and Hearing Sciences student Ashlee Jaensch received the Young Citizen of the Year Award for her work with the Rotary Club. Also an active member of the Rural Health Students Network, Ashlee is taking steps to set up a rural health club at Macquarie University.

"I'm very excited to have won the award," she said. "I'm very honoured and very happy."

With plans to continue volunteering and engaging in community projects through 2016, she encourages her peers to join her.

"You're at a stage in your life where things are just starting to take shape," Ashlee says, "It's important to give back to the community. It's a great thing for you to do and it's a great thing to do while you're young, because as you get older it just gets harder to make time." 

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# Pete Evans: his kitchen rules



Sabrina Muysken

**CHEF PETE EVANS** is best known as one half of the exceedingly popular *My Kitchen Rules* judging duo. Together with French chef and good friend Manu Feildel, each year the pair skirt across the country in a spicy televised cook off between states. Made of delicious food, reality drama and charismatic hosts, the show is unsurprisingly a ratings juggernaut for Channel 7.

Yet despite his television success, Pete's lifelong love of food extends far beyond ratings and figures. Food is much more than a career for Pete. Food is his passion and his lifestyle.

"For me, my favourite part of any day is spending time in the kitchen with my family, preparing a meal and then eating it together.

"I've always been pretty interested in healthy eating. In my twenties when I was a chef in Melbourne I was vegetarian and that's when I started to understand that the food you eat changes everything, particularly the way you feel," says Pete.

In recent years Pete has come under great media scrutiny for his enthused promotion of the

controversial 'Paleo' way, even garnering himself the nickname 'Paleo Pete'. With a wealth of expert culinary knowledge behind him and an established interest in health coaching, Pete came across this new way of eating and forever changed his outlook on the relationship between food and health.

"I had always been pretty conscious about the ingredients I used to cook with and had a good palette for different flavours, but there were still a few bits and pieces that weren't quite clicking for me... I just didn't feel like I was firing on all cylinders.

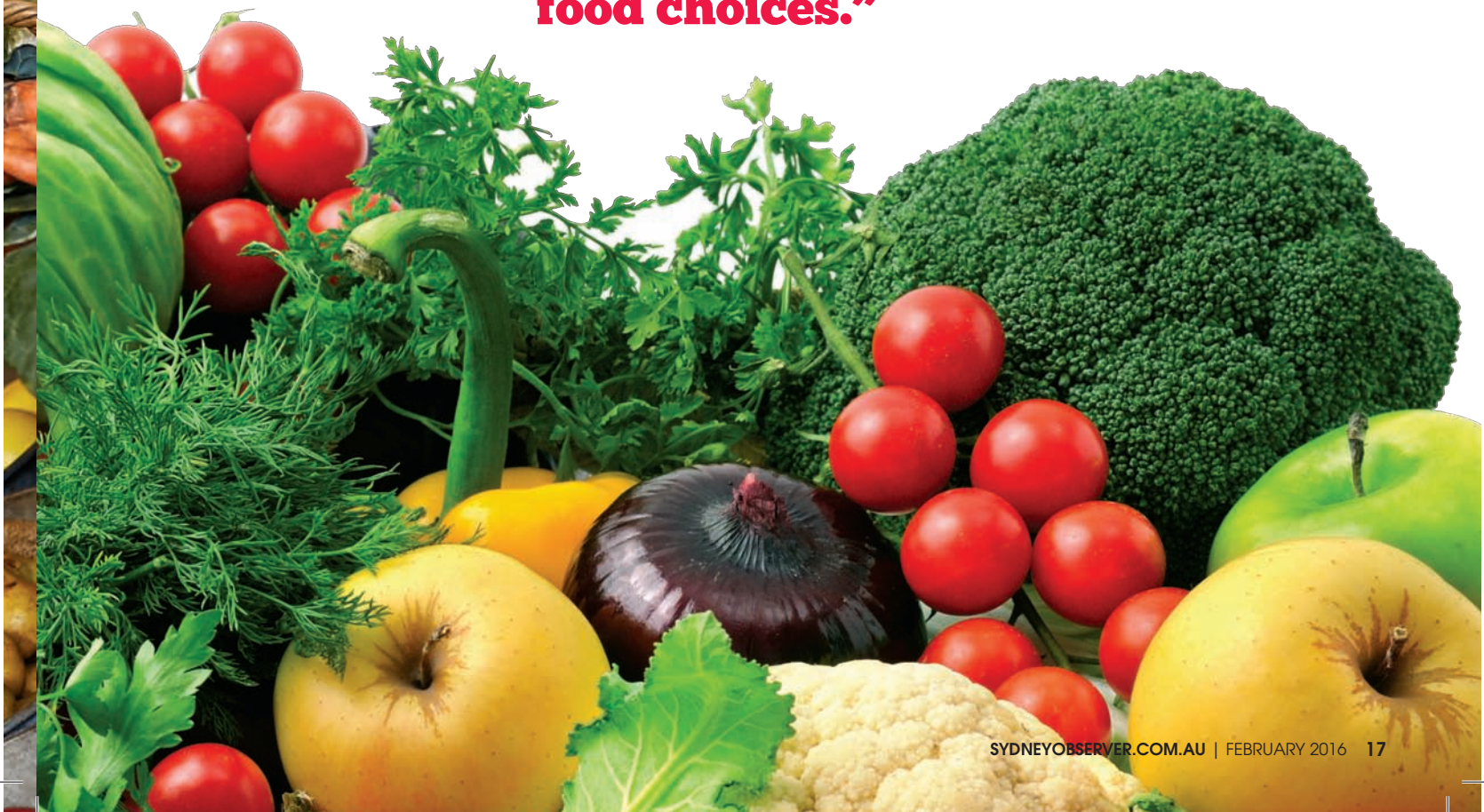
"I first started experimenting with

**"I knew I wanted to use my background as a chef to show people how easy and quick it is to make healthier food choices."**

my own Paleo way just over four years ago. To be honest, I had just experienced one of the lowest points in my life. I was run down, both physically and mentally, and I needed to make a change... I tested it out on myself for a year before I 'came out' as Paleo," Pete jokes.

"By the end of that awesome year, I knew I wanted to use my background as a chef to show people how easy and quick it is to make healthier food choices. For me, honestly, the longer I eat and live this way, the better I feel and the more I'm able to achieve. It has been very empowering for me and I'm stoked when I see others it has empowered too."

In essence, Paleo is a way of eating that throws back to the caveman days — where man primarily survived on meat and vegetables. In an age saturated by fad juice diets and quick diet fixes this re-polished approach to eating has fallen victim to countless criticisms from both the public and health professionals. Yet rather than distancing himself from a potentially career ending association, Pete has continued to champion his cause.



## Profile

"The paleo way challenges the status quo and threatens the vested, profit-driven interests multinational corporations have in our food supply. This is a movement that makes the processed food industry obsolete. It is about finding fresh food sourced locally, slowing down and enjoying the little things.

"This is about educating, freely sharing information with each other and talking about the changes we want to see in our food supply. By voting with their wallets, Australians are using their consumer power to change the game when it comes to what appears on our supermarket shelves. It's inspiring and awesome to see so many more people becoming more conscious of where their food comes from."

Impressively, Pete commenced his career as a chef and restaurateur at the mere age of 19. Since then, he has cooked in some of the finest restaurants around the globe and has opened numerous award-winning restaurants across the country. And it is not only the general public who have indulged in his food, Pete has cooked a royal banquet for the Prince and Princess of Denmark, a private dinner for Martha Stewart, and has represented his hometown at the gala *G'Day USA* dinner for 600 people in New York. Even with an enviable, star-studded resume Pete's career highlight reflects his humble roots.

"The fondest memory of my career so far is hearing that our Paleo books are the biggest selling health and cookbooks in Australia for the last two years. This excites me because it means the message is being received loud and clear. I also love the daily emails we get from people doing our program because of the most amazing health stories they share."

On the rare chance you catch Pete outside of the kitchen, in true Aussie style, he will be at the beach.

"I love the ocean, I love to surf and I love my family. There is no better morning spent than in the surf with my girls." ○



Pete Evans' new cookbook 'Fast Food for Busy Families' is out now. [peteevans.com](http://peteevans.com)

**"For me, my favourite part of any day is spending time in the kitchen with my family, preparing a meal and then eating it together."**



# Heaviest drinkers in a century

Chrissie Giles on her generation's climb to Peak Booze

**2004 WAS PEAK** Booze: the year when we drank more than they had done for a century, and more than they have done in the decade since. Leading the way to this alcoholic apogee were those of us born around 1980. No other generation drank so much in their early twenties. Why us?



It's impossible to untangle the forces behind the graph's every rise and fall, but I've talked to researchers who have studied our relationship with alcohol. They told me how everything from recessions, to marketing, to sexism has shaped the way we drink.

Beyond the health risks and potential harm from drink-fuelled crime,

there's the more insidious aspect of Peak Booze: the mental baggage it has left us with. I wouldn't say any of my close friends are alcoholic, but a fair few of us are more dependent than we'd like on that cold glass of

white wine or cheeky gin and tonic at the end of the day. If you choose not to drink for one night out, you may find yourself rambling a fictitious explanation as to why.

The fact that staying sober for a month is seen as a feat of willpower, and the subject of charity campaigns

such as 'Dry July', shows just how embedded alcohol is in our lives. It's the grease that keeps many of our days moving. This would be fine if we chose to be part of the drinking culture. Sometimes it feels like it chose us. It's important for us to recognise that drinking should be a choice, not a need. It's essential to be in control of what you do.

*Chrissie Giles has a degree in biochemistry and Master's in science communication from*

*the University of Leeds. She has since been working as a writer and editor in medical communications, currently writing on biology and medicine for the Wellcome Trust.*

*mosaicscience.com/story/peak-booze*  
*drinkwise.org.au*

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# Secret to success

Stephanie Stefanovic

**T**HE HSC MIGHT be over (much to the relief of last year's high school graduates), but for those about to start their first year at university, the battle isn't over yet. Much like the final years of high school, tertiary study requires a combination of hard work, dedication and time management. 2015 Roseville College dux Alcina Giang certainly knows a thing or two about this, keen to share her secrets to success.

Achieving an ATAR of 99.7, Alcina was guaranteed entry into her first choice course, a double degree in Science and Law at UNSW. Interestingly, Alcina's older sister Gloria was also dux of Roseville College in 2012, and has gone on to study medicine.

When asked about her tips for successful studying, Alcina identifies some of the most common problems that students face: a lack of time and energy, procrastination and a lack of motivation.



Alcina Giang

When asked about her sister Gloria, Alcina says that in many ways, they were similar in their preparation for the HSC. "We both tried to work hard and balance our lives, engaging in leadership roles, continuing in school activities and volunteering."

It is also clear that the girls' parents played a big part in their success.

"We wouldn't be the same without them," says Alcina.

"When we were at school they were very encouraging of my sister and I in engaging with many aspects of life and were always interested in what we learnt. Their love was always really reassuring and their own determination in life has also inspired me to do my best." ○



Christine Gan, Alcina Giang, Rebecca Long

Here are some of her tips:

## Procrastination

"It's important to realise when you're procrastinating, and schedule it in to be part of one of your study breaks instead of letting it occur during your study blocks. If you have a goal that the HSC will take you towards, it's a good idea to write it on a sign and place it where you usually procrastinate (e.g. above your desk, on the fridge, or on your ceiling if you procrastinate by sleeping).

"Think about why you're procrastinating and see if you can address the cause. Sometimes you just need to start on the work, and then it gets easier to continue," she says.

## Energy

"If you have to choose between an all-nighter and sleep the night before your exam, pick sleep. There isn't much point in cramming information if you can't remember it due to exhaustion. Try and do your study beforehand, so you aren't put in that situation," says Alcina.

## Time management

"Writing a quick list of priorities is really helpful, even if you don't follow it strictly. It is also important to find time to relax," says Alcina.

When going through a study period, "One idea is to [participate in] hobbies that are less time-consuming. For example, as opposed to reading a series or writing novel-like prose, my main hobbies in the months before the HSC became listening to music, walking in the garden and writing 15-minute poetry.

"This means you can take more breaks, for a shorter period of time," she says.

## Motivation

"Working towards something is a great way to motivate yourself. Another productive motivator is a passion for the subject material," says Alcina.

Put simply, you should pick subjects that you enjoy and if you find yourself studying material that you do not enjoy, try to stay positive. "You're more likely to spend time on a subject if you can appreciate it in some way," she says.

"You shouldn't depend on negative emotions like guilt or frustration all the time or else you're going to be really stressed."

# 2015 HSC WRAP UP

Sabrina Muysken

**THE NORTH SHORE** has once again excelled in the Higher School Certificate (HSC). Abbotsleigh seized the top independent schools spot, leading the charge of a pack of all-girl independent schools ranking in the overall top 20. Edging just outside, at 21 and 27 respectively, was Pymble Ladies' College and Roseville College.

In light of these achievements, it is unsurprising that the overall 2015 HSC results have revealed female students as holding a stronger aptitude for the Year 12 exams than their gender counterparts. In NSW alone, 82 female students topped our state in a subject, compared to 34 male students who achieved the same.

Irrespective of final standings, *Sydney Observer* would like to wish a sincere congratulations to all the students of 2015. The completion of the HSC is a mammoth feat with deserving recognition!

## 2015 HSC School Rankings

1. James Ruse Agricultural School
2. North Sydney Girls High School
3. Sydney Girls High School
4. North Sydney Boys High School
5. Sydney Boys High School
6. Baulkham Hills High School
7. Hornsby Girls High School
8. Girraween High School
9. Abbotsleigh
10. Sydney Grammar School



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## HSC RESULTS 2015

**CONGRATULATIONS** to the Graduating Class and their teachers for outstanding HSC results. Each girl strived to achieve her personal best and we are very proud of every student. Highlights include:

- All-Round Excellence Awards to Alcina Giang (HSC Dux, pictured), Holly Craig, Christine Gan, Rebecca Long, Yuka Nagata, Elizabeth Slack and Karyn Xie
- Eternity Lim selected for ARTEXPRESS
- Soobee (Christina) Kim selected for ENCORE
- 46% students attained an ATAR of 90 or more (56% attained an ATAR of 89 or more).
- Roseville College ranked 27th overall in NSW.

For a full summary of the College's HSC results, visit [www.rosevillecollege.com](http://www.rosevillecollege.com).



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# MISSION MADAGASCAR



**ST AGATHA'S CATHOLIC SCHOOL** at Pennant Hills supported Catholic Mission by undergoing challenges to raise awareness and funds for children facing water shortages and poverty in Madagascar. During Mission Month in December, the theme was "I was thirsty and you gave me something to drink."

To educate the students about the hardships facing children, the school ran five challenges over six weeks. These included going for an afternoon without technology, a week of conserving water at home, a day with no food treats and a day without play equipment and toys such as balls.

The final challenge was to walk for one kilometre carrying four litres of water. The students wore something blue as a sign of hope for a world where everyone has access to running water.

The second part of the initiative was to raise funds for water pumps for villages in Madagascar. Children purchased cardboard water droplets for \$1 each and then stuck their droplet onto a cut-out of a water pump. This gave a useful visual record of the fundraising and was a great motivator. The children raised \$1,302 which will go towards purchasing water pumps.

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

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# Reducing back-to-school costs

Alex Dalland

**A**NY PARENT KNOWS that their kids' back-to-school shopping is going to be expensive, but they might not know just how much those new books, uniforms and pens are really setting them back. According to not-for-profit education savings plan organisation Australian Scholarships Group, the cost of putting a child through government primary and secondary school is around \$66 000. Private school parents will be stung with up to \$429 000 in costs over their child's education, according to the same research.

One of the easiest ways to save on education costs is with a well-planned back-to-school shopping list. *Sydney Observer* takes a look at a few simple ways to get the most value.

## Second-hand uniforms

According to Sue Turner from Pymble-based The Uniform Exchange, buying uniforms second-hand can often be a way of getting exactly the same product for less money.

"We sell uniforms for half the school's prices, and give the parents back half of each sale for selling them to us. So effectively parents get 75 per cent off just by shopping with us," Turner says.

"New isn't necessary. Wearing a second-hand uniform teaches children you can look after your clothes, get some money back when you sell them and help the environment by wearing second hand clothes."

Second-hand school uniforms can also be found on websites like Gumtree and eBay, with entire school uniforms selling for as little as ten per cent of the price they would usually cost. It is also often cheaper to buy brand-new uniforms from clothing stores such as Lowes, or large discount stores like Target for everyday essentials.

## Stick to a shopping list

One of the greatest challenges doing school shopping is that kids often get excited about all the new things they will be getting and will pressure parents into the newest, and often most expensive, lunch box or pencil case. Cynthia Ewer, the author of *The Complete Idiot's Guide to Getting Organised*, suggests using the shopping list as an opportunity to teach kids the financial skills of budgeting and making trade-offs.

"Once you have an idea of your child's true needs, establish a budget amount, and create a learning experience. A bit of horse-trading along the lines of, 'Well, the budget will let you buy the backpack only if we choose less expensive binders' can make the limits clear and teach financial skills at the same time," she says.

## Overcome the digital divide

With technology becoming a more integral part of the classroom, students are being asked by schools more and more often to bring their own devices – laptops, or tablet computers such as iPads – with parents footing the bill. While major brands and retailers will often offer generous education discounts at this time of year, one of the easiest ways to save and get the most value is to buy a second-hand laptop or tablet that has been refurbished and is in 'as new' condition. These can be found at most computer repair stores.



# Principal's Voice



Anne Johnstone,  
Principal of Ravenswood School for Girls



**T** IS A joy to have been appointed the 10th Principal of Ravenswood School for Girls.

There's a wonderful old saying: 'A Teacher Affects Eternity, They Can Never Tell Where Their Influence Stops' (Henry Adams). Being a teacher, and indeed a Principal, is such an incredible privilege and responsibility. We are part of an altruistic and potentially world-changing profession. I am inspired by our students every day, and I hope that through my role, I can make a positive contribution to their lives every day, too.

So what are my goals as Principal? In essence I hope to help our students, and staff, fulfil their potential and flourish in all aspects of their lives. We have so many rich and vibrant networks in our community and across generations of girls with links spanning from our founding in 1901. We are also a day and boarding school that offers both the HSC and IB Diploma. It is my goal to promote a sense of engagement and belonging across the entire Ravenswood community, locally, nationally and internationally.

At Ravenswood we are dedicated to the pursuit of academic excellence and wholeheartedly committed to the best in education for girls. We offer a multifaceted and balanced curriculum that supports academic, cultural, spiritual and practical areas of learning and development. In experiencing such an education, I hope our students continue to build

upon their talents and skills, and also discover new horizons, new areas of interest and passion.

We are also committed to fostering our students' wellbeing through Positive Psychology. Positive Psychology is often referred to as the science of optimal functioning as it offers a range of evidence-based approaches and interventions that promote wellbeing and resilience. I believe this is vitally important in seeking to provide an excellent education as it not only helps develop character but also promotes learning and achievement.

Applying these strategies in an educational setting ('Positive Education') enables us to help our students discover their own strengths and how to harness these to find a greater sense of engagement and flow so as to optimise their learning and their experiences both within and beyond the classroom. Positive Education also encourages students to pursue purposeful goals and meaningful lives; serving causes greater than themselves and in doing so being other-person centred rather than self-focused. It also assists with encouraging girls to see strengths in each other, and offers strategies for fostering good relationships.

In this regard, my aim is to help students experience greater levels of positive emotion and establish optimistic habits of mind that are helpful in propelling them forward

in their learning and development; establishing a positive self-concept and building resilience, so they can bounce back from setbacks. I am excited about sharing with our girls the importance of grit, that is, tenacious, dogged perseverance and how important effort and hard work is in terms of becoming a powerful learner, and developing and mastering new skills. A growth mindset is critical – research shows that if we believe that we can improve our abilities with effort, put that effort into our learning then we will see tremendous results!

Philosopher, Ralph Waldo Emerson once wrote: "what lies behind you and what lies in front of you pales in comparison to what is inside of you".

I hope at Ravenswood our girls come to recognise that they each have a unique profile of character strengths – be they courage, integrity, kindness, citizenship, love of learning, curiosity, social intelligence, self-control, – or enthusiasm and zest – just to name a few.

Finally, through their education at Ravenswood, I hope our girls will come to realise the wisdom and significance of our school motto: *semper ad meliora* - 'always towards better things.' As Principal, I look forward to helping our students go from strength-to-strength: continually learning, growing and developing in every way - and encouraging them to look to the future with hope, because it really is bright with possibilities!

# CHATTING WITH HOPE

Sabrina Muysken chats with local ice-skating superstar Hope William-Smith on her recent international success and what she does in her time out of the rink.

## How did you get into figure skating?

"My parents took me to a production of the 'Wizard of Oz On Ice' when I was three and I loved the skating. I had always enjoyed watching ballet and skating seemed to be an even more exciting version of it, I asked my parents if I could go for lessons. I started when I was four, took some time off when I was starting school but have been skating consistently since I was seven years old."

## What type of skating do you do now?

"I compete in Synchronized Skating, which is one of four separate disciplines of skating. There are 16 of us on the ice at one time and we have to perform different elements, lifts and moves in a synchronised formation. I also used to participate in singles skating until I was 15, but I wasn't as suited to jumping and spinning as I was to the requirements of synchronised skating. I first joined the Australian junior team at 14 and qualified for the Junior World Championships, then moved to the senior team at 18."

## How strenuous is the training schedule?

"My training schedule is currently not as demanding as it has been previously, but it's usually more mentally tiring than physically when you are trying to be completely in synch with 15 other people. I skate anywhere from two to six times a week depending on the time of year and my competition schedule. I also have additional off ice training to do. We often train very early in the morning or late at night which can be strenuous on family or work commitments, but the team commits to one schedule that we then stay with for a season."

## Tell us about your recent success?

"I started last year with a high level competition in France and then travelled to Paris to train before coming home, taking three weeks break and then resuming for the new season. We recorded a season best score in France and set a new personal best for the

Australian team in terms of placement, which was a great way to start the year. After a tough season, winning Nationals in December, I travelled to Toronto with my team for training before competing in Mississauga where we achieved our goal of a top ten placement. We then went on to win a bronze medal in Detroit at the Mid-America Championship with a seasons best score."

## Any future goals in the sport?

"In terms of my short-term goals, I'm looking to stay skating over the season break to work on strengthening my skills, before moving to work with a different team based in Queensland to qualify for the World Championships. My main long term goal is to challenge myself each season with whatever is appropriate in regards to the rest of my commitments, as well as remaining injury free. I want to eventually move into coaching synchro and giving back to the sport as much as I can."



"My main long term goal is to challenge myself each season"

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

"Tapas Tapas in Turramurra is my go to for a great dinner with friends and fantastic Spanish food on the North Shore. Aside from that, my top restaurant picks are Blu Water Grill in Hornsby and Black Taste Thai in St Ives."

**Best place to grab a coffee?**

"For a good coffee on the North Shore I always head to Bonjour Patisserie or the Coonanbarra Cafe in Wahroonga."

**What do you think is the North Shore's best kept secret?**

"One of my favourite places to visit when I'm around are the Swain Gardens in Killara. They're totally secluded and an incredibly beautiful English style garden. I love walking there or having a picnic with friends and spending some downtime there."



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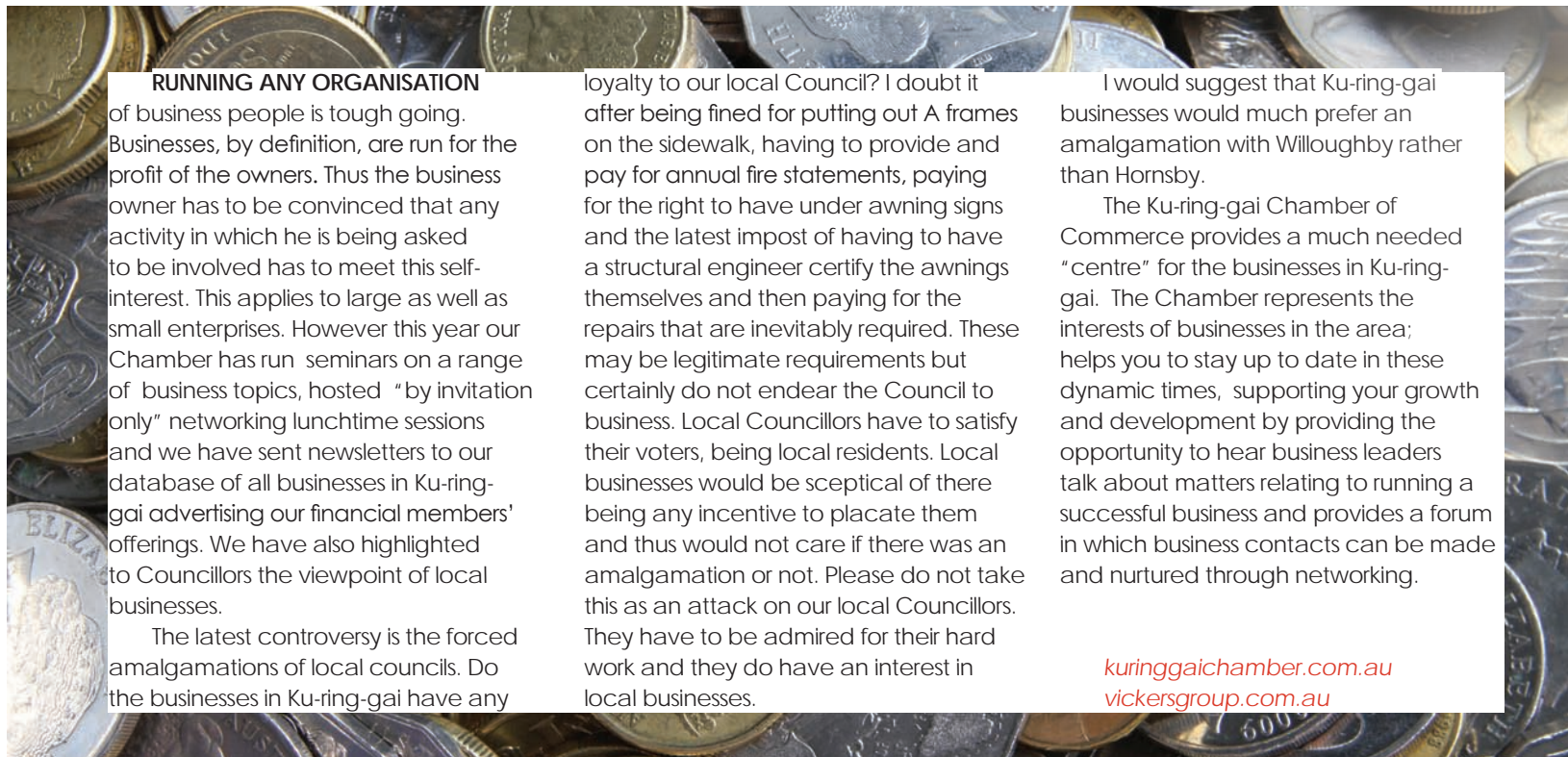
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# Chamber of Commerce Report

Peter Vickers



## RUNNING ANY ORGANISATION

of business people is tough going. Businesses, by definition, are run for the profit of the owners. Thus the business owner has to be convinced that any activity in which he is being asked to be involved has to meet this self-interest. This applies to large as well as small enterprises. However this year our Chamber has run seminars on a range of business topics, hosted "by invitation only" networking lunchtime sessions and we have sent newsletters to our database of all businesses in Ku-ring-gai advertising our financial members' offerings. We have also highlighted to Councillors the viewpoint of local businesses.

The latest controversy is the forced amalgamations of local councils. Do the businesses in Ku-ring-gai have any

loyalty to our local Council? I doubt it after being fined for putting out A frames on the sidewalk, having to provide and pay for annual fire statements, paying for the right to have under awning signs and the latest impost of having to have a structural engineer certify the awnings themselves and then paying for the repairs that are inevitably required. These may be legitimate requirements but certainly do not endear the Council to business. Local Councillors have to satisfy their voters, being local residents. Local businesses would be sceptical of there being any incentive to placate them and thus would not care if there was an amalgamation or not. Please do not take this as an attack on our local Councillors. They have to be admired for their hard work and they do have an interest in local businesses.

I would suggest that Ku-ring-gai businesses would much prefer an amalgamation with Willoughby rather than Hornsby.

The Ku-ring-gai Chamber of Commerce provides a much needed "centre" for the businesses in Ku-ring-gai. The Chamber represents the interests of businesses in the area; helps you to stay up to date in these dynamic times, supporting your growth and development by providing the opportunity to hear business leaders talk about matters relating to running a successful business and provides a forum in which business contacts can be made and nurtured through networking.

[kuringgaichamber.com.au](http://kuringgaichamber.com.au)  
[vickersgroup.com.au](http://vickersgroup.com.au)

# Gifts that keep giving

Stephanie Stefanovic

**WITH SO MANY** of our holidays and celebrations revolving around gift-giving, it's fair to say that we've all received an unwanted present at some stage. Perhaps you don't have the space at home, or maybe it just isn't to your taste.

When this happens, you have two options. You can either let it sit around collecting dust, or you can give it to someone who will actually appreciate it. It's not hard to see which is the better option.

Many people consider "regifting" to be tacky, but it certainly doesn't have to be.



According to The Emily Post Institute (a modern-day stockpile of etiquette information), regifting is perfectly acceptable under the following conditions:

1. You are sure the item you are re-gifting is something the recipient would like to receive.
2. You have not used the gift.
3. The gift is not handmade or personalised.
4. The gift-giver did not go to great lengths to acquire the gift.

It also stands to reason that you should make sure the recipient isn't someone with a connection to the original gift-giver, just in case.

Perhaps an even better idea than

re-gifting to a friend or family member is to re-gift to people in need, by donating your gifts to op-shops and charities. This way you can help those who are less fortunate, while clearing out space in your home and reducing the amount of waste sent to landfill.

Unsure of how to go about donating? Red Cross shops across Australia accept donations in the form of clothing, homewares, toys and various items to resell and raise funds to help improve the lives of vulnerable people. So take a leaf out of their charitable book and 'don't ditch it; regift it'.

[redcross.org.au/regift.aspx](http://redcross.org.au/regift.aspx)

# TURN TO THE TERRARIUM

Matt Leacy of Landart Landscapes offers three simple tips on how to achieve the ultimate terrarium

**FOR THOSE BUSY** workaholics or plant lovers who struggle to find the time to give their plants the tender loving care they deserve, it's time to turn to the terrarium. This hassle-free, low maintenance indoor plant will bring life to your home with Mother Nature's touch!

1

## Container. Check!

To achieve the perfect terrarium, choose a glass or plastic container of your choice. Why not give your terrarium style and get creative with your container! It is important that your container however, has a small opening as this encourages a humidified environment for your plant. So nasty bacteria, like fungi, does not end up growing. It's also important to remember to properly clean your container before planting. To make sure your plant gets the vitamin D it deserves, place your container near a window with good light but stay away from direct sunlight. Even plants need to be sun safe!

3

## Don't drown your terrarium!

It is important that you don't overwater your plant as it is better for your terrarium to have minimal moisture. To find out if your plant is thirsty, use your finger to feel the moisture in the container. If it feels slightly damp then there is no need to add any water. Bear in mind, the smaller the opening the less water you should need.

2

## Plant away!

For an easy way to plant your terrarium, firstly lay some pebbles at the base of your container. This will assist with drainage and air flow for your plant. Next, cover your plant with crushed charcoal and Sphagnum moss. Don't forget to use a premium potting mix that has been sterilised about 40mm in depth. And now for the fun part, the choosing of plants! Just make sure they will be suitable to the size of their container. Plants that react well to warm and humid air will work best. Some personal favourites; bush moss, baby tears and small ferns. For a touch of colour, small succulents such as Echeveria and Sedum are sure to give your home the colour buzz it deserves!

Having greenery in the home doesn't have to be a hassle. With these tips as a guide plus a bit of creativity you can bring nature indoors and add a little life to your interiors.

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

# The ultimate barbecue guide

Alex Dalland

**N**OTHING QUITE MATCHES the taste and texture of a perfectly grilled barbecue meal. While a barbecue can be one of the most versatile ways to cook anything from a tender roast dinner to a crispy bacon and egg roll, it also takes know-how and understanding in order to use your barbecue to its full potential.

## Buying a barbecue

When buying a barbecue, size is one of the most important things to consider. If you have a big backyard, an outdoor kitchen with a built-in fridge or sink might make for a great way to cook and entertain at the same time. However, if you live in an apartment and will be cooking on a balcony, a much smaller portable barbecue would be far more suited.



## Barbecue cooking technique

What you can cook on a barbecue largely depends on its shape. Flat top barbecues, or barbecues which have a flat top plate are best for cooking eggs, bacon, onions and tomatoes. Many people prefer a grill for cooking steaks and hamburgers. A hooded or kettle barbecue is best for roast meat and vegetables.

## Cleaning

After the meal is finished, it is important to clean your barbecue in order to maintain flavours and prevent rusting.

"Cleaning your barbecue while it's still warm will give you a chance to scrub away oil residue and food scraps before they have a chance to harden," Heanue says. "To get into those stubborn grill areas, use a barbecue cleaning product along with a good wire brush. Once clean, rinse and dry your grills immediately to prevent rusting."

## Charcoal or Gas?

As well as thinking about how many people you will be catering for and the space you will be cooking in, it is important to consider whether you'd prefer a charcoal barbecue, heated by briquettes or natural wood charcoal, or a gas barbecue heated with an LPG cylinder or natural gas through a main gas line.

"Gas-fired barbecues are easy to ignite and there are no messy ashes to clean up. However, a charcoal fuelled barbecue will create an authentic barbecue taste and experience." Bunnings Warehouse National Barbecues buyer Mick Heanue advises.

"To experience the best of both worlds, use a charcoal gas grill which uses gas to light the charcoal, providing a traditional smoky flavour without the hassle of lighting coals."



Specialised barbecue cleaning tools such as the Matador Cleaning range of products can be purchased from Bunnings Warehouse stores. Bunnings sells a range of charcoal and gas barbecues with features such as range hoods, wok burners and rotisseries.

# More than just better hearing at Audiohealth

**OVER THE PAST** three years since the Magee family returned to Sydney and opened their custom designed hearing clinic in the Gordon Village Arcade the local community has benefited from having personalised service and access to the latest state of the art hearing devices.

"Being an independent family practice we focus on accessing the latest technology regardless of the brand. This is quite a commitment," comments John Magee, director of the family practice.

It often means trips overseas to assess what is available and constant training of clinicians to keep abreast of developing technologies. On occasions we have been the first clinic in Australia to launch some of these products, we are pleased that the local community is benefitting from the latest in hearing technology.

It is not just the fact we offer clients such a vast choice of product but it is the personalised service that we offer that sets us apart, comments John. We believe in good old fashioned service

with a smile and our family values are embraced by our staff who strive to exceed our client's expectations. We keep our prices affordable so more people can experience the benefits of better hearing.

The Magees literally have thousands of ears of experience having had three generations of the family involved in hearing healthcare. When you have this level of involvement you get commitment and instead of seeing what we do as work, we embrace it as a vocation which imparts passion into what is achieved on a daily basis.

The clinic was designed with the client as the focus and it is going stronger than ever with word of mouth bringing new clients on a daily basis.

"Nothing feels better", says Aaron Magee who runs the Gordon clinic, "than having someone take a genuine interest in your desires and seeking a tailor-made solution to suit each individual's needs."

No one solution suits everyone and hearing loss is very personal, people can have great sensitivities around

the loss of their sense of hearing as it impacts on so many aspects of life, so being treated with care and consideration is of paramount importance. Recently we've been fitting award winning discreet devices and a new device to assist people with tinnitus that annoying ringing in the ears.

*If you feel you may have a hearing loss make a booking at the clinic on 94181622. Initial consultations are free this month to encourage people to take that step to improve their hearing and lifestyle.*



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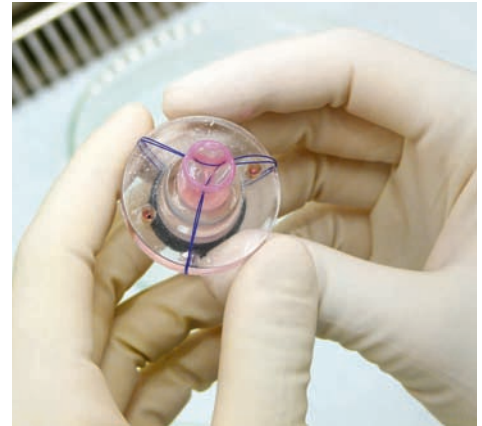
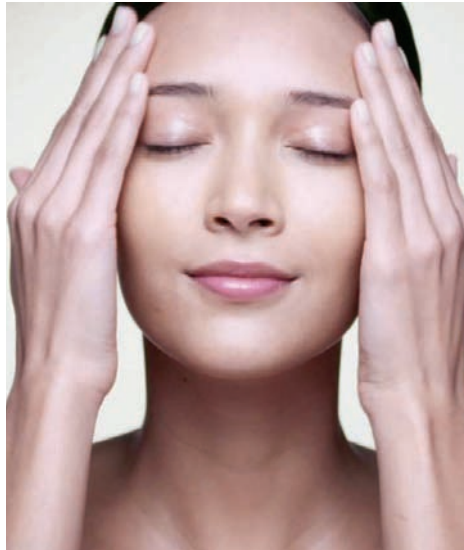
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# Health Corner

Rima Martens

## Minimalist Living

Sufferers of stress should be aware of a way of living called Minimalism. Similar to the architectural and artistic movement, Minimalism refers to a lifestyle based on simplicity. However, instead of referring to clean lines, this philosophy refers to a clean mind. In Minimalism, this 'clean mind' is achieved by eliminating things that are not-necessary aspects and form 'mental clutter'. Establishing a few key core aspects of life such as health, relationships, passions, personal growth, and contribution, Minimalism leaves more room for a positive outlook and happiness, free from the distractions of over-commitment.



## 3D Implant Progress

With the money from a NSW Medical Devices Fund a laboratory at Westmead Children's hospital has opened and started work on creating implants for children with limb deformities. Using 3D printing technology, individual and specialised substitute limb implants can be generated unique to the needs and shape of the child. With this technology suffering children will no longer have to endure particularly long healing periods or have as difficult a time completing everyday activities and movements. The first implant 'SyMaxys' for malformed legs, usually caused by brittle bone disease, is set to be released later this year.

## Dry Brushing Skin

Dry Brushing is a new form of exfoliation, popular with celebrities for its ability to boost circulation and battle unwanted cellulite. With names like Miranda Kerr starring in Dry Brushing's list of users, it may be worth understanding a little more about it. With any bristled dry brush and a richly packed moisturiser simply flick the brush over your skin in the direction of your heart, starting at your feet. By stimulating blood flow and the collagen levels in your skin, dry brushing tones and reduces the appearance of fat cells.





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Dr Ian Sweeney

## Back to School with healthy teeth

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

An alarming number of children still suffer from dental decay. Decay rates in Australia have been increasing since 1996. Australian figures from 2010 show nearly half of children aged 12 had experienced decay in at least one permanent tooth.

It is specifically the sugary foods and drinks in our everyday diet which are capable of causing dental decay. While we all strive to pack a healthy lunch, having a second look at what goes into a school lunch box may save your child from experiencing pain due to tooth decay.

It is important to be aware of many "hidden" snacks in your child's diet. Birthday cake, cupcakes and other snacks may creep into your child's diet without you ever being aware.

Many perceived healthy foods and snacks have very high sugar content. Foods including fruits, dried fruit, muesli bars, snack bars, peanut butter, biscuits, crackers, potato chips have the potential to lead to dental decay.

Especially harmful are the sticky fruits and snack bars that stick to teeth for long periods of time. Likewise, sipping juice or frozen juice bottles, although refreshing, will also prolong the food source for decay causing bacteria. Water remains the best option for a refreshing drink.

Many of these foods are hard to avoid, however it is worth reminding children of the importance of having a good drink of water after eating snack foods.

Cheese is one of the healthiest snacks for your child's teeth. In addition to providing large amounts of much-needed calcium, cheese also does its part to fight cavities. Cheddar, Swiss and mozzarella all stimulate saliva glands to clear the mouth of debris. Saliva helps to protect teeth by neutralising acid produced after eating sugary snacks. Other good snacks are nuts and fruit (as long as you wash it down with some water straight after you've eaten).

Many children suffer dental trauma from falls while an object is in their mouth. Bottles, pacifiers, Sippy cups, lollipops and even tooth brushes will produce lacerations to the lips or gums and palate. It is therefore crucial to encourage children to sit down whilst eating or drinking.

Protecting your children's teeth with a mouthguard is a relatively easy way to prevent dental trauma during sporting activities. There are many types of mouthguards, however the best protection is provided by a custom made mouthguard from your dentist. The mouthguard is made from a simple impression or mould that can be taken of the mouth. It usually takes less than a week for one to be manufactured and they are available in all team colours!!

**Remember: Flossing teeth is the only way to prevent holes forming in between teeth and children need to brush and floss twice daily with adult supervision until age 12.**

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# #Trending in 2016

Sabrina Muysken

The results are in. Here are the top wellness trends that will have us all talking this year!

## Goodbye pilates, hello barre

While last year pilates dominated the exercise industry, this year 'barre' classes are set to take centre stage. As our obsession for leaner, longer limbs continues, fitness experts are looking back to traditional methods of exercise such as ballet. The barre workout is based around the fundamentals of ballet barre work by incorporating flexibility and strengthening exercises. Barre is said to be a complete body work out that will leave you feeling as toned and sculpted as a ballerina.



## Meet your matcha

Meet the trendiest Japanese green tea, matcha. With detoxifying qualities matcha is generally whisked into hot water to make green tea, however can just as easily be blended into your daily juice or smoothie. Full of antioxidants, matcha helps aid digestion, boost metabolism, burn calories, lower blood sugar levels and improve overall gut health.



## Seaweed is the new kale

Finally cottoning on to the kale trend? Well this superfood has officially been surpassed by an unsightly underwater plant, seaweed. Known for being extremely nutrient rich, seaweed is full of beneficial sea minerals. The plant's bioactive substances are your answer to healthier looking skin, hair and nails.



## Veggetti about it!

For a long time leading health practitioners and dietitians have warned us off 'bad carbs' and refined grains. Studies have revealed them to be less satisfying, weight gainers and key causes of inflammation. Enter the vegetable spaghetti, 'veggetti', craze. Spiral shaped cutters that handle similar to cheese graters are selling out nation wide. These nifty gadgets take any vegetables from zucchini to carrot, turning them into a bowl of spaghetti shaped goodness. Paired with your traditional pasta sauces, this trend is a healthy take on popular Italian dishes.



# Pet health corner

Stephanie Stefanovic

## Smoking kills pets too

Research from Clare Knottenbelt, Professor of Small Animal Medicine and Oncology at the University of Glasgow in the UK, and colleagues, has shown that dogs living in smoking households ingest a significant amount of tobacco smoke.

The team found that compared to pets living in non-smoking households, pets in smoking households may be at greater risk for cell damage, certain cancers and weight gain. They also found that cats are most at risk because they ingest more smoke than dogs (whether they have outdoor access or not), and possibly due to their self-grooming habits, which cause them to ingest more tobacco toxins than dogs.

It is advised that pet owners smoke outside, and try to limit their smoking habit as much as possible.

## Catching a cold

If you're worried about getting too close to your pets when you have a cold or flu, don't be. According to infectious disease expert William Schaffner, M.D., pets can neither catch nor spread human viruses. Even someone who pets your dog or cat after you is unlikely to catch your virus. Cats and dogs can get colds, but this is usually due to a poor state of wellbeing, as opposed to germ exposure. If your pet has a cold, it is recommended that you get them checked out by a vet, as this is usually a sign of other health problems.



## Pets & 'people' food

While it is generally best to stick with pet food, there are some human foods that can actually be good for pets. One example is eggs, which are a great source of protein for cats and dogs. Just make sure they are cooked, as raw eggs may harm your pet. Oily fish (such as salmon) is also good for both cats and dogs, as it supports their immune system and helps to maintain a shiny coat. Just like the eggs, make sure the fish is cooked. Similarly, vegetables make a great addition to your pets' diet, as long as they don't have any added salt. Good options include green beans, puréed pumpkin, chopped carrots and broccoli. However, make sure these foods have not come into contact with any onions, grapes and raisins, bread dough, alcohol and chocolate. These foods can be extremely harmful to pets.

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# *Date Night*

Stephanie Stefanovic



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# FEBRUARY HOTSPOTS

Sabrina Muysken



## Chinese New Year

Kensington Street and Spice Alley are gearing up to welcome the Year of the Monkey, inviting you to come laugh, dance and dine with them February 6. Amongst the host of lively characters there'll be lion dancers, fortune tellers and calligraphy masters to entertain the street community whilst they indulge upon a traditional lunar feast. With art, performance, live music and plentiful food, this offer is too good to refuse!

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

## Courtyard Sessions

The Seymour Centre's wildly popular Courtyard Sessions is back for another round. Taking place every Friday from 5 February to 18 March, it's the perfect after work remedy to help you ease into the long-awaited weekend. A popular family and pooch-friendly event, Courtyard Sessions gives you the ultimate chance to check out some of Sydney's most talented up-and-coming musicians. Warm weather, good food, cold drinks and great live music - what more could you ask for?

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

## World Food Markets

Occurring Friday night from 5pm, Manly Council's popular World Food Markets are being held at Gilbert Park until 18 March. It's the perfect place to sit back and relax with friends and family whilst enjoying excellent food and great music. Bring a picnic rug and head to one of Sydney's most iconic beachside suburbs to taste some delicious cuisine from around the world!

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

# GINGER AND HONEY CHICKEN WINGS

Preparation time: 24 hours

Cooking Time: 30-45 minutes

Serves: 6-8

## Ingredients:

- 20 chicken wings
- 1/3 cup honey
- 1/3 cup soy sauce
- 1 sliced red chilli
- 5 finely sliced spring onions
- 1 piece of grated ginger
- ¼ finely shredded mint
- Steamed Jasmine Rice to Serve

## Method:

1. Mix all marinade ingredients (minus chicken wings & rice) in a bowl to make a sticky marinade.
2. Place chicken wings in a wide, shallow dish in a single layer.
3. Pour the marinade over the chicken, cover with foil and place in the fridge to marinate overnight.
4. Heat BBQ until hot and cook the wings for 15-20 minutes, turning until dark. Be sure to pierce chicken with a skewer to ensure they are properly cooked.
5. Serve on top of steamed Jasmine Rice.

# BBQ VEGETARIAN SHISH KEBOBS

Preparation time: 20 minutes

Cooking Time: 5 minutes

Serves: 6

## Ingredients:

- 12 Metal Skewers
- 1 tbsp olive oil
- Seasoning salt
- Pepper
- Cherry tomatoes
- Onions
- Peppers (Red, Orange, Yellow)
- Zucchini
- Mushrooms

*\* Include any other veggies you wish. For the carnivores: you may also wish to include chopped pieces sausage amongst the vegetables.*

## Method:

1. Preheat your BBQ
2. Chop all veggies (except tomatoes) into bite size pieces.
3. In a saucepan of boiling water, partially cook all chopped veggies (leaving tomatoes out) for 3-5 minutes. This prevents the veggies from burning on the BBQ.
4. Place all the veggies, including tomatoes, in a bowl with olive oil, seasoning salt and pepper.
5. Thread all veggies onto metal skewers (if you are using wooden skewers be sure to soak them in water first to prevent them from burning on the BBQ)
6. Add skewers to the BBQ grill on a medium-high heat.
7. Turn frequently until cooked.
8. Serve hot and enjoy!

# Sights in Seoul, South Korea

Hope William-Smith

Imagine if you could soak up the renowned historic, modern and cultural highlights of one of Asia's biggest cities in just one day. Well, now you can!

## GYEONGBOKGUNG PALACE

Situated in downtown Seoul, the Gyeongbokgung Palace encompasses nearly 50 hectares of land. Constructed in the thirteenth century, it is the main royal palace of the Joseon dynasty.

The architecture of Ancient Korea contrasts strongly with the Western influence of the main city and provides a historic and visually stunning collection of buildings, including the National Palace Museum of Korea.

A trip to the Gyeongbokgung Palace will give any short staying tourist the perfect introduction to Korean history and is open daily for tourists and tour groups to explore both inside and out.

### Don't miss:

- The famous changing of the guard ceremony takes place regularly throughout the day at Gwanghwamun, one of the six palace gates.

## NAMDAEMUN MARKET

Soak up the modern South Korea street market culture with a visit to the famous Namdaemun Market, a short drive from the Gyeongbokgung Palace.

The busy market streets are filled with Korea's finest street foods and displays. The market is also tourist friendly and easy to navigate – perfect for travellers looking to make a short yet action-packed stop off.

Street musicians are a well known cultural influence on the Namdaemun area. Currently the largest traditional market in South Korea, it is more than fifty years old.

### Hints:

- Market retailers travel from around the country to sell handmade goods, making it the perfect place to pick up small souvenirs and presents like traditional glassware and wooden ornaments.
- Retail shopping should also be high on your agenda at the Namdaemun Market, which offers the latest fashions made and sold directly from quality stores. The Market operates 6 days a week and is closed on Sundays.



## JOGYESA BUDDHIST TEMPLE

Found right in the heart of the commercial district of Seoul City, Jogyesa Buddhist Temple is the centre of Zen Buddhism in Korea. Renowned for its urban feel, it is one of the city's busiest prayer centres.

Framed by the famous baeksong trees, the temple is an exquisite display of ancient architecture. It truly comes alive with the chanting of Korean monks heading to prayer.

Visiting the temple is easy, free, and comes with the opportunity to view the National Monument baeksong tree in the heart of the temple grounds.

### Ideal for:

- This traditional temple is ideal for travellers staying in the centre of Seoul who are seeking a fast and simple cultural experience.

## NATIONAL FOLK MUSEUM

Take a walk to the middle of the Gyeongbokgung grounds to visit the National Folk Museum, which attracts over three million tourists annually.

Designed to replicate the traditional lives of the Korean people over time, the museum is a mix of history, culture and art that provides visitors with a clear understanding of the twentieth century political reformations of South Korea and the history of Confucianism.

Entry into the Museum is free for Palace visitors.

### To do:

- Tourists can grab a traditional or western lunch by the museum, try their hand at writing and memorising the basic Korean alphabet, or visit the larger, open-air exhibits including the traditional rice storage shelters and spirit prayer posts.



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# The valley of the kings

Just an hour by train from hectic Paris, France's Loire Valley is a cultural oasis renowned for fairytale châteaux, incredible gastronomy and stunning natural beauty.

ZOYA SHEFTALOVICH

When one imagines a sojourn to France, the immediate destination of choice is Paris – headquarters of romance, home to historical treasure chests such as the Louvre, and sanctuary of wine lovers and foodies alike. But those who wish to appreciate the best of France's cultural capital sans the less-than-welcoming Parisian attitude need not despair – just over an hour by train from the city of lights lies the World Heritage-listed Loire Valley. The idyllic towns of Tours, Chinon, Orléans, Amboise and Blois (to name but a few) lining the Loire river and its surrounds are home to friendly people, incredible history and gastronomic delights.

To do justice to myriad sights and experiences on offer, you'll need to spend several days exploring. While public transport between towns is available, it can be rather inconvenient so the best way to get the most out of the Loire is to hire a car or bicycle.



'For those looking for a romantic way to while away an hour or two, Chambord's surrounding parkland and hunting reserve are best enjoyed from a horse-drawn carriage.'

The Loire is best known for the châteaux and vineyards that line its rivers and dot the rolling countryside. Most tourists tend to start at the centrally located university town of Tours, which is situated at the meeting point of the Loire and Cher rivers. Visitors can stroll the winding streets lined with Renaissance-era buildings, visit boutique museums that house the works of French masters, marvel at the stunning Cathédrale St-Gatien, and enjoy a glass of the region's famed Vouvray wine in a terraced café on the historic Plumereau Square.

A leisurely bike ride or short drive from Tours is the spectacular Azay-le-Rideau (see top, next page). On a small island on the Indre river, it is one of the oldest French Renaissance châteaux. Slightly further afield is Villandry, the most visited château in France. The castle has a historically significant setting (it is believed to be on the site of peace talks between King Philip II of France and Richard I of England, and was acquired by Napoleon Bonaparte for his brother in the early 19th century), but most visitors come here to stroll the incredible Renaissance-inspired gardens.

Chambord (see top left), the largest and most famous of the region's castles, is also easily reached from Tours. For

those looking for a romantic way to while away an hour or two, the surrounding parkland and hunting reserve are best enjoyed from a horse-drawn carriage. Lovers of antique furnishings will appreciate the nearby château of Cheverny, one of the only fully furnished mansions in the Loire. For those who love their trivia, Cheverny was the inspiration for Captain Haddock's home in the Tintin comic series, and its grounds can be explored by foot or from the spectacular heights of a hot-air balloon.

For fans of medieval French history, Orléans and Chinon are not to be missed. Joan of Arc liberated Orléans (once the second-largest city in France) from the British in 1429. Its people still pay homage to their heroine by exhibiting her house and hosting a Joan of Arc festival every northern spring.

Nearby, on the banks of the Vienne river, is the town of Chinon. Joan of Arc visited Chinon to acknowledge the rule of Charles the VII of France, who sheltered in the town during the Hundred Years War. Those whose interest lies in popular culture as



well as history should visit the enchanting Château d'Ussé, nestled at the edge of the Chinon forest. This château is believed to be the inspiration for the castle in both Charles Perrault's and Walt Disney's *Sleeping Beauty*.

While many tend not to venture beyond the more popular towns and their surrounding châteaux, those who stray off the beaten track and base themselves in charming Amboise or Blois are rewarded with a more authentic experience.

The château of Amboise is in itself stunning: built by Charles VIII, Louis XII and François I, the castle is perched above the town, its spiral turrets often bathed in sunshine. But it is the white stone houses and picturesque patisseries of Amboise that capture the imagination of thousands of visitors.

The town is steeped in the history of its most famous resident, Leonardo da Vinci, who spent his last years in the mansion Clos Lucé and was buried in Château d'Amboise's Saint-Hubert Chapel. Those who appreciate salacious gossip with their history will enjoy a visit to the nearby Château de Chenonceau, known as the Ladies' Castle, which was inhabited by infamous wives and mistresses of French kings.

Blois, built over several steep hills, is also dominated by its Renaissance château, which looms in the centre of the town. For those who are fit enough there is nothing quite like



'The enchanting Château d'Ussé, at the edge of the Chinon forest, is believed to be the inspiration for the castle in *Sleeping Beauty*.'



the beauty of the town as you wander through winding streets, uneven staircases and steep hills.

But the Loire is not just known for its châteaux – it is also considered an epicurean destination. The region is a turophile's delight, offering up a variety of goat cheeses: the famed Sainte-Maure de Touraine, an aged hard and crumbly cheese from the Touraine region; the cone-shaped Pouligny-Saint-Pierre, which is spreadable and has a nutty, sour taste; and the most popular of all, the Crottin de Chavignol, which has made the small village of Chavignol a gourmet destination.

Local restaurants serve up a rich selection of salted and cured meats and terrines, and during hunting season boar, venison, duck, pheasant and quail are on the menu. The region's signature dishes include the poulet en barbouille (chicken cooked in brandy and served with a blood, cream, yolk and chopped liver sauce), carpe au vin rouge (carp in red wine sauce), gâteau pithiviers (almond cream in a buttered puff pastry) and the renowned tarte tatin (an upside down caramelised apple tart).

The Loire Valley is incredible at any time of year but it's best to avoid July and August, as holiday crowds overwhelm the towns. Many recommend a visit in the late spring, when the valley's lush greenery and spectacular gardens are at their peak. But the autumnal sight of a carpet of fiery red, ochre and yellow leaves lining the banks of rivers and swathing churches and castles is one that will astound even the most seasoned of travellers. ○



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# CLEARING YOUR SPACE WITH FENG SHUI IN YOUR HOME

Kerrie Erwin

**YEARS AGO** I had the experience of learning some very simple, yet powerful techniques with energy space clearing. The simple art of Feng Shui has been around for thousands of years and has been passed down through generations. By using these principals in your home, you can create real magic in your life as it opens the doors to new positive experiences and energy that can change your life forever.

By clearing clutter, removing negative energy and placing simple cures in sections of your home, you will not only instil more balance into your life but also productivity and harmony.

Just like spring-cleaning, but on an energetic level, space clearing releases negative energy and encourages positive energy to enter our lives. Often as consumers we collect a lot of things called 'clutter' along the way that we truly don't

**“IF THE VIBE IN YOUR HOME IS MORE HEAVY THAN HARMONIOUS, A SPACE CLEARING MIGHT BE THE PERFECT REMEDY”**

need. Clutter blocks the natural flow of energy not only in our homes, but also in our lives.

Houses can also be blocked by hauntings, often the clients will find themselves in what I can only describe as complete chaos. These hauntings can disturb the natural balances of a home, making it impossible to renovate or sell, and create incredible disturbances, which in turn stops the

natural flow of good Chi energy. Family members can get sick, pets will be affected and all the natural good energy will be drained. Once we have sent the unwanted spirit off, the home is once again restored to balance and we are able to offer good cures with Feng Shui to create a better and peaceful feeling in the home. If you feel you have an unwanted guest, try

and smoke out the home with sage and dried gum leaves for a few days. If this does not work, time to call in a medium and your home will be back to order in no time.

Love and blessings,  
Kerrie xx

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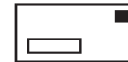


# Psychic question

Lynne, July 1962

*Should I continue with my occupation as a marriage celebrant in 2016?*

I feel you will but I also see other changes coming up for you on the horizon and extra learning as I feel you may be opening up to new studies, due to your restless spirit and new energies coming in this year. As you are a people person I feel you may go into learning different types of healing and learning as you have an avid interest in people and you are a kind soul, which loves harmony in your life. Also it is important for you to be financial. Next year, there may be a move and something interstate comes up for you.



**INTERESTED  
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# FEBRUARY

## THE SYDNEY MORNING HERALD SUN RUN

**Where:** Dee Why Beach

**Cost:** \$40 for adults, \$30 for children.

**When:** 6 February, 6:30am

**Contact:** 1800 555 514



## SYDNEY MORNING HERALD GROWERS MARKET

**Where:** Darling Harbor, Sydney

**Cost:** Free

**When:** 6 February

**Contact:**

[growersmarkets@smh.com.au](mailto:growersmarkets@smh.com.au)

## TASTING OF THE TOP 100, SYDNEY INTERNATIONAL WINE COMPETITION

**Where:** Menzies Hotel Sydney

**Cost:** Session 1: \$44, Session 2: \$55.

**When:** 6 February.

Session 1 10:00-12:30pm, Session 2 2:00pm to 4:30pm

**Contact:**

[www.top100wines.com](http://www.top100wines.com)

## THE REEF- AUSTRALIAN CHAMBER ORCHESTRA

**Where:** City Recital Hall

**Cost:** \$46 - \$70

**When:** 12 February 7:30pm

**Contact:** [www.aco.com.au](http://www.aco.com.au)

## SYDNEY CHINESE NEW YEAR FESTIVAL

**Where:** Haymarket

**Cost:** Free

**When:** 6 - 21 February

**Contact:** 02 9265 9333



## SYDNEY SEVENS: FESTIVAL OF RUGBY

**Where:** Moore Park

**Cost:** \$30

**When:** 6 - 7 February

**Contact:** (02) 8005 5555

## JAMES MORRISON LIVE AT TWILIGHT AT TARONGA 2016 SUMMER CONCERT SERIES

**Where:** Bradleys Head Road, Mosman

**Cost:** \$70 for adults, \$56 for children

**When:** 13 February

**Contact:**

[www.twilightattaronga.org.au](http://www.twilightattaronga.org.au)

## THE SYDNEY INDEPENDENT SCHOOLS EXPO

**Where:** Luna Park, Milsons Point

**Cost:** Free

**When:** 27 February, 10am and 4pm

**Contact:**

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

## DISNEY UNDER THE STARS

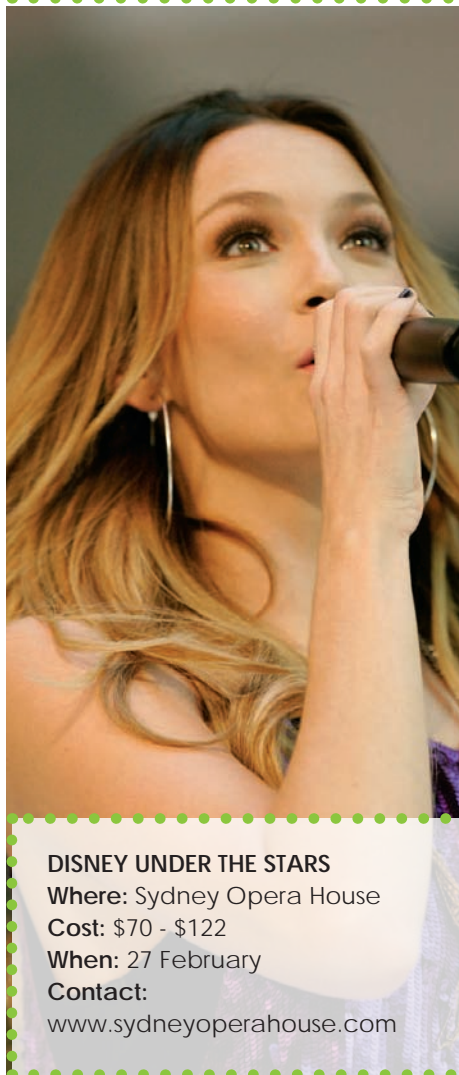
**Where:** Sydney Opera House

**Cost:** \$70 - \$122

**When:** 27 February

**Contact:**

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







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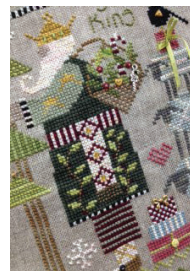
[www.easyfitwardrobes.com.au](http://www.easyfitwardrobes.com.au)  
 6/1 Leonard St, cnr Hornsby St  
**HORNSBY** ◆ 9476 3056

\*Conditions Apply  
 Licence Number: 240039C



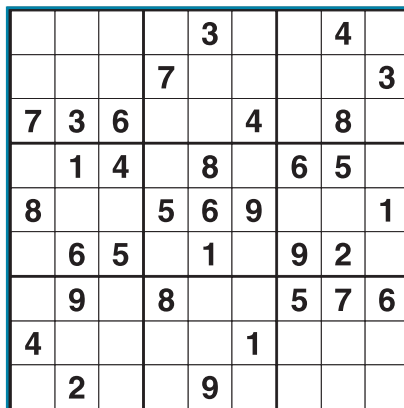
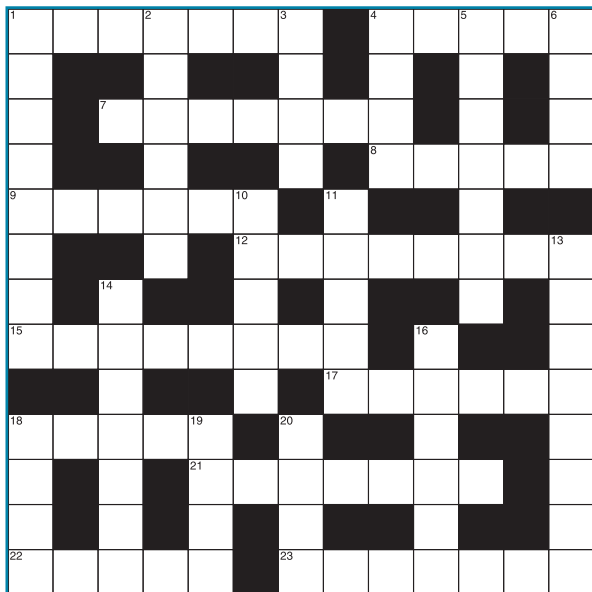
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# Puzzles



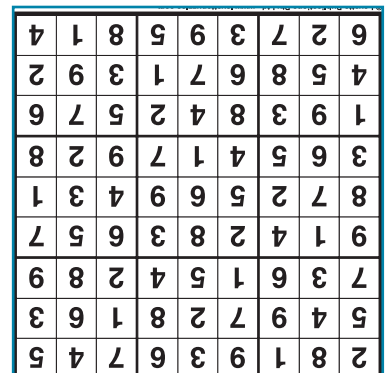
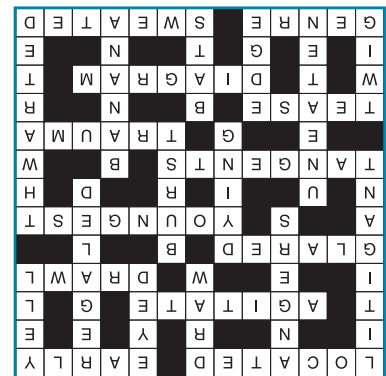
**ACROSS**

- 1. Found
- 4. Ahead of time
- 7. Stir
- 8. Speak slowly
- 9. Stared angrily
- 12. Most immature
- 15. Divergent lines
- 17. Emotional shock
- 18. Torment
- 21. Technical sketch
- 22. Literary style
- 23. Perspired

**DOWN**

- 1. Lawsuit contestant
- 2. Enrages
- 3. Tie in race
- 4. Viewed
- 5. Delighted
- 6. Shout
- 10. Perishing
- 11. Erupted
- 13. Foiled
- 14. Untouched (of meal)
- 16. Curved fruit
- 18. Tiny branch
- 19. Rim
- 20. Flying mammals

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According to Member for Ku-ring-gai Alister Henskens, Ku-ring-gai has a high number of residents over 65. The electorate is in the top 25 per cent for this age group. With the number of senior citizens set to double by 2050, aged care services are becoming more important than ever.

“Many years ago, lifestyle facilities like Adventist Aged Care, were simply a pipe-dream”- said Mr Henskens. “Years ago, there was the notion that seniors were more a burden than anything. We've got a much better, positive and rewarding experience for our senior citizens today.”

Adventist Aged Care operates 2 aged care facilities within the Sydney area. Kings Langley facility is set amongst 8 acres of lush garden yet only meters from T-link bus route and shopping areas. Wahroonga facility is strategically placed near the Adventist Hospital and surrounded by 22 acres of natural bush.

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