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MARCH 2016 - FREE

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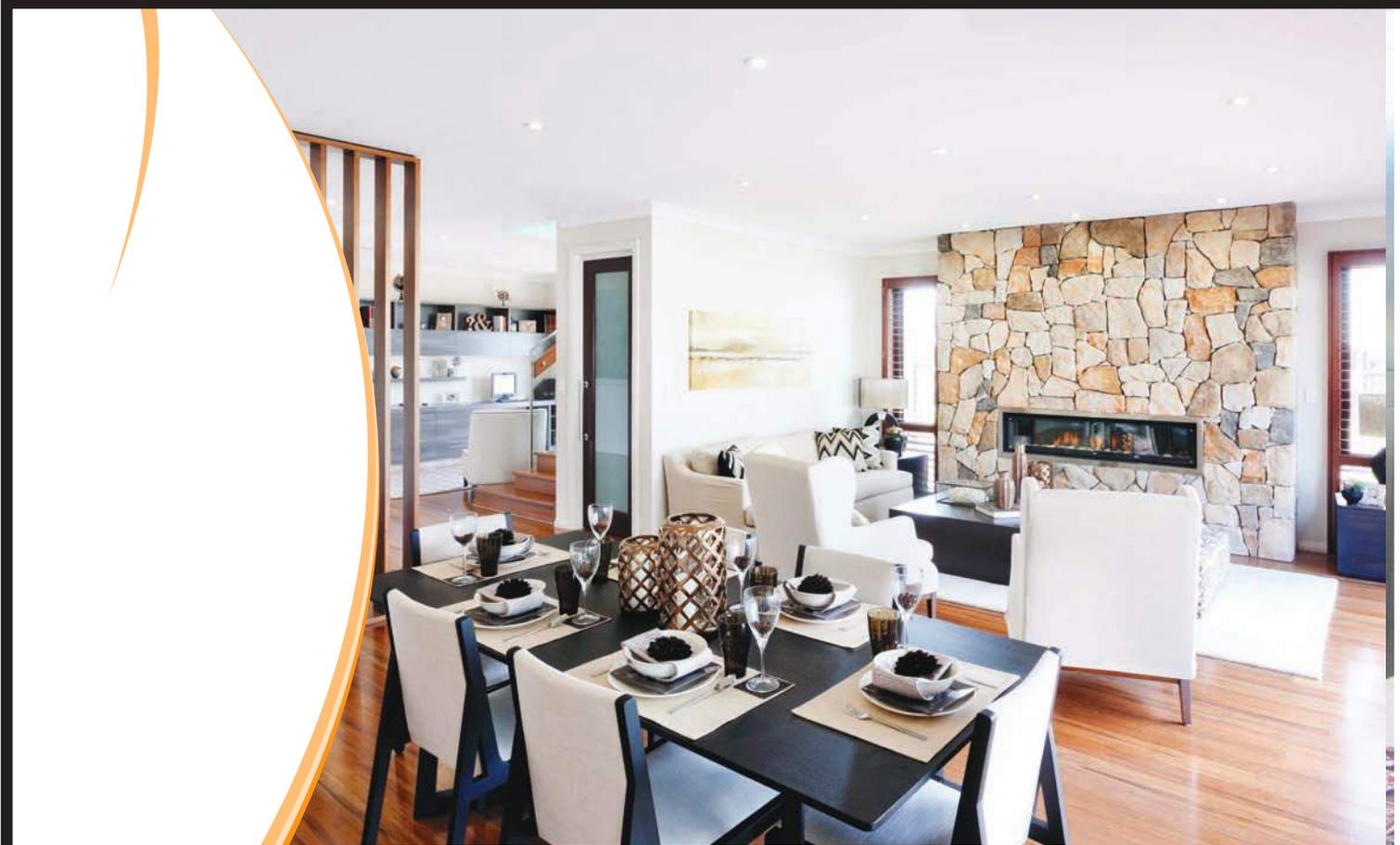
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From the editor

Hello Autumn! We bring you our most exciting issue yet.

With a combined special on Seniors (28-31) and Catholic Schools Week (16-23) we have you covered on all things retirement and education. Looking for something a little lighter? Why not check out our guide to Sydney Comedy Festival for a healthy dose of laughs (25). You could even catch our cover star Peter Helliar in action at The Concourse, Chatswood.

As 2016 is well and truly underway it's incredibly important, if only for your sanity, to remember to take some time out to enjoy the little things. If you're feeling unusually stressed, in fear of burning out, or simply looking for a new way to relax be sure to check out our how-to on stress management (36). However, if that's not enough to get your Om on perhaps you should have a flick through our travel pages as we take you all the way to the very home of meditation, India. Enjoy!

Sabrina



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From the readers

The unsurpassed enthusiasm meted out by Hope William-Smith in her every pursuit shows an incredibly resilient personality that synchronizes commitment with unbridled honesty and direct purpose.

Eli Beverley-Shack, Killara

As I sit in a cafe at Gordon with a bad cold and two kids under three, I seek solace in some great local stories, Pete Evans' tips for a healthy life and a contact for a doctor to cure this bug!

Emma Treadgold, Killara

Giveaways

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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 with your name, address, and contact number by the 20th of the month.



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Snippets

Rima Martens

Ku-ring-gai Financial Report

In a report analysing NSW Council's 2014-2015 financial data by LG Solutions it was revealed that Ku-ring-gai Council had an operating surplus of 13.460 million before capital expenditure. The results of this report raises questions about the merge of Ku-ring-gai and Hornsby Council who also had an operating surplus of 17.142 million, however each of these councils were deemed 'unfit' by the NSW government.

Mayor Cheryl Szatow responded by saying, "this report disproves the financial logic being applied to our merger in particular. Both Hornsby and Ku-ring-gai are in the top ten of financially robust councils and on that basis there is no reason for them to merge."

In comparison Camden Council was revealed to have an operating deficit of 4.194 million and deemed 'fit' by the Baird government.



Supermarkets dominate 'Product of the Year'

Product of the Year surveyed over 14 000 Australian buyers and industry professionals to review and announce the best products, a competition based on their performance, value for money and satisfaction. It was clear from the results that there is a growing trend for supermarket's own label products where quality and value for money are being met said Sarah Connelly, director of Product of the Year. There were 46 categories of which Aldi had 12 wins, Woolworths six and Coles four. The type of products won such as Aldi's Pasta Sauce and Desserts in Glass, Woolworths Carrot Dip and Bombay Chicken Meal Kit also reveal a growing trend for convenient products that are fresh, says Ms Connelly.



Unity for Cyclists and Drivers

Traffic law changes beginning in March this year will mean drivers will be required to have at least one metre of space between their car and any cyclists, and one and a half metre's space for speeds over 60km/h. In Response the 'It's a two way street' campaign that was used last year will be promoted again with the updated new laws using outdoor signage, social media and advertising.

Both Mayor Steve Russel of Hornsby and Mayor Cheryl Szatow of Ku-ring-gai were supportive of the campaign and its movement to make the roads safer for residents of the area.

Mayor Szatow said, "Following the recent changes in road laws, it is timely to keep this dialogue going and remind everyone it is our joint responsibility to make our roads a safer place for all."



Swim for cancer

Stephanie Stefanovic



EVERY YEAR, NORTH SHORE locals participate in The Balmoral Swim, raising funds for donation to cancer-related charities. This year is no different, with swimmers preparing for the swim this March.

First initiated in 1990, The Balmoral Swim donates the funds raised to charities the Cancer Council, Camp Quality, Children's Cancer Institute Australia and more.

This year's main event is a one-kilometre Harbour swim (age 12 and over). There is also a 200m junior swim for kids under age 12, as well as swims open to sporting clubs, community groups and schools, as well as

corporate teams.

Prizes include the Anita Comelli Dash for Glory – a \$500 cash prize for the first male and female winner, and the Alexander Patrick Hall trophy for both the individual and team who raise the most money for The Balmoral Swim.

Fundraising from this year's swim will contribute to Zero Childhood Cancer, which is the Children's Cancer Institute's national personalised medicine program for children with high-risk cancer. This program aims to identify the best possible tailored treatments for children with high-risk cancer. The Children's Cancer Institute believe that the program will give sick

children hope, and is an important step towards the vision of curing 100 per cent of children with cancer.

The Balmoral Swim committee have stated that not only does the swim support a very important cause, it is also the perfect example of an iconic Sydney summer activity, healthy exercise and positive values. The committee encourages everyone to get involved and support the swim.

The Balmoral Swim takes place March 13, with the first race at 8.30am.

balmoralswim.com.au



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International Women's Day

Sabrina Muysken

MARCH 8 MARKS International Women's Day (IWD). A global day designed to celebrate all social, economic, cultural and political achievements made by women. The day also works to recognise the ongoing gender inequality experienced worldwide, seeking a call to action for accelerating gender parity.

With more women in the workforce and equality in legislative rights it is all too easy to be misguided into thinking that women have finally attained true equality. The harsh reality is that today women are still not paid equally and women still do not represent equal numbers in business, not to mention suffering from a myriad of health and violence issues. Not only is this occurring globally, but shockingly still within Australian borders.

That is not to say great improvements haven't been made. Today the world has female astronauts and prime ministers, females regularly outnumber males for university intakes and women can choose to work and



have a family without broad social judgement. All IWD asks of us is to "think globally and act locally" and do our bit to ensure that the future for all females continues to be bright, equal, rewarding and most importantly safe.

In light of this celebration, Ku-ring-gai Council is asking for nominations for their 'Gems of Ku-ring-gai' awards, which are set to acknowledge the achievements of local women and their work in the community. The awards are open to all female volunteers who are helping our community by providing a service or other assistance.

"We're particularly interested in women who go about their work without seeking recognition, and who are making a difference in our local community," says Mayor Cheryl Szatow. "The aim of these awards is to recognise unsung heroines."

Applications for 'Gems of Ku-ring-gai' are open until Thursday March 10 at kmc.nsw.gov.au

internationalwomensday.com

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Peter Helliar: one hot show



Sabrina Muysken & Stephanie Stefanovic

COMEDIAN PETER HELLAR is a man of many talents. Since starting out as a stand-up comedian in the 90s, he has worked across television with successful shows such as *Rove*, *skitHOUSE* and more recently *The Project*. He has also co-hosted countless radio programs and even written, produced and starred in his own film, *I Love You Too*.

With little of the entertainment business left to conquer, 2016 will see Helliar return to his stand-up comedy roots. The funnyman has already begun taking to stages across Australia with his latest hit show *One Hot Mess*, which is garnering rave reviews as anything but.

"The title is basically an umbrella for me to talk about anything I like... Somehow it was also quite apt in describing the kind of comedy that I like. It feels a bit messy, a bit playful. I like titles that are a little bit at odds and juxtaposing who I am. I'm a 40 year-old male who wears a suit on television most nights, so 'One Hot Mess' is

"With every show I always say it's like starting at the bottom of a mountain and looking up, realising you've got a big climb ahead."

in a sense a little bit ridiculous."

As a seasoned performer Helliar is well versed in the careful creative process behind moulding a new stand-up show. His approach to *One Hot Mess* was no different.

"With every show I always say it's like starting at the bottom of a mountain and looking up, realising you've got a big climb ahead. You've got to start thinking about what you want to talk about, going out to the bars

and trying out jokes and routines. Usually they're just little seeds of an idea or just the premise and you want to see if it's connecting with an audience. You concentrate on the ones that work and keep building routines around them. The show eventually starts to take shape and have a theme."

Despite embodying the qualities of the affable everyman, qualities that have undoubtedly contributed to his great onstage success, today Helliar is well

recognised as an entertainment powerhouse. Even so, the Australian comedian simply identifies himself as just that – a comedian. From a young age he has had his sights set on entertaining.

“I always enjoyed watching comedy on television. I guess those were the seeds... Seeing live stand-up when I was 15, even before then maybe, I would think ‘what an amazing thing to do, I think this is what I want to do!’ ”

Since then, the days of modestly enjoying authentic comedic acts have come under threat. In an age where our media landscape is ever-changing and social media tools have gained sizable power, there is a strong debate over whether instantaneous medias are destroying the comedy scene. For Helliar, who on Twitter alone has gathered a following of almost 250 thousand, social media is a double edged sword. Successfully harnessing new media platforms means greater opportunity for self expression, promotion and audience connection. Yet with greater reach comes greater opportunity to offend.

“It’s great that comedians don’t have to wait for a TV opportunity or a radio opportunity to get their brand out there. Seeing people use social media to launch podcasts and youtube videos can be a really powerful thing.

“The negative with social media is the trend of being offended on other peoples’ behalf and manufactured rage. I know there have been times when I maybe haven’t gone for a joke that I might have gone for. Because the audience is bigger and the opportunity for people to be offended is larger, you may hold back because you can’t be bothered dealing with the backlash.”

Early 2014 saw Helliar take over from good friend and fellow comedian Dave Hughes and become a co-host on Channel 10’s widely successful entertainment news program *The Project*. The presenting role has seen Helliar drift slightly ashore from his usual comedic charm as he’s tackled serious issues

pertaining to the environment, politics and finance. However, where appropriate the talented entertainer can be seen injecting his sharp-witted humour into seemingly mundane news segments.

“Doing stand-up, I don’t have to run anything by anybody, which is great. I use all the skills I have learnt in stand-up to do the job that I do on *The Project* but it is different in that I’m not crafting routines. I’ve got to make sure that my head is around the issues that we’re talking about. Comedically and sometimes not comedically. It’s about knowing that it’s not a good time for jokes if it’s a serious subject and knowing when those moments are.

“It’s a great gig – I interviewed Julia Bishop and Justin Bieber on the same day last year. Here on *The Project* I’m actually delivering jokes I’ve never delivered before, live on TV.”

On whether his three sons enjoy having a comedian as a dad Helliar says he “thinks” his children like it, but instilling a sense of humility in them is far more important.

“Last year when we were having breakfast before school my youngest looked like he had something on his mind. He said, ‘Dad, I’m different from all the other kids at school.’ He seemed quite serious. And I said, ‘Why? What’s going on?’ And he goes, ‘Because I’m famous and the other kids aren’t’. I had to explain to him that he’s not famous, that’s not how it works. I just do a job, same as the other dads do a job. And there’s no difference really in what we do. I tried to nip that in the bud.” ○

Peter Helliar’s comedy show ‘One Hot Mess’ airs May 7 at The Concourse Chatswood as part of the Sydney Comedy Festival.

sydneycomedyfest.com.au



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Russell Bailey
Headmaster, Redeemer Baptist School

RESEARCH BY THE Australian Research Alliance for Children & Youth on parental involvement in their children's education tells us that positive parental engagement in learning improves:

- The academic achievement of your children
- The wellbeing of your children
- The productivity of your children as students growing towards young adulthood.

Parents who read to their children establish patterns of reading for pleasure in their children (OECD Working Paper #73). Parents who talk with their children about their educational aspirations have a significant impact on the educational outcomes of their children (Longitudinal Surveys of Australian Youth Research Report #65). Parents who engage in discussions around the dinner table about important social and cultural issues promote deep thinking and stimulate their children's reading.

International research on Parental Involvement in Selected PISA Countries and Economies in 2012 concluded that:

It does not require a PhD or unlimited hours for parents to make a difference in their children's education. In fact, many parent-child activities that are associated with better reading performance among students involve relatively little time and no specialised knowledge. What these activities do demand, though, is genuine interest and active engagement.

We all know that what we do at home with our children – reading to them, helping them with their homework, talking at the dinner table about what they have learned, being interested in their achievements – what we do at home is active engagement with our children's learning

and very important for them.

Likewise, current educational research highlights the beneficial student outcomes from parents participating in school meetings, talking with teachers, attending school events, and volunteering in the school's canteen or library. Such involvement indicates to children that parents value their children's education sufficiently to invest time in their educational community.

Schools should also encourage parental participation in their children's educational community. The Founding Principal of my school, Noel Cannon FACE, wrote at the beginning of our School Handbook:

We live in a 'community-poor' world where selfishness and exploitation characterise human relationships more than the cooperative serving of one another. We all need, in some degree, the restorative power and peace of genuine biblical community.

As a Headmaster of a Christian school, I hope that parental involvement in our educational community will not only provide academic benefits but also connect students and parents with others in a community who share love, hope and joy together – with a focus on educational outcomes – because of our primary relationship with Jesus Christ.

Regardless of the particular philosophical basis of the school, high quality parental involvement in their children's educational community is an evidence-based key to unlocking desirable cognitive and non-cognitive benefits from your children's schooling.

redeemer.nsw.edu.au



2016 Catholic Schools Week

Sabrina Muysken

THIS MONTH CATHOLIC SCHOOLS across the North Shore will celebrate Catholic Schools Week (CSW) from March 6 to 12 with a host of activities and events designed to highlight the theme of 'I belong. You belong. We belong'.

The theme aligns itself with the Catholic Church's strong focus on supporting refugees and asylum seekers, ultimately encouraging the need to develop a more compassionate global community.

The theme of belonging also ties nicely in with the Catholic Church's celebration of the Extraordinary Jubilee of Mercy that centers on pardon, strength and love.

CSW is an initiative designed to increase the public's awareness of the great strengths of Catholic schools whilst highlighting the Catholic education sector's significant contribution to NSW and Australia as a whole. It is a time to reflect on the role of Catholic schools

within society and the choice they provide for parents.

The week will set out to provide all students with the opportunity to share with the broader community the positive things happening in their schools.

Catholic Schools Week takes place 6-12 March.
catholicschools.nsw.edu.au



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- > Gold Awards, BOSTES Write-On Competition, 2010–2015
- > ICAS English UNSW Medal Winner, 2015
- > Winners, University of Wollongong Industrial Technology Awards, 2015
- > Redeemer Alumni University Deans' Medals, 2013–2015
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CSW open days

2016 Secondary college open days

Mercy Catholic College	Chatswood	9419 2890	11:00am - 2:00pm Sunday, 6 March 9:00am - 11:00am Tuesday, 16 August
St Leo's Catholic College	Wahroonga	9487 3555	9:30am - 12:00pm Friday, 4 March
St Paul's Catholic College	Manly	9977 5111	4:00pm - 7:00pm Thursday, 3 March
Mater Maria Catholic College	Warriewood	9997 7044	11:00am - 2:00pm Sunday, 13 March

2016 Primary school open days

St Patrick's Catholic Primary School	Asquith	9477 3800	9:30am - 11:00am Thursday, 10 March
Maria Regina Catholic Primary School	Avalon	9918 2608	9:00am - 10:30am and 7:00pm - 8:00pm Wednesday 9 March
St Cecilia's Catholic Primary School	Balgowlah	9948 3069	9:30am - 11:00am Wednesday, 9 March
St Bernard's Catholic Primary School	Berowra Heights	9456 2104	9:30am - 10:30am Tuesday, 8 March
St Gerard's Catholic Primary School	Carlingford	9871 1633	9:00am - 11:00am Thursday, 17 March
Our Lady of Dolours Catholic Primary School	Chatswood	9419 2645	9:30am - 11:00am Wednesday, 9 March
St Rose Catholic Primary School	Collaroy Plateau	9982 1467	9:30am - 11:00am Wednesday, 9 March
St Martin's Catholic Primary School	Davidson	9452 2022	Wednesday, 9 March 9:30 am and 7 pm for Twilight Tour Friday, 20 May 9:30 am and 5:00 pm for Twilight Tour
St Kevin's Catholic Primary School	Dee Why	9971 1644	9:30am - 11am and 7pm Tuesday, 8 March
Our Lady Help of Christians Catholic Primary School	Epping	9868 3322	9:00am - 10:30am Wednesday, 9 March
Our Lady of Good Counsel Catholic Primary School	Forestville	9972 7311	9:30am - 11:00am Thursday, 10 March
St John the Baptist Catholic Primary School	Freshwater	9939 6699	Contact the school for Open Day details
Holy Family Catholic Primary School	Lindfield	9416 7200	9:00am - 12:00pm Wednesday, 9 March
St Mary's Catholic Primary School	Manly	9977 2225	Tours 9:00am 7-11 March Open Day 9:30am - 11:00am and 7:00pm Tuesday, 24 May
St Kieran's Catholic Primary School	Manly Vale	9949 3523	Tours 9:00am - 10:30am Tuesday, 8 March Open Day 9:00am - 10:30pm Tuesday, 15 March
Sacred Heart Catholic Primary School	Mona Vale	9999 3264	9:15am Friday, 18 March
St Joseph's Catholic Primary School	Narrabeen	9913 3766	9:00am - 11:00am Wednesday, 9 March Tours the following four Fridays
St John's Catholic Primary School	Narraweena	9971 9297	Open Day: 9:00am - 10:45am Tuesday, 8 March Information Evening: 6:30pm - 8:00pm 8 March in the School Library
St Philip Neri Catholic Primary School	Northbridge	9958 7136	Contact the school for Open Day details
St Agatha's Catholic Primary School	Pennant Hills	9484 7200	9:30am - 11:00am Wednesday, 9 March
Sacred Heart Catholic Primary School	Pymble	9440 8056	9:00am - 10:30am Thursday, 10 March
Corpus Christi Catholic Primary School	St Ives	9988 3135	9:00am - 11:00am Tuesday, 8 March
Prouille Catholic Primary School	Wahroonga	9489 3233	9:30am - 11:00am Friday, 11 March
Our Lady of the Rosary Catholic Primary School	Waitara	9489 7000	9:30am - 11:00am Tuesday, 8 March
Our Lady of Perpetual Succour Catholic Primary School	West Pymble	9498 6055	8:30am - 11:00am Thursday, 3 March
St Thomas' Catholic Primary School	Willoughby	9958 7308	9:00am - 11:00am on 8, 9 & 10 March

Students' Award Night Success

TOP PERFORMING CATHOLIC SCHOOL students had their HSC success awarded at a special ceremony on Thursday February 11.

The inaugural High Achievers Awards Ceremony was held at the Catholic Schools Office in Pennant Hills for students of systemic Catholic schools in the Broken Bay Diocese.

Students with an ATAR that placed them in the top three from their school attended the ceremony, along with their parents. Each student was recognised individually with a certificate.

Oliver Horne, who graduated from St Leo's Catholic College in Wahroonga last year, said that he had been careful not to burn out at the beginning, but rather set achievable goals.

"A lot of people go in confident and think 'I can absolutely destroy this', but you've got to be realistic about it or you won't get anywhere," he said.

Ivana Ilievski, who was at Mercy Catholic College in Chatswood,

said she wanted to make a positive difference and that her advice to students taking the HSC this year was to really try and be disciplined.

"Always do your best and you can't ask for more than that," she said.

Greg Miller, the Diocese of Broken Bay Secondary Schools Consultant, who hosted the evening, said that the ceremony recognised effort as well as achievement.

"It was a wonderful occasion," he said.

Mr Peter Hamill, Director of Schools for the Broken Bay Diocese, said that the awards recognised the HSC as the end result of thirteen years of education, not just the final college years.

"It is with pride that I

note the majority of award recipients completed their primary schooling in Catholic schools within our Diocese," he said.



CATHOLIC SCHOOLS WEEK 6-12 MARCH 2016

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Contact your local school for Open Day details or visit csodbb.catholic.edu.au

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Students attend United Nations conference

NORTHSIDE MONTESSORI SCHOOL at Pymble are sending students to attend the United Nations conference being held this month in New York. Along with Northside Montessori students, the contingent of Australian students come from Forestville, Inner Sydney, and Canberra Montessori schools and have crowdfunded their participation in the Model United Nations conference.

Year 6 students from Northside, Elliot DeMarco and Siena Farquhar, have been researching international politics, law and business related to gun control and cyber-security in preparation for the United Nations simulation.

"I have a lot more knowledge on world issues like cyber security and small arms trade. It has improved my research skills and how to write formal papers," Elliot said.

"Elliot and Siena are more conscious that they are citizens of the world," says their teacher Margaret Kroeger.

"They are becoming aware of the strengths and issues in other countries and focussing on how to solve them through consensus building, conflict resolution and cooperation."

The Montessori Model United Nations differs from the traditional model United Nations program as it focuses on assisting delegates to find common ground and create one consensus based resolution rather than competing for awards or prizes.

"This conference encourages our students to



collaborate and negotiate rather than debate," says Northside Montessori School Principal, Barbara Maxfield.

"Students find their voice and take action to solve global issues that affect the world we share and foster leadership skills that will last a lifetime."

For those who wish to assist in their crowdfunding efforts, or to go to the United Nation conference in New York please go to the [ipldg](http://ipldg.com) website link.

ipldg.com/campaigns/help-kids-get-to-montessori-model-united-nations-conference



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TUESDAY 8TH MARCH FROM 9:00AM – 11:00AM

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Roseville College offer Cambridge Program

ROSEVILLE COLLEGE HAS recently introduced the highly distinguished Cambridge academic programs Physical Science and Global Perspectives. A part of the global Cambridge courses Years 9 and 10 will now have the opportunity to participate in the world-class scientific scholarship.

Roseville's Senior Curriculum is already of a high level with the school being ranked among the top 30 in NSW for their performance in the High School Certificate. It is one of only three Sydney schools to be approved by the Cambridge International Examinations in 2015 and can now proudly lead the area, being the only school on the North Shore to offer the program.

Ms Deborah Magill, director of Learning at Roseville College recognises the benefits this program will provide to the girls, developing their knowledge of science, technology, engineering and mathematics.

The globally recognised qualifications will increase the opportunities available to the particularly gifted and talented students where "Gaining an international outlook is increasingly vital for young people at this stage of their education," says Ms Magill.

Learning of such qualification will surely benefit University applications, study opportunities and employment applications. Ms Magill is also pleased with how the program will complement the rest of the school's well rounded and learner-centered curriculum.

The Year 9 students this year are the first to begin the syllabus and will carry through with it into the following year. This program should also prepare the more senior girls for the demands of the HSC and the rigorous study levels involved. The girls enrolled are excited to spend extra time extending their knowledge of traditional sciences and their significance in today's society.

The girls are also eager to be learning on such an international level, being able to complete these studies in a global classroom as they participate like many other students all over the world.



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.

COLLEGE NEWS

WELCOME BACK We warmly welcome everyone back for 2016, with an extra warm welcome to each new student and her family, especially our precious young Kindy girls. Have a great year!



WORLD-CLASS CAMBRIDGE COURSES

Roseville College becomes one of just three Sydney schools to offer the prestigious Cambridge courses, and the only one on Sydney's North Shore. The courses complement the School's rigorous curriculum in Years 9-10, enriching global learning and upskilling students in preparation for the HSC.



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A school within the Anglican Schools Corporation

Principal's Voice



Nicole Christensen,
Principal of Monte Sant' Angelo Mercy College



AT MONTE IT is our mission to build on Catherine McAuley's vision and provide the highest quality education of our times and ahead of our times.

That is why we embrace both the HSC (Higher School certificate) and the IB (International Baccalaureate) curriculums and are committed to providing choice and international education. We believe this dynamic and innovative Catholic education will equip young women for the futures they wish to create, as members of a global society.

We believe it is possible to create that unique place, where young women can find their sense of purpose, courage, and significance. We believe a choice of curricula, embedded with core Mercy values, enriches the learning culture. These values focus on Human Dignity, Social Justice, Service, Compassion and Option for the Poor.

For our Year 7 to 10 students, our aim is to provide the highest quality learning experience possible. To do this we have chosen to deliver the NSW Board of Studies curriculum to Years 7 to 10 through the framework of the Middle Years Programme International Baccalaureate.

We believe that students at this stage of mid-adolescence require

challenge, inquiry and increasing independence matched with high levels of support and guidance. The IB framework provides these benefits combined with social justice values and international mindedness.

Once our students have completed four years of this rich curriculum, we offer them a choice of academic pathways to complete their final years of schooling. They can choose either the HSC stream or the IB Diploma Program stream. Having a choice of academic pathways enables our students to match the best curriculum to support their individual learning needs and preferences to maximize their individual potential.

Both pathways lead to an ATAR and admission to university.

The academic results at Monte are evidence that providing a choice of HSC and IB for the senior years contributes to the overall success of the whole Monte cohort.

Students are encouraged to be independent thinkers, creative and innovative contributors to our society. Innovation is one of the wellsprings of human progress, the creative force in driving growth and solving problems.

We encourage students to let go of any limiting preconceived ideas they may have about their

own abilities and capabilities. We encourage them to see every challenge as an opportunity for creativity and to become more accepting of the challenges in their life.

At Monte we are educating young women to respond creatively to the world, with faith and the Catholic and Mercy values that we uphold. We believe it takes faith-filled creative responses to meet life's challenges and opportunities. Young women should never stop imagining what the world could be, as they are being educated to create just this world.

"A creative act enhances the beauty of the world; it gives something to the world, it never takes anything from it. A creative person comes into the world and enhances the beauty of the world. She leaves the world a better world, tremendously fulfilled because her life has been of intrinsic value." - Osho.

I invite you to experience for yourself the warmth of our Mercy community at our Open Day on Sunday March 13 from 9.30am to 1.30pm. I will be hosting an information session in our new Arts and Cultural Common at 11.00am and would welcome the opportunity to meet you there.



Sunday 13 MARCH
9.30am ▶ 1.30pm



MONTE OPEN DAY

Bring the family!

Discover how a Monte education can transform your daughter's future.

11.00am Information Session

hosted by Principal, Mrs Nicole Christensen

Monte Sant' Angelo Mercy College

128 Miller Street, North Sydney / 9409 6200 / www.monte.nsw.edu.au



Getting your health and wealth in order for 2016!

Peter Vickers

THE KU-RING-GAI CHAMBER OF COMMERCE, sponsored by and in partnership with Peter Vickers Business Group, hosts a series of seminars throughout the year which are designed to help businesses and individuals, covering a range of topics not limited to finance.

March illustrates the diversity of topics with two seminars and networking events planned, which could not be more different!

Seminar 1

The first is about the changing landscape of investment markets and how exchange traded and non-exchange traded funds are impacting the range of asset classes we as investors have access to. The session will review the Australian investor market, the changing needs of investors, the role of asset allocation at various stages of life and the pros and cons of historical investment management options.

The presentation will then provide an introduction to modern investment structures including Exchange Traded Funds (ETFs), Exchange Traded Products (ETPs), Unlisted Managed Funds (mFunds), Separately Managed Accounts (SMAs), and Individually Managed Accounts (IMAs).

The session will conclude with a panel session providing the opportunity for attendees to delve deeper into areas of particular interest with Matt Vickers, the Principal Adviser at Snowgum Financial Services and Ian Irvine, Head of Customer and Business Development, ASX Limited.

Seminar 2

The second seminar in March addresses Wellbeing for Woman. We are already in the third month of the year and by now many women will have forgotten that they ever made New Year Resolutions on 1st January!

The pace of life today leaves many women feeling lost in a haze, that life has become a whirlwind, and they rely on caffeine and sugar to get them through the day. This session will help women understand what "True Wellbeing" is and the small changes they can implement to help them to achieve emotional and physical wellbeing.

There have been declines in women's health at a global level and the impacting factors will be reviewed. You will learn how to listen to what their bodies need, which may be different to their peers. The presentation and discussion opportunity with Katie Walls from Gentle Rhythms Healing Clinic supports the understanding of how lifestyle choices are key to our state of health and sense of wellbeing and how, by making simple shifts in our day-to-day life, including the way we care for

and nurture ourselves, has a powerful and lasting impact on ourselves, our relationships and all around us.

"Wellbeing for Woman" also examines an issue that many women now face, sometimes called the "silent killer" or "sitting disease". Prolonged sitting has been linked by various studies around the world to cardiovascular disease, cancer, diabetes and not surprisingly obesity. However it is possible to exercise during the week and still be negatively affected by long periods of muscular inactivity.

Kerry Weston from Physiofit Lindfield will talk about how the moving body can cope in sedentary fixed environments such as "the office". Our environment has changed significantly but our bodies haven't. The growth in sedentary time, when there is muscular inactivity has a massive impact on our health and society as a whole. This session will introduce strategies and actions to help us cope with sitting at work.

Attending the Ku-ring-gai Chamber of Commerce seminars in March will help you sort out both your health and wealth in 2016.

For information about Ku-ring-gai Chamber of Commerce or how to book a place at the seminar please call Jacqui Ossher on 9496 2300 or email her at jacqueline@kuringgaichamber.com.au

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Wondrous Webers Circus

Hope William-Smith

THE BIG TOP traditions are alive and well on the North Shore. Adults and children alike are coming from far and near to immerse themselves in the traditional yet thrilling excitement of circus art.

Australia's favourite travelling circus is a definite family affair. Natalie and Rudy Weber, both owners and coordinators, themselves are part of a three-generation circus family. Undoubtedly, they've inherited a few clever tricks of the trade and a flair for producing genuine entertainment. Founded almost ten years ago, Webers Circus breathers new life into the long lost circus tradition.

For yet another year, the enchantment of this famous circus has been brought within a stone's throw of the North Shore. Inhabiting their familiar red and white Big Tent, the circus has been touring the state with their Wild West themed show since January.

With show ponies, grazing horses, and more than 15 cast members practising everything from trapeze to gymnastics and juggling tricks, the various venues are being transformed into a hive of zealous activity.

Awaiting the show's commencement the atmosphere is a palpable bubble of nerves and excitement. A bevy of adults and children eagerly stock up on light sticks, balloons, bubble machines, popcorn, and candy before taking their seats. But it's not long before the audience is whisked up in an exhilarating performance that neatly blends the more traditional circus elements - think hula hoops and clowns - with the fearsome Wheel of Death and other wild acts.

The circular setup of the small stage brings performances to life, cleverly encouraging audience involvement. Many stand to participate in crowd

waves, clown acts, and pushing a three metre-wide beach ball that made even the most unlikely circus goers smile.

Webers accepts children under two for free, however the show still managed to hold a strong adult appeal. Elements of danger emanating from some of the circus' most intricate acts were definite highlights.

Even if circus acts aren't your thing altogether, the vibrant dancing and colourful costumes alone are enough to immerse yourself in the extravagant jamboree!

March 25-April 3 Webers Circus sets up camp at Galtson rd, Hornsby Rofe Park, NSW

weberscircus.com



Guide to Sydney Comedy Festival

SYDNEY'S FAVOURITE COMEDY

festival is back for another round of laughs. From April to May, the world's finest comedians will be taking to stages across the city in a bid to satisfy Sydney's rampant appetite for comedy. As one of Sydney's fastest growing cultural events, 2016 is said to offer a bigger, better and more diverse program than ever before.

sydneycomedyfest.com.au

Dave Hughes

A supposed hour spent in the company of funny man Dave Hughes has one of the highest laugh rates per minute to be ever experienced at a stand up comedy show. With stats like that Hughesy, as he's fondly referred to by the Australian public, has fast become one of the most beloved comics around.

Live at the Enmore Theatre April 29.

Akmal Saleh

Fresh out of the jungle, he recently starred in 'I'm A Celebrity... Get Me Out Of Here!' Akmal returns to the comedy scene with his uncensored take on religion and modern day life.

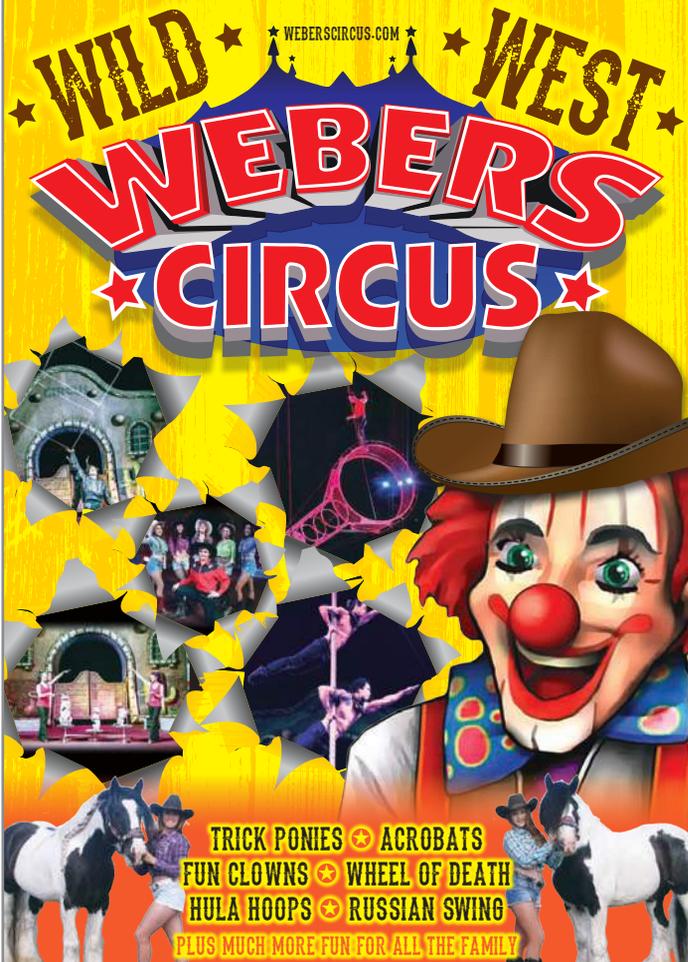
Live at the Enmore Theatre April 28 & 29.

Tom Gleeson

This is a comedy name that needs no introduction. Even his show is aptly titled 'Tom Gleeson'. As one of the most in-demand comedians on the Australian comedy scene this is arguably the festival's hottest ticket.

Live at the Enmore Theatre April 30.





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HULA HOOPS ✪ RUSSIAN SWING
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VIP ring side	
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Ring side	
Child	\$22
Adult	\$32
A reserve	
Child	\$18
Adult	\$28
B reserve	
Child	\$15
Adult	\$25

Show times		
Fri	25th Mar	3pm
Sat	26th Mar	3pm & 7pm
Sun	27th Mar	2pm
Mon	28th Mar	11am
Thurs	31st Mar	7pm
Fri	1st Apr	7pm
Sat	2nd Apr	3pm & 7pm
Sun	3rd Apr	11am

Coming to Manly 8th April to 1st May

Chatting with Jane

Stephanie Stefanovic chats with Jane Meakins, Arts and Cultural Coordinator of Ku-ring-gai Art Centre. Jane talks life, art and the North Shore.

What's a regular day in your life like?

"Usually I get up early, then hit the gym or go for a walk. I go to work at the Art Centre by 8 or 8.30, where I'm the Arts and Cultural Coordinator. Here I'm in charge of classes, events and exhibitions. After work, I'll go home and catch up with my partner or hang out with friends."



What's the best part of your work day?

"I really enjoy interacting with the staff and students, and working in a bubbly place full of artistic and creative people."



How did you come to work in art?

"I've always been passionate about the arts. In school I was interested in theatre and music, as well as visual arts, so I wanted to study art after school. At university I completed a Bachelor of Creative Arts, and then later moved into the community art scene, which inspired me to do a Master of Arts Management."

What do you think of the art scene in Sydney?

"Sydney has a great art scene. I really like the small bars in Newtown and Surry Hills for music gigs. And there are great galleries in Surry Hills and Paddington."

Best place to eat on the North Shore?

"I love a lot of the restaurants in Crows Nest – they do beautiful Italian and Thai food. The area is also a night hub, which is good for young people who want to go out and make a night of it, and listen to some music gigs."

Best place for a coffee?

"I'm definitely a big coffee drinker. I really like getting my coffee from Chatswood Chase, as well as little local places like Hill St Beans in Roseville. They do a great roast."

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

"One place I really like to visit is Roseville Park. It's a good place to go for a walk or even just relax on your lunch break and watch the dogs run around the dog park. There's also a nice French restaurant in the middle of the park, which is good for special occasions, or just going to lunch."



Damien Leith: tribute to an idol

Hope William-Smith

DAMIEN LEITH ROSE to sudden fame after winning the fourth season of Australian Idol with a sincere and powerful rendition of Ben Harper's classic, 'Waiting on an Angel'. Now, almost a decade on, Leith is touring the country with a tribute show to American country and rockabilly star Roy Orbison. Titled 'Roy – A Tribute to Roy Orbison', it is a reprisal of the Irish-born musician's 2011 show that earned him an ARIA.

With a diverse ability across a range of music styles, Leith has a strong affinity with the unique and signature style of Roy Orbison's music, even recording the tribute with the late Barbara Orbison.

"It was incredible to have her support and confidence in me, especially in interpreting Roy's songs and giving them my own stamp... I'm paying tribute in my own way to these great songs."

For many artists, the chance to perform a tribute act of a lifelong idol is an honour. For Leith, approaching a performance of Orbison's music is an exciting and entirely different concept from presenting his own music on stage.

"Roy had a unique style and incredible voice. He is dramatic, sometimes melancholy, sometimes lifted... He just had a totally unique way of structuring songs," says Leith, who used to practice his singing skills to Orbison's classics as a child.

"We have a different tone and a different sound, but for loyal fans of his music I'm staying very true to his sounds."

Coinciding with what would have been Orbison's 80th birthday, audiences

of the 2016 rerun can expect an even larger and more spectacular show than its predecessor. Leith aims to build an atmosphere where people of all ages can sing along in a celebration of

"I'm a big believer of moving forwards and focusing on things you really want to achieve. It keeps me motivated and focused."



Orbison's musical life.

"There is such a broad audience here, including a whole younger generation, and that can appeal to so many different people. Australians really sit and listen to each and every note."

After the opportunities gained from his idol success, Leith is looking forward to his next chapter of work, in which he aims to move into a teaching role within the production arena.

"My studio here in Sydney has really opened up and seems to be getting more and more interest, I'm producing a lot of new and up and coming acts."

In addition to his numerous television presenting and performing roles, Damien is also the author of the contemporary fiction suspense novel, *One More Time*. The only downside to his widespread success is the time away from home. But for Damien, missing his family in Dublin has become a strong motivator for achieving recognition on an international scale.

"I always set goals, I have planned right through until the middle of next year. I'm a big believer of moving forwards and focusing on things you really want to achieve. It keeps me motivated and focused." ○

Damien Leith's award-winning show 'Roy – A Tribute to Roy Orbison' airs at The Concourse, Chatswood April 22.

theconcourse.com.au

damienleith.com.au

Renovate or relocate?

Stephanie Stefanovic

IT'S CERTAINLY NOT uncommon to hear of retirees selling their homes and moving into condos or retirement villages. In fact, it's often expected. After all, more space means more upkeep, which can seem like unnecessary hassle if the space is going unused. However, there are plenty of people who are attached to their family home, and have no desire to give it up.

On one hand, relocating can mean the opportunity to finally move to that sleepy coastal town you've always loved, where the air is clean and the people are friendly. However, there's no doubt that this is a big endeavour. Selling your home (and hopefully getting a good price), transporting all of your possessions, and leaving precious memories behind are some of the things you'll be dealing with if you relocate. It's tough on everyone, but seniors can be especially affected if they've been living in one particular dwelling for the majority of their lives. Not to mention the complete exhaustion that often comes with moving!

For these reasons, there has been a growing trend towards 'aging in place'. Many of today's retirees are questioning the once-expected notion of relocation, and are instead choosing

to simply renovate their existing home in order to make it more accessible. In some ways, renovating offers the best of both worlds. It means you can stay in a familiar place (if that's your preference), yet also live in a space that fits your needs as you age. Things like installing slip-resistant flooring, improved lighting, handrails for the stairs and bathroom, and even downgrading your property to one storey are examples of the changes you could make. Whether you want to invest the money however, is up to you. Renovating can be a big expense, so you'll have to decide if it's worth it.

If you're the adventurous type, looking to start the next chapter of your life in your dream location, relocating sounds

like it's the option for you. But if you're more of a sentimental type who would like to keep friends and family close, renovating your existing home may be a better choice. Either way, these are your golden years – make the best of them! ○



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Seniors Health Corner

Hope William-Smith

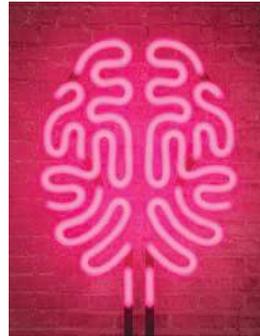
Fight against falls

Seniors can now trial a new home training program to improve walking reflexes, decision making and walking ability. Researchers from the University of Technology Sydney developed the clinically-based interactive video game to prevent falling in the elderly and help regain confidence after a fall. Research shows that decreased physical activity is responsible for a 60 per cent increase in fall risk. Using the new StepKinnection game, seniors can strengthen their lower limbs and practise their walking and reaction reflexes. StepKinnection involves simple stepping routines that increase in speed and complexity, teaching seniors to take small fast steps and react quickly to changes.



Social groups a boost for mental health

Retirees who participate in weekly social group activities are more likely to remain mentally alert. Researchers say that retirement planning should now include strategies to retain social interests or create new or additional ones. For those who retire and were members of two social groups while still working, the risk of mental health decline and death over the next six years is two percent if they maintained both group memberships, five percent if they remain one group membership and 12 percent if they are not part of a social group.



Nutrition tips

Nutrition Australia is promoting 'eat well to age well' by reminding seniors that it is important to continue a healthy lifestyle into older age. A decreasing appetite or reduced ability to prepare food can mean that many older Australians are not eating enough essential vitamins, minerals and fibres. This can often lead to, or exacerbate chronic illness. Nutrition Australia recommends that seniors limit salt intake as well as drinking water at least six times per day and avoiding high fat foods, chocolate and alcohol. Benefits of taking these nutrition tips on board include better bone health, good pain management for arthritis sufferers, lowering the risk of constipation and maintaining healthy teeth and gums.





For Sale

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Better Hearing

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A REPORT FROM the World Health Organisation (WHO) has urged medical practitioners, health insurance companies, governments and hearing healthcare professionals to take more preventative action with hearing health care. WHO suggests it be mandatory to introduce hearing screening for all over 55 years of age as hearing conditions are linked to many other issues; communication difficulties, job challenges, social isolation and often associated with diseases such as obesity, diabetes and Alzheimer's.

"With one in six Australians suffering hearing loss the cost of doing nothing is rising not only for the population as a whole but also for individuals and their family. Initially it is a bother missing those few words, then it becomes socially isolating.

"The likelihood of developing dementia and depression increases with the severity of hearing loss and symptoms have been proven to reduce up to 50 per cent when hearing aids

are used," says John Magee, director of the family practice AUDIOHEALTH.

"I urge people who suspect they may have hearing loss to take advantage of our free hearing checks or come along to our 'Lunch and Learn' session on the March 17. You'll have the opportunity to gain independent advice from expert presenter Doctor Brooke Golden-Hanby Au.D. who has a doctorate in Audiology and is involved in the latest cutting edge hearing device technology."

Obtaining assistance with amplification has tremendous benefits not least of all strengthening the neural pathways to the brain. The brain is very plastic and has the ability to relearn. Seeking assistance sooner rather than later can slow many of the detrimental mental and physical effects of neglecting hearing loss and may even reverse them.

With the advent of the tiny computerised 'invisible' hearing



devices the main barrier to seeking assistance is no longer there. People can now feel confident that their hearing device is their own business whilst enjoying all the benefits of hearing better, communicating more effectively and engaging in conversation. There is nothing to lose but your hearing loss!

Contact AUDIOHEALTH on 9418 1622 for a Free Hearing Check or to make a booking for the free 'Lunch and Learn' Session at the clinic in The Gordon Village Arcade, 767 Pacific Highway GORDON. Places are limited so make a booking today.

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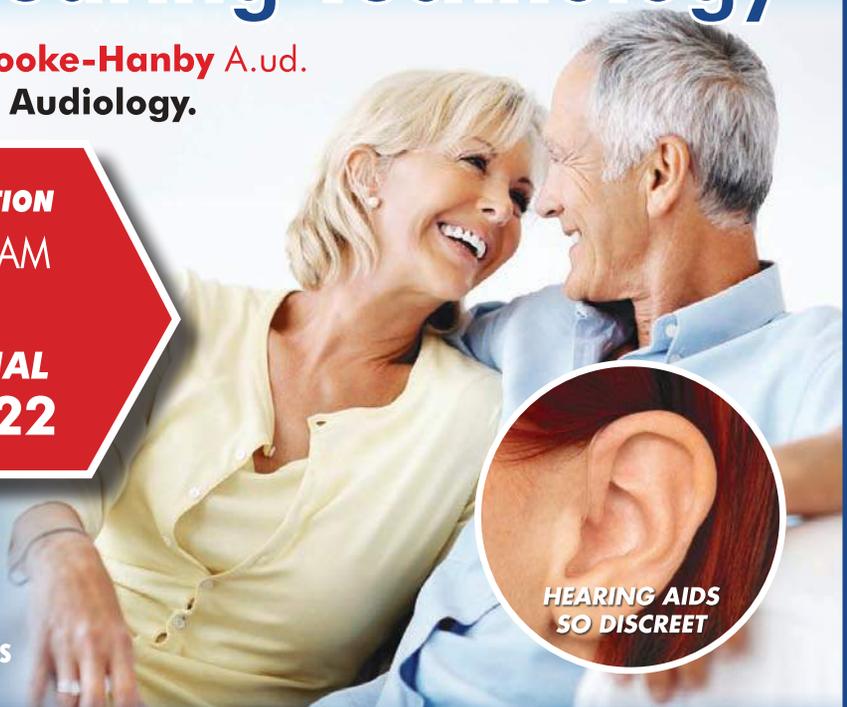
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Brilliant Heat, Beautiful to Watch.

What's on : seniors

March 3: Morning Tea, concert and Mayoral Awards

9.45am – 11.30pm

Cost: Free event

A signature event to kick off the Ku-ring-gai Seniors' Festival.

Where: Turramurra Uniting Church, 10 Turramurra Avenue, Turramurra

Contact: (02) 9424 0836

March 7: Free Movie Event

10.30am

Cost: Free event

'The Lady in the Van' tells the true story about a man who forms an unexpected bond with a transient elderly woman living in a van parked in his driveway in London.

Where: Event Cinema, Macquarie Centre

Contact: (02) 9424 0836

March 17: Driver Workshop for residents 85+

9am – 2.30pm

Cost: Free event

A workshop designed to provide an interactive, educational training program for senior drivers who will be required to take their driving test this year.

Where: Ku-ring-gai Council Chambers

Contact: (02) 9424 0836

March 23: Seniors Seminar: dementia and ageing

10.30am-12pm

Cost: Free event

Learn more about the processes of the ageing brain and how it affects the way we move, think and behave.

Where: Ku-ring-gai Council Chambers

Contact: (02) 9424 0836

April 1-7: Young at Heart Film Festival

10.00am – 6.00pm

Cost: From \$7 (\$6 for Palace Movie Club members)

Young at Heart is a film festival dedicated to seniors, their friends and their relatives.

Where: Palace Verona, 17 Oxford St, Paddington

Contact: (02) 9360 6099

April 4: T.E.A.C.H. (Teaching Elderly Adults wanting Computer Help)

4.00pm – 5.30pm

Cost: Free event

Offering seniors the opportunity to work with some young people to help with your computer issues. If you have specific questions or just need some basics regarding the workings of your tablet/iPad/iPhone.

Where: AWOL Youth Hub, Next to Gordon Library

Contact: (02) 9424 0836

April 5-6: NSW Seniors Festival Expo

9.00am – 4.30pm

Cost: Free event

This year will be bigger and better than ever with an outdoor stage hosted by Gretel Killeen, workshops, prizes and give-aways.

Where: Allphones Arena, Sydney Olympic Park

Contact: (02) 8753 9408

April 5-6: Premier's Gala Concerts

11.00am & 2.15pm

Cost: Free event

A popular event for seniors, produced by the NSW Government. This year's theme is Puttin' on the Ritz.

Where: Allphones Arena, Sydney Olympic Park

Contact: 1300 130 613

April 8: Comedy Debate

11.00am – 12.30pm

Cost: Free event

Join six comedians and media personalities for a fun morning as they debate if Youth is wasted on the young.

Where: 483 George St, Sydney

Contact: moshtix.com

READY TO SELL

Sabrina Muysken

IF YOU ARE considering selling your home it is crucial not to underestimate the significant value of a quality first impression. Even though the potential buyers are not (in most cases) going to be purchasing your furniture and décor along with the property, displaying a presentable home is paramount to the successful sale of a house. After all, you are not simply selling a pile of bricks or a building structure but rather a lifestyle and potential idea that a new family hopefully identifies with. Before you list your property on the market be sure to mark off the following checklist!

Do a pre-inspection

Ask an unbiased friend or hire a professional to complete a careful inspection of your entire house, inside and out. Quite often sellers are notified of hidden faults during the selling process, which is not only an unpleasant speed-bump on the road to sale but can also deter buyers altogether. Remember: despite being a major inconvenience financially it is far better to address the issue prior to sale rather being hit with last-minute emergency service costs.

- Inspect your walls, floors and roof for any water damage or potential leakage areas.
- Ensure your plumbing is running smoothly.
- Consider fixing any minor or major faults you are already aware of.

Clean, declutter & simplify

Over the years families collect a lot of different things, which take stockpile in the home. Some of it valuable, most of it not. Although you don't want your house to become so scarce it loses its family-friendly feel, it is important to eliminate all the unnecessary items out of your home and your life. Doing this will not only present a fresher home at inspections but it will also prepare you for your future move.

- Remove any items you haven't used over the past 18 months unless a keepsake or a valuable. Rather than discarding these items try to donate them to a local charity group.
- Start packing away all those ornaments, artworks and bulky pieces of furniture. Although you might want them when styling your next home, for now minimalism is key.
- Consider hiring a cleaner to do a thorough pre-sale clean. If you'd rather do it yourself be sure not to miss a beat – this means windows, blinds, toilets, inside cupboards and all those hard to reach places must be sparkling.



YOUR CHILD'S PRIMARY TEETH



Dr Ian Sweeney

A CHILD'S FIRST teeth are just as important as their permanent teeth. Untreated dental infection in a baby tooth has the potential to hospitalise a child with acute infection or facial swelling.

A child's first teeth are not only beautiful and white (due to the enamel being less translucent than a permanent tooth), they are essential for a child to speak, chew and help maintain space for the permanent teeth to erupt.

Premature loss of a baby tooth may have a dramatic result on the eruption pattern of the permanent teeth. Many primary teeth should remain until the age of 10 or 11 years. Early loss of these teeth will create severe crowding resulting in extensive and expensive orthodontics.

HOW TO AVOID PROBLEMS

FLOSSING between your child's primary teeth is one of the best preventive measures to avoid dental decay. Should a tooth be lost prematurely, the use of a space maintainer may be required to help maintain the available space. Space maintainers are small metal devices that are cemented onto the adjacent teeth, to stop any tooth movement until the permanent tooth begins to erupt.

Making brushing a fun experience and part of the normal evening routine will be beneficial in the long run. A child will learn that the last thing to happen before bedtime is to brush their teeth. Parental modelling is important as the toddler will see and learn that mum and dad brush as well.

DIETARY GUIDELINES

Reduce snacking. Constant snacking means teeth are in a permanent acid bath which will cause decay. Having a break between meals will allow saliva to normalise the pH.

Skip "gummy" treats (fruit snacks, fruit roll-ups) which stick to the teeth, exposing them to acid attack for longer.

After eating a sugary snack or drinking a juice or fizzy drinks, rinse with water prior to brushing.

GENERAL ORAL CARE GUIDELINES

A child's first dental visit should occur prior to their first birthday for an assessment of cavity risk and for advice on dental hygiene.

Children less than two require gentle brushing with a soft child size brush without toothpaste.

At two, start to use a small smear of low fluoride toothpaste (Colgate Junior or Macleans 'Milk Teeth').

Ingesting excessive amounts of fluoride may cause discolouration of developing permanent teeth.

Encourage children to 'spit and rinse'.

Brush pre-schoolers' teeth for them using a smear of low fluoride toothpaste. They are not in a position to effectively brush their teeth until approximately 8 to 10 years of age. Flossing twice daily should occur as soon as adjacent teeth contact each other. Tooth brushing alone is not enough.

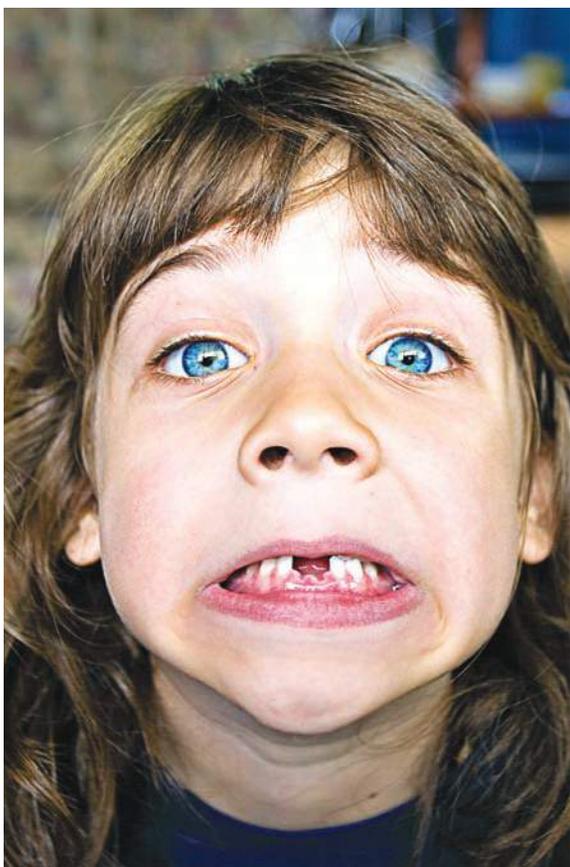
CHILDREN AT RISK OF DENTAL DECAY

As soon as teeth erupt into the mouth the risk of decay may occur, even before the age of one! There are three groups of children at risk:

- 1. Baby bottle decay:** Prolonged use of a night time bottle (or sippy cup) containing anything other than water will place a child at risk.
- 2. Sweetened dummy caries:** Dummies dipped in sweet substances to be used as pacifiers.
- 3. Nursing decay:** Particularly prevalent in children who breast feed beyond twelve months of age, or in older toddlers who sleep with their mothers, nursing frequently though the night.

Cavity causing bacteria may be passed on to your child by sharing utensils or "cleaning" a pacifier in your mouth.

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



Health Corner

Rima Martens

Chat to Yourself

Research shows you might not be (quite) as insane as you think! A study done by Gary Lupyan, a cognitive psychologist at the University of Wisconsin-Madison has found that those who talk to themselves actually reap a whole range of psychological benefits. The volunteers of the experiment were given a range of tasks to test their abilities such as a virtual shopping task. It was found that those who practised speaking out loud were better at organising their thoughts, remembering what items they were supposed to buy, quicker at moving between tasks and more efficient at achieving their goals. So move over silent thinkers, the chatterboxes aren't so crazy after all!



Super Guava Fruit

A super food is a nutrient-rich food typically dense in vitamins and anti-oxidants, special for its particular benefits for health and wellbeing. You may have seen or tried a recipe that incorporates popular super foods like acai or kale into smoothies and salads. Guava fruit is quickly gaining a name for itself as a super food. The fruit contains large amounts of lycopene which is an anti-oxidant known for its acute ability to prevent cancer. This fruit also has incredibly high levels of Vitamin C- roughly 350% of your daily amount. This could be a serious challenge to the assault of a winter Flu!



Pound the Drumsticks

Pound is a new trend in fitness, an activity where men and women use special weighted drumsticks called 'RipStix' and follow a class similar to pilates or zumba. It's featured in lifestyle and fashion magazines such as *Elle* and *In Style* and has been endorsed by Oprah herself. It is supposed to be an energetic and fun activity with "constant simulated drumming" to fast paced hip hop and rock songs. Classes are typically around half an hour long and focus on agility, coordination and strength, whilst also being very cardio based. It's slowly becoming more popular as a class run by gym companies and it's likely that if it's not already at your local exercise hub it may be very soon.



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Stress management

Liz Kraefft



WE ALL ENCOUNTER stress during different stages of our lives and to varying degrees. As we begin to feel the discomfort of stress manifesting into anxiety, depression, fear and illness we must remember we can take steps to de-stress to ensure we do not form the patterns that create disease "dis-ease".

When we feel out of balance and uneasy within ourselves our health begins to suffer. It is now clear that illness and stress are linked and if we live our lives in a constant state of anxiety and fear then something has to give.

The levels of your stress will indeed present a variety of symptoms which may include:

Physical Symptoms

- Tension headaches, general aches and pains, tense muscles.
- Digestive system imbalance, upset stomach, diarrhea, constipation and nausea.
- Low energy levels, lethargy, insomnia and restless sleep patterns.
- Rapid heart rate and even chest pains.. the familiar panic attack! Blood pressure elevates.
- The immune system suffers and we often experience colds and infections.

Emotional Symptoms

- Frustration, mood swings, feeling a sense of being totally overwhelmed and out of control.
- Feeling worthless.
- A sense of being alone and lonely.
- Avoiding contact with others, feeling the world close in around you.

Today, we have more awareness of the debilitating, and often life threatening effects of stress leading to illness and disease. It is a huge topic for further discussions as our society continues to place so much emphasis on performance, productivity, achievement and commercialism.

How can we keep balanced in this busy life? What are the solutions to this stress epidemic?

Firstly identify that you are in a state of un-ease and act before the un-ease turns to dis-ease.

There are meditative effects of going for a long run or walk. The focus on the breath, the one step in front of the other and the present moment concentration is a mindfulness technique that can be useful.

A workout at the gym, a dance class or yoga class, in fact any physical activity that requires some concentrated effort can take you away from the worry or stress of you life.

The Yogic Breathing, simply called the conscious breath, is a technique that encourages a focus of the breath coming and going as you breath in and out. Watch the breath as if you are outside the body. Counting the breath in and counting the breath out is very useful and is used as a meditation technique.

Explore your potential to become stress free; it is our natural state of being. To be at ease, calm and peaceful is what we all deserve. ○

Liz Kraefft is a yoga teacher and founder of Ku-ring-gai Yoga, Pymble.
kuringgaiyoga.com.au

Vegan truths

Rima Martens

VEGANISM IS A lifestyle based on the absence of consuming or using any animal products, including meat, dairy, eggs and honey. Despite being traditionally viewed as an 'alternative' lifestyle it has fast gained societal recognition.

In part this is due to promotion from celebrities A-Z alike, from Beyoncé Knowles to Pamela Anderson. Such popularisation has sparked the rapid growth of meat alternative and dairy free products, which line our supermarket shelves. Even Ben and Jerry's Ice Cream recently released four new flavours suitable for vegans.

Veganism is a movement that bases itself on respecting animal rights, lessening human environmental impact, and improving one's own health. It's no secret that slaughterhouses resemble horror scenes and factory farm methods all too often result in animal cruelty. While our exponentially increasing

population continues to threaten the environment, simply incorporating more vegetarian or vegan meals into your diet can help make a difference.

The United Nations reports that vegan diets feed many more people than those that are animal derived. Projections have even estimated that the 1992 food supply could have fed about 6.3 billion people on a purely vegetarian diet when the population at that time was only 5.5 billion.

For some, a completely vegan diet does seem quite restrictive and not a viable lifestyle for what they enjoy. However, it does raise awareness and a level of consciousness about how current and significant global issues can be addressed with a shift in everyday choices.



The Facts:

- The Medical Journal of Australia has proven that a varied and well balanced plant-based diet does not result in any deficiencies in protein or iron.
- The American Dietetics Association stated that the vegan diet "may provide health benefits in the prevention and treatment of certain diseases", some of which include heart disease, stroke, cancer, obesity, and diabetes – Australia's top killers.

Hatha Yoga Classes

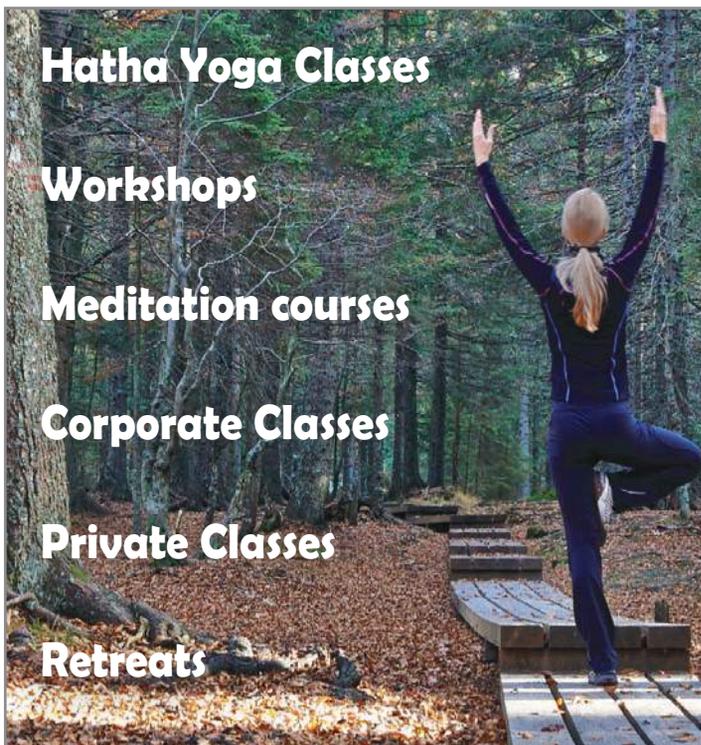
Workshops

Meditation courses

Corporate Classes

Private Classes

Retreats



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North Shore Dentistry

DENTAL IMPLANTS IS a term that is frequently used these days but many people are not quite sure what it means. Most often it evokes feelings of fear in people. This is probably because no one really knows what they are.

Implants are a titanium fixture that is placed in the jaw bone over which an artificial tooth is placed. It is a procedure used to replace one or many missing teeth.

These days the procedure is simple, fast and quite non-invasive, depending on how the procedure is carried out.

Most patients report that it is easier than having a filling done. Possibly because there is no vibration and the familiar drill sound that most people fear.

What used to be a lengthy, arduous procedure is now a quick, streamlined procedure that does not always involve swelling and bruising

afterwards.

Most implants can be performed guided, whereby 3D x-rays are taken to plan the surgery so that it is accurate, safe and fast.

3D x-rays have dramatically increased the success of implants. They have a good success rate if placed in healthy mouths, under strict infection control standards by a well trained, experienced dentist.

If you have a denture or missing teeth, or if you know someone who does, you will know how difficult it is to manage them. They tend to get food stuck in them when you eat. They can also be uncomfortable and make your food taste like plastic. Dentures can also become loose and be embarrassing in social situations by moving around when you speak or when you eat.

Thanks to implants, if you are born with missing adult teeth, have had them knocked out in an accident, or

have had a tooth removed you can have it replaced with an implant.

In a scenario where a single implant or a couple of implants are placed, most patients tend to require pain control for about 24 hours.

Implants are made from Titanium because it integrates with bone unlike any other material. Titanium was used in orthopaedic surgery for many years prior to its introduction in the mouth.

Once an implant is placed it needs at least 3 months for it to integrate with the jaw bone – a process called osseointegration. It is ideal to give it this amount of time prior to placing a crown or artificial tooth over the top of it.

Who is a good candidate for an implant? Anyone who is over 21 years of age, a non-smoker, has not had radiation to the head and neck, is not on any medication for osteoporosis and not chronically ill.



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Mature makeup

Stephanie Stefanovic

Eyes

To prevent eyeshadow creasing or cakiness, avoid shadows that are overly matte or shimmery. Instead, choose shadows with a satin or velvet finish.

Estée Lauder Pure Color Envy Eye Defining Shadow (Amber Intrigue)

\$45
esteelauder.com.au



Lashes and brows

Thinning lashes and brows can easily be enhanced with the use of a good volumising mascara and an eyebrow pencil or gel. Look for a product that contains vitamins C, E or A, as these ingredients will help nourish and strengthen the lashes and brows.

Napoleon Perdis Wand-er Brow

\$29
napoleonperdis.com

Elizabeth Arden Ceramide Lash Extending Treatment Mascara

\$48
Myer



Face

As the skin ages, it tends to become drier. This means that foundation can look cakey. To avoid this, go for a liquid foundation with a dewy finish.

Estée Lauder Futurist Age-Resisting Makeup Broad Spectrum SPF 15

\$72

esteelauder.com.au



Lips

Our lips often thin with age, so if you like the look of a full lip, swap bold colours for neutral tones. A moisturising lipstick paired with a matching lip liner will work magic to enhance your pout.

Inika Certified Organic Lip Liner Pencil (Nude Delight)

\$29

inika.com.au

Inika Vegan Lipstick (Naked Kiss)

\$39

inika.com.au



March Hotspots

Rima Martens



A Moveable Feast- Bondi Beach

Saturday March 12 will mark the first of a series of Sydney food and wine celebrations titled 'A Moveable Feast'. It is the latest venture of Antoine Bessis who was the event director of the successful Diner en Blanc Sydney dining experience. On the famous sands of Bondi Beach the 'Pastel Beach Chic Champagne Picnic' will be held as the event to farewell the last long nights and hot days of summer. The Picnic hamper is designed for two people with the menu created by Lauren Murdoch from an assortment of fine Sydney Restaurants with wines to match. Included in the night there will be live band performances and a DJ set to get you dancing into the late evening of this Riviera themed night.

amoveablefeastevents.com.au

Foreshore Festival- Coogee Pavilion

As a part of the March into Merivale celebrations that span from the last week of February and over the month of March, the Foreshore Festival will be held on Sunday 20. The Coogee Pavilion and Coogee Rooftop will craft together a wonderfully eccentric Carnival by the sand and sea. This event is run for the whole family with face-painting, balloon animals and plenty of other entertainment for the kids. Adults will be spoilt with a large range of drinks as well as the delicious food prepared by the venue and other Merivale group restaurants such as the popular El Loco and Mr Wong.

merivale.com.au



Taste of Sydney- Centennial Park

In the beautiful grounds of Centennial Park, the Taste of Sydney Festival will be held from March 10-13. Pitched as the World's Greatest Restaurant Festival, the event will consist of a tasting menu fashioned from the most popular and exciting Sydney restaurants. A wide array of culinary types will form a dining course made from a selection of over 60 bite-sized dishes. With opportunities to meet the Chefs, try incredibly delicious gourmet foods and learn some cooking techniques from superstar cooks, this festival is surely one not to be missed.

tasteofsydney.com.au



Spiced Apple Cider Muffins

Treat yourself to a cider spiced muffin, the original New England harvest treat with a crumbly streusel topping and a smooth, apple flavoured inside.



Preparation time: 25 mins

Cooking time: 15-25 mins

Serves: 12

INGREDIENTS

Streusel

4 tsp whole-wheat flour
2 tbsp brown sugar
1/2 tsp ground cinnamon
1 tbsp of butter
2 tbsp finely chopped walnuts

Muffins

1 cup whole-wheat flour
1 cup all-purpose flour
1/2 tsp baking soda
1/4 tsp salt
1 1/3 tsp baking powder
1 tbsp ground nutmeg
1 tbsp ground cinnamon
1 large egg
1/3 cup brown sugar
1/2 cup apple butter
1/3 cup maple syrup
1/3 cup apple cider
1/3 cup low-fat plain yoghurt
1/4 cup canola oil

METHOD

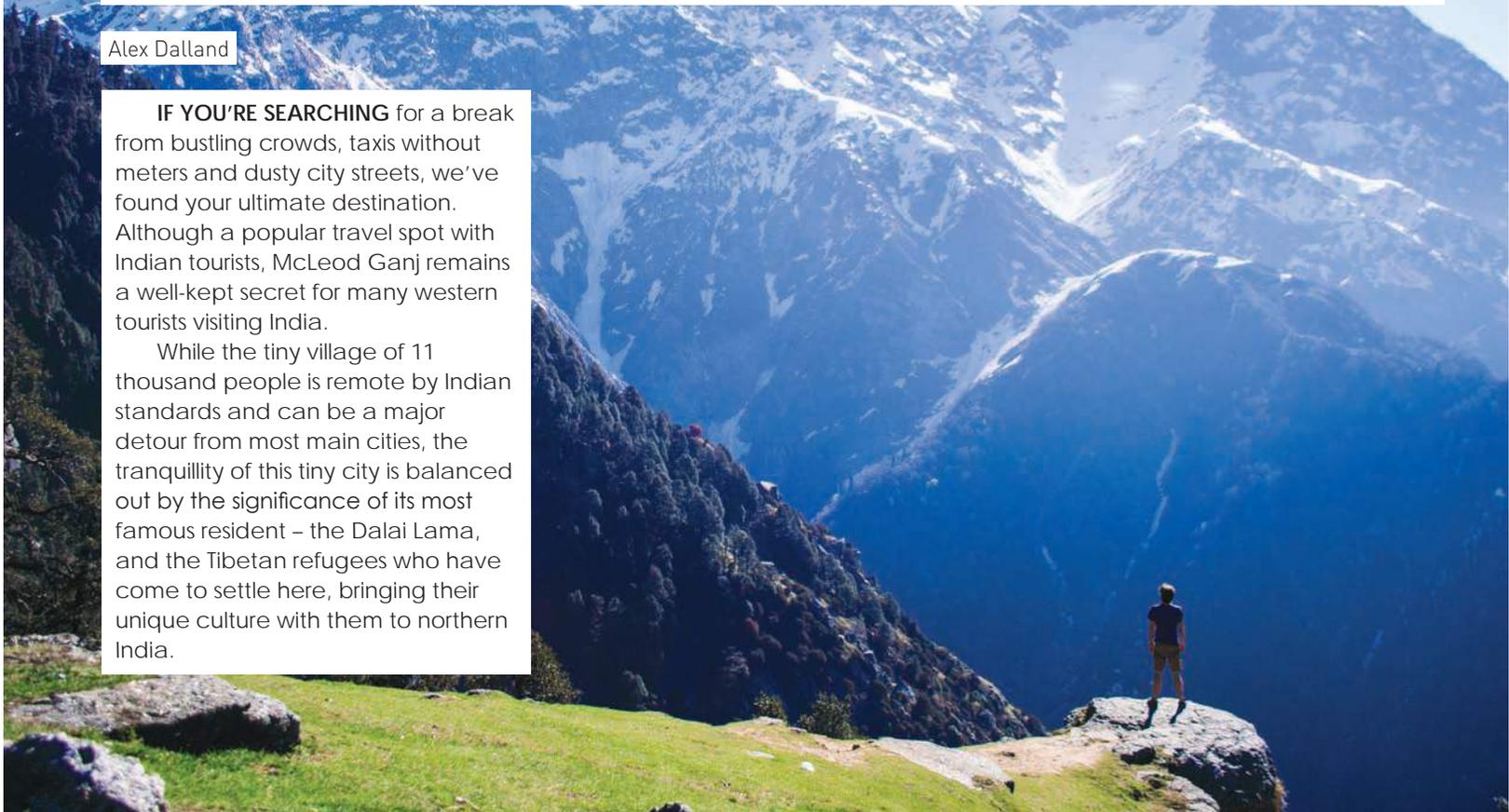
1. Preheat oven to 200°C and coat 12 muffin cases with cooking oil.
2. Prepare streusel by mixing brown sugar, whole-wheat flour and cinnamon in a small bowl. Cut butter into small cubes and combine mixture with hands until soft and crumbly, then add walnuts.
3. Prepare muffins by whisking whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl.
4. Whisk egg and brown sugar in small bowl until smooth. Then whisk in syrup, apple butter, cider, oil and yoghurt.
5. Make a well in the dry ingredients and add wet ingredients. Stir with a rubber spatula until combined.
6. Scoop batter into prepared tin and sprinkle with streusel mixture.
7. Bake muffins for 15-25 minutes until golden brown. Cool for 5 minutes before turning out onto a wire wrack. Serve warm or cold.

Making the most of McLeod Ganj

Alex Dalland

IF YOU'RE SEARCHING for a break from bustling crowds, taxis without meters and dusty city streets, we've found your ultimate destination. Although a popular travel spot with Indian tourists, McLeod Ganj remains a well-kept secret for many western tourists visiting India.

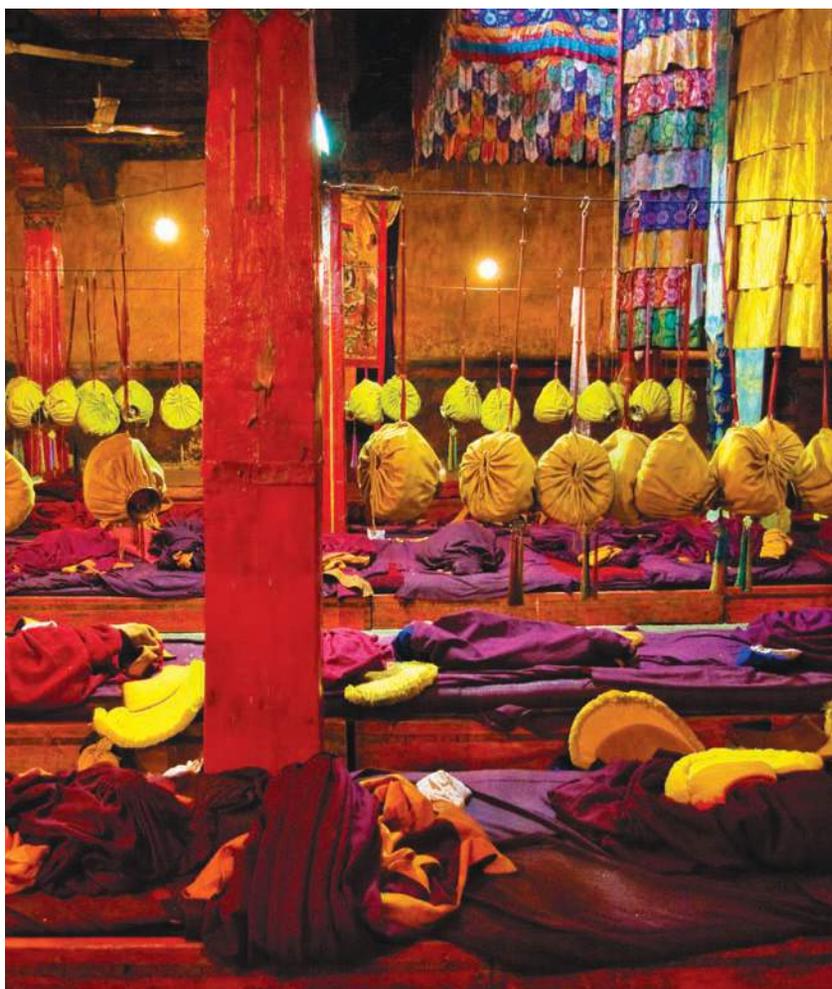
While the tiny village of 11 thousand people is remote by Indian standards and can be a major detour from most main cities, the tranquillity of this tiny city is balanced out by the significance of its most famous resident – the Dalai Lama, and the Tibetan refugees who have come to settle here, bringing their unique culture with them to northern India.



Buddhist sites

McLeod Ganj is a popular weekend getaway for Delhi and Punjabi residents looking to escape from the rush of the big cities. More recently, the village has also become a pilgrimage site for foreign tourists from all over the world because of the town's Tibetan refugee community and their cultural influence, most easily seen in the Buddhist temples.

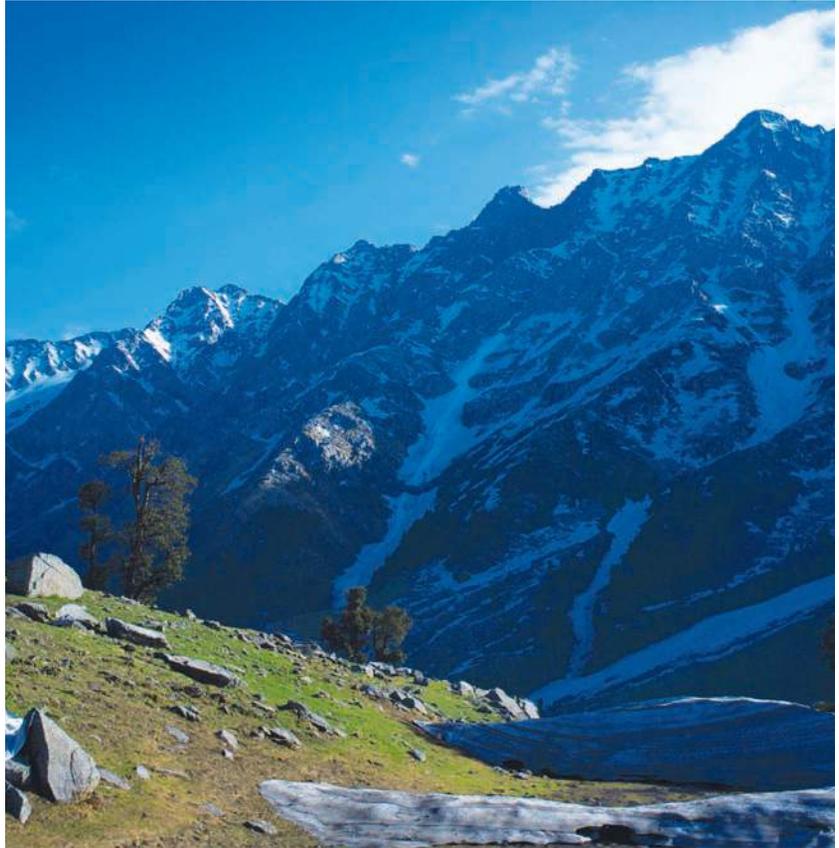
Tsuglagkhang, also known as the Dalai Lama's Temple, is one of the most famous Buddhist temples in the world and one of the main sights in McLeod Ganj. As well as being home to the Dalai Lama, the temple is known for its old yet modest style of architecture and its statues of the different manifestations of Buddha: Shakyamuni, Avalokiteshvara and Padmasambhava. Spinning the long line of prayer wheels inside the temple complex is an essential part of any visit.



Triund Hill

McLeod Ganj sits in the picturesque foothills of the lesser Himalayas, and a visit would not be complete without a hike through the wilderness that surrounds the town. The Triund Hill trail is one of the most popular hikes in the region, and can take anywhere between one full day or two days. The walk is ten kilometres from McLeod Ganj, and is a rocky trail that culminates in a steep one kilometre hike through forest before reaching the summit of the hill.

Lucky visitors in winter will be greeted by snow at the top, and the opportunity to stay the night in a lodge with advanced booking. For a shorter hike, Dal Lake is only three kilometres from McLeod Ganj via the village of Nadi, and is home to an old Hindu temple as well as the lake.



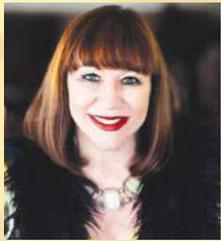
St. John in the Wilderness Church

Closer to town, St John in the Wilderness is a stand-out reminder of India's colonial past. One of the few British-built churches in the region, and one of the oldest in India, St John's was built in 1852 and is the resting place of the British Viceroy Lord Elgin, as well as many other British settlers buried in the old graveyard. The building's distinctly European Neo-Gothic architecture is in firm contrast with the church's Indian forest surrounding and is renowned for its Belgian stained glass windows. ○

McLeod Ganj can easily be reached from most major northern Indian cities. Travellers with time to spare can consider getting a train to the Punjabi town of Pathankot, then driving three hours through the foothills of the Himalayas for a thrilling yet photo-worthy experience. For those in a rush, flights run daily from Delhi to Dharamsala's Gaggal Airport, around 45 minutes drive from McLeod Ganj.



WORKING FOR SPIRIT



Kerrie Erwin

THROUGHOUT THE TRIALS and tribulations of my own life, loving spirit has always been there with me, holding my hand and teaching me and encouraging me to keep going with my special gifts as a psychic medium.

Scrying is the art of looking into a reflective surface, such as a mirror, crystal, water or a crystal ball. Many people believe, and the common misconception is, that crystal balls have magical powers. This is not the case as it is just a tool or doorway that enables the user to see images from their own super subconscious mind.

As I take my craft very seriously, my crystal ball, like many of my crystals I have collected over the years, is very personal and I always take great care in cleansing it after every reading by using white light and wrapping in a dark cloth so it is more attuned to my own energies. To give my crystal ball extra energy I always place it under a full moon, just to give it extra love, mystery and light.

*Love and blessings,
Kerrie Erwin
pureview.com.au*

READERS' QUESTIONS

Stargazer, May 1940

Should I travel to Israel in 2017?

Travel next year would be really good for you. You will have no problems, will be safe and where you are going and it will be a pleasant holiday for you, filled with happy and wonderful memories. I understand your worries as most of the world has been going through many changes. This is a year of change for you, so let go of things that no longer serve you.

Thank you so much for your insight. Israel 2017 here we come!

John, July 1988

Will I get the job?

You need to be patient with looking for work this year, as I see frustration and delays. You will reach your goal by April and I see travel coming up for you. Believe in your dreams even though it may take a while.

Thanks for the reading Kerrie.

FREQUENTLY ASKED QUESTIONS

1) How does the crystal ball work?

The crystal ball is a tool to provide service. It assists in drawing out the psychic energy and focus to provide a reading.

2) Do you need the crystal ball in order to provide a regular reading?

No, I am a natural medium but the crystal ball certainly harnesses focus, concentration and energy when providing a reading.

3) What do you see in the crystal ball?

What positive symbols I see I will convey to my client. This may be in the form of pictures, images, symbols and sometimes a movie sequence.

4) As a client why can't I see in the crystal ball?

If you were psychic you would be able to see and interpret the images but as a client you are benefiting from the reading.

5) Can a crystal ball be taught?

If you are psychic yes you can be taught, but not everybody has these gifts.

6) Does it go against religion to do this work?

I am sure in the dark ages it was like most things to do with the occult but this work gives people insight and empowers them to make the right choices for themselves like all spirituality for that matter. Anyone that condemns this type of work is simply coming from fear.

7) Are you ever scared working with occult powers?

No if I see things I don't like (such as death) I would never say anything, as this is not my place to create unnecessary fear or harm anyone in anyway. I can warn about accidents and give advice on emotional upsets I am able to see in the future but this is with great care. I am a light worker and professional medium and it is my duty to help people, from my highest potential.

8) If I receive a prediction I am uncertain of, is it set in stone?

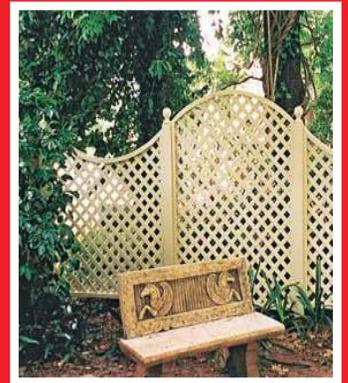
No. Your choices in life will determine your outcomes and the insight you are provided with in the reading will help you do this. I always say, if someone tells you something that does not feel right, always trust your own guidance, no matter who they claim to be.



THOMSONS

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MARCH



Spectrum Now Festival

Where: The Sydney Domain
Cost: Free
When: 01-16 March
Contact: spectrumnow.com.au

Sydney Mardi Gras Parade

Where: Oxford Street and Flinders Street, Darlinghurst
Cost: Free
When: 05 March
Contact: (02) 9383 0900 or mardigras.org.au



The Alliance Francaise French Film Festival

Where: Palace Cinemas, Paddington
Cost: Adult \$19.50, concession \$17
When: 01-20 March
Contact: affrenchfilmfestival.org

Round She Goes Fashion Market

Where: Marrickville Town Hall
Cost: Free
When: 12 March
Contact: roundshegoes.com.au

Sydney Family Show

Where: 122 Lang Road, Moore Park
Cost: Free
When: 19-28 March
Contact: (04) 0991 2343 or sydneyfamilyshow.com.au

Melanoma March

Where: Manly Beach
Cost: Adult \$40, child \$15, family \$80
When: 20 March
Contact: melanomamarch2016.gofundraise.com.au

The Stitches and Craft Show

Where: Rosehill Gardens Racecourse, Rosehill
Cost: \$18
When: 03-06 March
Contact: (02) 9452 7575 or craftandsew.com.au



Sydney Symphony in Parramatta Park

Where: Pitt Street, Parramatta
Cost: Free
When: 19 March
Contact: (02) 9895 7500 or ppt.nsw.gov.au

Australian Open of Surfing

Where: Manly Beach
Cost: Free
When: 27 February- 06 March
Contact: 02 9320 5000 or australianopenofsurfing.com



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Romeo and Juliet Performance
Where: Ku-ring-gai Wildflower Garden
Cost: \$49 Adults, \$44 Concessions.
When: 12 March 6pm -8pm. 13 March 6pm -8pm.
Contact: Les Currie on 9423 0354 or stivesevents@kmc.nsw.gov.au

Party in the Park
Where: Pittwater Park, Narrabeen.
Cost: \$85
When: 19 March 1pm- 10.30pm
Contact: partyinthepark.com.au

Sydney Harbour Regatta
Where: Lower Parriwi Road Mosman NSW 2088
Cost: Free
When: 5-6 March
Contact: (02) 9969 1244 or visit shr.mhyc.com.au

Bard On The Beach- Hamlet
Where: Dunbar Park, Avalon Beach
Cost: Free
When: 12-14 March
Contact: 0414 906 734 or info@bardonthebeach.net

St Ives Food and Wine Festival
Where: St Ives Village Green
Cost: Gold coin donation with proceeds going to charity.
When: 5 March 10am-4pm
Contact: Di Barnes on 0430789449 or visit stivesfoodandwine.com

Twilight Food Fair
Where: Civic Park, North Sydney
Cost: Free
When: 4 March, 11 March, 18 March
Contact: 9936 8272



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- * Paediatric Assessments
- * Sports Podiatry
- * Diabetic Assessments
- * Orthotics
- * Acupuncture
- * Nail Surgery / Ingrown Toenails

PHONE: 9144 6227

Jorian Blanch & Co With Richard Fischer



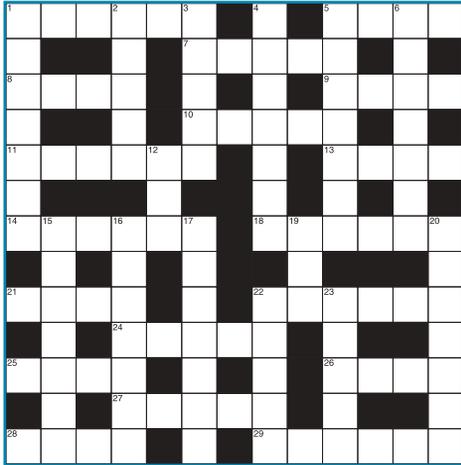
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Puzzles

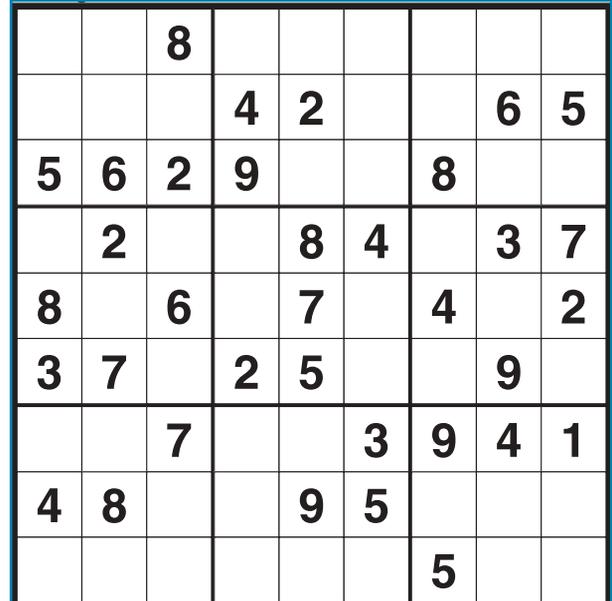


DOWN

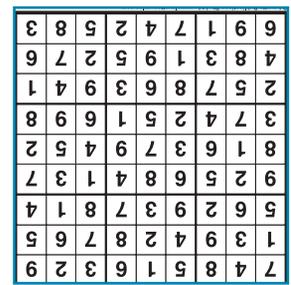
- 1. Fried noisily
- 2. Italian country house
- 3. Circles
- 4. Extremist
- 5. Tardy
- 6. Side of chair
- 12. Tin container
- 15. Guacamole ingredient
- 16. Partook of alcohol
- 17. Entrance
- 19. Gorilla or chimpanzee
- 20. Jockeys' seats
- 22. Sheer
- 23. Fasten (to)

ACROSS

- 1. Precious metal
- 5. Yacht
- 7. Public persona
- 8. Enthusiastic devotion
- 9. Citrus tree
- 10. Tropical fruit
- 11. Mauve flowers
- 13. Drew
- 14. Stupefying
- 18. Military students
- 21. Uterus
- 22. Made airtight
- 24. Awkward
- 25. Clothing
- 26. Fencing sword
- 27. Fill with joy
- 28. Baron's title
- 29. Sprites



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