

# Sydney **Observer**

APRIL 2013 - FREE

## Catherine Mack

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**FROM THE TEAM**

This month spirits have been high at the Sydney Observer. Not only have chocolate bunnies been flowing through the office, we have also been working on a new look for the magazine.

While experimenting with colour and over indulging in chocolate has been fun, we also found the time to touch on some more serious issues.

We take an in depth look at the latest MySchool data to determine how the North Shore's public and private schools fare against each other, and schools in other parts of Sydney (p. 16).

In preparation for the next set of school holidays we have also put together a survival guide for parents and kids, to ensure families make the most of their time off (p. 26).

So enjoy the holidays, enjoy the magazine and let us know what you think about our new look!



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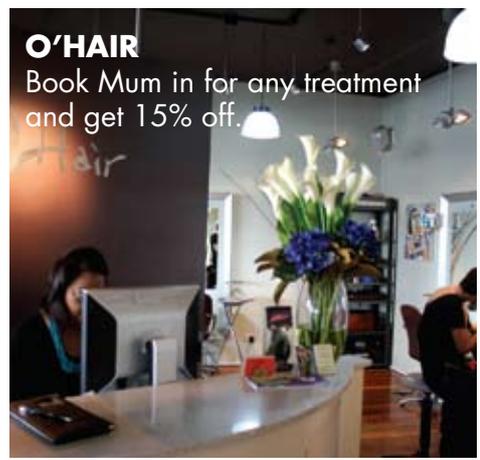
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# RIDE THE WAVE OF CHANGE

by Cr Elaine Malicki\*

**KU-RING-GAI IS GOING** through very exciting times and I want to share that with you.

Though we may not appreciate the units mushrooming along the Pacific Highway, the consequential developer contributions have resulted in new and refurbished parks and ovals.

We have a new state-of-the-art Council Depot to help us serve the residents better. This replaces a series of run-down sheds and garages that were almost primeval! West Pymble Pool is receiving a new \$13 million facelift with an indoor pool, gym and cafe.

Our neighbourhood centres are being upgraded with West Pymble Mall the most recent to be completed. Residents at the Comenarra and Gordon Summits praised

this modern new centre. While it has had its detractors, it was fascinating that at our Ward Summits the works at the mall were almost universally praised, with residents from other areas asking for similar improvements.

We have purchased the old SUN building at 828 Pacific Hwy Gordon for new council chambers. I have sat in council meetings with rainwater pouring into the room, and not too long ago the roof fell in during a storm causing massive damage. Dozens of staff were relocated for several months. It is definitely time to move into the 21st century with new chambers.

Whenever council develops a new park or building, or plans to sell or develop land, we consult widely with our community before a final decision is made.

People who complain after a decision is

made but do not get involved in the process continue to frustrate me. Notably has been Phillip Mall at West Pymble, where many consultations which I attended supported the shopkeepers' ideas for the changes.

While we appreciate constructive criticism, isn't it better to get involved when Council is planning, rather than complaining when a project is completed? Council has many options for people to become involved in decision making. We have a great new website where you can have your say, contact me on Facebook, subscribe to my Mayoral column, come to a council meeting or keep your eye out for many of our publications.

\*Cr Elaine Malicki is the Mayor of Ku-ring-gai. She is the Council's longest serving female councillor, having represented Comenarra Ward since 1991..

# REFLECTING ON ANZAC DAY



by Jonathan O'Dea

**ANZAC DAY PROVIDES** an opportunity for reflection. Its focus is on those brave men who stepped ashore on 25 April 1915 under a hail of gunfire to establish a foothold in Gallipoli. Over the years we have also come to remember those who fought in subsequent conflicts including World War 2, Vietnam and even Afghanistan.

Some paid the ultimate sacrifice in defence of the freedoms we enjoy today, never to see their homeland or loved ones again. However, many more returned to tell of their experiences. Some of their stories have been included in a new book called, *On the Front Line*, written by Michael Hambrook of Roseville. I will be laying copies of the book during this year's Anzac Ceremonies at the Roseville Memorial Club, Oxford Falls Peace Park, Glenaeon Retirement Village at Belrose, Forestville RSL Club and St John's Church, Gordon.

Lest we forget.

Jonathan O'Dea, Member for Davidson



**Jonathan O'Dea**  
Member for Davidson



## ANZAC DAY MESSAGE

Member for Davidson Jonathan O'Dea thanks those who have served our country and provides the following information on the **Roseville RSL Sub Branch's 80th ANZAC Day Service and Wreath Laying Ceremonies:**

**Sunday 21 April 3pm**  
**Roseville Memorial Club, Pacific Highway,**  
**&**  
**Thursday 25 April 5am**  
**Roseville Memorial Garden (adjacent to Club)**

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by Dugald Mackenzie\*

# IT'S ALL ABOUT BALANCE

**IS DEVELOPMENT** A dirty word? Let's look at the whole picture. We live in a city that is growing fast and where everyone wants to live. In a perfect world, we wouldn't live on the best soils, but use them for agriculture, but that's not the case with Sydney. Sydney has grown not with a master plan in mind, but out of necessity and as a result we are constantly back peddling and putting our finger in the dyke trying to resolve the ever growing tensions between physical growth, transport and the environment.

On the north shore we are blessed with natural beauty that unlike other parts of Sydney, has not been stripped bare by urban sprawl. However, we like all areas of Sydney have to play our part in urban growth, so the question is: Can we have our cake and eat it too? The answer is yes, but, there has to be an understanding on both sides of the fence for this to happen. Simply pushing for no development is naive and counterproductive and yet over development is also counterproductive in many ways.

Let's look at the negative development outcomes: Say "no" to everything or allowing development in areas where you know it can't or won't happen means a serious reduction in income from Sec-

tion 94 fees, which in turn means general services like parks, footpaths, signage, lighting and the like cannot be upgraded. Also, the streetscape along various main arteries will continue to look tired and run down. There is no incentive for

*"On the north shore we are blessed with natural beauty that unlike others parts of Sydney, has not been stripped bare by urban sprawl."*

change, no economic flow on to the community and in fact it adds extra costs to the community via rate charges, lack of facilities or those facilities over charging to recoup losses on quantities due to the fact that people generally shop outside the local municipality. In effect, the Pacific Highway could end up lacking vitality like Parramatta Road.

On the other hand, go to areas where 10 plus story buildings line the streets and you have a loss of light, a loss of natural beauty and densities that change the vibe and remove the community feel. So where do we go from here?

Whatever we do has to be based on people movement, meaning cars, pedestrians and bikes. Traffic congestion needs to be addressed with all proposals. Most importantly we need to radically change our thinking.

For example, when looking at Gordon Town Centre, instead of having a community debate on how high we make buildings, change the debate to bigger picture items. Like using the air-space over the railway line as Willoughby Council has done, developing a parking and road system around that development that alleviates highway congestion, having an underground bus interchange and linking this with a new road network above the railway line running from Boundary Road to the F3.

On the other side of the ledger, all the local community centres should be meeting places for the community. They should provide the right balance of services for that community, while keeping with the low density nature of the majority of the area.

We can have both, we can make it work, but we need cooperation from all sides.

\* Dugald Mackenzie is the director of Mackenzie Architects, Castlecrag.

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# PARKING PROBLEMS

by Kate Lilly

**LINDFIELD RESIDENTS AND** University of Technology, Sydney, (UTS) students are competing for street parking following the closure of two car parks at the UTS Ku-ring-gai campus.

The university has received a number of complaints regarding students who park around or across residents' driveways.

Following the sale of the car parks in 2010, some students have to walk two kilometres to get to their lectures from Lindfield station.

The Ku-ring-gai Campus is due to close in 2015. In the meantime, UTS has implemented a number of initiatives to encourage alternative transport arrangements. These include 'Jayride' an online community allowing stu-

dents to set up car-pooling with people in their local area. During the day, on-campus parking has been reserved for drivers with passengers and UTS has engaged a car park operator to maximise the available space.

In addition, UTS is trialling an additional 565 bus service during the autumn semester. The bus operates on a continuous loop between Lindfield Station and the campus during peak hours from 8:15am-10:15am and 3:00pm-6:00pm.

UTS has also requested council approval for a new shuttle service to operate between the campus and Queen Elizabeth Oval.

Community feedback for this proposal can be made by emailing [kmc@kmc.nsw.gov.au](mailto:kmc@kmc.nsw.gov.au) before April 5.

## More nurses for Northern Sydney

**THE NSW GOVERNMENT** has recruited a record number of nurses since the election, with 47,500 working in public hospitals across the state. This means there are 340 more nurses in the Northern Sydney Local Health District, with an additional 900 doctors. Member for Davidson, Jonathan O'Dea has welcomed the news. He said: "The NSW government is getting on with the job of supporting frontline staff and ensuring patients are provided with quality care when they need it most. The NSW government made a pre-election commitment to recruit an additional 2,475 nurses, and have now well exceeded that target."

## ADVANTAGED KU-RING-GAI

**KU-RING-GAI HAS BEEN** named Australia's second most advantaged Local Government Area.

The third release of 2011 Census data, on March 28, included the release of the Socio-Economic Indexes for Areas (SEIFA), which ranks areas in Australia according to relative socio-economic advantage and disadvantage.

Ku-ring-gai came second to Peppermint Grove, WA, which has been record-

ed as Australia's most advantaged area.

SEIFA analyses a number of socio-economic factors to form indexes in four categories.

"SEIFA broadly defines relative socio-economic advantage and disadvantage in terms of people's access to material and social resources, and their ability to participate in society," said director, Methodology Data Management Division, Dr Phillip Gould.

## Fox Valley Crash

**ON MARCH 21** a 68-year-old man crashed his car after allegedly losing consciousness while driving along the Pacific Highway. The Toyota Camry was heading north on the highway before it crossed three lanes of traffic and collided with a traffic pole before stopping. The driver was taken to the Royal North Shore Hospital with suspected chest injuries, and a 17-month-old child who was a passenger was taken to the same hospital with minor injuries. Police are awaiting a blood test before taking further action.

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# STEERING CLEAR OF STRANGERS

POLICE ENCOURAGE PARENTS TO DEVELOP SAFETY STRATEGIES WITH THEIR CHILDREN.

by Rose Moloney

**THROUGHOUT MARCH HORSNBY** Police received two reports of children being approached by unidentified adults.

On March 14 an eleven year old boy was approached by a Caucasian male while riding his bike. The male was sitting in his car, and told the victim to "get in", however the boy rode home.

In a separate incident on March 15 another victim was approached by a male of Indian appearance in Turrumurra. The male attempted to start a conversation with the victim saying, "Sorry, I don't want anything from you, I am just trying to be friendly".

Ku-ring-gai police Senior Constable Paul Cleary said these incidents are sporadic and come in "spits and spats". While

in both cases the children were left unharmed, the Ku-ring-gai Local Area Command has issued a warning to parents and carers advising them to educate children about safe people and safe locations.

"We think it's timely to get the word out there," said Senior Constable Cleary.

Parents are encouraged to talk to their children about what to do in the event they are approached by a stranger. "Tell the children that it's ok to say no," he said.

Senior Constable Cleary suggests developing plans with children teaching them how to get to safe people and places if they are approached and stresses the importance of children avoiding "teases". These teases could be things like lollies, which can be used as a way to entice them into getting into a car.

The most common perpetrators identified are males of varying ages. Immediately before and after school start and finish times in locations close to schools is where these incidents mainly occur.

## Avoidance Strategies

1. Walk with your children in your local area and locate safe places like schools.
2. Identify the people you trust in the area who your children can go to if they feel scared or unsafe.
3. Make sure your children are aware of their surroundings. It is important they concentrate on their surroundings rather than burying their heads in books or listening to iPods.

## More Information:

[www.police.nsw.gov.au/community\\_issues/crime\\_prevention/schools](http://www.police.nsw.gov.au/community_issues/crime_prevention/schools)

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# MORGAN MAKES HIS MARK

ROSEVILLE RESIDENT GUY MORGAN WAS A FINALIST IN THE 2013 ARCHIBALD PRIZE.

by Rose Moloney

**NORTH SHORE RESIDENTS** were over represented in this year's list of Archibald Prize finalists. Three of the 40 finalists live in the Ku-ring-gai Council area - Guy Morgan; John Emmerig and Sally Ryan.

The works of these three Ku-ring-gai residents are now hanging in the Art Gallery of NSW alongside the work of this year's winner Del Kathryn Barton, who took the grand prize for her portrait of Hugo Weaving.

Roseville resident Guy Morgan's work *Guy Morgan with Peter Pan after retinal detachment* has an interesting story to tell.

Eighteen months ago Morgan suffered a retinal detachment in his left eye. In his self-portrait he wanted to capture how he looks through his damaged eye. So when painting he used his damaged eye to make ob-

servations and then painted solely using his good eye.

He says the reason for following this disciplined process was because if he had used his damaged eye to create the painting as well as observe than he would have been painting a "distortion of a distortion". The biggest challenge he faced was the fact that when it came to painting the distorted image psychologically his good eye would "tidy it up".

"You make it look better, because you don't want it to be as ugly as it looks," he says.

Some may look at the painting and ask where the Peter Pan element comes in. Morgan instructs: take your left index finger and place it in the centre of the forehead of the figure. This tiny mark is Peter Pan.

Morgan says: "When I painted the paint-



Self-portrait with fish and Peter Pan after retinal detachment.

ing I didn't know it was there, it was an accident. But my wife pointed it out and I kept it in."

Asked whether he thinks his accidental inclusion of the boy who never grew old has a hidden meaning, Morgan declines to comment. "I'm not going there, that's up to the viewer to decide."

His self-portrait is part of a series, which will be on display at the Kaleidoscope Gallery, Paddington, from April 11 to April 22.

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# HORNSBY'S OWN TERRACOTTA WARRIOR?

POLITICIANS FROM XI'AN, CHINA VISIT HORNSBY TO DISCUSS HOW TO DEVELOP THEIR "FRIENDSHIP CITY" RELATIONSHIP.

by Rose Moloney

**FOR ONE WEEK** in March Hornsby Council hosted a group of four Chinese emissaries from the city of Xi'an. A friendship city relationship exists between Hornsby and Xi'an, so during the week discussions took place to address how both cities could benefit from their affiliation.

"It's always great to see our Chinese friends," said Mayor of Hornsby, Steve Russell. "While the relationship does not cost Council any money, the whole community benefits from shared ideas and a better understanding of this ancient culture."

One of the more exciting proposals put forward during discussions was the possibility that Xi'an could send Hornsby Council a replica of a terracotta warrior to be displayed, considering Xi'an is home to the



Liang Wanqing and Steve Russell.

famed Terracotta Army.

Other discussions focused on how to develop closer links between the people of Xi'an and Hornsby Shire, such as implementing a student exchange program.

However a spokesperson for Hornsby Council said all discussions were very informal. "It wasn't really a meeting, it was more of a chat about what we could do to

move this forward. They're now [the Chinese delegation] going to go away and have a real think about what they want to do and send their proposals directly to Council."

The Chinese delegation is expected to send their formal list of proposals to Hornsby Council within the next two months.

The friendship agreement was established in 2011 with the help of Baulkham Hills resident, Dr Anthony Cheung.

Dr Cheung, who was present at the Hornsby meeting, said the friendship city relationship could lead to "potential student exchange and tourism and cultural exchanges that will benefit both cities immensely."

However he said they are still only at the starting point. "Rome wasn't built in a day, but hopefully over the next decade we can make some big strides."

# FIGHT TO SAVE LOCAL BUSHLAND

ROSEVILLE CHASE RESIDENTS UNITE TO PREVENT THE POTENTIAL SALE OF COMMUNITY BUSHLAND.

by Rose Moloney

**KU-RING-GAI RESIDENTS ARE** petitioning to stop the reclassification of recreational community land at 90 Babbage Road, Roseville Chase.

On March 26, two petitions were presented at a Ku-ring-gai Council meeting outlining environmental concerns as the main reason to stop reclassifying the bushland as "operational".

Petition organiser and Roseville Chase resident, Robyn Hayes, said these two petitions combined with past objections brings the total number in opposition to 450-500 people.

"The bushland is beautiful and the issue for a lot of people is once it's gone it's gone," said Ms Hayes.

If the land is reclassified as "oper-



ational" Ku-ring-gai would be able to sell the land for residential purposes. The revenue raised from a potential sale would go towards funding the construction of West Pymble pool.

Residents of Roseville Chase com-

missioned two reports to assess the environmental impacts of reclassifying the land and using it for "operational" purposes.

A hydrologists report determined that the block of land in question acts as a riparian zone which prevents pollutants from storm water runoff entering Middle Harbour. A separate biodiversity report found that the area is home to a variety of native animals and birds.

Ms Hayes said: "There are eastern water dragons, echidnas, lots of possums, bandicoots and lots of birds there."

A spokesperson for the Council said that the land "has been earmarked by Council as a piece of land that could be sold", however no decision will be made until the issue goes to an independent hearing on April 11.



# PHILIP MALL OPENING

On March 16, IGA in Philip Mall, West Pymble celebrated its 25th anniversary. The day was a fun-filled occasion, with punters enjoying the sausage sizzle and jumping castle. It was also an opportunity for locals to see Ku-ring-gai Council's recent makeover of Philip Mall.

The revamped centre has new outdoor dining areas and a central open activities area for small events. Although the renovations at the mall have faced criticism from some storeowners and residents since their completion in December, people were upbeat on the day.



# 5 YEARS ON; WHAT DOES THE MY SCHOOL WEBSITE TELL US ABOUT OUR SCHOOLS?

by Kieran Gair

**FIVE YEARS OF** NAPLAN results, the latest funding data and overall rankings of more than 9,000 schools have revealed that public and private schools on Sydney's north shore are achieving remarkably high results across all academic platforms.

Despite significant differences in the income that independent schools on the north shore receive per student, up to three times more in some cases, public schools across the region have experienced the highest growth rate of any area across Sydney.

Vice President of the Northern Sydney Council of Parents and Citizens Associations, Steph Croft, said the My School data had contributed to the massive growth in enrolments in the area's public schools. "Enrolments have risen at a phenomenal rate across the north shore," said Mrs Croft. "We have excellent schools, excellent teachers and education is highly valued right across the community."

As well as revealing the success of schools in the NAPLAN tests, the My School website also shows how much money is spent at each school on capital

works. Despite impressive academic results, local public schools are lagging far behind in regards to spending on school infrastructure. "In 2011 our 167 public primary and high schools in the Northern Sydney area only received \$13 million in capital works expenditure and none of this included a new school or building. We have years of backlog in minor capital works," said Mrs Croft.

Data from the My School website revealed that some independent schools are spending upwards of \$20 million a

The income per student that Killara High School receives, \$10,503 and Chatswood High School's \$11,758, is far outstripped by local private schools such as Knox Grammar, \$23,110 and Abbotsleigh, \$24,875.

Despite these differences Killara and Chatswood achieved well above the state and national averages in both literacy and numeracy tests.

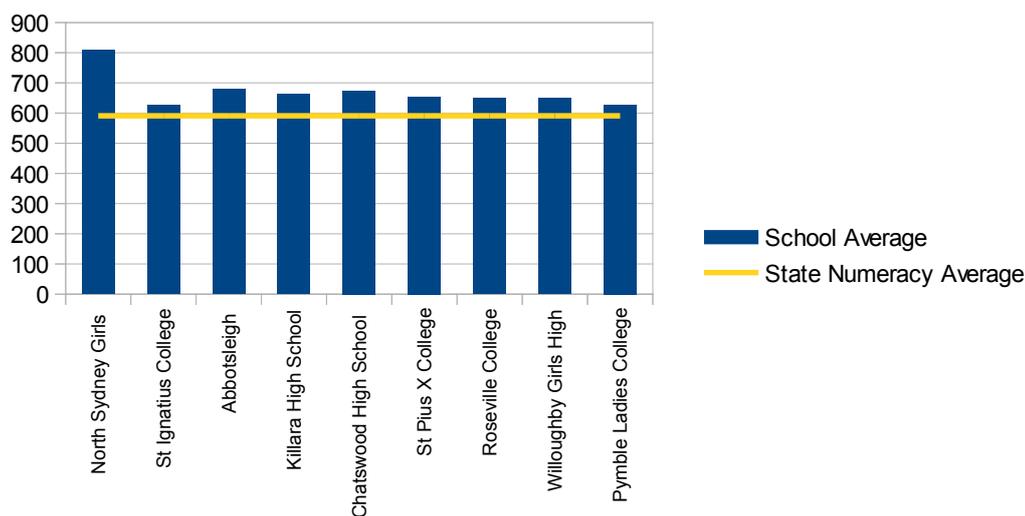
The impressive results achieved by north shore high schools, both public and private, were reflected further down

in the region's primary schools.

Local public, private and Catholic schools all achieved well above the state average in literacy and numeracy. In 2012 the state average for year five reading was at 499, yet the vast majority of north shore primary schools achieved an average of over 530.

Social commentator, writer

and lecturer, Jane Caro, believes that the outstanding results achieved by north shore schools is linked to the high socio-economic and educational status of the region's parents. "The research shows that it isn't the ownership of the school that creates good results, rather it's the socio-economic background that the child comes from. You don't need extraordinarily luxurious facilities to pro-



Numeracy average of North Shore year nine students against the NSW state average.

year on new buildings and facilities.

Pymble Ladies' College, which had an income per student of \$22,295 in 2012, is planning on replacing their 50 metre outdoor pool with an indoor pool and fitness centre. The facility will cost the school \$20 million, more than the entire cost of capital works spent on the 167 public schools that make up the Northern Sydney region.

vide a good education, but the north shore offers a variety of choices."

Throughout the region every school had a higher than average score on the My School website Index of Community Socio-educational Advantage, which measures the education and affluence of each child's family.

NSW teachers federation organiser for Hornsby and Middle Harbour, Fionie Stavert, said that growing enrolments

in public schools on the north shore were due to social networks, rather than the My School data. "Word of mouth is the excellence of education delivery on the north shore," said Ms Stavert. "Parents are confident in the public system, not because of a website, but because they are impressed with what the public schools can do for their kids."

The federal member for Bradfield, Paul Fletcher, said that the area had a

tradition of breeding success. "The NAPLAN tests confirm what we already knew – that the north shore has great independent, public and catholic schools."

"These results demonstrate that while funding is important it's certainly not the only factor. Ultimately what matters is that the students are motivated, families are supportive and staff are committed, caring and capable."



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# Away from Home

CATHERINE MACK TALKS ABOUT THE LOGIES, SUMMER BAY AND HER HOPES OF A CAREER IN FILM.

by Rose Moloney

**IT'S THAT TIME** of year again. Designer dresses have been chosen. The red carpet is being laid. The champagne is chilling. Celebrities are practising their award acceptance faces in the mirror and stylists are prepping for last minute fashion disasters. Yes, you guessed it — it's the week before the 2013 TV Week Logie awards.

In the lead up to the big night, *Sydney Observer* chatted with Home and Away star Catherine Mack about her first nomination. Mack is nominated for 'Best New Female Talent' for her portrayal of Summer Bay school councillor, Natalie Davidson. Although she admits in real life she doesn't bare any similarities to her on screen character.

According to Mack, Natalie's a bit of a "goody two shoes who sticks by the rules".

While she admires Natalie's determination to solve other's problems, she thinks it's time for her character to have some fun. "I think that she really just needs to spice it up a bit and let loose, she takes work way too seriously."

This is ironic coming from Mack, who has worked hard to get to where she is now. She studied acting in Los Angeles and New

York before scoring a gig on Home and Away. Although she gets to shoot in one of Sydney's most beautiful locations, Palm Beach, it isn't all fun in the sun. The cast film a lot of footage in a small space of time, so they don't get a lot of down time on set. Mack says the work environment is fast paced, so it's important "to always be on your game".

"You really have to be prepared every single day."

Mack doesn't seem to be quite as prepared for the Logies. She confesses: "I don't know any of the plans, where we're staying, I don't even know what I'm wearing."

This may be because the nomination came as a surprise to Mack, who says a Logie nod never really crossed her mind until she saw her picture on the preliminary nomination list.

She isn't the only Summer Bay resident with a shot at a Logie this year. Steve Peacocke who plays Brax on the show, one of Catherine's past love interests, is nominated for both the Gold and Silver Logie Awards. While another newcomer to the show, Will McDonald is a contender in the 'Most Popular New Male Talent' category. Home and Away itself is nominated for its tenth year in a row for the 'Most Popular Drama Series'.

Some of Australia's most famous film actors started their careers on Home and Away. Chris Hemsworth, Isla Fisher and Heath Ledger became household names after spending some time in Summer Bay. Like the many that have gone before her, Mack hopes the experience she gains working on the show will help her to eventually transition into film. She says she would love to have the freedom to play different characters and explore different roles for more finite periods of time.

"In an ideal world I would just love to continually be challenged so that I'm continually growing and learning new things and I think there's such an opportunity for that in film." But for now she's quite happy calling Summer Bay her home on screen.

As for her home off the screen? Although she was born and raised in Melbourne and has lived in both New York and LA, Mack still professes her love for Sydney. "Now that the weather's so beautiful it's been amazing to go swimming at Bondi in the mornings and check out the different areas like the Blue Mountains. It's just such a stunning city."

The Logies will be held on April 7 in Melbourne. Good luck Catherine!

# WHEN IS IT THE RIGHT TIME TO START TEACHING CHILDREN THEIR ABC'S ?

by Marny Yu\*

I RECENTLY WALKED into a library and observed a young child sitting with her mother on the sofa asking: "What is this letter?" The mother replied that it was an "e", she then attempted to extend the child's learning and questioned her daughter by asking "what sound does an e make?" The child did not know the answer but her mother told her anyway, the child repeated her mother and continued to listen to the rest of the story asking an assortment of questions along the way. This got me to thinking about how young is too young to teach a child their ABC's?

With a Masters of Teaching, specialising in Early Childhood, the notion was instilled in me that children should not be subjected to any type of formal learning until they are ready to at-

tend a school. However, the more and more that I observe early childhood experiences, the more I sit on the side of the fence that considers that children are capable and passionate learners who deserve the right to be taught to their full potential, not just through play but through an interactive and practical approach that enhances and extends their learning.

I must not be the only person who thinks this way as I have recently observed some new and unique approaches to early childhood learning in the context of one hour 'school readiness classes'. These classes teach youngsters from the ages of 2 to 6 their ABC's and 1,2,3's in an enjoyable and encouraging environment that utilises the 'fun' factor and converts it into knowledge, transforming it into confidence by the time they

start school. But is this the right answer? I think that it might be!

I can only imagine that children who learn their ABC's and 123's in a way that focuses on fun must be a better approach to the rote learning expected by the time they start school. We all remember the years of learning our times tables by reciting time and time again "1x1 1, 2x2 4, 4x4 16", unpleasant and unsatisfying to say the least.

However, the question still lingers: When is the right time for a young child to start learning their ABC's and 123's? I think that it is fair to say that it is not when the Department of Education deems it to be, but when the child shows a true interest in the world around them.

\* Marny Yu, Master of Teaching (E.C.)  
BCs. Early childhood studies.

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# DRAWING FOR A CAUSE

AUTISM SPECTRUM AUSTRALIA IS URGING NORTHERN SYDNEY TO GET CREATIVE AND SUPPORT FAMILIES LIVING WITH AUTISM.

by Kate Lilly

**FOR MOST OF** us, words come naturally. But for many children on the autism spectrum, verbal communication is a daily struggle. As part of Autism Awareness month, organisations around Australia are running the 'Drawtism' campaign – a fundraiser that's raising awareness by inviting people to host social games of Pictionary.

"It can be very frustrating trying to illustrate a concept or communicate a concept to a team of players, especially an abstract concept like a feeling," says illustrator and Drawtism ambassador, Brett Bower. "There's a really strong parallel there with what autistic kids struggle with every day. . . It can illustrate in a fun, non-confrontational way the frustrations that autistic kids have."

Autism Spectrum Australia (Aspect) runs

a number of education programs in the northern suburbs for children with autism. "The prevalent statistics suggest that about 1 in 100 people have an autism spectrum disorder," says Laura Kingsbury, Aspect's Community Fundraising Manager.

"It affects a huge number of families and I think it's also quite a misunderstood disability, so giving people a way to talk about autism and explain the experience of autism is useful . . . to really spread that community awareness."

In NSW, the funds being raised will go towards maintaining early intervention programmes that help equip children with the skills they need to attend mainstream school.

Karen Forrai's daughter, Zara, was non-verbal until the age of three. "The first speech therapist we saw told us that she would learn to communicate but they couldn't guarantee that she would learn to speak," she says. "As a



Karen Forrai and her daughter Zara.

parent that actually devastated me."

"We've been very fortunate in that she's responded really well to the early intervention. She's at the low level of normal speech but she's actually speaking and being able to communicate what she wants. For me, that's been the biggest impact. As soon as she was able to tell us what she wanted, or didn't want, or even when she learnt to take her hand and show us – we saw a big difference."

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# A LASTING DIFFERENCE

by Dr Mark Carter \*

**MOST PEOPLE, WHATEVER** their age or background, can recount with some passion, their memories and experiences at school, and in particular, teachers who had strong positive influences on them. These teachers we remember fondly for their enduring contributions to our lives. Recently a former student wrote to two of his teachers:

“I want to finish this email by saying how much I appreciated your mentorship and your teaching efforts during my time at Killara – I feel that it has been a large contributing factor in all of my achievements to date. For this, I thank you dearly. I hope you are both very well ... and that the current students know how lucky they are to have you both as teachers ”

This is one of the delights and lasting rewards of a career in teaching. The time worn, but no less relevant phrase “making a difference” springs to mind as an implicit motivation for most teachers.

Many years ago when I was a much younger teacher in a remote western NSW town, I recall a conversation with a childhood friend during my school vacation visit to Sydney. We stood in his office

atop the MLC Centre where he worked in a prestigious legal firm and was paid many times that of a school teacher. We talked about the differences in our professional circumstances. I admit I held a certain level of envy of the money, the view and the prestige. But during the ten hour drive westwards I reflected on his observation of my professional circumstances. “At least you do something worthwhile. All I do is make money for Kerry Packer ”

More than thirty years on and a young teacher is quoted in a national daily newspaper as choosing a career in teaching for the sense of purpose and meaning it brings to his professional life. Purpose and meaning are enduring themes central to teaching and education. They are central to the intrinsic rewards that flow from teaching in our local schools. It is part of the reason our schools are often filled with experienced staff.

But there is no doubt teaching can be a relentlessly challenging job in other settings. When teacher quality is at the forefront in public debate it is timely to reflect on the relative advantage we have in the schools and teachers who serve our community. Sometimes this advantage can be taken for granted. Recently

I asked a young teacher recruited from a small town in western Queensland what he found to be the greatest difference between his former school and his new school. I anticipated a response related to the size of the school or the affluence of the school community but he replied: “The biggest difference for me is that here I have nine colleagues in my faculty who have nearly 200 years of professional experience which I can draw on. Last year I had no one to ask.”

Herein lies a fundamental issue of social justice - access to high quality teaching for all children and young people, regardless of location or socio-economic circumstance. Our good fortune to live close to many great schools brings with it an obligation to extend these opportunities to many more young people in the years ahead. A fair society and strong democracy is grounded in quality schools for all, and from these schools will spring the teachers remembered fondly a century from now.

\*Dr Mark Carter has a thirty three year career in the NSW Department of Education and Training. He attended Killara High School as a student and returned there in 2002 to take up the position of principal.



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# STUDENTS WORKING TOGETHER

KU-RING-GAI AND HORNSBY YOUTH WILL TACKLE THE ISSUE OF MENTAL HEALTH IN ADOLESCENTS AT A YOUTH FORUM THIS MONTH.

by Rose Moloney

**ON APRIL 10**, 250 students from schools across Hornsby and Ku-ring-gai will gather at a youth forum to discuss issues of mental health.

The Hornsby Ku-ring-gai Youth Forum 2013 is being held at Chabad House in St Ives to align with National Youth week. Students in year nine to twelve from 20 different schools are set to participate in the event.

Sarah Viapiana, a year 12 student at Ku-ring-gai Creative Arts High School said: "It won't just be about the stigma of mental illnesses but about how mental illness can come from year 12 and the stresses of the HSC."

Sarah, who attended the forum last year and is now part of the Youth Advisory Committee which helped to organise the event, said she is looking forward to broadening her knowledge of mental health issues. She plans to bring back what she learns to help her peers at school.

On the day, students will have the chance to talk with peers and professionals about issues facing youth, such as study stress, anxiety and depression. There will be a strong focus on building resilience and leadership skills to combat these issues.

Elizabeth Goh, one of the forum's project managers, said: "We are changing up the format a little bit this year." There will be an emphasis on providing students with practical knowledge. Students will partici-

pate in group work activities, and Q&A sessions with people that have experienced mental illnesses.

"The aim is to show students how they can improve their own schools and access mental health resources in their communities," said Ms Goh.

The Inaugural Youth Forum was held last year at Abbotsleigh, however due to increased demand from schools wanting to participate, organisers had to find a larger venue this year.

St Leos Catholic College, Abbotsleigh and Turrumurra High School are amongst the 20 local schools attending this year.

The event has been organised by the Office of Matt Kean MP along with several other community organisations.

# IT'S TIME TO "CLOSE THE GAP"

by Maddy Matheson

**REDFERN JARJUM COLLEGE** is a unique school, offering 24 places to students who have "fallen through the cracks" of the education system. Led by Mrs Beatrice Sheen the school opened at the beginning of the year, and has blossomed into a beautiful learning environment addressing the students' every need to reach the levels of their peers.

Our team of 9 girls at Ravenswood School for Girls in Gordon have been putting in all our efforts to support Jarjum. "ABC123 Closing the Gap, our project is to do everything we can to help close the gap between Indigenous and non-Indigenous literacy levels, and bring the Ravenswood and Indigenous communities closer together," says Lauren Gale a team member. "This is an issue we are all very passionate about and want to try and solve."

At the end of last year, our group placed 2nd in Australia for our project ABC123 Closing The Gap in the Senior Division for Community Problem Solving in the National Future Problem Solving Finals. In June this year, we will be travelling to America for the Inter-



national Finals for Future Problem Solving. "We are all so excited and honoured to be representing Australia," says Emily Leijer, team member. "But the experience of seeing Jarjum and the children thrive has been as much a reward in itself."

Many of the students who attend Redfern Jarjum College are Indigenous students. We decided to fundraise for resources for Jarjum, in particular books and learning tools such as the Multi-Lit Kit, as Jarjum had almost no resources when it was to open. We've fundraised over \$5 000 for resources which will not only benefit the children in terms of vital literacy skills, but make learning more enjoyable.

We wanted to be involved in the Indigenous Below: At Life for Koori Kids. community ourselves, so last year on Saturday mornings members of the team attended Life for Koori Kids, which is a Saturday morning breakfast program for Indigenous children in Surry Hills. Many of the children who go to Life for Koori Kids now attend Redfern Jarjum College. Now that Jarjum has opened, we also get the pleasure of visiting the school on Friday afternoons. "The kids are simply amazing," says Emily. "They are so full of energy and enthusiasm"

Of course we wouldn't have had this amazing experience without the support of the Ravenswood community. "Teachers, students and parents have been extremely generous, particularly when we ran the Sponsor A Book program to raise money for books for Jarjum," says Jessica Hunter, team member. "The Junior School have been incredible, creating beautiful handmade books for Jarjum during our Write A Book competition." We are continuing our project, setting new initiatives and aims to bring the Ravenswood and Indigenous community closer together.

# A YOUNG HISTORIAN

KNOX STUDENT WINS NATIONAL AWARD FOR ESSAY ABOUT THE ANZAC LEGEND.

by Rose Moloney

**KEVIN KIM**, A year 11 student from Knox Grammar School has been awarded the Simpson Prize for his entry into the nationwide essay competition. The Simpson Prize is an annual competition that asks entrants to explore issues of Australian history. Kevin said he felt "greatly honoured" to win the prize.

This year's essay question asked students to investigate how primary sources offer an insight into the Gallipoli experience and contribute to the origins of the Anzac Legend. Kevin's essay took a deeper look into some of the untold Anzac stories, in particular the nurses and soldiers who suffered from post-traumatic stress disorder.



Kevin Kim and Bradfield MP Paul Fletcher at the presentation ceremony.

"There were many stories that were part of the Gallipoli experience that haven't received much attention. I wanted my essay to reflect on the experiences of

individuals who might have been forgotten by historians and the broader Australian society," said Kevin.

He said he also aimed: "To show that the anzac legend is still important because it tells us about the inception of our national independent Australian image."

His essay was selected as the winner out of 1066 entries from 122 schools across Australia. As the winner of the 2013 Simpson Prize, Kevin will travel to Turkey for two weeks in April 2013 and attend Anzac Day services. "I have never been to Turkey before so this should be a very special and memorable experience," he said.

Although he wrote the essay last year, Kevin received his prize in a presentation at Parliament House in March.

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# HOLIDAY BOREDOM BUSTERS

ACTIVITIES TO KEEP THE KIDS ENTERTAINED THESE SCHOOL HOLIDAYS.

by Kaitlin Coleman

## KU-RING-COUNCIL ACTIVE KIDS

Don't let your kid's eyes glaze over in front of the television these holidays, get them out and about with Ku-ring-gai Council's Active Kids program. Everyday they'll be involved in sports like tennis, netball, football, and basketball, all while learning new skills and making new friends. The program is run by professionals from Oz Sport Solutions, and is not to be missed by any sports loving kids.

## WILLOUGHBY SCHOOL HOLIDAY BUSHLAND ADVENTURE



For all those green thumbs and adventure seekers, the School Holiday Bushland Adventure is the best way to spend a day. Kids will explore the local bushland fauna and climb up rocky paths and trails, hoping for a sighting of a rare bird or small animal. Go prepared with a hat, water and your best animal hunting binoculars.

## AUSTRALIAN MUSEUM - THEATRE SHOW: THE GREAT ADVENTURES OF ALEXANDER THE GREAT



When 12 year old boy Alex Average discovers Alexander the Great's old battle helmet, he is transported back to the time of the great leader, leading to a series of amazing adventures. A wonderful way of introducing live theatre to kids, the Australian Museum is showing a production based on their current exhibition, Alexander the Great: 2000 years of treasures. The combination of entertainment and education makes it school holiday gold for kids of all ages.

## CLIMBFIT - SCHOOL HOLIDAY KIDS CAMPS

Daredevils and thrill-seekers should be satisfied with this fun and safe indoor rock climbing kids camp. Kids learn how to climb using proper techniques, how to boulder, tie knots, abseil, traverse, and participate in a range of races and games with team mates.

## ART EXPRESS 2013





Get your dose of culture and creativity at the Art Gallery of NSW Art Express 2013 Exhibition. Excellent for older children undertaking Visual Arts in school, or just for creative younger ones. This exhibit showcases the best of the 2012 HSC artworks. On the same day be sure to check out the free performance "When Camels Could Fly" by Bronwyn Vaughan, located in the entrance court.



#### SEA LIFE SYDNEY AQUARIUM

A classic day out in Sydney by the harbour, and under the sea. Explore every bit

of ocean life; from the terrifying great whites and giant sting rays, to schools of tropical fish, jellyfish and seahorses. The interactive zones allow you to touch anemone, coral and tiny fish or enjoy a glass bottomed boat ride.

#### SYDNEY OLYMPIC PARK – TRAMPOLINE AND OTHER FUN STUFF

Head to the Olympic Park for a day to fly through the air and learn the basics of trampolining. This class for beginners will take kids through the basics of safe trampolining, and involve them in coordination, balance and strength activities. The park offers in-ground trampolines to jump around on, as well as an enormous foam pit to dive into.

#### PALOMINO RIDING SCHOOL: TRAIL RIDES

Let your kids channel their inner jockey and book them in for a one hour horse ride through Garigal National Park. You might find you have a future Melbourne Cup winner in the family.

#### SYDNEY OBSERVATORY

Travel through time, space and stars at the Sydney Observatory's new digital planetarium. The Observatory has a huge range of programs specifically for school holidays, including 3D space theatre shows, tours of telescopes, and archaeological workshops. They also have guided night tours to learn about the stars, and a variety of talks by professional astronomers.

#### POWERHOUSE MUSEUM

Curious minds will fall in love with the Powerhouse Museum's school holiday program, full to the brim with ideas and



inventions. Kids can step into the world of Wallace and Gromit and become an Aardman model maker, or enjoy fun workshops learning about video games and chemistry.

#### MACQUARIE ICE RINK

For the rainy day you'd rather not spend cooped up inside, ice skating is the perfect activity. Hire some skates and spend the day slipping across the ice, bopping along to the pop tunes playing out of the speakers. If ice skating wears you out then head up to the Event cinemas to relax tired muscles and enjoy a fun flick.

#### JD's WORLD OF MAGIC

Throughout April Joel Howlett will perform his famous series of magic and circus shows at libraries across the Hornsby Council area. The shows consists of fun-filled magic tricks with plenty of opportunities for audience participation. If you and the kids are keen to see some juggling, live animal tricks and stage illusions then this is something the whole family can enjoy.

# THE PURSUIT OF HAPPINESS

OLDER AUSTRALIANS SAY AGEING ISN'T ALWAYS A BAD THING.

by Kaitlin Coleman

**AGEING AUSTRALIANS ARE** feeling more satisfied with their lives and happier in their relationships according to a new study.

Australians aged 70 and over are feeling less socially isolated as they grow older, and are maintaining a high quality of life despite poorer health or living alone.

The findings were released in the National Seniors Productive Ageing Centre report *Staying Connected: Social Engagement and Wellbeing Among Mature Age Australians*.

National Seniors chief executive Michael O'Neill said: "This older cohort is more likely to report that they

socialise as much as they want to and they have all the friends they want or need, so overall the quality of their social relationships is higher than for younger people."

Professor Lyn Chenoweth of UTS Aged and Extended Care Nursing, agreed with this, stating: "People over the age of 70 have already raised their children and have little responsibility so they feel they have a much freer life existence."

"Despite possibly having poorer health, if they have a sense of autonomy over their life and decisions they likely still feel a better sense of overall well-being."

However according to Mr O'Neill people in their 50s are not doing as well. This age group are more likely to feel

isolated from others and more likely to feel a lack of companionship.

Professor Chenoweth believes a great deal of the feelings of unhappiness and loneliness which people in their 50's and 60's face can be credited to expectations not being met. She thinks a high level of expectation exists amongst the baby boomer generation, who anticipate that by their 50s they'll have a secure income, home, family, holidays and marriage, and are disappointed when these don't pan out.

"People aged 70 and over grew up in the Depression so have vastly different expectations than their younger cohorts. They expect very little, and so are much happier with the life that they have, instead of wanting or expecting more."

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"The village consists of 20 units, located close to golf courses and minutes from the beach. Public transport is less than 50 metres from the entrance," she said.

An open day will be held on Saturday 13 April from 10am-1pm at Southern Cross Santa Monica Village, 8-14 King St Manly Vale, giving interested people the opportunity to view the units and discuss retirement living options with expert staff.

For more information on the units and how you can arrange an appointment, phone Christine Nwabuokei on 0409 867 533 or 9144 2200.



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# ANZAC DAY 2013

CELEBRATING A DECORATED LOCAL VETERAN.

by Kate Lilly

**ON APRIL 25**, Major General Gordon Maitland will wake at three o'clock in the morning and leave his North Turramurra home for the dawn service. After laying wreaths for his units, he will take part in the march – travelling by vehicle as a patron of the 7th division. He won't return home until the evening, after an afternoon of speeches and reminiscences.



Major General Gordon Maitland in his North Turramurra home.

Maj-Gen Maitland has been settled in Ku-ring-gai for about thirty years now. He says it's a position he and his wife enjoy. "We like the trees and the housing suited to us. I write books and we're able to have

a house with its own library and it was closer to our family." But his peaceful life on the north shore comes at the end of a long journey.

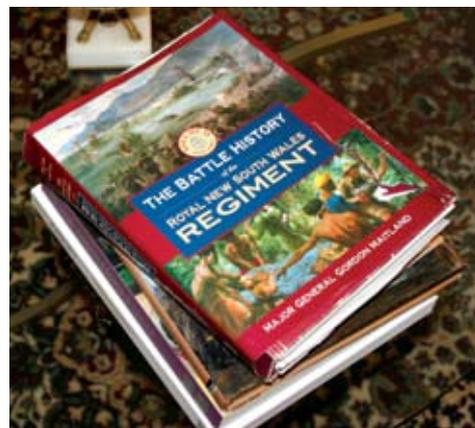
In 1944, he enlisted in the 2nd Australian Imperial Force, aged 17. From there, he was involved with three regimental battalions and served as a commanding officer. Eventually, as one of the few university-educated soldiers, he was approached and asked to learn to speak and write in Japanese. At the end of the war, he found himself acting as an interpreter at the Darwin war trials. In 1947, he left the army to begin work at the Commonwealth Bank but continued to soldier in the Citizen Military Forces (now the Army Reserve).

"The Commonwealth Bank was very good to me. For example when we were having confrontations with the Indonesians they gave me time to go to New Guinea and when we were at war in Vietnam they gave me time to go to Vietnam. In all that time I was moving up in the bank but I was also rising up in the army... I finished up on the Military Board and Chief Manager for the Commonwealth Bank."

After retiring from the bank in the early 80s, Maj-Gen Maitland worked for the Royal Agricultural Society until 1989. He

currently spends his time writing books on military history and supporting ex-servicemen and their dependents. He has two new books due for publication this year.

After an eventful career and an Officer of the Order of Australia and an Officer of



One of Maj-Gen Maitland's books.

the Order of the British Empire among his decorations, he has certainly earned his retirement.

"Both my wife and I, when you get to our age you're not without problems, but we're both on our feet, both got our faculties and we lead a good life," he says. "No complaints."

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# LIFELONG LEARNING

A UNIVERSITY INVITING RETIREES AND SEMI-RETIRES TO BROADEN THEIR HORIZONS.

by Kate Lilly

**WHETHER YOU'RE INTERESTED** in gardening or genealogy, folklore or finance, music or medicine – the University of the Third Age is likely to have a course for you. The University of the Third Age (U3A) is a volunteer-run movement that brings together people in the 'third age' of their lives to share their knowledge, skills and experiences.

"The idea is to give people who are retired or semi-retired of all walks of life the chance to learn something new," says Margot Tarverne, a course leader on the north shore.

"In the course that I give, I find that we have a group mentality. Not that they all think in the same way . . . but they take on board what others think without any arguments and they learn from each other."

U3A began in Toulouse, France in 1973 and arrived in Melbourne in 1984. Today, it



A group of enthusiasts who enjoy learning and practising the ukulele together.

operates all over Australia in both major cities and regional areas. There are 6,000 members in Sydney and over 1,300 on the upper north shore alone. Of the 400 courses that run in the Sydney area, 80 of them are held at venues on the upper north shore. For \$45 a year, members can attend as many courses as they like and learn in a relaxed, friendly atmosphere.

Since joining U3A 12 years ago, Jeanie Pollard has attended a variety of courses

es – from comparative religion studies to chamber music and science and technology. "I'm amazed at just how many I've been to," she says.

"If you chose a course, like Australian History seminars, because you enjoy that aspect of life then you are going to meet people with similar interests there. And you make friends – I've made a dozen friends since I've been going."

Mrs Taverne says the rewards of U3A go far beyond learning something new. "My motto is U3A fills your life, not just your time," she says.

U3A is holding an open day at St Ives Uniting Church on April 4 from 9:30am to 12pm.

## Interested in joining in?

Contact Margot Taverne on 9449 2923 or visit [www.sydneyu3a.org](http://www.sydneyu3a.org)



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# THE PRICE IS RIGHT

## ORGANIC FOOD MAY BE EXPENSIVE, BUT FOR GOOD REASON.

by Miranda Middleton

**WOULD YOU RATHER** spend your money on a family holiday or a year's worth of organic fruit and vegetables? A new analysis from Suncorp Bank has revealed the costly nature of 'going organic', with the difference between buying organic food and conventional fare found to be \$2,340 per year.

"Opting for organic over conventional food alone comes with a cost that needs to be carefully budgeted for, to avoid burning a hole in the back pocket of many Australians," said Suncorp Bank Regional General Manager for NSW, Steve Morgan.

According to the Australian Organic Market Report 2012, price remains the main barrier to Australians buying more organic produce. Organic food is on average 79 per cent more expensive than conventional supermarket groceries, while organic bananas and organic pasta are respectively 302 per cent and 318 per cent dearer than their counterparts.

But Dr Andrew Monk from Australian Organic said that there are many valid reasons for this price difference. Not only must farmers pay certification costs to become 'certified organic', but organic food is generally not mass-produced, coming from farms which are often family-run and rely on rural labour for managing pests, diseases and weeds.

"Organic reflects a fair price for farmers who are caring for the environment while producing foods that a growing band of consumers want: foods produced without synthetic chemicals, GMOs or synthetic weedicides," he said.

Farmer Don Murray of the organic company Nature's Haven estimates that their labour costs are 30 to 40 per cent higher than for conventional farms because manually tackling pests and weeds is more time-consuming than spraying synthetic chemicals. "Our staff is on their hands and knees across a 10 to 15 acre paddock," he said.

For families who struggle to pay for organic produce but want to adopt a more sustainable lifestyle, there is still a solution. "It's all about researching, prioritising and making trade-offs," said Mr Morgan. "For example if you buy organic pasta, you can save by growing your own tomatoes to make the sauce."

And no longer do customers have to locate specialist organic shops to buy organic food, with most mainstream supermarkets now stocking an extensive range of products. Woolworths has around 500 organic product lines, which Media Relations Manager Benedict Brook said was a reaction to customer demand. "We have a responsibility to our customers and they were saying, 'We want to buy organic produce from you' so we need to give them that choice."

"We now sell as many organic hot chickens as normal hot chickens," said Mr Brook. "Organic is one of those things like free-range and gluten-free which was once a relatively niche area and is now much more mainstream."

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# BEWARE OF SUPPLEMENTS

FROM ELITE ATHLETES TO WEEKEND WARRIORS, WE SHOULD ALL MAKE CAREFUL DECISIONS ABOUT WHAT WE'RE PUTTING INTO OUR BODIES.

by Miranda Middleton

**ELITE ATHLETES AREN'T** the only people who need to be wary of taking supplements. Sports Medicine Australia (SMA) has warned in the wake of the recent doping scandal. With the usage of supplements at an all-time high, everyone needs to consider the associated risks and dangers.

"It's more important at the elite athlete end because they're tested for illegal substances but even if you're in the Balmain U18s and want to get a bit stronger, you need to know what you're putting into your body," said sports physician and SMA spokesperson, Dr Peter Larkins.

He believes that many people don't even

think about what their supplements could contain, drawn in by promises on the packet such as that they will make them stronger, fitter and more energetic. "Sure, 'Mega Boost' sounds nice and the photo of Mr Universe on the front looks promising, but you've got no idea if what's in there is legal or illegal, safe or unsafe," said Dr Larkins.

While the Australian Food Act demands that all ingredients for a given product are listed, this does not apply to supplements. It can also be difficult for people to check what they contain when purchasing them from countries like Malaysia, China and Thailand over the internet. "With products promising to give you energy or make you bigger, if they do actually work, they generally contain an anabolic agent

or amphetamines which are banned in sport."

The other risk is that the supplements don't live up to their promises. Dr Larkins said that elite athletes are notorious for wasting money on supplements with no scientific backing, desperate for that one per cent advantage over their competitors. "There's no shortcut, no magic formula," he said. "Vitamins and protein certainly have a role to play because nutrition is one of the critical things to help athletes recover fast and perform at their best, but it also takes a lot of hard training."

Dr Larkins is not against the use of health supplements altogether, but recommends first consulting a sports medicine practitioner or sports dietitian to ensure that what is purchased is safe and legal.

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# THUMB SUCKING & DUMMY USE

by Dr Ian Sweeney\*

**THE SUCKING INSTINCT** in newborn babies is a powerful one and often helps a child to settle. It is quite common for new born infants to suck their thumb or fingers, while other children may benefit from the use of pacifiers. Pacifier use and finger sucking are believed to be harmless habits and their use does not alter the dentition if its use is stopped by age 2 to 3.

Generally, children cease sucking before the age of 4 and before any permanent teeth start to erupt. If this is the case, the risks of any dental deformity should be avoided.

If the sucking continues beyond 3 to 4 years of age, the risks of harmful effects on the developing dentition and jaws increase. The most notable changes are an anterior open bite, posterior cross bite, narrow arch width of the upper arch, and a



Protrusion of upper front teeth as a result of thumb sucking.

high narrow palate.

The longer the finger sucking or pacifier use is used beyond the age of 5, the greater the adverse effects will become.

Injuries have also been associated with pacifiers, as well as bottles and "sippy" cups. A US study over a 20 year peri-

od showed an estimated 45,398 children younger than 3 years of age were treated in emergency departments for injuries related to these products. That's an average of 2,270 cases per year.

Most injuries involved bottles (66 per cent), followed by pacifiers (20 per cent) and "sippy" cups (14 per cent). Eighty six per cent of injuries were caused by falling while using one of these products, and most injuries involved a laceration to the mouth.

Given the number of injuries it's crucial to encourage children to sit down while drinking or using a pacifier.

\*Dr. Ian Sweeney holds qualifications in Dental Implant Surgery and Conscious Sedation and Pain Management, and is a dentist at **Northside Dental and Implant Centre in Turramurra**. Ph: 9144 4522.

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# 'SLIP, SLOP, SLAP' TAKING A SLIDE

RESEARCH SHOWS MOST TEENS DON'T PROTECT THEMSELVES IN THE SUN.

by Kate Lilly

**WHILE AUSTRALIA HAS** one of the highest rates of melanoma in the world, only 37 per cent of Australian adolescents wear sunscreen, according to the Cancer Council.

The Cancer Council's latest study reveals there has been no significant improvement in adolescent sun protection compliance since the baseline study in 2003/4. Some sun protection behaviours, like wearing a hat, have actually decreased during that time.

Cancer Council Australia CEO, Professor Ian Olver said: "In our previous surveys, the group most likely to get burnt on a summer weekend were the adolescents."

"When we've asked them why they don't comply, the most common answer is that they simply forgot . . . Adolescents in general regard themselves as fairly bullet-proof so messages that say 'later you'll get skin cancer or premature ageing of the skin' perhaps don't mean as much."

Although the 2003/4 baseline study found that sun protection in children is reasonably good, the 'Slip, Slop, Slap' message appears to decline in the teen years. Suzanne Dobbinson, Senior Research Fellow at the Centre for Behavioural Research in Cancer said this is a consistent pattern with many health behaviours.

"Children under the age of 10 or 11 are usually responsive to their parents' wishes."

"They gain greater autonomy as they move into adolescence and they have other competing interests in terms of their view of the attractiveness of tanning."

While the proportion of adolescents who think tanning is desirable has decreased since 2003/4, 66 per cent of 12-17 year olds still said that their friends have a pro-tanning attitude. In addition, less than a quarter of adolescents reported wearing a hat or covering their legs and shoulders when outside.

Natasha Lelli, 17, keeps 50+ sunscreen

in her bag – a necessary precaution for a redhead. But she is the odd one out among her friends. "It's not as if many of them are going out of their way to lie in the sun and tan anymore," she said, "it's more like 'If I get burnt, it doesn't matter – it will turn into a tan'".

"So they're not going to the beach with the intention of getting fried but that's still a benefit for them . . . even though they know it's bad for them."

Ms Dobbinson said sun protection options must be made more accessible for young people. "[We] have to create supportive environments that promote adolescent sun protection to be easily undertaken – that's providing good quality options for sun protection in terms of sunscreen, in terms of the types of clothing in shops but also finding good shade in outdoor settings."

The Cancer Council projects that 3,543 Australians will be diagnosed with skin cancer this year.

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# IT'S ALL IN THE EMBELLISHMENTS

CONVERT A BORING LIVING SPACE INTO SOMETHING CUTE AND QUIRKY WITHOUT HAVING TO FULLY REDECORATE.

by Rose Moloney

**WHETHER IT'S YOUR** bedroom, the lounge or a child's bedroom, most people have that room in the house that's in serious need of a facelift. Redecorating can be a time consuming activity, but it doesn't always have to be. Surprisingly you can completely transform a room without even picking up a paintbrush. The key is to focus on the small details.

## 1. Use furniture to add colour.

If you have neutral walls then take a chance on a colour you wouldn't usually consider. Move away from the beige colour palette and introduce something bright – think red, purple or if you're really daring; yellow. A statement piece of furniture, coupled with some vibrant cushions can inject life into an otherwise dull room.



## 2. Add personal touches.

Everyone has those impulse purchases, childhood trinkets and quirky souvenirs they bought on their last family holiday stored away in a cupboard somewhere. Now it's time to put them to good use. Display these treasures to add a more personal feel to a room. Little touches like this can stop a room from feeling too sterile. Remember to be selective. There is a fine line between adding a few selective embellishments and completely cluttering a living space.

## 3. Bring the outside inside.

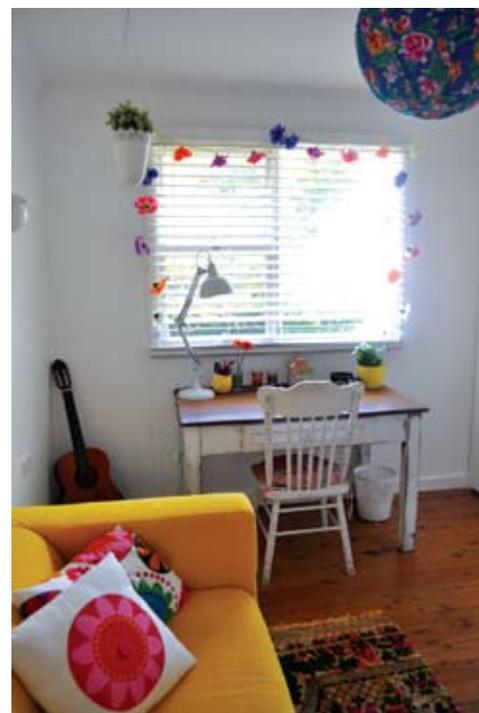
Nothing breathes new life into a room like the inclusion of plant life. If you're worried about keeping plants alive then fake flowers are a worthy alternative. Rather than just placing your plants in the standard windowsill position, take inspiration from your garden and hang them from ceiling baskets inside.

## 4. Consider lighting.

An interesting lampshade is another way to make a statement and the great news is they don't have to be expensive. If you're really serious about embracing colour then go for a large, patterned paper lantern. The one downfall of these is they can dim the light, so combat this problem by introducing fairy lights and lamps into the room too.

## 5. Invest in artwork.

Nothing holds the power to transform a room that an interesting piece of art does. Take the time to look around and find something you really connect with. Even if the price tag is steep it might be worth it if you're going to be looking at it day in, day out. If you're sticking to a budget then stores like Ikea sell a range of lower priced artworks.



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## Get crafty this winter

It doesn't matter if you're a "craftaholic" or have never picked up a knitting needle in your life - April is the time to embrace a new hobby. Let your creative juices flow this month and consider adding scrapbooking, beading, bejewelling or sewing to your list of skills. Not having the equipment isn't an excuse.

There are plenty of stores in the local area selling all the craft tools your heart could desire. This month *Sydney Observer* is showcasing some of our favourite stores. So what are you waiting for? Get out and get crafty!



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# AUTUMN IS IN THE AIR

HANDY HINTS TO KEEP YOUR GARDEN LOOKING ITS BEST YEAR ROUND.

by Hugh Myers\*

## Dahlia season:

**WE ARE INTO** autumn and April is dahlia show time. All your tall dahlias should be putting on a beautiful show for you but many will also be top heavy. It is time to go around and check any ties that you should have put in place long ago. If you did not put in stakes to tie your dahlias to, it's not too late. However be very careful where you put them. Get down and check the exact position of the tuber otherwise you could drive your stake right through it and your dahlia will be no more.



## Keep up the fertilising:

Remember, dahlias are hungry plants particularly when they are developing flowers. Once a month give them a feed of a general purpose fertiliser with a high potassium level. When cutting dahlias for use in the house, always change the water each day or go along to the local florist and get a couple of packets of the powder they use in the water to keep their stock looking nice and fresh.

## Increase privacy:

Are you looking for something to grow on the trellis between you and your neighbour for privacy? As long as the spot isn't too sunny, why not try a clematis? Depending on the variety, these sturdy climbers will produce a magnificent show of flowers in the spring and autumn. They can be planted at any time but the best time would be in late autumn or early winter. A well drained position with non acidic soil and a cool root run is ideal.



## Beat the moss:

With the cold weather not too far away your lawns will be starting to slow down and get ready for their winter dormancy. During the cold weather mosses tend to develop where there is a damp space and the following summer this space becomes a bare spot in an otherwise pristine lawn. Out smart the mosses by giving your lawn a feed of dolomite. Dolomite will push your lawn towards the alkaline end of the pH scale and mosses do not like alkaline soil.



## Re-evaluate your roses:

April is the month when roses steal the show. If a rose is not performing well in April and it is not diseased, it is time to consider getting rid of it and planting a different rose in its place. Have a look around the big garden centres as they should have a good range of roses still in full flower so you will know what you are getting. Watch for black spot and mildew. Keep an eye out for aphids as there will still be quite a few about that have not gone to ground for the colder weather.

## Re-use leaves:

As we move into the cooler weather, the leaves on many trees and shrubs will change colour, dry out and fall off. Apart from making a mess, dry leaves also make excellent compost. You can pick them up the hard way by raking and using a broom or if they fall on your lawn, you can use the lawn mower. Just set the blades high so it does not cut the grass, and the leaves will go straight into the catcher. The chopped up leaves can then go into the compost bin.

\*Hugh Myers is a member of the Ku-ring-gai Horticultural Society inc. The society meets on the first Tuesday of the month at St Ives Village Hall, Memorial Rd, St Ives (opposite Woolworths) at 7:30 pm. Visitors are welcome. Phone 9449 6245.

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# A HIGH OLD TIME

THINK AHEAD AND PLAN SOMETHING EXTRA SPECIAL FOR MOTHER'S DAY.

by Rose Moloney

**HIGH TEAS USUALLY** consist of four key ingredients: scones, sandwiches, cakes and of course tea. Piled high on three-tiered platters fit for royalty, the sweet and savoury goodies are usually enough to dispel the word "diet" from anyone's vocabulary.

Mother's Day is one of the few days in the year where we take the

time out of our day to say "thankyou" to our mums. So this year consider rewarding your mum with an afternoon of indulgence at one of the many hotels that serve high tea across Sydney.

Book a reservation now for the special day, or avoid crowds and buy a gift voucher for another day. Foodies don't forget to bring your phones - the day will definitely be Instagram worthy.



For something modern

## 'The Ruinart Afternoon Tea' at The Westin

The Westin adds a modern twist to the traditional high tea menu. On the savoury side, the menu moves away from the standard sandwich, instead offering ocean prawn boats and smoked salmon triple stacks. Up next, there's Belgium chocolate filled profiteroles and vanilla creme brulee. But remember to save room for the final course: warm scones served with raspberry chocolate jam. If you're feeling adventurous follow your glass of R de Ruinart Champagne with a SuperFoodsRX cocktail.

**Pay:** \$65 pp

**Where:** 1 Martin Pl, Sydney



For the traditionalists

## 'Afternoon Tea' at The Tea Room, QVB

Take a step back in time when you attend High Tea at the QVB's famous Tea Room. This venue sticks to the tried and tested high tea menu - think egg sandwiches on fluffy white bread, single estate teas, scones, savoury pastries and of course petit fours. All of this is served on floral china plates in a luxuriously decorated room, creating the illusion royalty should be sitting on the next table.

**Pay:** \$39 - \$176 pp

**Where:** Level 3, North End, QVB, 455 George Street, Sydney



For the coffee lover

## 'High Coffee' at the Intercontinental

Coffee lovers shouldn't despair - there is an alternative for those with mums that would rather sip on a skim cap. Understanding Australian's love of little brown beans, the Intercontinental has introduced a 'high coffee' option. It replaces the traditional pots of English breakfast tea with an array of coffee based concoctions. Espresso martinis, cafe freddos (iced espresso shots) and the signature cafe corretto (an espresso shot 'corrected' with grappa) are served there alongside sandwiches, scones and sweets. The 'high coffee' option isn't available on Mother's Day, so why not buy your mum a voucher and go the week after. Good things come to those who wait.

**Pay:** \$55 pp

**Where:** 117 Macquarie Street, Sydney

# TRIPLE THREAT THAI

THE OWNER OF HANUMAN THAI TELLS US HOW SHE MAKES HER RESTAURANTS STAND OUT IN THE MIDST OF SERIOUS COMPETITION.

by Rose Moloney

**WALKING INTO HANUMAN** Thai, St Ives, the first thing you notice is the confusing yet appealing fusion of scents. Notes of chilli, a dash of coconut and something else you can't quite put your finger on.

The next thing you notice are the completely full tables, piled high with big platters of colourful food – noodles, chicken, dumplings, fried rice and even a whole battered fish.

Thirty seconds later, your mouth is drooling and you know you will want to order every single item on the menu before you have even had a chance look at it.

When a restaurant has this effect, it's a sign you have selected the correct dinner venue.

Every one of Yadanee Ariyachokcha's three Hanuman Thai restaurants has this effect.

Yadanee moved to Australia from Thailand six years ago on a student visa. She started working in Thai restaurants to earn money; until in 2010 she decided it was time she opened a place of her own. Now she owns three Thai restaurants located in St Ives, Lindfield and Wahroonga.

There is no shortage of Thai food along the north shore. In St Ives, on Mona Vale Road alone there are five different restaurants offering Thai cuisine. But in spite of the competition Yadanee says her three restaurants are "always busy" and require bookings to dine-in most nights of the week.

According to Yadanee the key to keep-

ing her restaurants full is their unique menu. She sets her restaurants apart from other Thai joints in the local area by fusing traditional elements of Thai food with modern trends, and adding a few of her personal favourites to the menu. Her favourite dish Pad Thai Punim, pad thai with soft shell crab, is one of Hanuman's most popular meals.

While Yadanee always aims to please customers, she wants her restaurants to be authentic. If a meal tastes better with chilli, Yadanee encourages her clients to try it with chilli. If a meal takes longer to prepare, Yadanee explains it's because they make everything from scratch.

It is through staying true to the cooking that her restaurants have become so successful.



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**Web:** [mustangnepalese.com.au](http://mustangnepalese.com.au)

**Opening hours:** Dinner from 5:30pm, 7 days a week

# BOMBAY JAYASHRI COMES TO SYDNEY

**INTERNATIONALLY RENOWNED SINGER,** Bombay Jayashri, will be performing her oscar nominated song, Pi's lullaby (from the film 'Life of Pi') at her one and only concert at the Sydney Opera House on Monday 29 April at 8pm.

Bombay Jayashri is best known for her traditional Indian classical Carnatic music. Emotive tones and a worldly focus create an undescrivable experience and a lesson in true Carnatic music.

Trained by the Indian violin maestro Lalgudi Jayaraman, her musicality stems from the riveting emotions of classical Indian tones and is equally matched by her reflection of universal feelings, all enmeshed with captivating tones.

Musicians of Jayashri's calibre are few and far between. Her music has taken her

across the globe where she has enthralled audiences of every musical background. From South Africa to Singapore and Melbourne and across to New York, London and Paris, she has delivered the best of traditional Carnatic music.

The concert is presented by Bhoomija, a Bangalore based Trust dedicated to showcasing Indian performing arts in India and abroad. This concert is perhaps a once in a lifetime opportunity. Only one show, and one chance to hear a voice that has captivated people of all walks of life from around the globe. The concert will last for 3 hours with an added 20 minutes for a refreshing interval. Tickets are ranging from \$49-\$89 for an adult, \$39-\$79 for concessions and groups of 8 and over for between \$39-\$79.

Book now while seats are still open!

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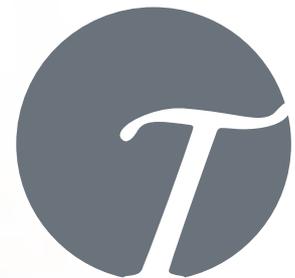
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# BALI HAS STILL GOT IT'

IT'S HAD A BAD NAME IN RECENT YEARS, BUT BALI STILL DELIGHTS AUSSIE TOURISTS.

by Keiran Gair

**DESPITE THE CURRENT** media storm undermining Bali's image as the ideal island getaway, Australians still flock to the Indonesian island paradise. From heart-stopping surf to mystical temples, enchanting volcanoes to a roaring, all-night party scene, the island that takes a day to travel around still captivates droves of Australian travellers and holidaymakers.

With the local economy dependent on tourism, Bali is a haven for everyone from the spiritual observer, to the avid adventurer and the suburban family. From indulging in world-class restaurants in Seminyak, to diving into the pristine waters of the Gilli islands, the Indonesian island has something for people on any type of budget.

## WHERE TO GO

### Seminyak

The upmarket Balinese suburb of Seminyak offers a breath of sophistication. Travellers hoping for a reprieve from Bali's choked streets, hard drinking joints and bustling tourist markets should look towards Seminyak for a relaxed, luxurious experience. Breezy waterfront bars and stylish cafes abound throughout Seminyak, providing

an indulgent holiday lifestyle. Restaurants ranging from exquisite Italian to authentic Japanese line the streets offering world class meals at shockingly low prices. While it's array of boutique shops, high-end fashion and alternative clothing options make Seminyak the Indonesian fashion capital.



Seminyak: The perfect place to relax with a cocktail.

### Kuta

A trip to Kuta is a must for every Bali holidaymaker. Accommodation choices can range from five-star villas to the grubbiest of hostels. But whether you are looking for luxury or bed bugs, Kuta is still a thriving tourist mecca. The local markets offer a chance to hone your bartering skills while the beach is surprisingly clean and relaxing. At night Kuta is brought to life in a shower

of enticing happy hours and suspect personalities (locals and tourists alike).

If your scene involves all night partying, an acceptance of intoxicated revellers and an ability to dance the night away madly, then Kuta by night is your opportunity to thrive.



Check out some of the local wildlife.

### Ubud

The rolling hills of Ubud lie about two hours out of Kuta. With a volcano dominating the skyline and sleepy villages resting quietly on the mountain slopes, Ubud offers a more tranquil and less touristy experience. Before you go, decide whether you want to visit Ubud as a day trip or stay overnight. Staying overnight gives you the chance to rise at 2am and trek up the side of Ubud's active volcano, arriving at the smoky top just in time to see

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the sunrise over the dense mountain fog.

Don't try climbing the volcano without a guide - you don't want to blindly navigate the side of a mountain range. Whether you opt for a day trip or a longer overnight stay, the natural rapids in Ubud are ideal for some serious whitewater-rafting fun. Don't forget to look on in wonder at the draping greenery, hanging trees and rising cliffs as you fight the oncoming rapids.

## WHAT TO DO

### Diving in the Gillis



Ubud is the closest thing to paradise.

The Gilli islands are about two and a half hours by fast boat from Bali. Encircled by a magnificent reef the Gilli islands are one of the best diving spots in the world. Choose from one of the dozens of professional diving schools which line the beach and try your hand at a bit of scuba diving. From novice to the most seasoned diver there is a course catering to every experience level. Turtles, manta-rays, tropical fish and a never-ending

reef offer a heart-stopping and breathtaking underwater experience.

If you choose to opt out of scuba diving, or don't have the time then snorkelling is the way to go. Shallow coral reefs and abundant sea life are thrilling when viewed up close, so grab a snorkel and jump into the cool island waters.

### Visit Uluwatu

About an hour's drive from Seminyak, Uluwatu is the beach that gives Bali the right to be labelled a surfing heaven. Rising waves and pounding sets thunder into the beach, offering some unreal rides for surfers and some jaw-dropping action for onlookers. Perched on the edge of a cliff overlooking Uluwatu is an aged temple. As well as being a home for the local monkeys, the temple exemplifies the rich history of Buddhist and Hindu culture in Bali.

## WHERE TO EAT

In the space of a day, Bali's dining scene can take you from the high-dining streets of Rome, to the high-rise restaurants of Tokyo, to the terracotta-lined roads of Mexico city. With options from every cuisine imaginable the enthusiastic foodie will feel their taste buds tingling as soon as they land.

For the traveller craving some contemporary Asian, *Sarong*, in Kuta's Kerobokan district, is a dining sensation. With world-class chefs serving up Thai, Chinese and Indian.

If you're looking for a mash-up of cocktails, fine dining and a waterfront view, then *Ku De Ta* in Seminyak is the place to be. Magnificent cocktails by the water are coupled with delightful dishes from the world-renowned chef, Phillip Davenport.

However, if you're on the hunt for some European cuisine then head to *Sip*, a Parisian



Bali offers a fusion of different cuisines.

brasserie and wine bar in Kuta that exudes class and taste.

After feasting on French move onto Seminyak for an Italian feel at *Ultimo*. Delicious and mouth-watering Italian dishes are best served when you're sitting in a group, experiencing a real sense of Italian entertainment.

Across from *Ultimo* sits the traditional Balinese restaurant, the *Kitchen*. If you're looking for a local experience with a blast of protein head to the *Kitchen* for some excellent meat dishes.




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# MOUTHGUARD AWARENESS

DENTAL PROTECTION WHILE PLAYING SPORT IS MORE IMPORTANT THAN YOU MIGHT THINK.

by Kieran Gair

**THE AUSTRALIAN DENTAL** Association has launched their annual Mouthguard Awareness campaign in an effort to curb the growing number of children visiting emergency departments due to oral trauma injuries sustained during sport.

A National Newspoll survey has found that only 36 per cent of children who play contact sports wear mouthguards during games, while less than one in five children wear a mouthguard while training.

Between 2000 and 2010 the number of children visiting emergency departments because of sports related oral injuries jumped by over 20 percent, prompting the ADA's Oral Health Committee Chairman, Dr Peter Alldritt, to campaign for

more responsibility when it came to wearing mouthguards.

"More than half of Australian children who play a contact sport do not wear a mouthguard. The risks associated with not wearing a mouthguard can range from cuts to the lips, damaged nerves, broken or knocked out teeth and broken jaws. An injury sustained in childhood can lead to a lifetime of pain."

The ADA are calling on parents, schools, sporting associations and clubs to make wearing mouthguards mandatory for anyone participating in contact sport, whether that be in training or an actual game.

Dr Ian Sweeney from the Northside Dental and Implant Centre in Turrumurra believes that custom fitted mouth guards

offer the best protection from injury. "Custom fitted mouth guards accurately fit in a comfortable and stable way. If a mouthguard is comfortable it is more likely to be worn."

As well as protecting the teeth, the ADA believe that custom fitted mouthguards can help to prevent neck and jaw injuries and may even help to reduce the impact of concussions.

According to Sports Medicine Australia, AFL, rugby league, rugby union, soccer, hockey, basketball, cricket and netball account for 75 per cent of all sports related injuries in Australia.

## For more information:

Benefits of wearing mouthguards visit:  
[www.mouthguardawarenesscampaign.info](http://www.mouthguardawarenesscampaign.info)



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...TO TALK ABOUT by Patrick McAuley

# ANNUAL CLASSIC CYCLE

## 1,700 CYCLISTS TOOK THE STREETS TO SUPPORT TWO GOOD CAUSES.

by Rose Moloney

**ON MARCH 24**, 1,700 people took part in Bobbin Head's Annual Classic Cycle to raise money for local and international charities. The cycle was mounted by the Rotary Clubs of Ku-ring-gai, St Ives and Turramurra, in support of the Lifeline Harbour to Hawkesbury Centre and the Bo Hospital in Bo, Sierra Leone.



Barry O'Farrell announcing the start of the 105km ride.

Roger Norman, a spokesperson for the Rotary Club of Turramurra, said: "The day went exceedingly well and I think the nicest thing that happened was the tremendous feedback from the people that participated, I think that says it all really." Mr Norman said early indications show the event raised at least \$60,000, which will be split between the two causes.

The cycle options ranged from the leisurely 12km for families, to the more intense 105km option for serious cyclists. The cycles weren't a competition, so instead the real winners on the day were the charities.

ABC Weatherman and Ride Ambassador, Graham Creed took part in the 105km event along with 1000 other cyclists. It took him four hours to complete the cycle.

Mr Creed said: "The ride itself is really challenging, it surprises a lot of people that there is very little flat, it's all hills...the terrain makes it a really worthwhile feat for

riders. It's more than just going out for a ride, it puts them to the test."

Mr Creed's involvement in the day was spurred by his desire to promote cycling along with the two charities being helped by the cycle. "I really believe in the charities that rotary use for the event - Bo Children's Hospital and Lifeline - both wonderful causes."



Ride Ambassador, Graham Creed.

Bo Children's Hospital is an initiative of Turramurra Rotary club member Dr Nuli Lemoh. Construction of the hospital started in 2010 after two years of planning. It involved the construction of a 21 bed hospital with diagnostic facilities and short-term treatment areas; an operating theatre and a health education; training and research unit. Funds raised from the cycle will go towards ongoing operational costs of the hospital.

However the cyclists also made a difference to people living in Sydney. The other half of the funds will be donated to the Lifeline Harbour to Hawkesbury Centre. This centre is dedicated to suicide prevention and assisting people living on the northern side of Sydney experiencing mental health crises.

## DISAPPOINTING DRAW NOT END OF WORLD

**AUSTRALIA'S 2-2 DRAW** with Oman was a real strike to our efforts to make the World Cup in Brazil next year. But it's not as disastrous as some might make you believe. What was most appalling though was not the team's performance, but the attitude of fans and commentators.

It seems extraordinary that we now view World Cup qualification as a God-given right. Ahead of the 2005 qualifying match against Uruguay, Alvaro Recoba said Uruguay had a "divine right" to be a member of the 32 nations who compete in the World Cup. Australian fans justifiably reacted in anger and revulsion, describing the great La Celeste forward as arrogant. Eight years on, a similar attitude is bubbling under the surface amongst the new breed of Australian supporters.

Gone are the days when our expectations rose through qualification and every campaign ended in tears. While the teams of yesteryear were of a better standard to today's team, only once before 2005 did they succeed in qualifying for a World Cup. Unfortunately the new breed of supporter has been brought up on a diet of success and isn't as familiar with the steady diet of disappointment that sport generally provides.

Jordan's shock win over Japan means second spot and World Cup qualification is still very much up for grabs. With important matches coming up against Japan (away), Jordan (home) and Iraq (home), the Socceroos can still dictate the final outcome of the group. A draw in Japan and home wins against Jordan and Iraq would surely guarantee qualification.

If Socceroos coach, Holger Osieck, perfects his tactics and player selection against Japan and seals an important share of points in Japan we'll have a strong chance. More importantly will be finding a route to goal against Jordan and Iraq. Whether this means, Tim Cahill, Brooque, Thompson or even Cornthwaite, if we get a couple of early goals, I can see us succeeding. In the meantime, here's hoping drama takes a back seat and we qualify without troubles!

Follow: [@MrPatMcAuley](#)



**March 16 – June 30**

**War Horse**

**(Tickets from \$131, on sale until May 12)**

The spectacular stage production War Horse has come to Sydney!

At the outbreak of World War I, Albert's beloved horse, Joey, is sold into the cavalry and sent far away to the battlefields of France. Although he is still too young to enlist, Albert decides to embark on a remarkable journey to find his beloved horse and bring him home. The show features life-sized puppets from the South Africa's Handspring Puppet company, bringing beautiful, galloping creatures to life.

**Where:** Sydney Lyric, Pirrama Road, Pyrmont

**Contact:** Phone 1300 795 267 or book online at [www.ticketmaster.com.au](http://www.ticketmaster.com.au)

**April 11**

**Stories From A Real-Life Action Hero 6:30pm (\$5)**

Action writer, Chris Allen, will be at Hornsby Library to discuss his books and give his ideas on self publishing. Chris Allen's success comes largely from the action-packed life he has led. He has served in three Commonwealth armies across two decades and four continents

He drew on all this experience when he published the first part of his Intrepid series as an eBook in 2011, telling the story of the ultra-secret black ops division of Interpol. Head to Hornsby Library to hear about his adventures.

**Where:** Hornsby Central Library

**Contact:** 9847 6614 or email [library@hornsby.nsw.gov.au](mailto:library@hornsby.nsw.gov.au)



**March 23 – June 3**

**Archibald Prize**

**(\$7 for members, \$8 for children/ concession, \$10 for adults)**

Visit the most anticipated art exhibition of the year- the Archibald, Wynne and Sulman Prizes. The Archibald Prize is one of Australia's oldest and most prestigious art prizes, awarded to the best portrait painting- preferentially of an individual distinguished in art, letters, science or politics. The Wynne Prize is awarded to the best landscape painting of Australian scenery, and the Sulman Prize is given to the best subject painting, genre painting or mural project in oil, acrylic, watercolour or mixed media.

**Where:** Art Gallery of NSW, Art Gallery Road, Sydney

**Contact:** 9225 1700

**April 8**

**'Shift This' HSC Forum**

**9am (Free)**

Feeling stressed about facing final exams?

As part of National Youth Week, Sydney Town Hall is hosting a forum on navigating the challenges of the HSC. The day will bring together young leaders, mental health experts and government representatives from across NSW to discuss students' experiences and answer questions.

**Where:** Sydney Town Hall, Lower Town Hall, 483 George Street

**Contact:** 02 8218 9800 or email [info@yapa.org.au](mailto:info@yapa.org.au)



**April 14**

**'South of no North Photography Jam'**

**6:30-8:30PM (Free)**

Are you a keen young photographer? The Museum of Contemporary Arts is holding a unique event to celebrate Youth Week and the 'South of no North' exhibition. The night will give 12-18 year olds the opportunity to experience the work of Sydney's young photographers and to enjoy an awesome line-up of live music, art activities, competitions, workshops and free food. There will be a fancy dress code and opportunities to get your camera snapping as well!

**Where:** Museum of Contemporary Art Australia, 140 George Street, The Rocks

**Contact:** 9245 2400 or [www.mca.com.au](http://www.mca.com.au)



**10 – 28 April**

**Passus: Group Exhibition by Nebuli Arts**

**10am-4pm (Free)**

Experience the works of a group of Sydney photographic artists called 'Nebuli Arts'. Each artists work forms part of a broader exploration of themes derived from an imagined vision. Make sure you check out Michael Haylen's 'Lightsculpts' figure and form illusions derived from light on water at Lane Cove River.

Enjoy top notch local art for no cost at all!

**Where:** Incinerator Art Space, 2 Small St, Willoughby

**Contact:** Michael Haylen on 9808 2145



**May 5**

**Festival on the Green**

**10 – 4pm (Free)**

The annual Festival on the Green offers an exciting day out for the whole family, with plenty of free entertainment, rides and activities to enjoy.

The festival is a chance for local schools, community groups and businesses to showcase their talent. Previous acts include Dora the Explorer and Brophy's Aerial Theatre.

**Where:** St Ives Village Green

**Contact:** 9424 0868



# STEP BY STEP

A **NEW WALKING** group will be hitting the streets of Gordon on Friday mornings this month.

The Gordon 'Step by Step' walking group is aimed at slower paced walkers. So it's perfect if you're a senior, recovering from an injury, or just haven't exercised in a while.

These walks are organised in partnership with the Heart Foundation, and are 30 to 60 minutes long depending on your preference. Everyone is welcome to join in!



**When:** Fridays, 9am -10am  
**Where:** Gordon Uniting Church, Cnr Cecil St & Pacific Highway, Gordon  
**Cost:** Free  
**Contact:** 9424 0802 or recreationbookings@kmc.nsw.gov.au

# WAR HORSE

**THIS MONTH WE** are giving readers the chance to find out why the *New York Times* called the stage production of War Horse "Theatrical magic!"

Set in the outbreak of World War One, War Horse follows the heart wrenching story of a young boy, on a journey to bring his horse home after the war separates them. What sets this production apart is the incredible use of life-size puppets, which bring breathing, galloping and charging horses to life on stage.

Since its world premiere in London in 2007, War Horse has won two Laurence Olivier Awards, five



Tony Awards and four Outer Critics' Circle Awards and now it has finally landed in Sydney.

For your opportunity to win one of three double passes to see War Horse at the Lyric Theatre, tell us in 25 words or more what you liked most about this month's magazine.



If you would like to enter any of the giveaway draws, tell us in 25 words or more, what you liked in this month's magazine. The best entries will be published\* and go in the running for our monthly giveaway in the next issue of the magazine. **PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 25th of the month.**

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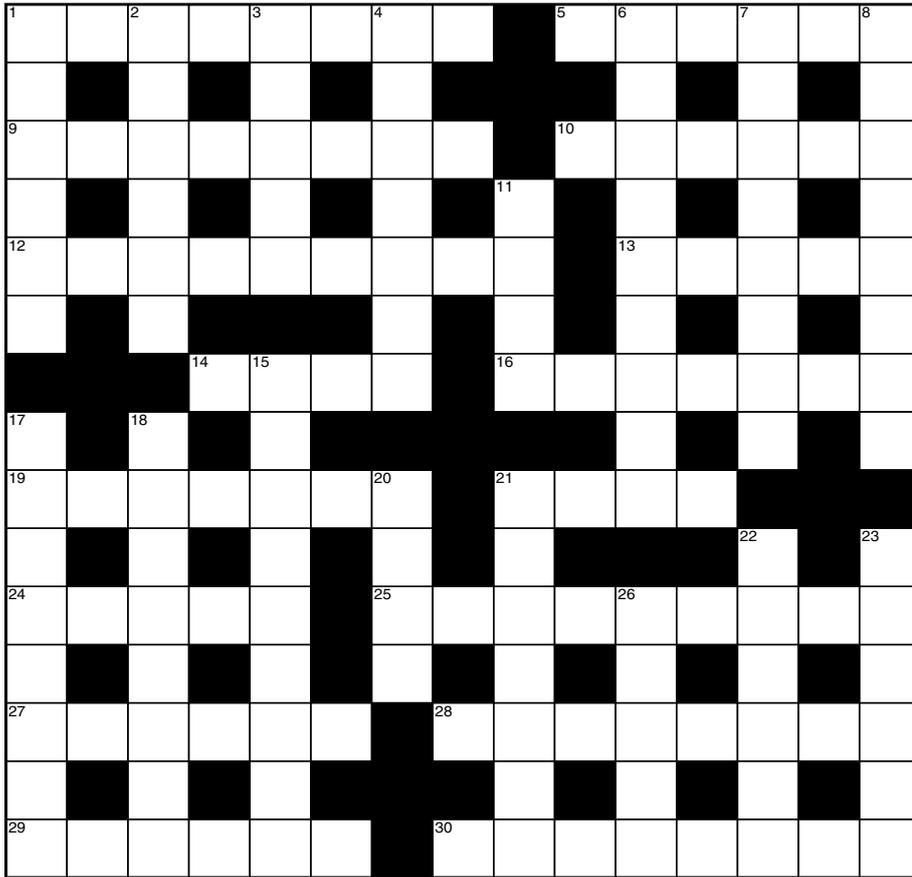
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**Crosswords**

HANDY 3255 (FORCEFUL)



**Across**

- 1. Powerful (sound)
- 5. Eighth month
- 9. Make germ-free
- 10. Inspired
- 12. Iced confections (3,6)
- 13. Brush (with law) (3-2)
- 14. Cash points (1,1,2)
- 16. Smothers
- 19. Plans (4,3)
- 21. Poodles or terriers
- 24. Pile-up
- 25. Plotted (course)
- 27. Madness
- 28. Meat-soaking mixture
- 29. Muzzled
- 30. School children

**Down**

- 1. Ancient bone
- 2. Plaster (wall)
- 3. Step inside
- 4. Opens (letter)
- 6. Unchanging
- 7. Thoughtlessly
- 8. Neatness
- 11. Serpents
- 15. Dental pain
- 17. Hitting
- 18. Revising
- 20. Oodles
- 21. Misfit
- 22. Repetitive ... injury
- 23. Lazy people
- 26. Reduce to powder

**Wordsearch**

PX0155 - BOLLYWOOD



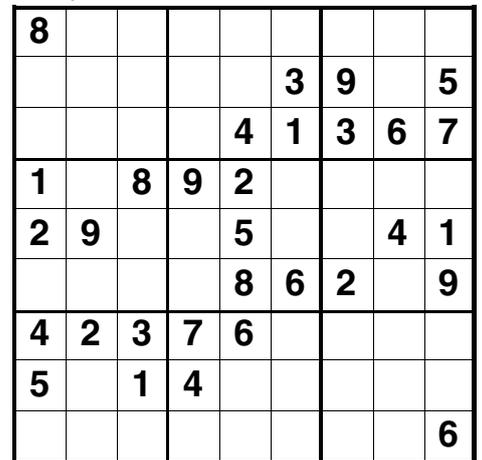
**FIND ALL THE WORDS** listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

- ACTORS
- BHANGRA
- BOLLYWOOD
- CINEMA
- CULTURE
- DANCING
- DANDIYA
- ENERGY

**SUDOKU**

Rating: ★☆☆☆

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



Novice 0531

- EPICS
- EXPRESSIVE
- EYES
- FIGHT SCENE
- FITNESS
- GESTURES
- GRACE
- HEROES
- LOVE TRIANGLES
- MELODRAMA
- MUSICALS
- ROMANCE
- SARI
- SONG AND DANCE
- SPIN
- STARS

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led light  
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**Only \$4490**

**Tahitian**



**Description**  
2.1m x 2.1m spa  
5 Seater  
Family Spa  
led light  
Retail \$6490  
**Save \$1500**  
**Only \$4990**

**Miami**



**Description**  
2m x 2m spa  
5 Seater  
Double Lounge  
Water Management  
led light & Waterfall  
Retail \$7490  
**Save \$1500**  
**Only \$5990**

**Myfavourite**



**Description**  
2m x 2m spa  
5 Seater  
3hp pump  
led lights  
Retail \$7990  
**Save \$2000**  
**Only \$5990**

**Sahara**



**Description**  
2m x 2m spa  
5 seater  
2 x 3hp pumps  
Water Management  
Waterfall led light  
Retail \$8990  
**Save \$2000**  
**Only \$6990**

**Jamaican**



**Description**  
2.3m x 2.4m spa  
Big Family spa  
Water Management  
Waterfalls led lights  
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