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SEPTEMBER 2015 - FREE

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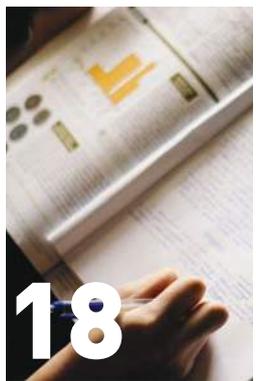


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From the team

Alas, spring is here! Our days are getting warmer, nights are noticeably shorter and it's becoming a lot less difficult to drag our bodies out of bed each morning. We've finally escaped winters icy clutch and are gratefully welcoming perhaps the prettiest season of them all.

The warmer weather is all but begging us to get outdoors and start a new home project. Whether it is prepping your pool for swimming weather, exciting new renovations or simply finding your green thumb we've got you covered (23-28).

During your hard labour don't forget to find time to treat yourself with something utterly delicious. Why not head off to one of Sydney's recently named top food picks (41)? Or be inspired by MasterChef's Billie McKay's culinary journey (14-15), and bake a cheeky chocolate dessert at home (42).

Stuck on school holiday ideas? Check out our top adventure filled picks the whole family can enjoy, including mum and dad (45).

Enjoy this change of season. After all, spring is a time for new beginnings and celebration.

PS Don't forget to check out our relaunched website and download the *Sydney Observer* digital edition!



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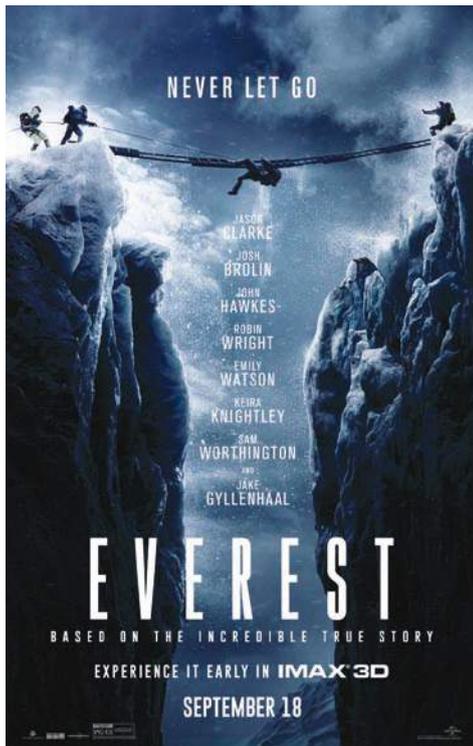
Letters

The August edition of Sydney Observer was a great read, full of interesting news and information. I have a hearing issue and wear an aid but I didn't know about "awareness week". I was very impressed and have phoned Audio Health for an appointment and advice. Thank you.

- Gwen Hetters, Hornsby



Giveaways



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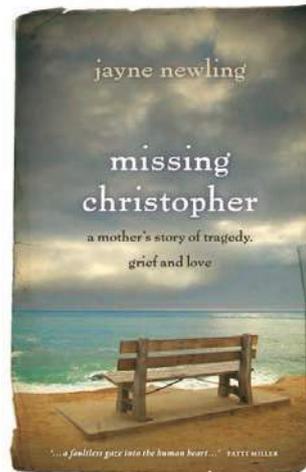
Four double passes to be won.



JBRONZE THIS SPRING

Aussie beach babe Jennifer Hawkins is famous for her glowing skin. Now you can get the look too with her luxurious tanning spray.

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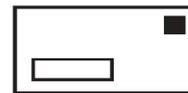


JAYNE NEWLING'S 'MISSING CHRISTOPHER'

The heart wrenching true story of Christopher Newling's shocking death and its tragic aftermath for his family. Honest, raw and deeply moving.

Two copies to be won.

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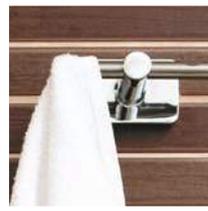


If you would like to enter any of the giveaway draws, simply tell us in 50 words or less what you liked in this month's magazine. The best entries will be published* and go in the running for our monthly giveaway in the next issue of the magazine.

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

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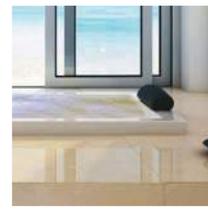
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Asquith local heroes

YEAR ONE STUDENTS from St Patrick's Catholic School recently had the opportunity to meet some of Asquith's local heroes. Students were visited by community members who provide Asquith with a social service. Talks with the students about their roles and responsibilities promoted that you don't have to be superman to save the world.

Andrew Gill, parent and police officer, explained to the kids how his role protects community safety and why such a job is necessary. His daughter, Penny, remarked it was great to see her dad interacting with her class and that she was extremely proud of his role in keeping everyone safe.



Ku-ring-gai to save endangered species

KU-RING-GAI'S INNOVATIVE FAUNA monitoring project will soon set up cameras in several locations around the area. Plans have been put into place to record movements of several rare and native animals and birds. The aim of the project is to map how these exceptional species breed and build their homes, as well as track their movements throughout the day.

According to Mayor Jennifer Anderson, the project is being funded by Ku-ring-gai's environmental levy

and is "just one of several that the levy is funding to help us gain a better understanding of Ku-ring-gai's wonderful natural environment".

Some of the native species include Eastern Pygmy-Possums, Feather-tailed gliders and other native marsupials, Superb Lyrebirds, Powerful Owls and Quolls. Ku-ring-gai residents are encouraged to report any unusual sightings, which will be recorded in the Council's biodiversity database to assist with the placement of the new cameras.



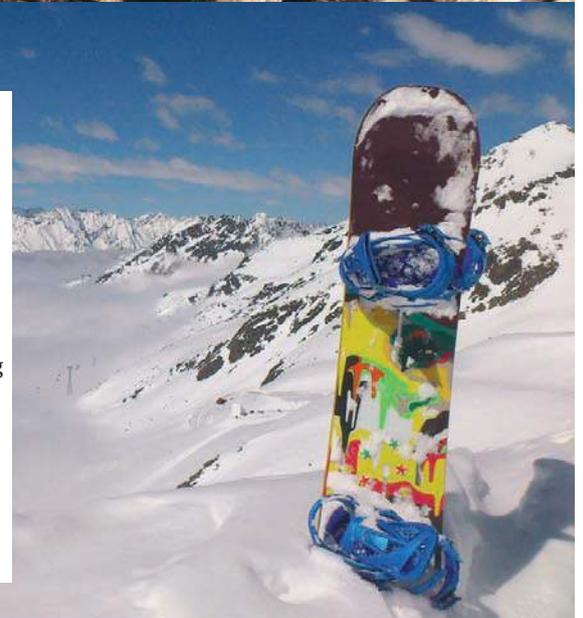
Roseville College team victory

ROSEVILLE COLLEGE GIRLS have taken home the title of Snowboard Champions at the recent 2015 Interschool's Snow Sports Northern Championships. Forty two members of the team, ranging from years three to twelve, won the Secondary Overall Female Championship and the Secondary Girls Snowboard Championship.

Roseville College sport teacher and coach Mrs. Suzi Litchfield says, "it is the first time Roseville has won both Snowboard and Overall Championship titles, and I am so proud." With half the team qualifying for the NSW State

Championships in August, it is definitely a proud moment for the community.

The girls all competed in up to five different events and participated in a three day training camp prior to the Championships, showing their true determination and team spirit despite the biting cold. While "a championship is won by a team," says Mrs Litchfield, "bolstering the strong team spirit were individual performances, like those of Tegan and Isobel". Year 7 skier, Tegan Florance, and Year 8 skier, Isobel Macdonald, were among those who qualified for the State Championships.



Litter free Ku-ring-gai

Hope William-Smith

A **KU-RING-GAI COUNCIL** initiative to become a litter free community has paid off significantly in the last 6 months, leading to noticeable improvements in waste management on the North Shore.

The Council have been participating in the NSW EPA Waste Less, Recycle More program, to examine why litter in residential areas can be so costly and to target problem suburbs.

The Council decided to engage with the program after a study last December showed that cigarette butts alone made up 61 per cent of all littered items in Wahroonga, a statistic significantly above the state average.

"Since the introduction of the program, there has been a marked reduction in littering," said Ku-ring-gai Mayor Jennifer Anderson.

The NSW Government development strategy has now also been taken onboard, targeting Turramurra, Wahroonga and St

Ives, which have been identified as being in need of new policies to reduce waste.

Litter on suburban streets in Ku-ring-gai frequently causes blocked drains, which can lead to flood damage. This can be costly and timely for Council to repair. Broken glass is also a common and dangerous waste, along with plastic bags, cigarette butts and hard plastic items that can be dangerous to domestic pets and wild animals.

"Local businesses are also helping us to spread the anti-litter message and a new program will now be rolled out to Roseville, Lindfield and Gordon, thanks to a grant of \$140 000 from the NSW EPA," said Mayor Anderson.

Further action will focus on replacing old infrastructure with more eco-friendly alternatives. New street litter bins will be installed in local centres and Council's street sweeper will thoroughly clean surrounding kerbs and gutters.



St Ives Chase resident Keren Ashby feels that initiatives to prevent littering in the area are vital. "Seeing Ku-Ring-Gai with its gorgeous natural habitat built up with rubbish is saddening and any initiative to fix this is crucial for the future of this beautiful area," she said.

In residential streets, regular steam and pressure cleaning of footpaths will ensure that graffiti and small rubbish particles are not present. Council-owned bus shelters will also display educational material on waste and litter prevention.

Mayor Anderson hopes that continuing the program towards a litter free environment will encourage a clean, green community zone for all residents and business owners.

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Light Lunch at 12.30pm: seminar 1:00pm – 2:00pm

Space is limited. To reserve a place email kathryn@pva.com.au or call 02 9496 2300

This seminar is free to Members of Ku-ring-gai Chamber of Commerce, otherwise a \$50 booking fee applies

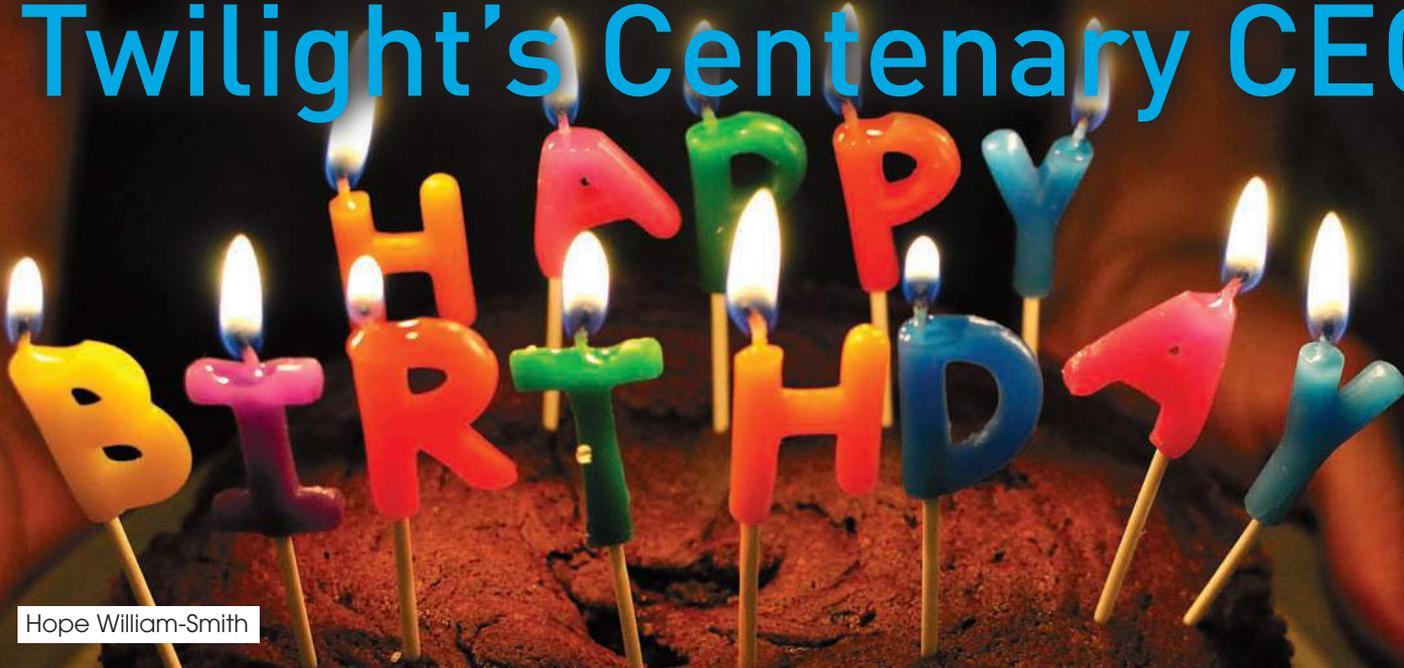


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Twilight's Centenary CEO



Hope William-Smith

TWILIGHT AGED CARE are celebrating 100 years of service to the elderly and ill in Sydney and have recently announced the appointment of a new Chief Executive Officer, Lesley Jordan.

The aged care facility, with four homes around the North Shore in Beecroft, Hunters Hill, Mosman, and Gladesville, offer "ageing in place" with a variety of programs and varying levels of care to ensure residents are able to remain in one facility.

Ms Jordan believes that Twilight's rich history and high reputation for standards of care in the area will continue to grow under her guidance.

"My priority will always be to continue to ensure the ultimate wellbeing of our residents", she said. "I will be working to develop a new and dynamic strategic plan, overseeing the significant capital works program across Twilight Aged Care".

John Laurie, Chairman of Twilight, says Ms Jordan will bring a wealth of knowledge to the role, allowing the organisation to expand significantly.

"Ms Jordan is an extremely strong communicator with an engaging and collaborative style. We are confident she has the vision, skills and expertise to take Twilight Aged Care from strength to

strength".

Twilight offers a full lifestyle program for its residents, delivered by an experienced Recreational Activities Team. Programs are designed to encompass the social, physical, and mental wellbeing of residents and form a holistic approach to care and quality of life.

The residential homes at Twilight offer all aspects of aged care including respite, dementia specific care, and palliative care.

twilight.org.au

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Ku-ring-gai's Suburban Makeover

Victoria Ticha

KU-RING-GAI COUNCIL RECENTLY decided to implement a million dollar makeover to its neighbourhood centres. The unanimous vote set the wheels rolling for a range of work which is to be developed over the next two years and will seek to upgrade most centre features including footpaths, paving, street furniture, kerbs, and guttering.

Improvements have already been made to several neighbourhood centres, including the Phillip Mall in West Pymble and Princes Street shops in Turramurra.

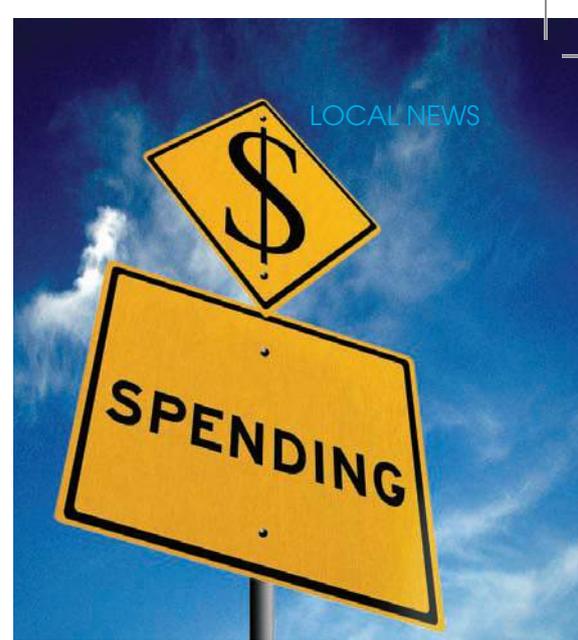
According to Mayor Jennifer Anderson, "residents have seen the difference these upgrades have made to their local centres and we want to expand those to the rest of Ku-ring-gai."

A recent media release states \$741 000 has been set aside by the Council in this year's budget for the upgrades. This includes \$242 000 for the Warrimoo

Avenue shopping centre at St Ives Chase, where work is expected to begin later in the year. Over \$570 000 has also been allocated in the 2016-2017 budget for increased improvement, such as an upgrade to the Babbage Road shopping centre at Roseville and heritage signage at the Moore Avenue centre in West Lindfield.

"I am very pleased that the Council is extending the revitalisation program and providing extra funds for improvements. We are committed to improving public spaces and retail areas in Ku-ring-gai," says Mrs Anderson.

With Sydney's population projected to top five million next year, the demands for recreational opportunities in local parks and reserves is expected to rise. This makeover encourages the community to integrate sustainable principles into the design and to incorporate elements that are environmentally friendly, rather than



merely paving the way for high-density apartment buildings. Over the next few years most parks, including Robert Pymble Park, Hassall Park, Gordon Recreation Ground, Roseville Park, Killara Park, Queen Elizabeth Reserve, and the Regimental Park, will see upgrades as well.

So far, the Council report claims this proposal will not impact any listed heritage homes or conservation areas, with the Council's Heritage Advisor yet to raise concern.

ST IVES TURNS MEDIEVAL

Sabrina Muysken

ST IVES SHOWGROUND IS prepped and ready to be transformed into a magical medieval world. This two-day festival is unlike anything you will ever see in Sydney. Designed to keep you and your family bedazzled all day, the eye-popping event is set to be truly extraordinary.

Watch some of the world's best jousters compete in the tournament of St Ives, witness battle scenes from history re-enacted by costumed warriors and marvel at birds of prey as they swoop and attack on command.

Building on last year's success, new exciting attractions have been added this year. An expanded children's entertainment area will be available, with swordsmanship classes, puppet shows, medieval storytelling, arts and crafts, and a comedy show.

To fill your bellies, there will be a delicious medieval feast on the Saturday evening in a recreated tavern. The three-course banquet will be accompanied by entertainment such as fire juggles, wandering minstrels, and jesters.

Not just for the kids, Manly brewery Four Pines will have specially brewed Medieval Faire ales on offer as well. You can even dress up as your favourite medieval character and be in the running for some fantastic prizes. Spellbinding from open to close, this event is not to be missed!

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Killara's Korean Masterchef



Sabrina Muysken

KILLARA'S VERY OWN cooking prodigy Gwangho Choi – Known fondly by his nickname, Sid – is back on Sydney's North Shore after being crowned South Korea's 2014 MasterChef winner.

Originally from Korea, Sid moved to Sydney a little over four years ago to undertake a Commercial Cookery course at Sydney's William Blue College of Hospitality Management. He instantly became captivated with the unique Aussie food scene, as well as a serious fan of reality TV cooking programs.

With the vast array of multicultural food outlets, it's easy to understand how Sid grew so fondly of the North Shore area. Chatswood alone serves up some of Asia's finest cuisines.

Following his graduation it was time for Sid to return home to Korea. Filled with inspiration and armed with a polished set of culinary skills, he took a

chance and applied to Korea's upcoming MasterChef series. Not only did he fend off 7000 other applicants to get on the show, he won the 2014 title and took home an incredible \$300 000 cash prize.

Still fresh from his spectacular win, in a surprising move Sid has returned back to Sydney to continue on with his studies and carve out a career in hospitality. This time he's undertaking a Bachelor of Business in Hospitality Management at none other than his beloved William Blue College. His sights are firmly set on using his winnings to open up his very own restaurant, a place that serves authentic family recipes with his signature unique twist.

South Korea's MasterChef judges were in awe of Sid's unique food presentations. In the final round he served numerous dishes as the main course, each with a distinct flavour. Locally in Korea the western concept of a three-course meal is

rarely seen. Instead, entrée's and mains are prepared and served at the same time. Perhaps we can expect this unusual take on food when Sid forms his restaurants opening menu.

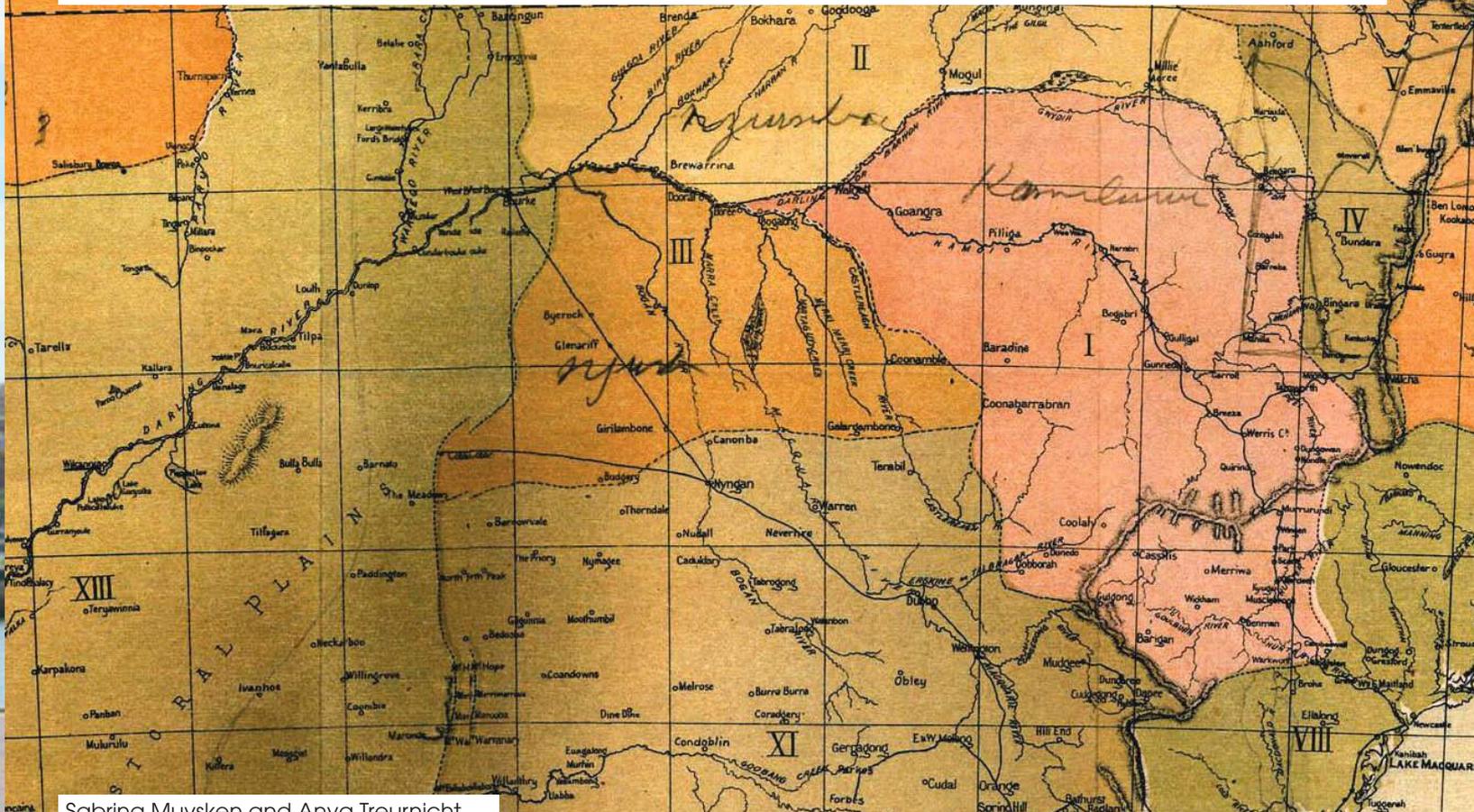
With the fame and fortune he's received over the past year, many would find it a difficult task to remain level headed and keep their ego in check. Endearingly Sid's feet remain planted in the ground, with his head far from the clouds above.

"Hospitality can be very demanding. Many people who want to be a chef are looking at the glamorous side of the lifestyle, and some don't understand what is involved to get there," he acknowledged.

"It's very important to be patient, to be well-trained and to continue learning." ○

williamblue.edu.au

Council Merger Continues



Sabrina Muysken and Anya Treurnicht

DEBATES OVER THE

State Government's controversial proposition to merge Ku-ring-gai Council with Hornsby Shire Council are raging on. A key element within the 'Fit for the Future' reform is the reduction and unification of our local councils in a bid to increase efficiency and decrease severe financial loss. Yet, the divide over the potential future amalgamation beckons the question: is less really more?

Convinced that local councils are in dire need of a serious reduction and compression, the NSW Government initially proposed the merger to ensuring the needs of future generations are met in a financially viable manor. The idea that all community needs can be fulfilled with condensed serving councils and restricted finances, however, appears extremely oxymoronic.

Consultations with the community show over three quarters of 2500 citizens

as stating they'd prefer Ku-ring-gai Council to remain stand-alone. Results taken from a demographical telephone survey, an online survey, and a community meeting, reveal over 75 per cent of individuals to be of the same opinion.

A comprehensive review of services, finances, and infrastructure has been conducted to gauge the council's ability to meet set government benchmarks. The results make a compelling case for Ku-ring-gai to remain autonomous.

In the submission to the Independent Pricing and Regulatory Tribunal (IPART), a number of reasons against the merger were stated, including:

- Ku-ring-gai Council currently holds a healthy financial position, and provides high quality services and facilities, having won the Bluett Award in 2014 for excellence in Local NSW Govt.

- Merging would increase Ku-ring-gai rates as much as 17 per cent and decrease rate in Hornsby Shire due to land values being considerably higher in the former.
- Hornsby Shire Council is weak financially. Amalgamation would ultimately threaten Ku-ring-gai's strong financial position and potentially weaken it.

IPART received this submission June 30, and is now conducting a process of consideration. They will be providing recommendations to the Minister of Local Government next month.

The verdict concerning the future structure of NSW's local councils will be announced by September 2016 at latest, prior to the Local government elections. ○

kmc.nsw.gov.au

Billie McKay: Recipe for Success



Sabrina Muysken

IT ALL STARTED with a young girls love of classic country-style cooking. Dive into the future around a decade and the now 24-year-old Billie McKay has been rendered Australia's latest MasterChef champion. Yet, competing for the coveted title, in an extravagant television grand finale, is something she never dreamed possible.

"I never thought in the beginning I'd be where I am right now. I honestly didn't think I'd make it past the auditioning process," Billie humbly admits.

"Slowly as every week went and the numbers began to get lower the thought was there 'oh, maybe I do have chance' but I never told myself I was going to win. I took every day as it came and tried to put it out of my mind."

Her modest nature, one of the many reasons she captured the hearts of Australian audiences, she attributes to an honest upbringing in rural NSW. Being raised on an idyllic dairy farm in Bowraville, Billie's passion for food stemmed from a loving childhood.

"I grew up as part of a big family, where cooking was always an essential part of family gatherings. Cooking for my family has always been something that I've loved doing and a massive part of my life," Billie recalls.

"I never thought in the beginning I'd be where I am right now. I honestly didn't think I'd make it past the auditioning process"

"It's something that I've always enjoyed and tried to be creative at. So to be given the chance to cook on the show was something incredibly exciting for me."

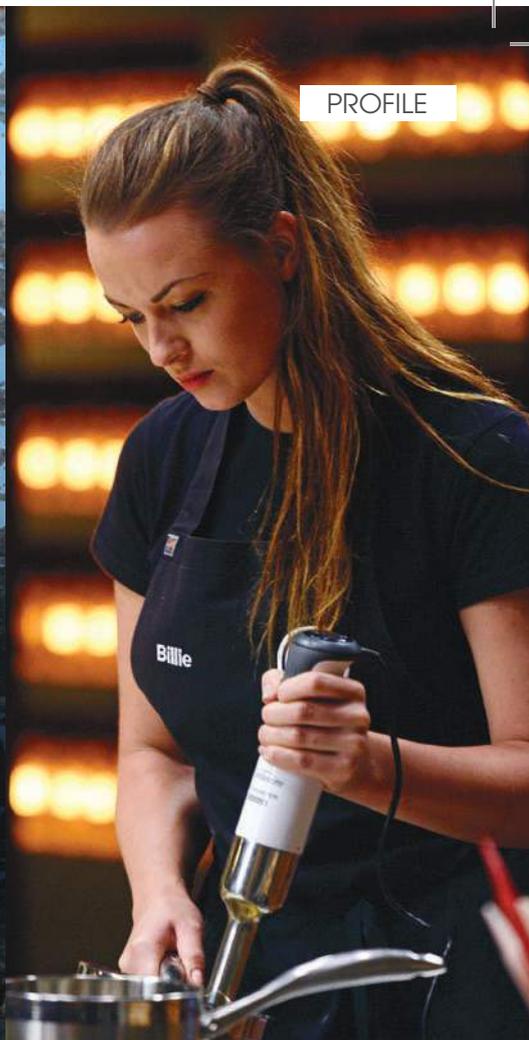
A long time devotee of Channel ten's MasterChef juggernaut, Billie buried the niggling thought of applying in the back of her mind. Refusing to believe it was even a possible reality, it was her partner

Hayden Surridge who finally convinced her to apply.

"One day he just put the computer right in front of me and told me to do it. He said, 'what have you got to lose?' and I guess he was right, because it turned out pretty well," Billie laughs.

'Pretty well' is a sizable understatement. Echoing a producer's dream, the firm fan favourite came from four points behind to seize the culinary crown in a nail biting tense final 'pressure' round. Touted as the most difficult in MasterChef history, Billie and competitor Georgia Barnes were each given five hours to recreate renowned celebrity chef Heston Blumenthal's incredibly intricate dessert, blow-torched golden sugar ball and all.

Billie's stunning execution of the monumental culinary creation not only earned her the Aussie MasterChef crown but a once in a lifetime job offer from Blumenthal himself. The Australian MasterChef first wasn't an inclusion amongst Billie's impressive prize list but



“To be honest I thought it would be more of a TV show but it really wasn’t. I just felt like I was in a local cooking competition”

an entirely spontaneous offering from the superstar English chef on the night.

“In that final challenge I was just so focused on the dish at hand, I really wasn’t paying any attention to Heston at all,” Billie reflects.

“I completely forgot he was watching so when he offered me a job it just didn’t seem real. I still don’t quite believe it.”

Billie’s culinary skills weren’t her only impressive display in the finale. Her calm demeanour undoubtedly helped cinch her the crowning glory, along with Heston’s reverence. Throughout the entire series in fact, and despite many demanding challenges, Billie’s exterior remained seemingly unruffled. An attribute she says she gratefully inherited.

“I get my calmness from my mum. She has always been so calm and never makes a fuss about anything really. She’s always so positive and that attitude really helped in the competition. I went in with the mindset that it’s a job that needs doing. That’s what my mum has always taught us. I definitely have her to thank for that trait.”

It’s then unsurprising to hear that

prior to entering the show Billie had moved from her childhood country home and settled in the ultra relaxed coastal town of Ballina. Here she managed a local restaurant to which she credits much of her understanding of the food world. Seemingly overnight Billie was plucked from her unperturbed beach lifestyle and placed in front of a bevy of celebrity judges and television cameras. True to her nature, Billie wasn’t fazed by all of the sudden attention.

“To be honest I thought it would be more of a TV show but it really wasn’t. I just felt like I was in a local cooking competition and I really did forget about all the cameras being there,” Billie says.

“Being on the show was truly everything I hoped it would be and more. I’ve learnt so much from the show. I actually kind of wish I was still there.”

Looking into the distant future Billie dreams of one day opening her very own restaurant, one where she could serve authentic country recipes with a modern twist. Growing up in the country has inherently shaped her cooking style and is ultimately where her heart truly lies.

“I’ve never been really fussed with making fancy foods but as I’ve gone through the Masterchef process my style has really grown. My roots are still there in country style cooking but I want to bring that into a modern space and make country cooking a little more interesting.”

For now Billie’s eyes are firmly set on taking her next step, grasping this life changing opportunity with both hands and squeezing the absolute most out of the experience she possibly can. Jetting off to London early this month, Billie’s culinary dream continues September 22 at Heston’s three Michelin star restaurant, The Fat Duck.

“It’s such an amazing opportunity in the world of food. I’m just going to enjoy this next stage of my career and do the very best I can!”

thefatduck.co.uk



Speaking of mental health

Nic Newling

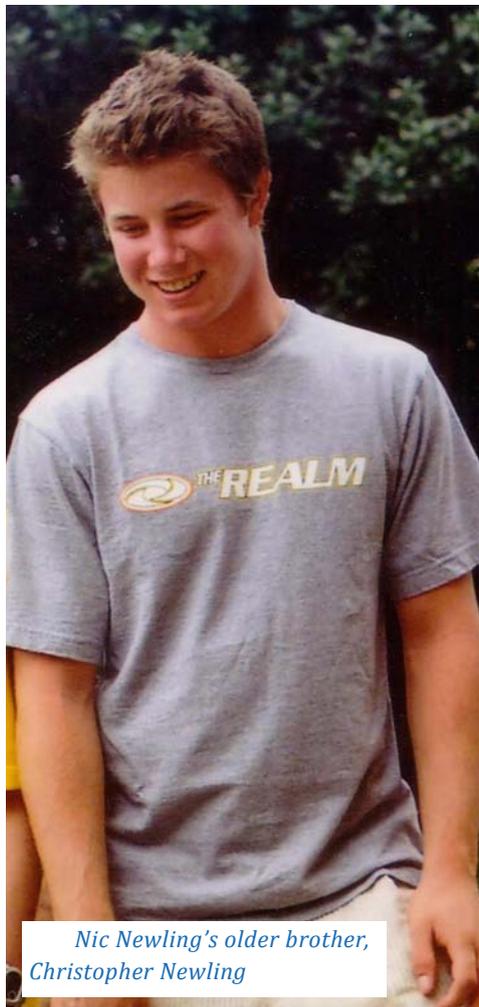
MY OLDER BROTHER is dead. He killed himself last night. That was the abrupt reality I woke up to one morning 13 years ago to this day.

I wasn't to catch the bus to the North Shore, to attend high school after breakfast or to passively exist in the Year 10 classes I had no interest in or ability to concentrate through. Once a star student with two scholarships in Year 7, I spent my subsequent high school years sleeping in sick bay or day dreaming in class; often about my own death. It was one of the few activities that made me feel happy during that time, one of the few that made me feel anything at all.

My mood disorders had resigned me to an incapable no-hoper, devoid of direction, purpose and self-belief. And now my brother was dead. He beat me to it. I was insanely jealous.

When I tell this story now as a happy, productive and joyful adult, I often struggle to connect with my 16-year-old self. It's almost as if I'm telling someone else's story. In my memory, that terrified boy with the end-in-sight life is entirely unrecognisable today. I've had plenty of time to reflect during and after my recovery, and in particular on days like today that mark anniversary dates. I can see outside of myself now, and my own situation, in a way that I was unable to at the time. Together as a family we've grieved, cried, suffered, and in many ways healed. Not completely, but enough.

The most telling difference between my damaged younger self and who I've become now, aside from the relief of my bipolar symptoms, is that I'm no longer afraid. I used to hide my illness away from the world, scared that if someone at school were to discover my secret I would be ridiculed and cast aside; a social suicide. I became disturbingly adept at lying and



Nic Newling's older brother, Christopher Newling

feigning happiness. When I was absent from school in Year 8 for nine months I wasn't in a psychiatric ward but had "chronic fatigue and glandular fever". I was given the opportunity last year at my high school reunion to address everyone in my year and tell them what really happened. The medication, wards, and misery. Many were surprised but none of them judged me. I even received thanks, handshakes and more than one quiet "I understand what it's like too, mate".

Communication is essential to creating environments where people feel at liberty to talk. Every single person has a part to play in this. My family's lives are now meaningful in ways I never thought they would be. I spend a great deal of time speaking directly to people in high schools and workplaces about mental health. My mum wrote a memoir about our story, which won a human rights award. We're not experts in anything but our own personal experience but sometimes that's all it takes to ignite a helpful conversation.



Nic Newling is an outspoken advocate for mental health and suicide prevention. His aim is to make a positive difference by reducing stigma and encouraging important conversations around Australia's burgeoning issue.

Nic works on BITE BACK, a national online wellbeing and resilience program for young people through the Black Dog Institute in Sydney, along with an upcoming first-of-its-kind app built on discovering and utilising personal values. He is involved in suicide prevention initiatives as a community ambassador for R U OK? Day, and regularly speaks throughout Australia and internationally.

*nicnewling.com
missingchristopher.com
bhutantrektohappiness.gofundraise.com.au/page/NicNewling2015*

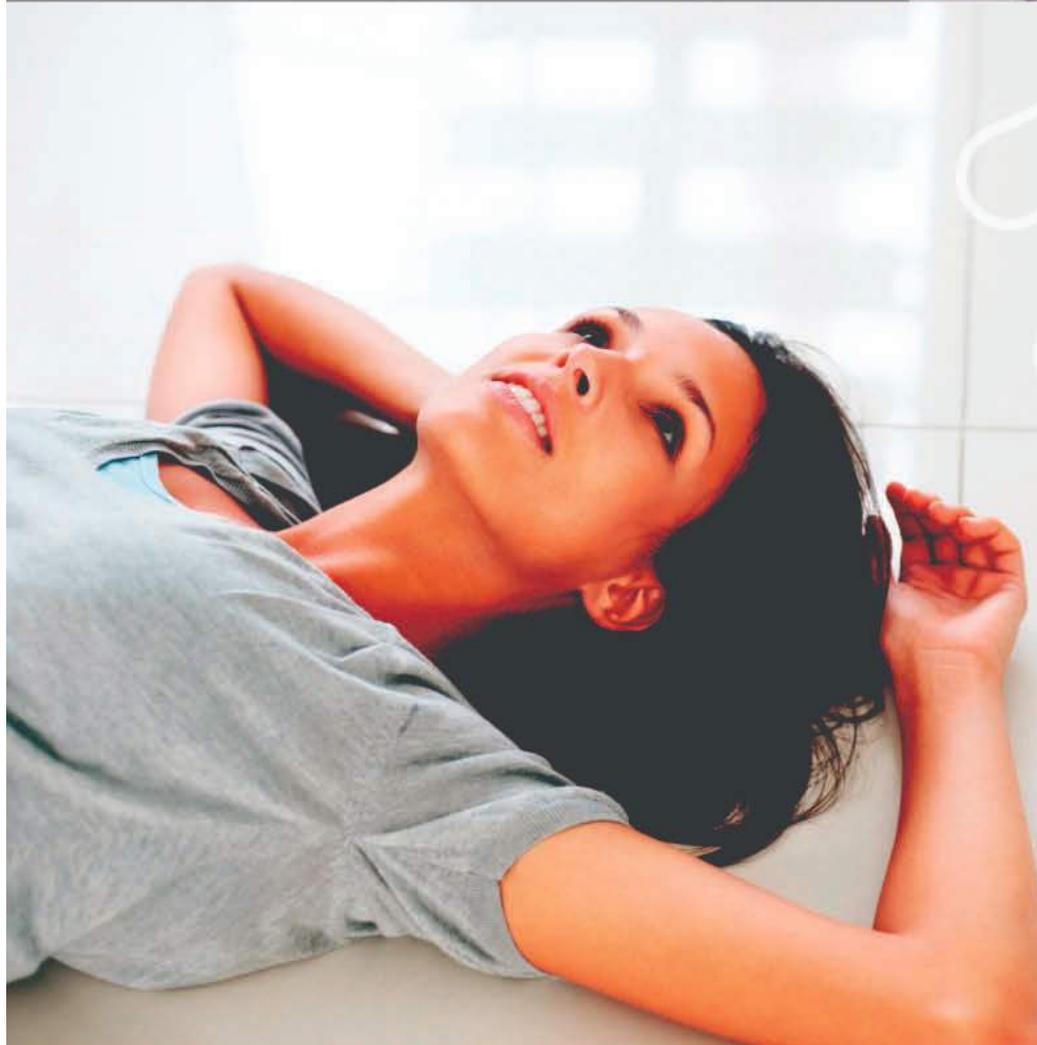
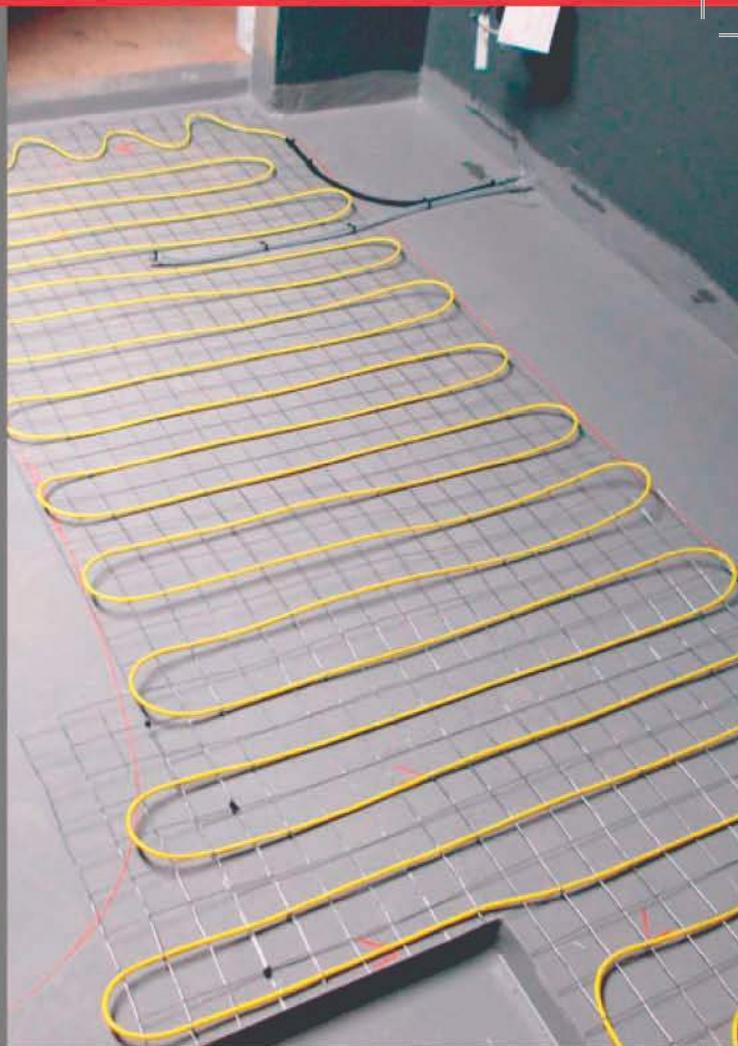
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HSC Survival Guide

Hope William-Smith

THE HSC EXAMS can be a time of extreme anxiety and stress for many school students across the state. The period of preparation is both difficult and extensive and the year requires continuous concentration as students undertake several months of rigorous assignments and exams.

With one in ten young people experiencing some form of anxiety, psychologists and school councilors often emphasise the significance of planning ahead during the HSC to manage unforeseen stress triggers and busy time periods. For teenagers feeling the pressure in the lead up to their exams, there are a number of strategies they can use to keep focused and energetic. Linda Campbell from Mind Mastery Wellbeing attributes stress to an unattainable desire to remain relaxed.

“You actually need a certain amount of stress to keep you motivated, but it’s important that you manage your stress of anxiety levels so you stay in that zone of peak performance.”

In addition to academic related stress, it is common for students to fall into poor health habits due to advanced study loads and decreased amounts of sleep and exercise. Good nutrition, adequate amounts of sleep and daily exercise, along

with social activities and regular down time is imperative for strong physical and mental health.

“Exercise helps the flow of blood to your brain and is good for relieving stress. Simple stretching stimulates the receptors in the nervous systems that decrease the production of stress hormones,” said Ms Campbell.

For many students trying to achieve a work and life balance, fulfilling the requirements of the HSC is not only a daily challenge in the classroom but also a personal one. A Year 12 Student from Brigidine College, Sophie Clark, recognizes self understanding and tailored preparation as being key stress management tools thus far.

“The HSC is a big learning experience. I’ve learned a lot about myself and my abilities, as well as how to effectively research study and learn. Hopefully these skills will help me throughout University,” she says.

Paula Noble, student psychologist at Oxford Falls Grammar School, says the key to success lies in finding ways of alleviating stress.

“At the beginning of your HSC, organise yourself through effective timetabling of appointments, classes, commitments, study time and breaks.

Watch out for times of procrastination and avoid it”.

In addition to self organisation, parents also play a vital role in their child’s HSC. From practical advice to emotional support, preparing meals or driving to exams, stress can be greatly reduced by giving your child some leeway. Ms Noble advises that parents provide their children with a comfortable and quiet place to study, balanced meals, encouragement and support. They can also help by highlighting key strengths and successes, and providing reassurance and confidence.

“My parents are really supportive and give me the space and freedom I need to feel like I’m doing the right thing,” said Nick Paton, who is preparing to sit his HSC at St Aloysius College.

“If I have any questions they help me out, but also with little things like helping me clean my room”.

Students are encouraged to prepare and work through the HSC diligently, but should retain enough time for enjoy social activities in moderation.

HSC exams begin on October 12th and span six weeks.

Digital Education

Victoria Ticha

THERE'S LITTLE DOUBT technology is shaping the way we think. Yet, as we live within the Digital Age we haven't had the benefit of historical hindsight to show us the true cost of our technological advancements.

When schools began investing in computers and exchanging books for digital documents, many became convinced the hyperlink was key to our future mode of teaching. A technological liberation took place, allowing students access to more information than ever before. The question must be asked, what exactly is the cost of information overload?

Technology writer Nicholas Carr observed that reading books encourages our brains to be focused and imaginative, meanwhile the internet strengthens our abilities to scan information rapidly. Carr likens our use of the Internet to jet skiing,

we skim quickly across a great length yet never fully pierce the surface. Evaluating hyperlinks, deciding whether to click and adjusting visual formats effectively diminish the process of reading. Research reveals students who read linear text as comprehending more, remembering more, and learning more than those reading text peppered with links and flashy pop ups.

In light of this, one questions whether technology can be used to gain back attention in classrooms? The Sydney Story Factory, a non-for-profit creative writing centre, uses technology to advance deep learning and creative thinking. The young students use laptops to write and edit work before seeing it published online.

Vice President Robyn Ewing says, "this provides important opportunities for primary and secondary students to develop their imagination and creative



potential."

The internet has undoubtedly made information easier to access, and through a multitude of creative forms. Whether technology helps or hinders the development of your children's thinking ultimately depends on the type of technology used and level of frequency. Yes, we have extraordinary tools to gather and share knowledge, but excess of anything can be a bad thing. The key to online success? Technology in moderation.

sydneystoryfactory.org.au

App based learning

Hope William-Smith

SYDNEY PRIMARY SCHOOLERS will be amongst the first in the country to experience app based learning. 'LessonBuzz' is an educational app that targets common learning needs and encourages individualised development for students, in line with their skills.

Created on the premise that education should not have a 'one size fits all', the app targets the areas of writing, comprehension, general knowledge, language and spelling skills. LessonBuzz creator Marie Cullen, has a background of more than three decades in teaching and educational experiences and aims to foster and develop unique and individualised potential for learning.

"Building intuitive abilities is a great way to encourage children in to self-motivated learning. It has been designed for individual ability and also links with the main stream curriculum," says Ms Cullen.

Trish Bjornenak from St Joan of Arc Catholic Primary School said that it is important to bear in mind that Primary children are products of the digital world and that it is vital for education to continue to move in this direction.

"It is important to move with the times and make sure children are engaged with learning. Children need new teaching methods as they are tech-savvy and respond to interactive media."

Ms Bjornenak believes that technology is now the key to engage young students in the classroom.

"Apps like LessonBuzz are great, because they focus on a child's familiarity with technology to help them engage with learning."

Parents are also able to track their child's progress, a feature Andre Adam-De-Villiers from OLPS in West Pymble



feels is a step towards the right direction.

"As a teacher, I think it's great for parents to be able to measure and keep track of their children's educational progress. If any problems arise, they are aware and it can be addressed quickly".

LessonBuzz Kindy and Literacy for years 1-6 are available now on the App Store.

New Geography Syllabus



Alex Dalland

ABORIGINAL AND TORRES Strait Islander Cultures and Histories, and Australia's relationships with Asia may form part of a recently adopted geography syllabus, according to drafts released by the NSW Board of Studies, Teaching and Educational Standards.

According to the Board of Studies, Teaching and Educational Standards, the new syllabus will approach the topic of geography from an international perspective, with a focus on core skills.

"The update of the new Geography syllabus places greater emphasis on fieldwork, new technologies, and, importantly, how all we do as inhabitants

of the local area, country, world is interrelated," he said.

"There is no longer a strict division between Australian and Global Geography. Students can zoom in and out, from the local area to the world."

Minister for Education Adrian Piccoli believes the changes will keep geography in line with other updated syllabus materials that help to ensure a modern curriculum.

"Geography joins the recently released K-10 English, Mathematics, Science and History syllabuses, and demonstrates ongoing work in NSW to ensure our students benefit from learning

that is both interesting and relevant," he said.

However, President of the Australian Geography Teachers Association Grant Kleeman believes that the syllabus has been left with a few imperfect changes.

"The syllabus brings the NSW curriculum in line with the national standard, however two core topics have been swapped around in Years 9-10.

"This means that any student who transfers from interstate will miss out on a topic or will be left behind."

The updated syllabus is expected to be rolled out across schools in NSW beginning in 2016.



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Practical knowledge

Sabrina Muysken

FOR THE PAST few decades the debate over whether school syllabuses should shift focus towards practical life knowledge and skills has continued to rear its thought provoking head, and with good reason. The world we live in is rapidly evolving and yet our school systems are struggling to keep up.

Education Minister Christopher Pyne has recently resurrected the argument, with the 'Back to Basics' scheme to be considered by state and territory education ministers this month. The proposed new curriculum suggests Australia's current program is failing to equip students with competitive 21st century skills and puts forwards a list of considerable changes.

Geography and history subjects will cease to exist, making way for a new humanities and social sciences subject that will not only encompass both previous disciplines but also introduce civics, citizenship, economics, and business teachings. Additionally, schools are to commence compulsory phonics style reading classes.

"This back-to-basics approach is designed to ensure all students across Australia have access to a high quality curriculum, which equips them with what they need to succeed in an increasingly competitive global economy," Minister Pyne told *The Weekend Australian*.

Undoubtedly, current school curriculums are in danger of becoming irrelevant. The value of teaching students the basics of life economics and finance is indisputable and would be a welcomed addition. Yet, will bringing studies back to the basics really improve our youth's integration into the 21st century?

The current information age hinges around our critical and creative thinking abilities, seeing us tap into both our basic and sophisticated skill sets.

Will a curriculum that focuses on simplex knowledge adequately prepare students for our complex world? Minister Pyne's proposed curriculum to "add more depth and less breadth" likens itself to an educational paradox, leaving us to question whether basing our youth's schooling on practical knowledge will turn into an impractical reality.

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RECENTLY AT ROSEVILLE

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



INSPIRATIONAL EDUCATORS

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

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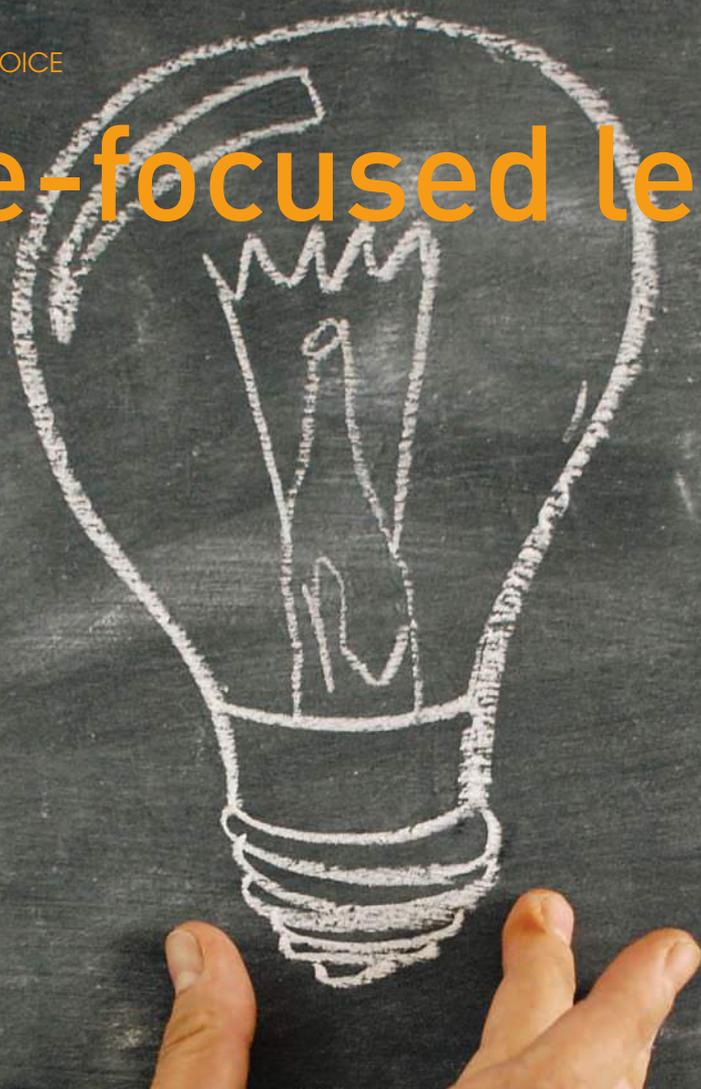
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Future-focused learning



Stephanie McConnell

Stephanie McConnell is the principal of Turramurra High School



EARLIER THIS YEAR, we began working very closely with Professor Simon Buckingham-Shum and Professor Ruth Deakin-Crick from UTS on developing an exciting new approach to teaching and learning at Turramurra High School. Professors Buckingham-Shum and Deakin-Crick have been working for a number of years on developing a “Learning powers framework” which empowers students to have agency in their own learning. It is important that students are fully engaged in their learning journey and that they don’t see it simply as something that is “done to them”.

As part of this project, students complete a questionnaire at which determines their strengths in terms of the eight dimensions of learning power, such as creativity, curiosity, being able to collaborate and being self-aware and able to reflect on learning.

The Passport project was developed to build students’ capacity for self-directed learning. The following information was developed by the Creative and Performing Arts staff and helps to explain the project.

“Through this project the goal of the teachers has been to enable each student’s capacity to generate, refine and produce their own learning. In the 21st Century it is no longer appropriate to consider that the role of education is to teach students an endless array of facts, figures, skills and content. A true future focused education empowers students to consciously wield their own learning. Moreover a future focused education recognises that accomplished learners must be resilient. They actively develop a disposition that recognises challenge and difficulty are essential parts of the learning process.

This project began with offering the students a common stimulus. This stimulus was *The Arrival* by Shaun Tan. This graphic novel tells the story of immigration in all its complexity. The themes of loss, grief, adventure and belonging resonate with all people. Students were asked to use this as a springboard for their own project. They could select any form to create their project in. Their only requirement was that they use their collaboration and

creativity skills.

For many students this has been a challenging term. Inevitably it has pushed students beyond their comfort zone, a comfort zone characterised by the expectation that a teacher will tell them exactly what to do, when to do it and where to get the information they need. Some students have failed to fully embrace the experience beyond their comfort zone. Whether they produce a project of quality is a secondary consideration to how much integrity they invested in learning to learn. Their perception of themselves, learning and education as a whole have been brought into sharp focus. As one student said in class “You know what this project has made me realise? We don’t value education.”

At Turramurra High School we are proud to be pushing out the boundaries of a traditional model of education and taking risks with our own learning. This is the only way to give our students the type of learning that they deserve and that they will need to succeed and thrive in the future.

The Art of Bonsai

Sabrina Muysken

THE MYSTICAL BONSAI tree is an ancient Chinese art form. Derived from a horticultural practice well over a thousand years old, today the cultural practice has been reimagined, redeveloped, and relaunched under the guise of Japanese Zen Buddhism.

The term 'Bonsai', a Japanese word, literally translates as "planted in a container." Leaving little to the imagination then, the purpose of this art form is to create a miniature representation of a tree form. Emphasis on 'representation' as creativity, vision and freedom of expression are fundamental elements in this ancient tradition.

As bonsai's aren't naturally dwarfed plants they require delicate pruning and regular attention. Not dissimilar to most other plants, bonsai's come in various shapes, sizes, and even temperaments. Here are some of our top picks.

MOYOHGI

The Moyohgi is symbolic of beauty, grace, and dignity, seen in its signature curves throughout the trunk and branches. With branches bent and twisted over one another, this plant also exudes power and stability. Moyohgi tree's are the most well known of the bonsai types and can be regularly seen in ancient artworks.

YOSE-UE

The Yose-ue bonsai are easy to spot. They are the ones with a group of plants that emerge from multiple sets of roots below. Traditionally grown in a relatively shallow pot, they are representative of a natural forest setting. Acting a bit more unruly than it's siblings, Yose-ue's aren't ideal for those with a black thumb.

FICUS

Otherwise known as the 'Forgiving Ficus', this is the ideal tree type for the bonsai novice! Ficus' are incredibly tolerant of limited light, overwatering, and other apprentice mistakes. For these reasons, it makes for a great apartment companion. Unlike the more refined traditional versions, this type features a slightly thicker trunk and more pronounced form.

Bonsai tips:

- Keep bonsai soils relatively moist
- Try to mist the plant daily
- Repot as needed to prevent the tree becoming pot bound
- Loss of leaves can be a sign of stress and poor maintenance
- Let your creative energies fly!

Delightful Bathrooms

Sabrina Muysken and Stephanie Stefanovic

BATHROOMWARE HOUSE HAS introduced their latest renovating dream: Bathroom Consultants. The company has teamed up with Delights Bathrooms to offer expert knowledge in products and design, assisting customers in reimagining their bathrooms without all the stress. *Sydney Observer* chatted with Bathroom Consultant Jenia Yachmennikova to get the inside scoop.

Why is Bathroom Warehouse now offering bathroom consultations?

We're trying to take our business down a more designed focus route. We believe there's a gap in the market and we want to cover it.

How did you become a Bathroom Consultant?

I studied architecture and interior design. I've been inspired by spaces throughout my life, especially going to Europe and seeing first hand some really amazing interior spaces. Naturally that drew me towards design, not only in bathrooms but also in other residential areas.

What exactly is the role of a Bathroom Consultant?

A Bathroom Consultant is a designer who creates calming and tranquil spaces for a customer. No two spaces are the same, just as no two customers are the same.

When renovating, what are the key aspects to think about?

Firstly I would consider plumbing and retiling. Once you've organised where the plumbing will be then you can plan the



layout of each bathroom.

Secondly I'd always try to include a wow-factor in every design. An element that truly makes your bathroom stand out.

What are some of the main reasons people decide to renovate bathrooms?

People generally renovate when they are transitioning into a different aspect of their lives. Whether they're expanding and having children or retiring and emptying their nests, it's a great time to renovate and update their bathroom to fit their changing needs. Many people also renovate when they are looking to sell their house and increase value.

Are there any common renovating errors?

Not considering plumbing. That's the big one. It can be very costly and time consuming when you plan the layout of a bathroom and then realise you have to retiling to fit the layout you originally planned for.

What should people expect when their bathroom is undergoing renovations?

If you renovate on your own it can be quite stressful at times. When you renovate with a designer it's much easier to foresee any problems that may arise and in most cases prevent them from being costly to you. Renovating is worth the short-term worries because once you've finished, all of those worries have melted away.

What are the current trends in bathroom design?

The current trend at the moment is industrialism. Using accents of materials like timber you can create warmth and tone. Many people are also using hexagonal tiles to create that truly inspirational space.

Another feature is pendant lighting. It creates a fantastic sense of drama in an otherwise ordinary utility space.

Do you have any particular style of bathroom that you prefer?

I love the industrial look. Being true to each material is important. If you're going to have a marble look on the walls, use marble. If you're looking to create a timber element, use timber. A classic sense of elegance through a minimalist style is ideal. Enhancing with materials and accessories is key.





Dive into Spring

Stephanie Stefanovic

SPRING IS OFFICIALLY here. As the weather warms up, it's time to start thinking about getting your pool back into shape. Here are all the steps you'll need to take before diving in.

CLEAN IT UP

The first thing you'll need to do is clean your filter cartridge. For most models, this simply means removing the cartridge and hosing it down. If you have a diatomaceous earth (DE) filter, you may need to remove the filter and take it apart before you can clean it. If you have a sand filter, you'll need to set the filter to "backwash" to clean out the sand before returning it to its normal setting.

TAKE A TEST

For your health and safety, it's important to keep the chemicals in your pool properly balanced. For this, it's best to get your water professionally tested by bringing in a sample to your local swimming pool shop. An expert will let you know what needs to be fixed. For the record, pH, alkalinity, calcium and chlorine levels are what you'll need to keep balanced, for which there are plenty of readily-available chemicals you can use at home.

PREVENT AND REMOVE ALGAE

Algae are microscopic living organisms that tend to be dispersed by wind and rain, and grow in bodies of water such as swimming pools. Not only will algal blooms make your pool look unattractive, they can also damage pool equipment and threaten your health by harbouring bacteria such as E. coli.

To keep algae out of your pool this spring, make sure to maintain proper chemical balance, clean your filter often, and brush and vacuum the pool's surface regularly. If you've already noticed the presence of algae in your pool, circulate the water by operating the pool filter pump constantly for two to three days.

KEEP POLLEN OUT

As we all know, spring is the season for pollination. Pollen is a microscopic allergy-causing powder that can get into pool filters and cause clogs. It can also affect the chemical balance of the water. To prevent pollen from taking over your pool this spring, make sure to regularly clean out your skimmer baskets and replace any that are faulty or broken.

If your pool is surrounded by flowering plants, it is also advised that you cover your skimmer baskets with a fine material such as cheesecloth when you are cleaning pollen out of the water, and make sure to use your pool cover when not using your pool for significant amounts of time.

WAIT FOR THE ALL-CLEAR

Don't take a dip in the pool until the water is completely clear and free of debris. The filter will need to be cleaned daily for about a week before you reach this stage.

KEEP IT UP

After all the hard work is done, all you'll need to do is some regular maintenance. Clean your filter and vacuum the pool weekly, test and maintain your chemical levels each month, and your pool should be in top shape all season.

Smart home design

Victoria Ticha

WHETHER YOU'RE THINKING of rebuilding your entire house or simply renovating one feature, there is a way to incorporate sustainable design with luxury aesthetics. Not only economical and comfortable for the whole family, Smart Home designs offer a sustainable alternative to housing that's also good for our planet.

Many of us hesitate about taking the "green brick road" because we're not sure how. No one will tell you that planning and building a sustainable home will come without its fair share of hard work. Like anything in life, the key is taking the first step. But with the right information and handy tips, it doesn't have to be difficult or costly.

Ku-ring-gai Council recently updated their website to include a list of things you can do, including cost-effective plans and sustainable design principles to suit everyone's different budget and needs.

According to their recent media release, the Smart Home project has "been put together to help residents make informed choices about housing design, features and fittings to reduce costs and their carbon footprint."

The Smart Homes online guide has been constructed with the help of

industry experts and funded by Ku-ring-gai's environmental levy.

"Smart Homes isn't just for big building projects either. It has advice for residents who want to retrofit their homes to make them more sustainable," says Mayor Jennifer Anderson.

"We believe it will be a great help to residents who want their renovation or new home to be an environmentally friendly one but aren't sure how to go about it."

Environmentally sustainable elements minimise the need for non-renewable energy and so become cost efficient over time, while socially sustainable homes ensure comfort, health, safety and security. The aim of Smart Home designs is to fuse these values. This integration not only works to maximise the value of the property but also minimises costs to the broader community. Add to that the sense of pride and achievement from giving back to the environment and you have a winning formula.

Since 2007, most NSW residential developments have required a BASIX certification which sets the sustainability standards for thermal comfort, energy and water use for new residential development. Under BASIX, all new

residential developments worth over \$50 000 must be designed and built to use 40 per cent less water and produce 40 per cent less greenhouse gas emissions than houses built before 2004. However, according to the Ku-ring-gai Council website, BASIX does not consider the importance of materials and energy used during construction and does not provide developers with incentives to use recyclable materials.

Building sites across Australia produce approximately 23 per cent of our greenhouse gas emissions. We can not overlook our impact on the environment, but we can decrease this impact. By implementing various sustainable aspects into your home design, you are not only increasing the amenity, you are adding homey comfort and projecting a strong sense of community.

The online guide includes detailed explanations of the regulations that are applied to builders, several tips on how to cut energy bills and many inspirational case studies of residents who are already reaping the benefits of environmentally friendly features into their abode.

kmc.nsw.gov.au



Get out of the house

Stephanie Stefanovic

As the cold weather subsides, now is the time to get out of the house. There are countless health benefits associated with getting fresh air, so why not use these ideas to turn your outdoor living space into a comfortable and inviting place to be.

SHOWERING OUTDOORS

This one may seem a bit "out there", but it's actually a growing trend. Many people find that outdoor showers are a tranquil and relaxing way to get back to nature. Common in many tropical resorts, outdoor showers are also a good way to add a sense of luxury to your backyard.

CREATING PRIVACY

If one of the reasons you fail to spend time outdoors is due to a lack of privacy, have no fear. Installing tall, free-standing screens in strategic places can go a long way in shielding you from your neighbours' gaze. For the same effect, you can also plant fast-growing vines such as morning glory, which will offer you privacy whilst also acting as an attractive yard feature.

BRINGING THE INDOORS, OUT

One way to entice yourself to spend more time outdoors is to bring traditionally indoor features outside. Outdoor lounge rooms, kitchens, dining rooms and gyms are a great way to do this. If you build an all-weather shelter such as a pergola, the options for bringing the indoors outside are virtually limitless.

FOODSCAPING

A cross between farming and landscaping, foodscaping creates a beautiful green landscape for your garden, as well as providing you with fresh produce for a healthy lifestyle. Growing your own food will also mean you get to hone your gardening skills and spend more time outside in the process.

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Low maintenance gardens

Sabrina Muysken

AUSTRALIA'S KNOWN FOR it's piercing sun, long dry spells and suffocatingly humid weather, especially coming into these warmer months. In landscaping terms this equates to high maintenance and even higher costs. Whether you're trying to stick to a budget or are simply time poor, here are some handy hints to keeping your garden lush as Sydney heats up.

BULLET PROOF SUCCULENTS

Succulents are your gardens new best friend. Not only are these plants easy on the eye, they can adjust to the most temperamental of soils and easily handle the Aussie heat. If you've decided to pot them that's fine too, because they only need to be re-potted about once a year. Generally succulents require minimal attention and are able to adapt to just about any environment they're placed in.

Hint: Carpobrotus are great for that pop of vibrant colour. Senecio's add some interesting shapes. Crassula is the perfect addition for some amazing texture.

MULCH IT!

This helpful little trick might not seem like much but the return on the minimal effort you exert is astronomical. Spread mulch throughout your garden beds, a five to seven centimetre layer is all you need, and watch in awe. This trick works in dramatically reducing the growth of nasty weeds that need sunlight to germinate. Also, mulch is key in preventing icky plant diseases as it protects foliage from soil splash up.

Hint: By placing down a bed of mulch you are creating a barrier to help the soil retain moisture. Read: reduced watering time and happier plants.



HARDSCAPING'S THE NEW LANDSCAPING

If you're a) time poor b) tired of endless mowing or c) all of the above, then hardscaping is just the thing for you. Reduce your lawn area and lay pavers for some patio area to produce a long-lasting surface that only needs the occasional sweep. Inserting gravel or pebbles is also a great way to reduce weeding and watering efforts. Be sure to leave some space to place attractive plants and features that counteract the paved areas.

Hint: Hardscaping doesn't have to be all functionality and no aesthetics. Consider materials like cut stone to create a sophisticated look.

SMELL THE LAVENDER

Inserting a lavender hedge is an instant way to add some visual value to your garden. They're incredibly attractive, loved by butterflies and the aroma alone will have you feeling ultra relaxed. Lavender bushes are super easy to grow, require absolutely no feeding and are possibly the most low maintenance garden addition out there.

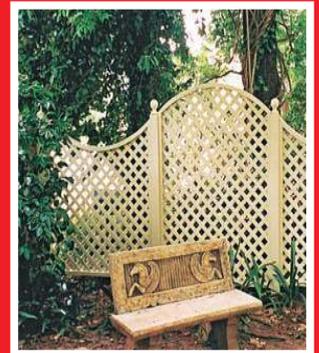
Hint: Be sure to give this plant a good pruning before winter hits!



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Saying “I’m sorry”

Stephanie Stefanovic

SOME APOLOGIES ALWAYS seem to appear more genuine than others.

We’re all aware of the recent trouble with Bronwyn Bishop, who took three weeks to apologise after it was found that she used tax-payers’ money to charter a helicopter to fly in to a party fundraiser.

“I am so apologetic to the Australian people for letting them down and I will be working very hard to make sure things are right,” she said.

Opposition leader Bill Shorten described this apology as hollow and ingenuine.

Based on new research from Edith Cowan University, we may know why why Ms Bishop’s apology wasn’t so well-received. Researchers from the university conducted a study in which 251 participants responded to videos of a surgeon apologising to them for a surgery that went wrong.

It was found that people responded most positively when the person apologising focused their apology on the person they were apologising to, instead

of themselves.

According to Professor Alfred Allan from ECU’s School of Psychology and Social Science, people are inherently self-centred. This means that apologies are often focused on what it means for the apologiser, as opposed to the person who was wronged.

“When we apologise we’re likely to focus on what it means for us,” he said.

“For example the surgeon in this case might say ‘I’m really sorry about this, I wish it hadn’t happened.’”

But what’s missing here is empathy. If we can empathise with the person we’re apologising to and explain that we understand what it means for them, it’s more likely to be an effective apology, said Professor Allan.

The study showed that participants responded much more positively to the following: ‘I feel badly about the discomfort this has meant for you and the potential risks of the situation you were put in’.

So what makes a good apology?

According to licensed psychologist and author of Emotional First Aid, there are five key elements:

- 1. A clear ‘I’m sorry’ statement.**
- 2. An expression of regret for what happened.**
- 3. An acknowledgement that social norms or expectations were violated.**
- 4. An empathy statement acknowledging the full impact of our actions on the other person.**
- 5. A request for forgiveness.**

The psychologist and author also agrees that empathy is the element that is most often forgotten in apologies.

Looking back on Ms Bishop’s apology to the public, it is now clear why it appears ingenuine.

Of course, there is also the fact that it took the Member for Mackellar three weeks to give an apology, after insisting she had done no wrong. A stalled apology never tends to go over well!

Please Forgive Me.....

Money more important than love?

Alex Dalland

MONEY CAN'T BUY happiness but might be more important to some, according to a recent survey by law firm Slater & Gordon.

The survey looked at 2000 people who are in committed relationships, with almost half stating that they would stay in an unhappy partnership if it meant financial security. According to the respondents surveyed, three per cent of people were currently in this situation.

"Financial problems put a lot of pressure on couples and can lead to conflict if not properly addressed," Senior Family Lawyer Heather McKinnon said.

"It's important that both parties have an understanding of their finances and work together so that one of them does not feel like the other has all the control or that they are being locked out of financial decisions."

In the event of a separation, it can also be important for estate planning considerations to be made, according to estate planning service NSW Trustee & Guardian.

"Separation does not affect the testator's will. However, the divorce of a testator or annulment of his or her marriage revokes a gift in a will to the

former spouse and the appointment of the former spouse as an executor, trustee, advisory trustee or guardian," Ruth Pollard, Assistant Director of Legal Services said.

"It is recommended that on separation from a marriage or a long term domestic relationship a person should seek professional advice about their will. This is also a good time to discuss with the advisor the making of other estate planning documents such as a power of attorney and enduring guardianship appointment."

Disconnect for Social September

Alex Dalland

AUSTRALIANS ARE BEING encouraged to switch off their smartphones and take time out from social media to reconnect the old-fashioned way this month, as part of Reach Australia's Social September campaign.

The campaign is run by Reach Australia, a charity organisation which runs workshops for young people to help them gain self-belief and confidence.

As part of the campaign, participants can help raise funds for Social September by limiting how often they check their smartphone, giving up one of their favourite apps or social media platforms such as Facebook or Twitter, or even by taking some time off in a technology-free location.

Over the past few years, the practice of performing a "technology detox" has become more popular than ever, even

though the process can be challenging and come with a host of side effects.

According to psychologist Gregory L. Jantz, it is important not just to reduce technology use, but to find a replacement as well.

"When you decide to stop doing something you enjoy, you create a void. Whatever you were doing filled some sort of need, and ceasing that activity will cause that need to resurface," he writes in his book *Hooked*, which focuses on social media addiction.

"On those non-Facebook days, you could arrange to meet in person with a friend and go for a walk or meet for coffee and an old-fashioned conversation."

Sydney Psychologist Jocelyn Brewer likens the way we consume media to the way we eat. She says that in much the same way, we can easily develop unhealthy habits.

"Playing Candy Crush style games might be the equivalent of a highly processed sugary treat, and if consumed for hours a day without a greater purpose and when other responsibilities are forgone by playing, then that can be problematic," she says.

"However if you have just experienced a minor trauma, playing these types of games for short period has shown to help with post-traumatic recovery. By distracting the brain from the event with the game, the short term memories don't get coded into the long term or emotionally charged memory banks."

Other tips to help switch off include setting intentions when using social media to promote mindfulness, reading a book on public transport and letting your friends know via social media that you're temporarily signing off.

socialseptember.com.au

An environment worth protecting

Sabrina Muysken

BIODIVERSITY MONTH HAS finally arrived. So, what exactly is biodiversity? Essentially the term encapsulates every living thing that exists on earth and the natural environments in which they live.

Mother nature's magnificence is undisputed; her aptitude to nourish the world whilst supplying countless medications and industrial products is a genuine marvel. In return, all she asks for is a little TLC. It only seems fair not to bite the hand that literally feeds us. Yet, over the past hundred years we've been poorly behaved children. Environmental degradation is all around; even tainting the beautiful Ku-ring-gai area we all love and enjoy so much.

The month long dedication to this issue, as declared by the Australian Government, acts as a reminder of the significance in promoting the protection, conservation, and improvement of Australia's unique biodiversity. Housing between 600 000 and 700 000 incredible species, it's increasingly important to uphold our ecological morals. NSW alone has experienced a marked decline in biodiversity, with over 100 plant and animal species becoming extinct.

Closer to home, our very own

environment is under attack. We have three critically endangered communities, including Blue Gum High Forest, Sydney Turpentine Ironbark Forest and Duffys Forest. Unlike many other Sydney Council areas, Ku-ring-gai doesn't have an Urban Forest Strategy set in place to protect its ancient forest.

"There is an urgent need to put in place a Recovery Plan for the critically endangered Blue Gum High Forest. If these measures are not implemented, local fauna and flora face collapse," Says the CEO of the Nature Conservation Council Kate Smolski.

Enter the passionate community group Friends of Ku-ring-gai Environment (FOKE). FOKE have united with local residents to fight off over development threatening local natural heritage. That's not to say the group is anti-development, rather anti environmental dilapidation.

"FOKE encourages locals to ask Ministers to implement a Recovery Plan for the entire Blue Gum High Forest community to secure rare, urban biodiversity for the future city of Sydney," says Ms Smolski.

Environmental protection is a moral duty. You don't need to be a tree-

hugging vegan to get involved and make a difference. Why not start the fight at home with some simple tricks to protect our local area.

Get rid of weeds. If these seemingly harmless plants work their way past your fences they can do irreparable damage to surrounding bushland.

Reduce, reuse and recycle. Simply reducing your rubbish can prevent garbage build up in landfill and waterways.

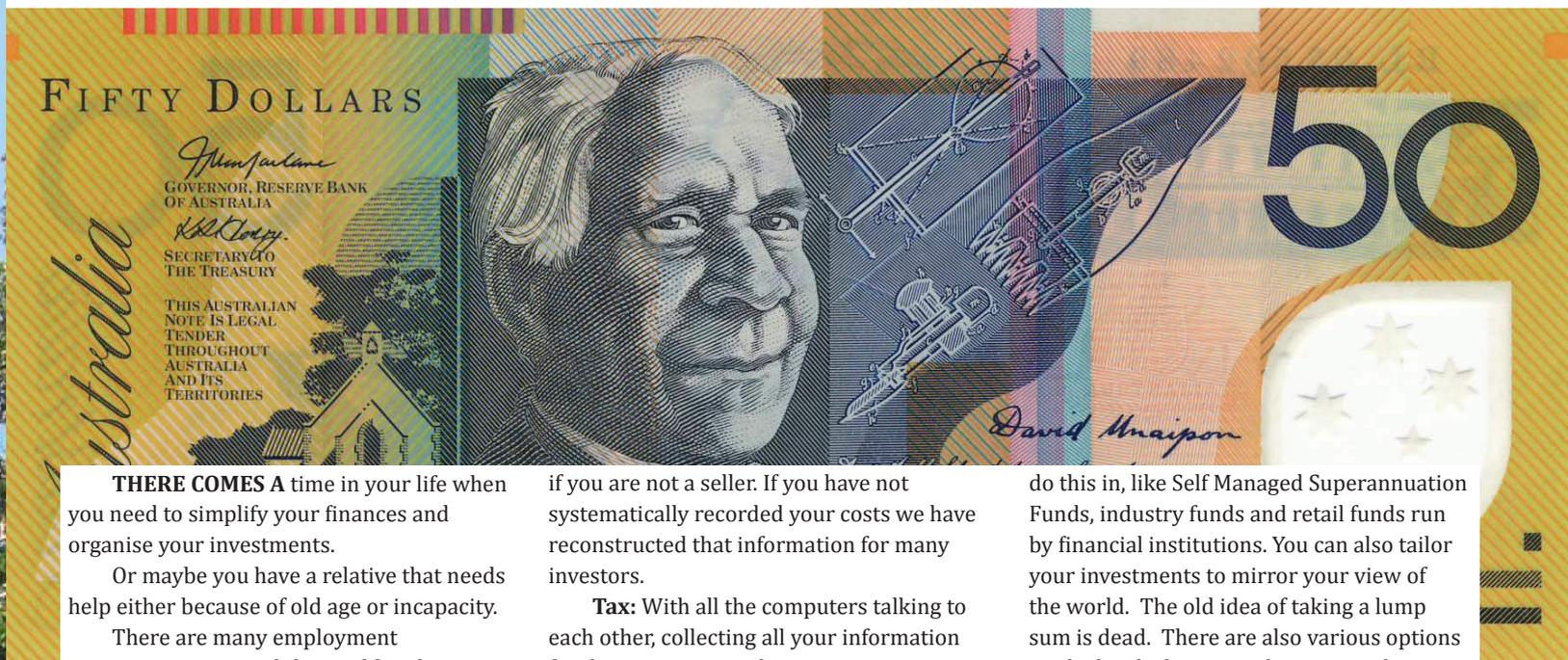
Compost bins. Not only do they break down all organic matter like vegetables but they're great for your garden and a fun pet project as well.

Drains are for water only. Oils and chemicals may start in the sink but end up in our beautiful waterways. Stop the cycle by flushing only water and using natural products.

Join FOKE September 12 on their next biodiversity walk.

environment.gov.au/biodiversity/biodiversity-month or
foke.org.au/natural.htm

Do you need to simplify your finances?



THERE COMES A time in your life when you need to simplify your finances and organise your investments.

Or maybe you have a relative that needs help either because of old age or incapacity.

There are many employment opportunities around the world and people make various attachments to each other. Thus many people are now living far away from their families. When those family members have issues with their ability to manage their affairs this places strong strains on all family members. Using technology and the internet we have designed systems that the distant family member can ensure that their family is being cared for and that their finances and investments are also looked after. Using this technology you are also able to view what is happening on line without having to trust anyone.

Managing your share portfolio:

The share market may be collapsing but investing in shares is still only one of two investment choices that most people have. Property is the other. In the past using paper based systems one could only handle a small number of holdings as these needed constant recording and monitoring. Now using the Chess system together with internet broking and investment recording software you can extend your portfolio and you can also carry extra holdings that are more speculative or require a longer time frame before selling. What is also important is that you record the cost of your portfolio as you need this to calculate any eventual capital gain. Over time your holdings will change due to "corporate actions" even

if you are not a seller. If you have not systematically recorded your costs we have reconstructed that information for many investors.

Tax: With all the computers talking to each other, collecting all your information for the preparation of your tax return is now reasonably automated. However the tax laws are much more complicated and unless you get an expert to look over your affairs you are likely to make a mistake that will cost you money.

Simplification not required:

Previously as people found they could not cope with managing their affairs they started selling off property, shares and their other investments and closing down their self managed super funds. They then had to put all their money on term deposit with financial institutions like banks. They were then at the mercy of low interest rates and then made foolish decisions when they chased higher returns. Again with the use of technology and the right set up this is no longer necessary. From capital gains tax point of view you no longer have to crystallise the gain but can pass this down to the next generation. It is a very satisfying feeling using the unrealised tax liability to invest and earn more income.

Superannuation and Transition to Retirement (TTR):

Please keep this a secret! Superannuation pensions are a legal way of paying NO tax. Yes I said ZERO tax. Do not feel like a criminal about paying no tax. What you are doing is actually not drawing on the old age pension and thus not being a burden on the shrinking working population. There are various structures to

do this in, like Self Managed Superannuation Funds, industry funds and retail funds run by financial institutions. You can also tailor your investments to mirror your view of the world. The old idea of taking a lump sum is dead. There are also various options on the level of your involvement in the management of these funds.

Preparing your affairs for others to look after:

Do you want to leave a mess for our spouse or family to resolve? Yes one needs a will, a power of attorney and living will, also known as Advance Care Directive (ACD). However you also need to look at your investment structures. Your superannuation is outside your will. Is property in joint names or tenants in common? Who are the directors and shareholders of your companies? This is usually not an issue if your family is limited to mum, dad and two children. In this case too much regimentation can be more detrimental as freedom of action by your family is limited. However we now have a sizeable part of our population that are now termed as blended families and these just require extra thought and care. And the most important advice is: Do not attempt to rule from the grave! This makes lawyers and accountants very wealthy.

In the end all you need to do is go and talk to your accounting or legal advisor about what you want to happen.

Peter Vickers Business Group
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Bold, bronzed and beautiful

Sabrina Muysken and Stephanie Stefanovic

Spring is all about daring to be bold. Draw attention to your best feature by choosing bold lips or captivating eyes. Pair with perfectly bronzed skin to get that 'I'm back from a luxurious summer vacation' look. Here are some products that will help you master springs latest trends.

Bronze Goddess

You don't have to ruin your skin to get a healthy sun-kissed glow.

Napoleon Perdis Sateen Eyes Sculpting Eye Colour
\$32
Available from napoleonperdis.com

Estée Lauder Bronze Goddess Powder Bronzer
\$58
Available at Myer stores

Jbronze Dark Tanning Spray
\$29.99
Available at Priceline



Pops of colour

Draw attention to your eyes with a fun pop of colour.

Estée Lauder Pure Color Envy Eye Defining Shadow in Hyper Teal
\$45
Available at Myer stores

Clinique Chubby Shadow Tint for Eyes in Lavish Lilac
\$35
Available at Clinique.com.au

Bright lips

Dare to be bold with shades of red and orange.

Napoleon Perdis Superlips Lipstick in Bionic
\$38
Available from napoleonperdis.com

Napoleon Perdis Devine Goddess Lipstick in SMP II
\$35
**same availability*



Barely there

Swap cakey foundations for luminating tinted moisturisers.

Kora Organics Tinted Day Cream

\$59.95

Available at David Jones



Laura Mercier Tinted Moisturiser in Sand

\$59.00

Available at David Jones



Natural eyeshadow

A year-round favourite, brown is a classic neutral that goes with everything.

Estée Lauder Pure Color Envy Eye

Defining Shadow in Amber Intrigue

\$45

Available from esteelauder.com.au



Winged liner

Choose winged eye liner for dramatic, sultry eyes.

Lancôme Artliner in Noir

\$53

Available at Myer stores



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Left to right: 'A Chair - Still Life', watercolour, Tony Belobrajdic (tutor); 'La Vie en Rose', acrylic, Monique Dery-Boyer (tutor); 'After the Grey', oil on canvas, Jana Hunt (tutor) and 'The Ancient', mixed media, Mitzi Vardill (tutor)

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Victoria Ticha

Make Healthy Normal

The NSW Government is determined in spreading their new message, “make healthy normal”. The new \$4.5 million health campaign aims to help people in changing their food and exercise habits. Critical information and tips have been put on the government website in order to tackle the nation’s growing obesity problem. Over half of NSW adults and a quarter of children are either overweight or obese, which means its “normal” for around half the state’s population to be overweight. Health Minister Jillian Skinner says “evidence shows that, for overweight people, every kilogram of excess weight loss brings long-term benefits.” Skinner emphasises that even the smallest changes can make an enormous difference, “it’s time to act.”

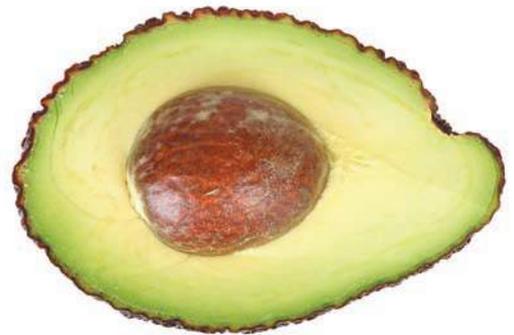


The Truth about Fatty Foods

Although we like to blame fat for a lot of things, it’s unhealthy to cut out all fatty foods. The problem lies in knowing which ones are actually good for you. Patricia Bannan, dietician and author of Eat Right When Time is Tight, says that while it’s good to minimise our intake of trans fats and saturated fats (found in deep-fried fast food, manufactured biscuits, cakes, pies, cream and butter) you need fat to “aid in the absorption of fat-soluble vitamins, including vitamins A, E, D and K.” Here are her suggestions: avocados, whole eggs, olive oil, nuts, fatty fish (salmon especially), dark chocolate and full-fat yoghurt. She also recommends small servings of red meat three to four times a week.

Weekly Meal Planner

There’s a lot to be gained from planning your meals every week. Not only does it ensure each meal is healthy, it will also boost your self-confidence in the kitchen, inspire you to be creative and even save big at the grocery store. Meal planning can seem a daunting task at first, but with a little help from a simple app, planning and cooking your meals can be stress free. Michelle Pink, accredited dietician at Good Health Nutrition and Dietetics, suggests Menu Planner is the app you need to get started. You can download the app from the App store for \$2.99. For free alternatives, look to Cook Smarts, Pepperplate, Ziplist, Plan to Eat or Paprika, all of which are available for free on iPhone or Android devices.



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Dr Ian Sweeney

Sugar and tooth decay

THERE IS A LOT of evidence to suggest that most adults and children consume more sugar than is recommended for a healthy balanced diet.

Some research would suggest that our current consumption of “added sugars” is equivalent to 26 teaspoons of sugar a day.

Tooth decay is caused by bacteria in our mouths. When we consume sugary foods and drinks, the bacteria will use the sugar to produce acid. It is this acid that dissolves the teeth causing cavities.

Sugars, both natural and processed are used the same way by these bacteria to produce tooth decay.

The longer a sugary food is in contact with a tooth, the more damage is likely to be caused. Regular snacking and “grazing” will increase the risk of tooth decay as the teeth are bathed in acid for longer periods of time.

The duration of food in the mouth is the most critical factor leading to tooth decay. Acid produced by bacteria will last approximately 20 minutes before being neutralised by saliva.

Many foods that are believed to be a healthy snack may actually be causing decay. Foods such as sultanas, dried fruit, health and muesli bars, may lead to dental decay. Cooked starches such as potato chips, crackers and breads may in fact take a longer time to clear from the mouth, leading to a risk of tooth decay.

Foods containing sugars and starch are best consumed as part of a meal rather than a snack to minimise the risk of decay.

Sipping frozen juice bottles, although refreshing, will also prolong the food source for decay causing bacteria. Water remains the best option for a refreshing drink.



Cheeses such as cheddar, Swiss and mozzarella have been shown to stimulate the flow of saliva, thus clearing the mouth of food debris while at the same time acting as a buffer by neutralising the acid produced. Calcium and phosphate ions found in cheese also help promote remineralisation of the tooth enamel.

Drinking or rinsing your mouth with water following meals, is an effective way to remove food debris and help neutralise acid produced by decay causing bacteria. Daily brushing and flossing remains the best way to reduce the risk of dental decay.

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

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Women's Health Week

Victoria Ticha

LET'S TALK ABOUT women's health. Leading health organisation, Jean Hailes, is planning a five day celebration to shed light on some difficult areas. The online event will consist of a range of women's health experts and celebrity ambassadors who will tackle different issues through articles, videos, podcasts, recipes, and tools. The free event encourages Australian women to take time and focus on their health. So get involved, learn more and take action. It's time to talk.

KNOW YOUR NUMBERS

Knowing the numbers of key health measures will keep you up to date with your body and tell you whether or not you need to make changes to your daily habits. Whether this includes your blood pressure, cholesterol, Pap smear, blood sugar, breast, skin, or immunisation measures, these checks should be taken at least every two years. The Australian government offers a free '45-49 year old

health check' for those at risk of developing a chronic disease.

FOOD FOR THOUGHT

Whether it is your misplaced keys, forgotten groceries, lost phone or you simply can't remember their name, we're all familiar with memory glitches. Causes are usually stress, ageing or illness. The best strategies for improvement and prevention include regular exercise, organisational tools such as calendars, word plays, and even rhyming. Research also suggests the consumption of certain food encourages brain and cognitive function, such as oily fish, whole grains, blueberries, tomatoes, blackcurrants, pumpkin seeds, broccoli, sage, nuts, and eggs. A nourishing, well rounded diet gives our brain the best chance to fight disease and avoid causes of memory loss.



ANXIETY

Anxiety and fear are normal emotions that alert us to possible dangers. These emotions cross over into the unhealthy category when they become excessive, irrational, ongoing, distressing, and interfere with daily life. This is a common issue among women as one in four women have some type of anxiety during their lifetime. Management using interventions and strategies, such as cognitive behaviour therapy, relaxation, and mindfulness, can be effective. There are many things you can do to manage stress which can trigger anxiety, it is just about finding the right strategy for you. The earlier you talk to a professional the sooner you will be on your way to a healthier and happier you.

Join this free online event starting from September 7 - 11 at womenshealthweek.com.au

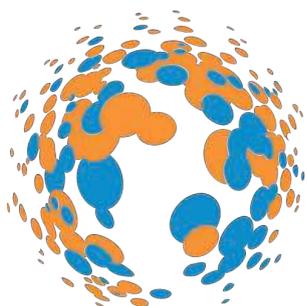
Stroke Awareness Week

Hope William-Smith

STROKES ARE ONE of our society's biggest killers and leading causes of disability. The National Stroke Foundation estimates that one in six people will have a stroke in their lifetime. In 2015, there will be more than 50 000 new or recurrent strokes in Australia; approximately one every ten minutes.

It's possible to reduce the risk of stroke by following some simple prevention tips. Reduce blood pressure and cholesterol, stop smoking, maintain a healthy weight, and limit your fat and salt intake.

By exercising regularly and understanding the seriousness of



stroke foundation

diabetes, heart disease and other related illnesses, your chances of remaining healthy and active can be significantly increased.

The FAST test is the easiest way to identify the signs of a potential stroke.

Face: Has their mouth drooped?

Arms: Can they lift both arms?

Speech: Is their speech slurred? Can they understand you?

Time: Time is critical.

If you see any of these signs, call 000 straight away.

*National Stroke Awareness Information Day
When: Tuesday, September 15th
Where: Burwood RSL, 96 Shaftesbury Rd, Burwood, 2134*

*strokefoundation.com.au
strokensw.org.au*

Let's talk: mental health

Alex Dalland

ONE-FIFTH OF ADOLESCENTS have high levels of psychological distress and one in 13 have seriously considered suicide in the past year, according to the results from the recently released Mental Health of Children and Adolescent Report.

The report showed that while more young people with mental health issues are seeking help through mental health channels than ever before, mental health problems such as depression and anxiety have become more prevalent, particularly among older teenagers and teenage girls, with around 20 per cent having major depressive disorders.

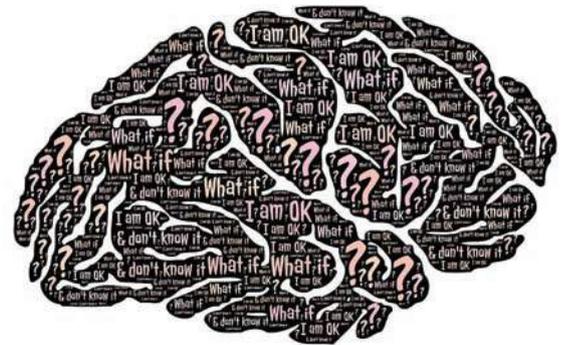
“Major societal transformation since the last survey means young people are busier than ever and exposed to pressures and risks unimaginable 17 years ago. However, the report’s finding that help-seeking has significantly

increased is positive and reflects the work of BeyondBlue and similar organisations to improve mental health literacy,” BeyondBlue Board director and child and adolescent psychologist Professor Brett McDermott says.

The report also highlighted a lack of communication between parents and carers and their adolescent children, with over half of adolescents with a major depressive disorder surveyed stating that their parents and carers had ‘poor’ knowledge about how they were feeling.

September 10 is RUOK? Day, which encourages meaningful communication to help people who may be feeling suicidal or suffering from depression or other mental health disorders.

Although many of the statistics in the report seem alarming, CEO of youth



mental health group headspace Chris Tanti believes they will hopefully encourage parents to look out for signs of mental illness in their children, such as changes in mood or behaviour.

“Parents are key in helping young people to get support, particularly mothers of young men, so knowing the signs and symptoms that something might be wrong and then how to get help is vital.”

Headspace – 1800 650 890

Kids Helpline – 1800 55 1800

Lifeline – 13 11 14



Available between 10.30am and 10.00pm, dine in or take away at participating restaurants.



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Aussie diets miss the mark



Stephanie Stefanovic

AUSTRALIANS ARE EATING far too much junk food, say experts.

When assessed using the CSIRO Healthy Diet Score, Australia's diet quality was given a rating of 61 out of 100.

Over 40 000 people took part in the Healthy Diet Score Survey, which found that Australians are eating three times the daily limit of discretionary "junk" food.

These are foods or drinks that are high in sugar, saturated fats and/or alcohol and are low in essential nutrients.

Professor Manny Noakes, CSIRO Research Director for Nutrition and Health and co-author of the CSIRO Total Wellbeing Diet was extremely concerned by the results.

"If we were handing out report cards for diet quality – Australia would only get a C," said the professor.

"What we're finding is people are having larger portions of junk food, more often. This type of food is no longer an indulgence, it's become mainstream and Australians are eating it each and every day."

Indeed, the results of the survey showed that Australians eat a shocking 32kg of chocolate every year.

While you might assume that the world's wealthiest countries have the healthiest diets, you'd be wrong.

According to a recently released study by Dr Fumiaki Imamura and his colleagues from Cambridge University, the African countries of Chad, Sierra Leone and Mali have the world's healthiest diet.

This is most likely due to a diet based on lean meats, vegetables, legumes and staple starches, with far less processed

foods than many wealthier countries.

The study concluded that in the majority of countries, eating habits are getting worse.

Whilst the consumption of healthy foods has actually increased in many countries, this has been outpaced by the growing intake of unhealthy foods, particularly in wealthier countries.

Professor Manny Noakes advises us to "Cut back on the consumption of junk food and start eating smaller portions", as well as "eating more slowly and consciously".

If you'd like to see how your diet measures up, visit csiroidietscore.com to get an assessment which will evaluate your diet quality as well as suggesting ideas for improvement.

csiro.au/en/Research/Health/CSIRO-diets/CSIRO-Healthy-Diet-Score

Sydney's best food

The results of 2015's Timeout Food Awards are in. If you're in need of some inspiration for your next meal out, then keep reading.

Stephanie Stefanovic

Restaurant of the year

ACME

60 Bayswater Rd, Rushcutters Bay, Sydney

Hip, trendy and modern are some of the words that could be used to describe this year's winner. The décor is an interesting combination of sleek modern and rustic, and the dishes are just as inventive. ACME does Italian with an Asian twist, and like many of Sydney's best restaurants, ACME has an ever-changing menu to ensure that every dish is a winner. The menu-of-the-moment features unexpected dishes such as Korean bolognese, seaweed butter jacket potato and even pigs head.



Best bang for buck

The Pizza Box

Inside Salt Meats Cheese, 41 Bourke Road, Alexandria, Sydney

If you're looking for a cheap, good-quality meal, The Pizza Box is the place to go. Not so long ago, Alexandria was an industrial area. Now it is home to some of the best eateries in Sydney, including The Pizza Box. Its prime location makes it all too easy to do your shopping and grab a coffee at The Grounds before sitting down to eat your freshly-made wood-fired pizza. Of course, the options don't end there. The Pizza Box also offers cured meats, pasta and tiramisu, among many other delectable dishes.



Best new restaurant

Bennelong

Sydney Opera House, Bennelong Point, Sydney

It cannot be denied that the interior of this restaurant is spectacular. Situated inside the Opera House, Bennelong offers a stunning view of the Sydney skyline as well as a grand interior filled with brass lights and Aboriginal artwork. The cuisine is modern Australian and is made with local produce. But what really sets Bennelong apart is its multi-level structure which provides diners with countless options in regards to atmosphere, cuisine and price-point. Whatever you do, don't forget to try their pavlova, which is a creative rendition of a much-loved Aussie classic.



Best Cafè

Edition Coffee Roasters

265 Liverpool St, Darlinghurst, Sydney

If you're looking for good coffee in Darlinghurst, look no further. Edition Coffee Roasters is definitely one of the more interesting cafès out there. It is finished in mid-century Nordic style, and offers an up-and-coming style of food: Nordic-Japanese. Everything about Edition Coffee Roasters is unique, from the style of food to the way it's prepared. Indeed, the café offers the Australian-born Elixir speciality coffee, which is brewed with sound waves to create a beverage unlike anything you've ever tasted before.

CHOCOLATY DELICIOUSNESS

It doesn't matter whether you're a talented chef or simply a foodie; either way chocolate is pretty irresistible. Just ask Australian MasterChef winner Billie McKay.

"I'm a sweet tooth and I love making desserts. I absolutely can't resist any dessert with chocolate in it!"

Sabrina Muysken

Chocolate Soufflé

Preparation: 15 minutes

Cooking time: Approx. 20 minutes

Serves: 2

INGREDIENTS

3 tablespoons granulated sugar, divided
 2 ½ ounces dark chocolate, chopped
 3 large eggs (x1 separated, x2 egg whites only)
 1 tablespoon thickened cream
 1 teaspoon all-purpose flour
 1/8 teaspoon ground cinnamon
 A pinch of salt
 Icing sugar to garnish

METHOD

1. Preheat oven to 375°F
2. Lightly coat two 10-ounce ramekins with cooking spray and coat the insides of each with 1 ½ teaspoons of sugar
3. Place chocolate in a small microwavable bowl and microwave on medium, stirring every 20 seconds, until melted.
4. Whisk single egg yolk and cream in a mixing bowl until combined. Whisk in melted chocolate until smooth. Then add flour and cinnamon.
5. Using an electric mixer on high speed, beat 2 egg whites and salt until soft peaks form
6. Beat in the remaining 2 tablespoons of sugar until stiff, glossy peaks form
7. Using a rubber spatula, gently fold half the beaten whites into the chocolate mixture until fairly smooth; then gently fold this combined mixture back into the remaining egg whites until no white streaks remain.
8. Divide between the prepared ramekins and place on a baking tray.
9. Bake until puffed and firm for approximately 20 minutes.
10. Once cooked lightly dust with icy sugar and serve immediately
11. Dig in and enjoy!



THE MYSTERIOUS RYO'S NOODLES

Sabrina Muysken

IF YOU'VE EVER driven down Falcon Street, Crows Nest at nighttime, then chances are you've already noticed the curious line of people that gather in front of an orange wall from 5pm onwards. Even more mysteriously, when you try to sneakily peer in through the window your eyes are met by a careful arrangement of curtains and signage. But, what exactly are people lining up for? The best Ramen in town, of course.

Inside there's nothing very lavish going on here, which somehow builds your anticipation. The walls are stark yellow and the décor is modest to say the least. Butchers paper lines the walls, penned with fan letters to the Chef. The vibe is close to what you'd expect from an authentic Ramen restaurant in the very heart of Tokyo. It's hard not to assume

the minimalist interior means Chef Ryo's energies are being solely directed into creating that perfect bowl of delicious, magical noodles.

The menu is simple as expected and offers a range of various pork, chicken and veggie noodle soups alongside a bevy of rice and veggie dishes. Disappoint it does not. Serving enormous, deep filled bowls with your weapon (or broth) of choice you find yourself thanking your past self for every minute they waited outside. With a range of sweet, spicy, and sour dishes on offer, this place will surely have your tastebuds dancing in your mouth. Feeling extra adventurous? Forgo the menu and ask the chef to decide for you.

It's time to join the queue and try this enigmatic gem before the rest of Sydney's food scene finds out.

STAND OUT DISHES

- Pork soup (TON KO TSU) - Spicy hot flavour w/roast pork, egg, shallots
- Ramen noodles in soy sauce soup (No stock) w/mix veggies, egg
- Chicken soup – Sour flavour w/prawn mince balls, veggies
- Plum rice balls

ESSENTIAL INFO

Where: 125 Falcon Street Crows Nest

Cost: Entrees from \$3.50, mains from \$10

Contact: (02) 9955 0225

Please note there are no reservations & cash only



Laugavegur Trail



Anya Treurnicht

ICELAND'S MOST POPULAR

hiking trail, the Laugavegur, can only be described as otherworldly. Offering the most magnificent landscapes of South Iceland, the trail passes through, up and around mountains, vast volcanic deserts, glaciers, hot springs and rivers. Mother nature even provides you with free and unlimited water refills from some of the clearest and most refreshing streams you could ever imagine.

Along the way there are a number of campsites for those trekking in groups or for solo adventurers carrying their temporary homes (tents and all) on their backs! At each campsite there are wardens to answer any questions or provide assistance. Here you will also find 'bus shops' selling delicious food and drink to indulge in after a long day's hiking. Not a fan of camping? Mountain huts in the form of shared cabins with hot showers are also available to enjoy.

This particular trail is most popular during summer due to Iceland's incredible Midnight Sun, meaning the weather is

better and the days are longer. That's not to say planning the hike for the winter is entirely discouraged either. If you're an experienced hiker or are with a local guide you're more than welcome to take on the challenge. Either way, Iceland in any season brings a unique experience, and will have you planning your next adventure before you've even left.

Laugavegur Trail Highlights:

- The journey from the lush green grass and crisp streams of Thorsmork campsite through the volcano alley to Emstrur is truly breathtaking. The vastness of the desert mystically makes you feel small yet powerful as you pass between the mountains – their mossy summits contrasting brilliantly against the slate grey landscape.
- The roaring 60m waterfall Skogafoss, near the area of Skogar, won't make you feel any less smaller, or drier, when you approach and feel its refreshing spray. The surrounding

green fields, some covered with the popular purple Lupin flower, are another pleasant surprise in Iceland's ever-changing scenery.

- Rising with the sun at Landmannalaugar campsite situated in the heart of Fjallabak, on the edge of lavafield is another unforgettable moment. This site might even be the most memorable of the entire trek as you find yourself surrounded by snow-tipped mountains, speckled with all the shades of red, brown and orange. Capture the view whilst enjoying nature's natural hot-tub, created by hot springs neatly nestled into fields of flowers – the perfect therapy.

Remember: It's not a race but a journey as there is no set time limit on this trail, but the overall distance (55km) is usually completed within five-ten days.

statravel.com.au/tour-details.htm?tourCode=GAELEST

School holiday activities

Anya Treurnicht

Spring has finally arrived. With every change of season comes the perfect chance for a fresh routine and a well-deserved break during school holidays. From star gazing at Darby Falls to snorkeling around the Solitary Islands, there are countless activities for the whole family to enjoy this spring! Here are some ideas to get you started...

SNOWY MOUNTAINS

Escape the bustling city and into the serene snowy mountains. The final layers of snow are beginning to make way for the wild flowers and gorgeous trails for horse riding, hiking or picnicking. Plan your day at the pace you want and enjoy the tranquility.

nationalparks.nsw.gov.au/camping-and-accommodation/accommodation/Creel-Lodge



OAKLEIGH FARMSTAY

Swap homework for farm work to enjoy a fun hands-on and unique experience collecting eggs, cray fish and feeding animals at Oakleigh Farmstay. Hosting star-gazing every night, Darby Falls observatory is not one to be missed. Make sure to book ahead so you don't miss out on the spectacular comets!

oakleighfarmcottages.com/about.html



AUSTRALIAN MUSEUM

Adventures aren't always outdoors. Recently opened Wild Plant at the Australian Museum offers an incredible array of biodiversity with over 400 animal specimens. With the new and ongoing \$5.5 million transformation, the museum is perfect for a day-outing. Children under 16 gain free entry.

australianmuseum.net.au



COFFS HARBOUR

The end of winter leaves any beach-lover itching for some sand between their toes. Take advantage of the spring weather and head to Coffs Harbour for a great snorkeling adventure off the Solitary Islands. Offering an abundance of sea-life, you'll struggle to get the kids out of the water! The Nautilus Resort is highly recommended to experience the ultimate island life with beachfront villas.

nautilusresort.com.au



OAKHURST COTTAGE

This place has it all! A relaxing weekend for parents with adventures for kids. Kids will love the incredible outings to find precious gems and meet all the animals around the farm stay. Get comfortable in the cabins, or sleep under the stars at the campsites available at Three Waters High Country Holidays.

oakhurstcottage.com.au



WET'N'WILD

An oldie but a goldie, Wet'n'Wild Sydney is every kids dream. Offering endless fun, you can go from relaxing in the wave pools to picking up some serious speed on the impressive waterslides. Opening September 19, the timing couldn't be more perfect to welcome spring. Beat the spring crowds and pack your swimmers for a day at Sydney's newest and most fun holiday-addition.

wetnwildsydney.com.au

Ask clairvoyant Kerrie



Kerrie Erwin

Rosie
December, 1989

What can I do to find true love? Where should I look for true love?

Career wise I feel you will do really well so long as you are true to yourself and love what you do. You are a natural born leader and so long as you are in charge of your work, utilising your own ideas, you will go a long way. Romance is very important to you and I do not see you suffer fools gladly, as once your heart is broken it takes you a long time to recover. When you truly start to love yourself you will see big changes in you. As for the future, I see two men around you, but I see it is the spiritual man around you that will really steal your heart away as you need someone that is not only on the same wave-length as you but someone that is a good friend as well. This man comes through your friendships not work. 28 is an important turning point for you.

Looking forward to 28 already. Thank you!

Patrick
May, 1988

Do I have a bright future with my present career?

You are going through big changes this year and need to let go of things and needs that no longer serve you. This is on an inner level as well. As a creature of comfort and the good things in life I feel you will go far, when you work for it. I see a move coming up for you from where you live and there will also be changes in your job as I see another offer on the horizon. Stick to what you really want to do and you will not go wrong as I see you on a steady rise toward fulfilling all your dreams. Take the new direction that comes up for you next year. Be positive and let go of negative thoughts. When you believe in yourself and have a change in attitude, things will change.

Thanks for your insight Kerrie.

**INTERESTED
 IN A PSYCHIC
 READING?**

**Email editor@kamdha.com with
 your name, D.O.B and question
 for our resident Clairvoyant Kerrie
 Erwin.**

Are you having problems selling your home?

1) **Clear all the clutter.** When you clear clutter from your home, you are removing negative, blocked energy. This simple procedure will not only bring more balance and harmony into your life but it will help in the sale of your home and allow you to move on. Just like spring cleaning but on an energetic level, space clearing releases negative energy and encourages positive energy to enter our lives, because often as consumers we collect a lot of things that we truly don't need that can block the natural flow of energy.

2) **Give your homes a good smoke out.** Use some dried gum leaves and sage, which you can burn in an old tin. Once you have done this, room by room, it will disperse any negative energy and help any lost souls or spirits move on that may be lost or stuck on the astral. After a while you will feel intuitively the energy in your home feels a lot lighter. Lost souls or spirits can disturb the natural balances of a home and create incredible disturbances, which in turn stops the natural flow of good Chi energy. Family members can get sick, pets will be

affected, and it will be impossible to sell or rent the home, as all the natural good energy will be drained.

3) **Light a candle.** Once you feel satisfied with what you have done, light a candle inside the front door and tell the home in a loving way that you are ready to move on, and thank it for the protection, love and gratitude it gave you while living there.

Love and blessings Kerrie x
kerrieerwin.com.au



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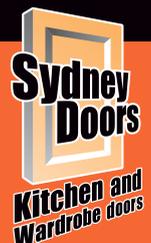
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September

30 August - 30 September

KIDS WATCH DOCOS FOR FREE AT IMAX

Where: IMAX Theatre, Darling Harbour

Cost: Free

When: 30 August - 30 September

Contact: imax.com.au/

5
September

ART GALLERY WALKING TOUR

Where: Frank Gehry Building 14-28 Ultimo Road, Ultimo

Cost: Free

When: 5 September, 2pm-4:30pm

Contact: chippendalecreative.com/initiative/gallery-walking-tours/

1 - 30
September

SYDNEY FRINGE FESTIVAL

Where: Various locations across Sydney

Cost: Varies

When: 1 - 30 September

Contact: hq@sydneyfringe.com

9 - 13
September

AAADA SYDNEY ANTIQUES FAIR

Where: Kensington Room, Royal Randwick Racecourse, Alison Rd, Kensington

Cost: \$15 - 20

When: 9 - 13 September

Contact: aaada.org.au/sydneyfair

13 September - 3 November

SYDNEY SPRING CARNIVAL RACES

Where: Royal Randwick Racecourse, Alison Rd, Kensington

Cost: Varies

When: 13 September - 3 November

Contact: australianurfclub.com.au/springracing/

13
September

FESTIVAL OF THE WINDS 2015

Where: Bondi Beach

Cost: Free

When: 13 September

Contact: waverly.nsw.gov.au

16
September

NORTHERN BEACHES SPRING CONCERT

Where: Grand Theatre, 4 Vuko Pl, Warriewood

Cost: \$45 - 60

When: 16 September, 7:30pm-9:30pm

Contact: rotarynorthernbeaches.org

20
September

BLACKMORES SYDNEY RUNNING FESTIVAL

Where: Bradfield Park, Milsons Point

Cost: \$35 - 85

When: 20 September

Contact: sydneyrunningfestival.com.au

10 October

ST JOHNS CHURCH FETE

Where: St Johns Church, Gordon

Cost: Free

When: 10 October, 9am onwards

Contact: stjohnsgordon.org.au

**NORTHERN SYDNEY
SYMPHONIC WIND ENSEMBLE
SPRING CONCERT**

Where: The Concourse, 409
Victoria Avenue, Chatswood
Cost: \$15 - \$19.50
When: September 12th - 13th
Contact: premier.ticketek.
com.au/shows/show.
aspx?sh=NSSWE15

ST IVES MEDIEVAL FAIRE

Where: St Ives Showground,
450 Mona Vale Road, St Ives
Cost: Varies
When: September 19th & 20th,
10am-4pm
Contact: stivesmedievalfaire.
com.au/

BUSHCARE'S MAJOR DAY OUT

Where: Bannockburn Oval,
Birubi Ave, Pymble
Cost: Free
When: September 14th, 10am-
1pm
Contact: bushcare@kmc.nsw.
gov.au

**MEET THE AUTHOR - KATE
FORSYTH**

Where: Hornsby Library, 28-44
George Street, Hornsby
Cost: \$5
When: September 9th, 6:30pm
Contact: 9847 6614

**WILLOUGHBY SPRING
FESTIVAL**

Where: Chatswood CBD
Cost: Free
When: September 1st - 20th
Contact: springfestival.
willoughby.nsw.gov.au

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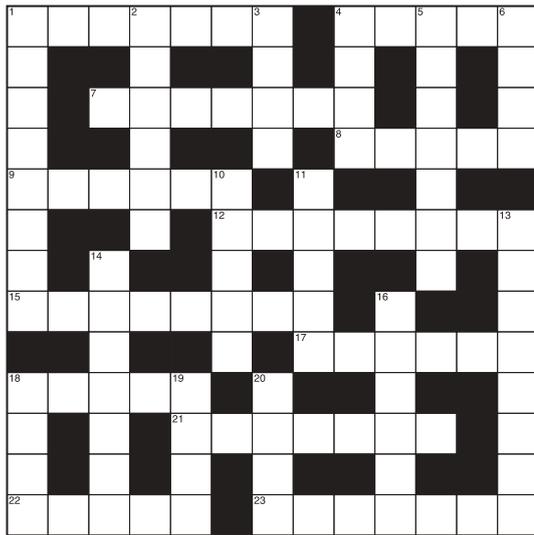
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ACROSS

- 1. True
- 4. Pituitary or adrenal
- 7. Stowing space
- 8. Accurate
- 9. Me, ... & I
- 12. Surprised, taken ...
- 15. Cadets
- 17. Prohibited narcotic
- 18. Breakfasts or dinners
- 21. Climatic conditions
- 22. Intended
- 23. Clung (to)

DOWN

- 1. Most important
- 2. Captioned
- 3. Slope
- 4. Mirth
- 5. News & current ...
- 6. Grime
- 10. Welded
- 11. Swamp
- 13. Average
- 14. Card game
- 16. Light wind
- 18. Incapacitate
- 19. Squash (insect)
- 20. Festival

SUDOKU

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

Rating: ★ ★ ☆ ☆ ☆

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

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Solutions

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

D	E	R	E	H	D	A	T	N	A	N	E	M
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