


NOVEMBER 2016 - FREE

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 Sydney Observer

# Sydney **Observer**

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THE SUN**  
*Special*

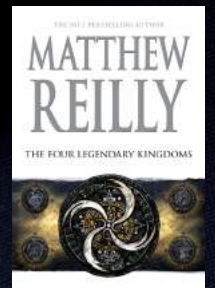
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# CONTENTS

- 6. Giveaways
- 8. Local News
- 12. Profile
- 15. Education
- 21. Lifestyle
- 24. Fun In The Sun Special
- 32. Wellbeing
- 36. Home & Garden
- 38. Food & Wine
- 42. Fashion & Beauty
- 44. Travel
- 46. What's On
- 48. Clairvoyant

## FROM THE EDITOR

Hello November readers!

It is hard to believe we have entered the final month of spring. The year is slowly coming to an end and school has already wrapped for another year. With many post HSC students anxiously waiting to receive their university offers our education pages (15-20) detail how to select the right course and what university rankings really mean.



With Sydney's weather heating up, SO thought the time was ripe for a Fun In The Sun Special (24-31) jam packed with everything you need to know from how the family can have Pool-less Fun and the Top Beach Reads.

For bookworms, flick to our November cover story on bestselling author and Willoughby local Matthew Reilly (12-14).

Enjoy the warmer weather!

*Sabrina*



24



44

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### Home, commercial and bulk delivery

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



34



12



11



36



41



21



# Giveaways

## MATTHEW REILLY'S *THE FOUR LEGENDARY KINGDOMS*

*The Four Legendary Kingdoms* is the highly anticipated new adventure in Matthew Reilly's most popular series, following *The Five Greatest Warriors*.

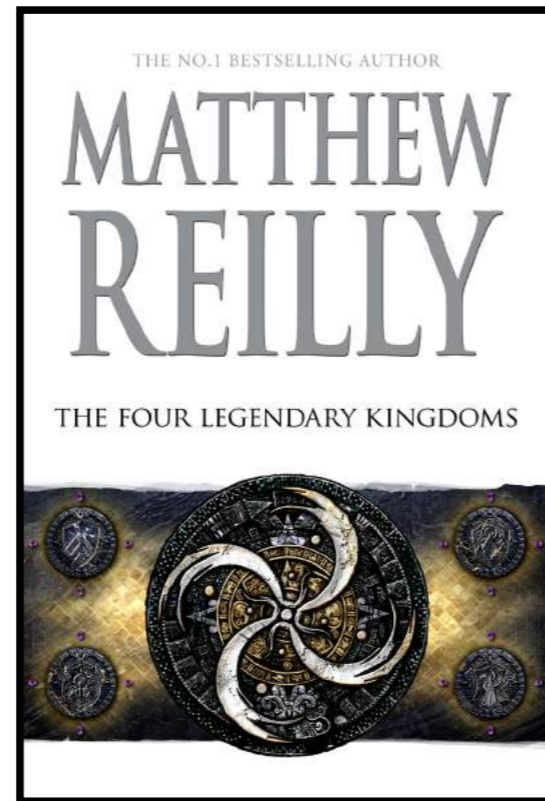
*Beloved character Jack West is back! After being brutally kidnapped, he awakes in an underground cell to find a masked attacker with a knife charging at him...Jack, it seems, has been chosen – along with a dozen other elite soldiers – to compete in a series of deadly challenges designed to fulfil an ancient ritual.*

*With the fate of the Earth at stake, he will have to traverse diabolical mazes, fight cruel assassins and face unimaginable horrors that will test him like he has never been tested before.*

*In the process, he will discover the mysterious and powerful group of individuals behind it all: the four legendary kingdoms.*

*He might also discover that he is not the only hero in this place...*

**Three copies of Matthew Reilly's *The Four Legendary Kingdoms* to be won.**



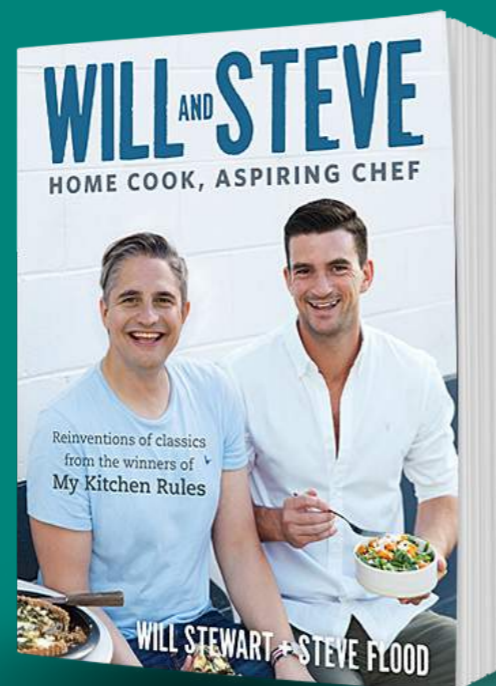
# WARM STYLE

*smart design*

## WILL and STEVE: HOME COOK, ASPIRING CHEF

Will and Steve are the cheeky (yet lovable) British duo who were crowned the winners of My Kitchen Rules in 2015. The book is chock-a-block with health recipes inspired by the pair's passion for freshness, flavour, and damn good food. A combination of their English heritage, their appreciation for Australian produce and a desire to reinvent the classics have resulted in some seriously scrumptious recipes.

**One copy of *Will and Steve: Home Cook, Aspiring Chef* to be won.**



### HOW TO ENTER

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

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



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# Snippets

danielle armour

## Turrumurra community Hub

The proposed design for the new Turrumurra Community Hub has won its category in the 2016 Australian Urban Design Awards. Winning the award for Urban Design, Policies, Programs and Concepts - Large Scale, Ku-ring-gai Council's design was one of 37 entries from across Australia shortlisted in the awards. The design includes a new local library, multi-purpose community centre, new park, town square, alfresco dining areas and residential buildings.

"This is a well-deserved accolade for the Council's long-term planning for its major centres through its Activate Ku-ring-gai program," said Mayor Jennifer Anderson.



## Hornsby Festival Of The arts

Hornsby Shire is celebrating culture with their annual Festival of the Arts running until 20 November. The event highlights include Quirky Circus on 5 November, Screen on the Green running from 18-20 November and the coveted Hornsby Art Prize.

"Whether you're a music master, a paint aficionado or a foodie, you're going to find plenty to enjoy – and that's before we start talking about the bearded hoola hoop artist," says Hornsby Shire Mayor Steve Russell.



## Local citizen Of The year awards

Nominations are now open for Ku-ring-gai's NSW Local Citizen of the Year Awards. The award is presented on Australia Day each year and recognises the contribution of local residents and volunteers to the Ku-ring-gai Community. Awards are presented to individuals or groups in three categories; Citizen of the Year; Young Citizen of the Year and Outstanding Service to the Ku-ring-gai community. Nominations close Friday November 11 and can be made online or at the Council Chambers and Ku-ring-gai Libraries.



## blackbutt creek Risk management Plan

Ku-ring-gai Council has been awarded an \$80 000 grant to develop the Blackbutt Creek Risk Management Plan. The council has already begun collecting data for the plan, surveying residents of flood-prone properties and the opinions of local residents on measures to manage flood risk.

"We are trying to reduce the impact of flooding on properties in the catchment and resulting damage. The draft risk management plan will assess existing, future and continuing flood problems and investigate options to reduce the impacts of flooding," the Mayor said.



# KU-RING-GAI ART CENTRE'S JEWELLERY EXHIBITION

Sabrina muysken



**Ku-RInG-Gai aRT cEnTRE** is excitedly gearing up to welcome the local community to the opening night of artist Rachele Juter's solo Elemental Jewellery Exhibition on November 10, from 5.30pm to 7.30pm.

Back by popular demand, this is the second exhibition Rachele is holding at Ku-ring-gai Art Centre following the success of her Metalmorphosis show last year.

Set to be opened by artist and tutor Salvatore Gerardi, the free exhibition will showcase Rachele's beautiful and unique Jewellery pieces and will continue until Thursday November 24.

The Elemental exhibition will feature jewellery inspired by the four elements of earth, wind, fire and water. Rachele manipulates metals, such as silver, gold, copper and even steel, and combines it with a wide variety of precious gemstones to create unique, one-off and wearable pieces of art.

Working as a qualified jeweller for more than 20 years, Rachele has completed training in jewellery design and manufacture, gemology, photography, jewellery drawing and rendering, as well as teaching. She currently has work permanently exhibited at two galleries around Sydney.

Rachele has won numerous major national jewellery awards including the Jewellers Association of Australia's 'Excellence in Design and Manufacture' and 'Apprentice of the Year' Awards. She has also won an award from the prestigious DeBeers International in their International Diamond Awards.

The talented craftswoman inherited her skill for jewellery artistry from her grandfather and father who are also jewellers. Rachele acknowledges this family connection as the catalyst that drew her to jewellery, keeping the passion burning so strong.

For those interested in learning more about the inspiration behind Rachele's artistic work, Juter will also be giving a free Artist Talk on Saturday November 19, 12pm – 12.45pm.

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

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# LOCAL SCOUT HERO CELEBRATES 55 YEARS

alex dalland



"It's great to see the kids work together to teach a new shy kid how to light their first campfire or cook their first pikelet on a can. You see their confidence growing as they learn to get along, pull together as a group and just do things they don't have the freedom to do most days."

With many kids focused on competitive activities, scouts is not as popular as it once was – although in the digital age, Dale believes the opportunities provided by Scouts are worth more now than ever.

"It's great that people want their kids to be winners, but for these modern kids almost permanently connected to devices, it's more vital than ever for them to do the stuff cubs and scouts do – get out doors, make noise, get muddy, become leaders and learn some independence."

Dale is possibly the only cub leader in NSW who has recently taken 28 cubs to camp on a train for over three hours with no electronic devices. They were also accompanied by two Nepalese Sherpas, Pertemba and his wife Sona, who were visiting Dale to celebrate her recent recovery from breast cancer. A lifelong traveller, Dale was introduced to Pertemba by Lindfield legend Paddy Pallin on one of her first trips to Nepal in 1976 and they have stayed friends ever since.

Amanda Taylor, Group Leader of 2nd/3rd Lindfield, believes Dale remains an inspiration to three generations of cubs and parent volunteers.

"What gets me is Dale's commitment to youth, her unswerving service," Amanda says.

"She supports any youth member, whether a member of the Scouting Movement or not, to achieve their community service goals. She's as willing to help with school community service requirements for Duke of Edinburgh Awards, or, as in the case of Venturer Scouts, helping them achieve their Queen Scout Awards.

"She's a local treasure!"

**WHEN DALE ROBINS** began leading scout troupes for the 2nd/3rd Lindfield Scouts 55 years ago, things were certainly different. Trams stopped running in Sydney, Robert Menzies was Prime Minister and most of the kids around Lindfield were scouts.

But there are still some things that never change, according to the Order of Australia Medal recipient.

"When you put today's kids in the bush, they aren't any different from 50 years ago," Robins says.

"Although of course since 1988 there's been girls in cubs and they tend to be more mature – ours was the first pack in this district to welcome them."

In honour of Dale's commitment to cubs, she was awarded a 55 years of service certificate and badge during a ceremony held in Lindfield Scout Hall on October 22 by Chief Commissioner of Scouts Australia NSW, Neville Tomkins OAM. During the ceremony, she also shared some of her memories gained across her long history with the organisation.

"Cubs is a great opportunity for parents who want their kids to grow up more well-rounded so they don't become cotton-wool wrapped kids," Dale says.



# LITTLE ATHLETICS

Juliana Kichkin

**LITTLE aTHLETICS PaRTICIP anTS** are invited to enter the 'Little Jetstars' competition, where they can potentially win the chance to train with former 'Little Athlete', NSW Swifts Captain Kimberlee Green.

The competition celebrates good sportsmanship and dedication with five lucky winners receiving an exclusive training session for them and 15 friends, led by one of Australia's most well-known athletes – a Jetstar 'Big Hero'.

Kimberlee Green is excited to be involved in the Little Jetstars program and to get back to where it all began, as a former 'Little Athlete' in Penshurst.

"Little Athletics holds very fond memories for me and is such a great start for any kid who loves sport," said Green.

Now in its third year, Jetstar has taken its partnership with Little Athletics Australia to the next level, announcing that the Little Jetstars competition will be bigger and better in 2017.

With more than 100 000 participants across 540 centres, Little Athletics is a uniquely Australian program based on track and field events that is open to kids between 5 and 15 years.

"Through our continued partnership with Jetstar Little Athletics Australia we look forward to further cementing our commitment to Australian communities. We are delighted to be helping little athletes reach for the stars," said Chief Commercial Officer of Jetstar Australia, Catriona Larritt.

To enter the Little Jetstars competition, registered Little Athletics participants can head to [www.littlejetstars.com.au](http://www.littlejetstars.com.au) and describe in 25 words or less, how Little Athletics will help them become a big hero.

*The Little Jetstars competition is now open, with entries closing on Tuesday 28 February 2017 at 11:59pm.*



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*'Monday Painters', watercolour, Susan Farrell (tutor); 'Figurative Mobius Form', porcelain, Helen Leete (tutor); 'The Reef', acrylic on canvas, Erika Beck (tutor); 'Thebekas Doll' soft chalk pastel on paper, Cilla Davis (tutor)*

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# MATTHEW REILLY:

## BESTSELLING AUTHOR

Sabrina muysken

**B**ORN and RAISED in Sydney's North Shore suburb of Willoughby, Matthew Reilly is proudly one of the community's greatest success stories. Having sold over seven million copies of his novels worldwide, in over 20 languages, the gifted author is a regular on the *New York Times* Best Sellers list.

During his youth Reilly attended school at Milsons Point based St Aloysius' College. He went on to study, and graduate from, Law at the University of New South Wales. It was around this time that he wrote and famously self-published his first novel, *Contest*.

After receiving rejections from every major Australian publishing house, Reilly used a bank loan to self-publish a mere 1000 copies of the novel, which he then sold to various bookshops throughout Sydney. Reilly's blind faith paid off when a Pan Macmillan Commissioning Editor happened to come across the book in one of those stores, immediately recognising the budding writer's talent.

"I knew *Contest* had the goods," Mathew says.

"I just wanted to get it noticed. I knew that publishers checked out bookshops so that's where I needed my book to be."

Today, Reilly has authored over a dozen novels and novellas that are known for their fast pace, detailed narratives and twisting plots. Interestingly, those original self-published editions of *Contest* have now become much sought after collector's items.

Reilly's most recent release, *The Four Legendary Kingdoms*, is the long-awaited fourth installment to the highly popular Jack West series. For fans of the action-thrillers it has been a long seven years between drinks. After taking a much needed break from the series – Reilly wrote the first three novels back-to-back – the author is confident that the latest addition will quench readers' thirst.

"When you get to a certain point in a series, you need to raise the stakes and lift the book to a new level. This is a story that starts right out of the gate like a bullet and it's non-stop from there. There is no build in *The Four Legendary Kingdoms*. Jack wakes up on page one, captured and in a cell and off we go from there."

**"When you get to a certain point in a series, you need to raise the stakes and lift the book to a new level. This is a story that starts right out of the gate..."**





If the success of Reilly's previous books are anything to go by, the reception of *The Four Legendary Kingdoms* will be nothing short of widespread acclaim. And the success of the Jack West series has not gone unnoticed. ABC US Network Television has already optioned the rights for a TV series to be made based on the beloved character. Coincidentally, the producer taking on the novel's re-imagining to fit television screens previously produced one of Reilly's favourite films, *Speed*. Ironically, it is this very blockbuster's sequel that Reilly cites when reasoning why he has left some of his stories to be stand-alone books.

"A sequel, to me, has to be better than the book before it. It has to add to it, bring us new characters... *Speed* is one of my favourite movies but *Speed 2* in its own way tarnishes the original by being such a disappointing sequel. I think my fans know that I'm honest and keen enough to make sure that a sequel has got to do something better than the first one."

Despite confessing to being a movie buff, Reilly admits there is truth to the idea that no screen adaptation could ever surpass an original book. At most, he believes, an adaptation can strive to be equally well put-together.

"You could literally count on one hand, I think, the movie versions which are as good as the books they were based on... There is so much more texture in a book. There is 400 pages where you can jump in and out of different characters' heads. In a film, you are very limited by time and money. It costs big dollars to make big action scenes. But when you write a book, you can create the wildest and biggest action scenes you like and it doesn't cost you a cent, the only limit is the limit of your imagination! To me, a book is always going to have more depth."

When asked on where he finds the inspiration for his own stories, Reilly's answer is surprisingly simple.

"I actually write the stories that I would want to read myself or stories that I would go and sit in the movie cinema and watch... I write to entertain." ○

*Matthew Reilly's 'The Four Legendary Kingdoms' is available now.*

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

# UNIVERSITY OFFERS: HOW TO CHOOSE

danielle armour

**T**HE HSc may be over, but many recent school leavers are yet to relax, anxiously waiting for their ATARs to be released and to see which University degrees they are eligible for. With an overwhelming amount of choice, students are frequently encouraged to apply for courses that match their academic ability, regardless of their passions.

With SEEK Learning's annual Careers and Education Report showing one third of Australians feel that they did not make the right education choices while at school, university or TAFE, Year 12 graduates can feel a lot of pressure to make the 'right' choice.

While a student's ATAR is a reflection of how they performed in comparison to the rest of their cohort, the ATAR entry requirement for university degrees is a reflection of the demand for a course rather than its quality or the level of academic skill necessary. Although there may be less demand for certain degrees such as Arts, it does not mean they will be less rewarding than degrees associated with prestige such as Law and Medicine.

A recent submission to the government by the University of Sydney has called for the pressure on students to make the most of their ATARs to be dispelled, and to abolish the belief that the courses with the highest ATARs are the most academically rigorous.

University of New South Wales student, Rachael Koch, still feels the pressure and expectation that came with her ATAR, despite being two years into her Arts degree and looking to pursue her passion for publishing.

"Even now, I feel a bit uncertain with my decision to pursue a career in publishing because my high school left in me this feeling of always striving for the 'elite'," she said.

Rachael believes that the lower entry points of some degrees have no correlation to their level of difficulty.

"Arts degrees have such a huge stigma around them being easy, but I have done subjects from other courses and I honestly think arts subjects are so much harder to get marks in," she says.

In 2014, Department of Education statis

showed that about one in five students will leave their course within a year of starting university; either changing to another course or institution or dropping out altogether.

Kartikya Shastri, a Bachelor of Commerce student from the University of Sydney says that his choice to initially study a combined Law/Commerce degree was purely the result of his ATAR and his decision to change degrees came as a realisation of what he was passionate about.

"I think doing statistics rather than law motivated me to achieve at a higher level," he said.

ATARs can determine the path a student takes after they finish high school. However, they do not have to define what you study, nor do they have to limit the options available to you. Students with higher ATARs should not feel pressured to "make the most of their marks". Similarly, there are many options for students who do not obtain the ATAR they desired, with many tertiary education institutions offering pathway programs into core degrees such as Arts, Commerce and Science.

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**What age can my son enter the school?**  
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# What Career Could Your Future Hold?

alex dalland



**F yOu aRE** a student who is unsure about what path they need to take to find their dream job, then look no further. *Sydney Observer* has compiled a list of your favourite school subjects and some unexpected possibilities they might hold for you.

Favourite Subject	Potential careers	Education Level	What you Learn	more Information
English	actor	Diploma of Screen Acting – Screenwise	Extended acting methods, Screen combat, Green screen, Accents	<a href="http://Screenwise.com.au">Screenwise.com.au</a>
	Librarian/ museum curator	Bachelor of Information Studies – Charles Sturt University	Introduction to the Information Professions, Preservation of audiovisual materials, Community Histories	<a href="http://Csu.edu.au">Csu.edu.au</a>
maths	Retail buyer	Cert IV in Retail Management – TAFE Northern Sydney Institute	Establish legal and risk management requirements of small business, Build retail relationships and sustain customer loyalty, Manage retail merchandise	<a href="http://Nsi.tafensw.edu.au">Nsi.tafensw.edu.au</a>
	Surveyor	Bachelor of Engineering (Surveying) – University of New South Wales	Mathematics, Physics, Surveying and geospatial engineering	<a href="http://Unsw.edu.au">Unsw.edu.au</a>
Science	meteorology	Bachelor of Science (Climate and Weather) – University of Melbourne	Applied mathematical modelling, Weather and climate systems, Modern and future climate	<a href="http://Bsc.unimelb.edu.au">Bsc.unimelb.edu.au</a>
	Pharmacist	Bachelor of Pharmacy – Sydney University	Human biology, Chemistry, Clinical placement	<a href="http://Sydney.edu.au">Sydney.edu.au</a>

## Young ICT Inventors

**ROSEVILLE COLLEGE yEaR** 6 students, Madeleine Jury and Chloe Morris, have recently had the distinction of presenting at the prestigious NSW Pearcey Awards, which recognise Australia's ICT entrepreneurs before they become teenagers.

The two Year 6 students presented at the annual award ceremony last month, when it was held at NSW Parliament House. The students said the experience has completely transformed their view of technology.

Madeleine, whose sister has a disability that affects her physical ability, says she and Chloe entered the SAP Young ICT Awards as an opportunity to bring to life her idea of creating a sensory playground suitable for people of all ages and abilities. Appropriately, they named their concept the 'Fun For Everyone' Sensory Playground.

"At the Pearcey Awards, we presented two of our ideas: musical monkey bars that are activated by touch and a sensory tunnel with pressure sensors in the ground that trigger lights and sounds," explains Chloe, who says she is encouraged by people's excitement about their idea.

Madeleine agrees, emphasising that both girls have now found a passion for pursuing STEM careers after school.

"The opportunities we have had through School and the Pearcey Foundation have inspired us to keep learning about technology. We both, definitely, want to do something in this area for our careers," Madeleine says.

"To begin, technology can seem a bit scary. However, through application and learning from experienced people, we now understand that technology is just a tool we can use to create all sorts of solutions to challenges and bring clever ideas into reality."

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



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

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



### COLLEGE NEWS

#### PEARCEY AWARDS DISTINCTION

Roseville College Year 6 students, Madeleine Jury and Chloe Morris, have the distinction of presenting at the prestigious Pearcey Awards 2016, which recognise Australia's ICT entrepreneurs, before they are teenagers!



#### SUPERB SNOWSPORTS SEASON

Roseville College Snowsports Team, comprising 33 girls in Year 1 - Year 12, has achieved its strongest results yet, including winning the Secondary Overall Female Pointscore and Female Snowboard Champion in the Northern NSW Interschools for a consecutive year.

#### PERSONALISED TOURS

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# UNIVERSITY: A NUMBERS GAME?

Juliana Kichkin

In 2003, Australia had just 13 top 500 universities in the Academic Ranking of World Universities (ARWU), one of the most respected international ranking systems and now there are 23. For many academics this highlights the danger of higher learning systems becoming embroiled in a measuring competition.

"For the most part I do believe we have a good University system, but at the same time we've arguably gotten better at playing that game as well," said Dr Scott Eacott of UNSW.

Dr. Eacott believes that ranking systems, which have become synonymous with choosing the right university for anxious high school leavers, tend to emphasise research output – ignoring teaching quality and student experiences.

"There's a bit of an assumption that a good research institution will have a good educational experience, but I don't think that's always how it is."

Teaching quality is difficult to measure, in part because the methodologies of the ranking systems don't facilitate an open dialogue. One of the ways teaching quality has been measured is primarily through student satisfaction.

This isn't effective because "staff don't get a chance to talk back to that".

This highlights a larger issue surrounding ranking ideology in that short-term – rather than long-term – learning benchmarks are given precedence.

"The value of a university education system isn't necessarily immediate; it comes down the track, rather than straight away."

As each year passes, ranking systems that promise a more holistic view of universities are developed, however Dr Eacott is dubious of relying on one single system.

"A far better way is to take a broad brush stroke approach to all those measures."

However, given the bulk of higher learning funding is supported by research, research output will always be the number one measure for ranking systems. As universities are grappling to secure funding, Dr Eacott warns that this will heavily impact on teaching quality and research output.

Universities are now "constantly trying to chase money and reach key performance indicators."

Dr Eacott predicts that numbers of full-time teaching staff will continue to drop.

"There will be an increase in casual staff and there will be an increase in research staff funded on soft money."

In other words, research that is "not funded through the university, only funded through grants".

The competition to secure funding will impact on what research will be undertaken.

"Only certain types of research get funding anyway."

"You'll end up with more researches trying to do research that will get funded, which then compromises the university ideal."

Research that relates directly to commercial and market application will come to represent the bulk of university research.

The research that gets ignored "doesn't have a direct application, anything that's too critical of the status quo".

Dr Eacott has observed that a bloating of middle managers at universities has also exacerbated the issue of funding research.

"There's a bloating of middle management at universities... The bureaucracy itself is growing, which is taking funds from the people who actually do the research and the teaching."

This is a reflection of a much bleaker reality of systematic inequality within higher learning systems. Dr Eacott has observed that of the top levels at universities, very few of these highly powerful positions ever come out of the humanities and social sciences. This places serious limitations on the democratic processes of universities, which are becoming mired in a numbers game.

"In addition to the external environment being difficult for social sciences, the actual internal environment is as well."

# Kids Teaching Kids

**Kids Teaching Kids** is a program that promotes a holistic approach to raising awareness of local and global environmental issues while bringing communities together in prioritising the positive wellbeing and resilience of young people.

Year 8 Pymble Ladies College students took over as 'teachers' at the college's fifth annual Kids Teaching Kids conference, an Australia wide program co-founded by Environmentalist of the Year, Arron Wood.

With more than 200 Year 5 and 6 students from Pymble and neighbouring schools in attendance, the workshops led by the "teachers" covered a range of environmental issues including sustainable air travel, food waste, endangered species, the Great Barrier Reef, deforestation and alternative energy.

Based on the premise that peer-led education is an effective way to encourage students to take responsibility for their own learning and actions, appointed "teachers" were supported by their teachers to encourage attendees and participants to identify take home messages and concrete points of action.

Encouraging students to use this as a stepping stone to become advocates for their communities and their futures, Principal Vicki Waters launched KTK 2016 by reiterating Pymble's commitment to aiming for Green Star status in infrastructure and daily practice.

"Be inspired by your workshops and don't just go back to school and forget them."

"Take what you learn today and become an advocate and a leader for a sustainable future for mankind," Mrs Waters said.



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# Education For A Truly Human Understanding

Russell bailey, Headmaster, Redeemer baptist School



**LEARNING** Facts and skills at school is important. Even more important is the opportunity to recognise that each child has a special purpose in the world, for which they will need an education that awakens a truly human understanding.

Our hearts are always moved by stories of human tragedy accompanied by surprising

rescues, like this true story from the western coast of Victoria – the Shipwreck coast – near the famous *12 Apostles*, where more than 50 shipwrecks have occurred since 1836.

The beautiful *Loch Ard Gorge* gets its name from a shipwreck in 1878. The *Loch Ard* was travelling from England to Melbourne with 49 passengers and crew. On the evening of 31st May, the boat was engulfed in fog. The captain, knowing that they were only a few hours from their destination of Port Phillip Bay, threw a party to celebrate a successful voyage. The next morning, when the fog lifted, the Captain realised that he was too close to massive rocky islands near coastal cliffs. The *Loch Ard* struck a rocky reef and sank.

Only two survived the shipwreck. Tom Pearce, a young apprentice on the boat's crew, clung to a piece of lifeboat and floated in freezing Southern waters into *Loch Ard Gorge*. Then he heard another young lady, Eva Carmichael – the daughter of an Irish doctor emigrating to Australia. Eva was shouting for help near the beach, so Tom went back into the water to rescue her. He revived

her with some brandy that had floated to shore from the boat, then climbed out of the Gorge and found some farmers who came back to rescue her. No one else survived.

This story filled newspapers all over Australia at the time. And every tourist that stops to take some photos of the beautiful *Loch Ard Gorge* also gets drawn into the story of the miraculous survival of Tom and Eva. Our hearts tell us that we are connected to those who tragically lost their lives and to the two who survived.

Why do we get so interested in true stories about people responding to difficulty with virtue?

The world economic Davos Forum founder, Professor Klaus Schwab, said last year that – in the context of digital revolution – we need to get a new view of what it means to be truly human because a robot can't believe in something. And it's that truly human understanding of personal action for others driven by belief that we should seek in our children's education.

In my school, we say that each child has a unique and special contribution in the world as a human – a creature made in the image of a God who is love. It follows that training and education needs to equip children for their altruistic, truly human purpose. Indeed, Jesus said that the commandment to love our neighbours summarises much of what it means to be truly human.

As contemporary society invests in school years for our children, we have a wonderful privilege not only to teach facts and skills but also to preserve and re-discover truly human values with the human outcome of sacrificial love. We should encourage our children's educators to aspire to this lofty goal.



# Easy Summer Workouts

alex dalland

**WITH THE WEATHER** heating up, there is no better time than now to make the most of warm and sunny early mornings. *Sydney Observer* brings you four no-fuss ways to incorporate exercise into your daily routine.

## Walk On your Lunch break

If you are time-poor and stressed out, going for a walk or light jog on your lunch break can be a great way to incorporate cardiovascular exercise into your daily routine. Even just ten or twenty minutes can elevate your heart rate and help you burn calories, as well as making for a great stress reliever. If you convince a workmate to come along with you, you'll even forget that you're exercising!

## Exercise apps

Smart phones have become one of our most utilised tools, and when it comes to fitness there are no limits to their potential. FitNet, which runs through a range of targeted five minute interval workouts, or Daily Yoga, which features more than 50 yoga classes shot in HD, can all help provide us with instant workout moves that can be done anywhere, at any time. Wearing a FitBit or smart watch can also help you track calories burned or provide you with the goal of reaching ten thousand steps for the day.

## Try Swimming!

With summer entering its full swing, chances are you will be hitting the pool anyway – so what better way to get that summer exercise than by swimming and cooling down at the same time! Because swimming is low impact, it is suited to people of all ages and can also be a relaxing and peaceful at the same time. Not only that, swimming uses almost every muscle in your body depending on the movements you practice, making it a great way to build muscle tone and strength.

## Pick an Exercise you Enjoy

One of the best ways to stay active is to pick an exercise you enjoy and stick to it – that way you will be more likely to keep it going and not fall into bad habits. Whether this means attending a class or just practising a certain motion such as squats or push-ups each day in front of the TV before or after work, changing the way you view exercise from a chore to something you enjoy doing can be one of the biggest habit forming behaviours you can adopt.





# CHATTING WITH SCOTT FORBES

aLEX daLLand chats with Scott Forbes, of Hornsby's Forbes Footwear, about running one of the North Shore's most iconic businesses.

## How long have you been running Forbes Footwear, and what changes have you seen around Hornsby over this time?

"I've been running Forbes Footwear for approximately 10 years. I grew up with this place when I was a kid, worked here while I was studying, I went and did my own thing for ten years and then came back. In terms of changes, the population has grown, demographics have changed, a little which will reflect the demographic changes in Australia.

"In terms of retail in Hornsby, I think its very different... The sort of business we are has changed, definitely over the last ten or twenty years. There was only one shoe store per town when we started back in 1940, and to stay relevant now we have tapped into a very specific target market. Our main area of selling now is orthotic ladies' shoes or difficult feet with no common foot conditions."

## What do you find most interesting about running Forbes Footwear?

"I think the most interesting part for me is just managing the different aspects of the business that people don't see. People walk in and just think we sell shoes, and the shoes are just on the shelf – but all that takes a long time. For me it's the balancing of the stock – the challenges, the problem solving – ordering the shoes, balancing shelf space, ordering, sourcing, budgeting."

## How has Forbes Footwear managed to stay relevant for local customers?

"We offer the service other stores can't or don't. We have a lot of staff, more than most other shoe stores – and that lets us give proper service. The staff are trained in proper fitting and shoe know-how, so people can come in with foot problems and we can

give advice to help them out."

## North Shore's Best Kept Secret?

"The council has been trying to establish a 'west side' feel by putting market stalls in Dural Lane, adding murals and opening up the west side of Hornsby. Until the Westfield Northgate revamp, there weren't as many stores in Hornsby and people now just think Hornsby means the Westfield, they don't think about the other side of the train station. I think it's good that the council's trying to get people interested in this side of Hornsby, and this area could be one of the region's best kept secrets!"

Forbes Footwear is located at 153 Pacific Hwy, Hornsby.



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# End of Stamp Duty?

Sabrina muysken

In **THE LaST** financial year more than 50 per cent of state and local government taxation revenue was made up of property taxes. This is a 10.5 per cent increase from the year prior and research strongly suggests that this percentage will continue to rise at a rapid pace.

With the property bubble not looking to burst anytime soon, stamp duty is preventing retirees from downsizing and thus hindering younger generations' chances of buying.

"Adding around \$40 000 to the cost of buying a home discourages sales and increases the cost of housing," says Urban Taskforce CEO Chris Johnson.

"Stamp Duty is also contributing to an even bigger issue by discouraging owners of large homes to downsize to a smaller home. NSW Planning Minister, Rob Stokes, has raised the issue of the large number of unused bedrooms in large houses occupied by one or two older people. The removal of stamp duty would be an incentive for these people to downsize, leaving the larger home for a family."

Industry experts and leading economists are advocating to scrap stamp duty altogether, leaving way for a new, less volatile tax. Housing affordability is clearly a burgeoning issue across Sydney

and replacing this property tax would go a long way to helping improve housing affordability.

NSW Minister for Finance, Dominic Perrottet, has proposed to replace the transaction tax of stamp duty with a broad base land tax in an effort to promote housing affordability and provide more revenue certainty to the local and state government. By moving away from stamp duties and towards broad based land taxes, it is hoped that pressure on the NSW property market will be alleviated.

There are concerns, however, that any NSW move to increase land taxes would ultimately see homeowners paying more each year, with many suggesting that the most effective way of tackling the growing issue of housing affordability is to increase supply.



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# FUN IN THE SUN

## Special



# SYDNEY'S BEST PLAYGROUNDS

Sabrina muysken

**W**ITH THE LOng school holidays ahead it is easy to run out of ideas to keep the whole family entertained. *Sydney Observer* reveals the top kid-friendly playgrounds that parents can enjoy too! and, whilst the kids are playing why not catch up on some reading of this year's best-sellers (28-29).

### Pirrama Park, darling Harbour

Sydney's latest foreshore oasis is 1.8 hectares of grasslands, tree-lined pathways, playgrounds and picnic/BBQ areas set against the stunning background of Blackwattle Bay. To please the eco-minded, Pirrama's kiosk features sustainable solar panels, biofiltration basins, a roof that tunnels stormwater into collection tanks, recycled timber decking and energy-efficiency lighting. For the adventure seekers, Parkour lessons are also often held there.



### blaxland Riverside Park, Sydney Olympic Park

Opened in June, this incredible designer park is a spectacular rubber jungle with rock-climbing grooves, giant web netting and a 12 metre tree house. Parents can set up camp with picnics under large shade cloths, watch their children play and enjoy the water views.



### clontarf beach Playground, clontarf

The dilemma of being a beach lover with children who become easily bored is solved by Clontarf's hidden gem. A stone's throw away from the North Shore, this beach playground is the perfect location for parties, family get-togethers and ideal for babies, toddlers and preschoolers. The kids can mix their time between playing in the water and on the jungle gym whilst parents enjoy some much needed relaxing.



### Winnererremy bay Park, mona vale

A stunning spot for the whole family, this park has it all (even a flying fox!). A beautiful, well-kept park complete with water views, Winnererremy Bay Park is the ultimate day out. Older children will love the more adventurous play area with a large spider's web climb and fun bicycle track, whilst the younger ones can enjoy the boat-themed play equipment. And with a delicious café onsite, the Flying Fox Café, what's not to love?



### O.H Reid memorial Park, chatswood

Tucked away close to Lane Cove National Park, O.H Reid Memorial Park offers a lovely, spacious bushland playground that will truly give your children a healthy dose of the outdoors. With enjoyable play equipment, picnic tables, BBQs and large grassy areas to make home for the day, it makes for an easy, stress-free day out.





# PROTECT YOUR SKIN

Having fun in the sun is Australia's favourite pastime. However, this doesn't mean you need to put your skin at risk! **Juliana Kichkin** looks into the importance of protecting your skin in lieu of National Skin Cancer Action Week this November.



**M**ORE THAN 2000 people in Australia die from skin cancer each year and the Cancer Council estimates that Australia spends more than \$1 billion per year treating skin cancer, with costs increasing substantially over the past few years.

This year, National Skin Cancer Action Week will be held during November 20-26.

Each year, Cancer Council Australia and the Australasian College of Dermatologists come together for National Skin Cancer Action Week.

National Skin Cancer Action Week is a great time to remind people to slip on sun-protective clothing, slop on SPF30 (or higher) broad spectrum, water-resistant sunscreen, slap on a broad-brimmed hat, seek shade and slide on sunglasses.

New data from the Cancer Council's National Sun Protection Survey will also be unveiled during the week to reveal the latest trends in our sun protection behaviours.

#### Potential symptoms of skin cancer:

- New moles
- Moles that increase in size
- An outline of a mole that becomes notched
- A spot that changes colour from brown to black or is varied
- A spot that becomes raised or develops a lump within it
- The surface of a mole becoming rough, scaly or ulcerated
- Moles that itch or tingle
- Moles that bleed or weep
- Spots that look different from the others

#### For best protection, we recommend a combination of sun protection measures:

**Slip** on some sun-protective clothing that covers as much skin as possible.

**Slop** on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.

**Slap on a hat** – broad brim or legionnaire style to protect your face, head, neck and ears.

**Seek** shade where or when possible.

**Slide** on some sunglasses – make sure they meet Australian Standards.

# POOL-LESS POOL PARTIES

Sydney temperatures are turning up! **danielle armour** reveals how to escape the heat if you don't have a pool.

## Slip and Slide

Slip and Slides are the go-to entertainment for any family without a pool. All you need is some thick plastic sheeting or a tarp, some garden stakes to hold it in place, detergent and water. A sloped area is preferable, but this activity can be just as much fun on a flat surface too.



## Water Limbo

A hose is all that is needed for this game. Pretend the stream of water is the limbo bar. Everything else follows normal limbo rules. Watch the kids be torn between wanting to get under the bar and getting sprayed with water.



## Sponge Water bombs

Water balloons can get messy very quickly. Water bombs made from sponges are a reusable alternative. Cut different coloured sponges length-wise, then make two layers of four sponge strips in alternating colours, Tie them together with fishing line to get a fun and colourful water bomb that can be used all summer long.



## Water Guns

Water guns are a classic way to have fun and cool down when it is hot. There are water guns to suit every household budget, from simple spray bottles or water pistols from the local two dollar store, to top-of-the-line super soakers. Place buckets in various locations in the backyard or outdoor area to avoid having to return to the tap for every refill.



## Homemade Slurpies

Cold drinks are a must in the warmer months. Making slurpies and other cold drinks at home means that not only do the kids get to help out and pick their flavours, but the slurpies can be made healthier with the inclusion of summer fruits.



## Pool noodle Sprinkler

Don't have a sprinkler at home? A pool noodle is an inexpensive alternative that will keep children cool and entertained. Seal off one end of the noodle so the water cannot go straight through and then poke as many holes as desired in the noodle. Slide a hose into the open end of the noodle and turn it on.





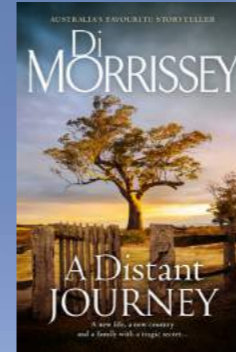
# TOP BEACH READS

Sabrina muysken



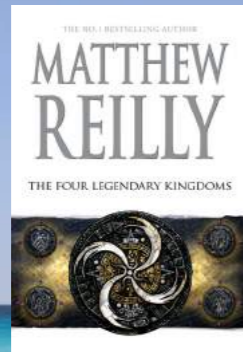
**WILL and STEVE: HOmE cOOK, aSPIRInG cHEF**  
by Will Stewart and Steve Flood

Will and Steve are the cheeky (yet lovable) British duo who were crowned the winners of My Kitchen Rules in 2015. The book is chock-a-block with health recipes inspired by the pair's passion for freshness, flavour, and damn good food.



**a dISTAnt JOuRnEy** by di morrissey

Celebrating 25 years as Australia's favourite storyteller, Di Morrissey's latest novel is a tribute to the real Australia she know so well. The story follows Cindy, who in 1962 drops out of college to impulsively marry an Australian man. Moving from the glamorous world of Palm Springs, California, to an isolated sheep station on the sweeping plains of the Riverina in New South Wales, she is flung into a new and challenging world.



**THE FOUr LEGENDaR y KInGdOmS**  
by matthew Reilly

*The Four Legendary Kingdoms* is the highly anticipated new adventure in Matthew Reilly's bestselling Jack West series. In typical Reilly Style, the novel kicks off in fifth gear with Jack being thrown in the midst of a fast-paced, action-packed journey through diabolical mazes and unimaginable horrors that will test him like he has never been tested before!



**SacREd SP acE: FIndInG HaRmOny WITH FEnG SHuI**  
by Kerrie Erwin

With practical advice and case studies from her psychic work, Sydney-based Psychic-Medium Kerrie Erwin presents her most compelling work yet with *Sacred Space*, a deeply engrossing look into healing your home and work life with practical Feng Shui techniques and using your own intuitive abilities to bring peace and manifest your goals to fruition.



**mOOn cHOSEn: T aLES OF a nEW**  
by P.c. cast

A new epic fantasy set in a world where humans, their animal allies, and the earth itself has been drastically changed, leaving a world filled with beauty, danger and cruelty. *Moon Chosen* is the first book in the latest fantasy trilogy by *New York Times* bestselling author P.C Cast.



**maRGaRET cOuRT: THE auTObIOGRaPHY**  
by margaret court

In 1970, Court became the first woman in the open era to win the Singles Grand Slam (all four major tournaments in a calendar year). Yet "the Aussie Amazon" cut a controversial figure for her often hardline views. This long-awaited autobiography explains what lit a fire in the poor girl from Albury and made her the greatest champion tennis has seen and the fierce woman she is.



**my STORY** by michael clarke

It's the incredible story of a remarkable Australian you never really knew. Until now. Michael Clarke was the greatest batsman of his generation and, as captain, possessed the sharpest tactical mind in the game. Yet Michael also sparked fiercer debate than any other Australian sports star. *My Story* is the real Michael Clarke, standing up and speaking out for the first time.



**mIndFuLnESS mOmEnTS** by Emma Farrarons

Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring and activity book offers practical exercises in mindfulness that draw on your creativity and hone your focus. All you need is a few colouring pencils and you're away!



# Summer Seafood BBQ

alex dalland

**T**ake advantage of the plentiful variety of seafood available this season with the twist these recipes provide!

## Flathead

Flathead is a fish that tends to dry out when grilled, but goes perfectly wrapped in a bit of foil on the barbecue. Try not to add too many spices when cooking flathead – otherwise you risk overpowering the delicate flavour of the fish, but you can try:

- adding lemon juice and pepper
- brushing the fish with a combination of olive oil and minced garlic
- wafer strips of ginger, around 1/3 cup of soy sauce and a light sprinkling of birdseye chillies

NSW Department of Primary Industries suggests using a hooded barbecue (hood closed) set to low heat and a baking time of around 25 minutes, depending on the size of the fish. Test if the fish is ready by opening foil and using a fork to see if the flesh flakes apart.

## King Prawns

King Prawns make a great addition to any barbecue, and retain the best moisture and flavour when cooked with the shell on. Another option is to 'butterfly' larger prawns – cutting them in half lengthwise, which is perfect for adding seasoning or getting that Instagram photo!

If you're thinking about adding some extra flavour, why not try:

- making a paste from lemon, garlic and parsley to brush the prawns with
- marinating prawns in a mixture of wasabi, cold water, vinegar, honey and oil
- using a mix of ginger, garlic, soy, lime juice and sugar as a marinade

When it comes to cooking prawns, it is best to buy 'green' prawns and fry them until the meat turns white. Prawns only take a couple of minutes to cook on most barbecues and should be removed before they turn tough.

## Oysters

Summer is usually the time when there is a peak supply of Pacific Oysters, ending in December. However, Sydney Rock Oysters are available all year round, and both species make an excellent addition to any summer barbecue.

You can grill oysters if you want, however their natural flavour comes out best when served raw with lemon. For alternatives, consider:

- Oysters Kilpatrick; barbecue the bacon, add Worcestershire sauce and pour over oysters
- Adding some grated ginger and soy sauce for an Asian infusion
- Topping oysters with Tabasco sauce and lime juice for an added kick



# Outdoor Entertaining Preparation

alex dalland

**T**HERE IS NOTHING quite like the outdoor entertaining opportunities that the Australian summer provides. But as well as getting the steaks and Aerogard ready, it might be time to consider what needs to be put into your outdoor space to prepare it for guests. Whether its a big backyard or apartment balcony, anyone can host a get-together with these simple tips!

## Furniture

When it comes to outdoor entertaining, furniture is an important consideration – especially if guests are planning on eating outdoors. While it can seem tempting to buy large furniture settings, sometimes choosing a smaller setting and opting for extra temporary seating to accommodate more guests can be the better option.

Seaforth-based furniture company Osier Belle notes that folding chairs, cushions and indoor/outdoor benches are all versatile pieces that can be stored, moved and used as extra seating.

"If you are hosting an informal party, you can simply place a low table with Japanese-style cushions surrounding it. This will give you the additional dining space you need," A spokesperson from Osier Belle says.

## choose The Right barbecue

Hosting a large number of people can prove tricky if you only have a small courtyard or apartment balcony. But catering for everyone doesn't mean you have to use a large barbecue.

"There are lots of compact BBQs, such as the 2 & 3 burner, portable and kettle BBQs, which are especially designed for balconies, courtyards and other small areas. Remember to measure up before you buy and, if it's a gas BBQ you're after, consider where you'll store the gas bottle," Bunnings National Barbecues Buyer, Mick Heanue says.

## Get creative With Lighting

Larger outdoor entertaining spaces like backyards may be harder to keep illuminated after dark, but opening them up with some easy and flexible lighting options can bring people into these spaces and show off your garden's highlights at the same time.

Oliver Sizeland of landscaping company Growing Rooms believes lighting can be a great feature when used appropriately.

"With lighting, you can draw the eye to focal points in your garden. Up-lights at plants and trees make the space seem larger and add to the appeal of the garden. Silhouetting and shadow effects instill a mysterious feeling. Add some magic to water features by submersible lighting," Sizeland says.





# HEALTH cORnER

Juliana Kichkin



## PLEdGE TO cHEcK

Launching their campaign with the hashtag #pledgetocheck, QV Skincare have made it easier for women to self-screen breast changes without the hassle of making lengthy doctor's appointments. In support of the McGrath foundation, QV Skincare has turned an everyday moisturiser into a valuable tool to assist in identifying changes that could help assist in early detection of breast cancer. By using QV self-check breast cream, it's easier to get into the habit of self-checking while moisturising, as most medical professionals recognise that early detection is the best chance of recovery.



## cRa WLInG

The latest trend in treating pain has evolved from considering movement patterns of infants. Couched in a theory known as 'original strength,' the latest fitness trend encourages people to practice repeating how they moved around as children. In 'original strength' speak crawling is a "reset." By pressing "reset" on your body, you can encourage your body to revisit the strength and mobility you've lost with age. It promises to give people a boost of a meditative check-in, like a yoga class, with the benefits of increased co-ordination, strength and better overall workout performance.



## LuncHTImE

As working pressures have increased, the trend has been to eat our main meal in the evening. This has not worked in our favour, with many citing this as one of the factors for the heightened obesity epidemic. New research from the University of Nottingham in the UK found that women who ate the bulk of their meals during the day, lost more weight than their counterparts who ate the most at night. An insider tip is to prepare all your meals for the week on the weekends, allowing you to portion out hot meals and re-heat them for lunch as desired.



dr. Ian Sweeney

## HEALTHY TEETH FROM PRESCHOOL OnW aRdS

**dEnTAL dEcay IS** a debilitating disease at any age. However in very young children, the effects can be quite devastating. For the first time in 40 years, the Centre for Disease Control and Prevention in the US has noted that the number of preschool age children with multiple cavities is on the rise. Dentists are noting young children with as many as six to 10 cavities in baby teeth and the level of decay is so severe that the children require extensive procedures to repair them, often under a general anaesthetic.

The number of preschoolers that require this type of extensive dental work suggests that many parents are not attending to their child's oral health needs from an early age. Other issues include excessive snacking, sugary foods and beverages, bottles or sippy cups with drinks other than water at bedtime.

Behavioural issues may also be to blame. When toddlers express dislike for the tooth-brushing experience, some parents fail to enforce it. Making brushing a fun experience and part of the normal evening routine will be beneficial in the long run. A child will learn that the last thing to happen before bedtime is to brush their teeth. Parental modelling is important as the toddler will see and learn that mum and dad brush as well.

### General Rules To Follow:

- A child's first dental visit should occur prior to their first birthday for an assessment of cavity risk.
- Children less than two require gentle brushing with a soft child size brush without toothpaste.
- At two, start to use a small smear of toothpaste.
- Reduce snacking. Starchy or sugary

food causes the pH level in the mouth to drop, leaving teeth awash in an acid bath for 20 minutes until saliva normalizes the pH. The frequency of exposure to acid is more important than the sugar content of food.

- After eating a sugary snack or drinking a juice or fizzy drinks, rinse with water prior to brushing.
- Cavity causing bacteria may be passed on to your child by sharing utensils or "cleaning" a pacifier in your mouth.
- Brush preschoolers' teeth for them. They are not in a position to effectively brush their teeth until approximately eight to 10 years of age.
- Flossing should occur as soon as adjacent teeth touch.

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

# ANTIBIOTIC AWARENESS WEEK

danielle armour

**anTIBIOTic aW aREnESS WEEK** will take place globally from 14-20 November. Endorsed by the World Health Organisation, the event is aimed at raising awareness about antibiotic resistance and ways to address this growing problem.

According to the World Health Organisation, antibiotic resistance is one of the biggest threats to human health today. This year's Antibiotics Awareness Week has the theme 'Antibiotics: Handle with Care', encouraging the responsible use of antibiotics in order to reduce the number of antibiotic resistant bacteria.

Antibiotic resistance occurs when a bacteria changes and is able to survive and multiply in the presence of an antibiotic. This is largely caused by misuse of antibiotics, including over prescribing, and incorrect use of antibiotics. In Australia, infections such as 'golden staph' and gonorrhoea have become resistant to multiple antibiotics, making them very difficult to treat.

Antibiotic resistant infections can often last longer and have a higher rate of complications. They can also remain infectious and are able to be passed on to others for longer periods after treatment, compared to non-antibiotic resistant infections.

Everybody is encouraged to participate in Antibiotic Awareness

Week by taking the pledge to fight against antibiotic resistance.

### Ways to reduce antibiotic resistance:

- Do not take antibiotics for viral infections such as colds and the flu.
- Only take antibiotics prescribed to you and in the dose they are prescribed in.
- Take the full course of antibiotics, even if you feel better before you finish them.
- Practice good hygiene.
- Ask your doctor to only prescribe antibiotics if it is really necessary.



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# CRYSTAL HEALING: JUST A PLACEBO?

Juliana Kichkin

**C**RYSTAL HEALING IS an alternative medical practice that uses crystals and other stones as conduits for healing the body. The crystals and stones are used to cure ailments and protect against the body succumbing to disease by encouraging healthy energy to flow into the body as negative energy forces are expelled.

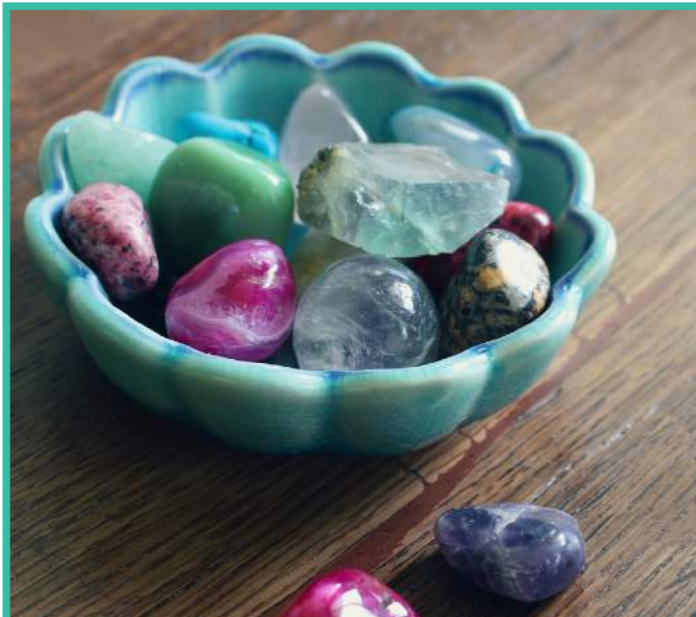
Dating back to at least 6 000 years to the time of the ancient Sumerians of Mesopotamia, crystal healing has enjoyed a robust history, with ebbs and flows of popularity throughout time. The philosophy of the resurgence of modern crystal healing that many new age health clinics and spas practice is based on traditional concepts borrowed from Asian cultures. Most notable of these is the concept of life-energy (chi or qi) and the Hindu or Buddhist concept of chakras, said to connect the physical and supernatural elements of the body.

Tapping into this energy, a crystal healer during a treatments session may place various stones or crystals on the body aligned with these chakra points. These areas include regions above the head, throat, chest, stomach, gut or genital area.

As popular as crystal healing practices are, no scientific studies support this avenue of alternative medicine and is at best considered a placebo. These practices may however benefit patients who use traditional methods of medical treatment with alternative practices, if they feel it facilitates the healing process.

Some medical professionals tolerate crystal healing to a limited degree, considering it as a therapy that can induce relaxation and an alternative means to manage stress when supplemented with clinical care. Those seeking out a crystal healer however should be careful to consult with their GP first for illness management.

**cRYSTAL USES:**  
 Amethyst: Beneficial for intestines.  
 Green Aventurine: Beneficial for the heart.  
 Yellow Topaz: Mental Clarity.



## FATIGUE: IT'S A NATIONAL DISEASE! (And Time Management Is A Myth!)

Vera Randall, Founder of Knitwit and Owner of Just better care northern Suburbs

**IN THE 1990'S** futurist Faith Popcorn predicted that fatigue would become a national disease.

Now, more than a decade later, Faith Popcorn's words are ringing true. When public speaking, I often mention *fatigue as a national disease* and see nods around the room – especially from women. They tell me they are struggling with family, work and community responsibilities along with their own health concerns and those of family members. Those who are getting on a bit mention the general aches and pains that are often associated with ageing, also causing them fatigue.

For years, I have tried various time management methods to overcome work fatigue without success. Then I realised that I was going down the wrong path. Time is a fixed dimension. It can't be managed! We all have 24 hours a day, 7 days a week, 52 weeks a year. The secret to reducing fatigue isn't managing time – it is managing *self!*

So I now work with a simple list with 3 headings and update it daily: MUST DO, SHOULD DO and COULD DO. And I've learned when to say no to unnecessary requests I don't really have time for and to seek help with things that create fatigue; house cleaning (including the oven!) and gardening.

At Just Better Care, we receive great feedback from people who are aged, frail or living with a health condition who have arranged for one of our experienced support workers to assist with some of the things that cause them fatigue. Our experienced helper might put on a load of washing, drive to the supermarket with the client to do the weekly grocery shopping and hang out the washing

on return. Yes, another happy customer with energy to spare!

If you are feeling aged or frail and feeling fatigued consider some private services from Just Better Care. Book a few hours a week for help with shopping, household chores, gardening or something that makes you or your family carer fatigued – and use the energy regained to do something that brings you joy.



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# SUMMER GARDENING

Elegant Outdoors, Turrumurra Garden centre

**SPRING IS ALMOST** over, so by working in the garden now whilst temperatures are still reasonable you can enjoy the fruits of your labour and relax with family and friends over summer.

Gardening should be therapeutic, relaxing and rewarding. Pick an area that needs the most attention and complete it before moving on to the next. Get the less attractive chores like weeding and enriching garden beds with composted cow manure out of the way first. Once you've improved the soil you can get cracking on rejuvenating existing plants and introducing new ones!

Now is the time to feed every plant you have, as warm days means rapid growth. Slow or controlled release fertiliser granules are easy to apply. Once you've done this, water well then put a 5-10cm layer of sugar cane mulch or pine bark on top and water again. You won't have to apply more fertiliser until January but remember to rake back the mulch before you sprinkle it on.

long-flowering perennials. For those lovely sunny spots, choose daisies, geraniums and dianthus. For shady or semi-shady outdoor spaces, try the Dragon Wing Begonia with its vibrant red pendulous flowers that bloom every day of the year without fail. It's also hydrangea time. Plant them now for a stunning display in the Christmas lead up. Foliage plants such as heucheras are also a fantastic choice with an array of colours from lime green to burgundy.

With BBQs and lazy summer evenings ahead, there's nothing better than home grown produce. Plant tomatoes now for crops that will keep on coming and create a herb garden in the veggie patch or in pots. Sweet basil is the tomato's best buddy so you'll have bruschetta in an instant – just add some artisan bread like ciabatta from your local bakery and you'll have a tasty, fresh starter in moments! Other must-have herbs include mint, chives, oregano, Italian parsley and French sorrel.

Add colour to your garden, courtyard or balcony by planting

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# THE RISE OF STREET FOOD

alex dalland

**“STREET FOOD”** is one of the most well-known buzzwords in the modern food scene. But what is street food, where does it come from, and what can really be considered street food? *Sydney Observer* investigates.

The idea of ‘street food’ as we know it comes from street sellers of ready-to-eat food that could be consumed on the go, and usually with the buyer’s hands. While street food was even sold at ancient sites like Athens and Pompeii, modern trends have evolved all over the world and converged in Sydney as immigration has contributed to the diversity of our population. But while modern street food is a recent trend in our culture, it has been around ever since we have had streets to sell it on.

## unique australian Street Food

Many of Australia’s original street food traditions date from earlier immigrants who played a large role in society. Ice cream, already popular in Britain and the United States, was sold in the streets – notably by US migrant Fred Peters, who founded Peters Ice Cream in 1907 and operated from a horse and cart. In 1959, Streets provided us with an Australian classic – the Golden Gaytime, the cookie-covered toffee and vanilla ice cream still enjoyed by many. Like Britain and the United States, ice cream became a popular treat in hot weather upon its introduction, and today Australians are the second largest consumers of ice cream worldwide after the US.

Another prominent Australian ‘street food’ was the Chiko Roll – invented in 1950 by boilermaker Frank McEnroe. Inspired by Chinese spring roll vendors outside an AFL match, McEnroe created the iconic dish as a hardier alternative designed to be eaten with one hand while holding a cold beer in



the other. Needless to say, it became a favourite at sporting matches as well as fish and chip shops across Australia and – along with the meat pie – remains a classic today.

Of course, one of our most popular street foods today – the ‘sausage sizzle’ associated with charities and community groups, as well as election day – was originally viewed as foreign to the ‘true blue’ Aussies of the early 1900’s. Introduced by German and Italian migrants, the term ‘sausage sizzle’ began to appear some time in the 1940’s and is now iconic to Australians and New Zealanders, even prompting Twitter to release a sausage-in-bread ‘emoji’ for the 2016 Australian election alongside the hashtag *#democracysausage*.

## Street Food Today

Australia is one of the most culturally diverse countries on earth, and with more recent migrations has played host to a range of ‘street food’ creations that have earned the status to even be enjoyed in top restaurants across the nation. In particular, Sydney has seen a surge in Asian street food-inspired outlets like Taiwanese Hot Star Chicken (with locations in the CBD, Chatswood, Eastwood and Hornsby), Malaysian roti house Mamak (in Chatswood and the CBD) and events like Hyde Park’s Night Noodle Markets. While the foods themselves often vary slightly from the ones cooked on the side of a bustling Bangkok street, there is no doubt about the footprint that the complex landscape of ‘cheap eats’ across the world has left on Sydney’s food scene.



# November Hotspots

danielle armour

## Wine Island

A whole island dedicated to wine? Say no more! Wine Island is a four day festival celebrating all things wine on Clark Island, Sydney Harbour from Thursday 10 November – Sunday 13 November. Wine Island has a 'first class feel' with a restricted number of guests, stunning harbour backdrops and the opportunity to taste over 100 different wines. Access to the island is exclusively by ferry, departing from Man O War Steps at Sydney Opera House. The event will also include a masterclass dedicated to dessert wines – matching some of the best wines with sweet treats. A selection of gourmet food will also be available for purchase on the island from leading Sydney restaurants. Tickets start at \$95.



## dInER En bLanc

Diner en Blanc (Dinner in White) gives diners the unique opportunity to have dinner under the stars in one of Sydney's most famous public spaces. To be held on 19 November, guests are required to wear elegant white clothing, bring their own table, chairs and cutlery, and take all their waste with them at the end of the night. The location for the event is announced as late as possible to emphasise the spontaneity of the event. The event originated in France, and encourages as much guest participation as possible to make the night a success.

## TASTE ORAnGE @ baRanGaROO

The inaugural Taste Orange @ Barangaroo brings the best of food, wine and culture from the country to the heart of the city. Over 20 stallholders will showcase the best of Orange at Nawi Cove, Barangaroo on 20 November from 11am-5pm. The free event will feature two of Australia's leading wineries, Philip Shaw Wines and Ross Hill Wines as well as award winning cider makers Small Acres Cyder and a selection of gourmet food prepared with indigenous ingredients by local Wiradjuri food companies. Wine tasting packs are available for pre-purchase for \$40, featuring a wine tasting ticket for ten tastings and a free wine glass. Tastings will also be available for purchase on the day.



# ATLANTIS BAR & DINING

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## christmas day dining

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Sabrina muysken *dishes on beauty products that will take you from beach to chic with minimal effort. All available from: [sephora.com.au](http://sephora.com.au)*

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**3CE 'LIP PIGMENT' (BRIGHT ORANGE), \$23.**



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**MAKE UP FOR EVER 'RADIANT PRIMER' (COOL PINK & PEACH), \$58.**



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**IT COSMETICS 'JE NE SAIS QUOI COMPLEXION PERFECTION FACE', \$68.**



Neutral eyeshadows are in fashion, and they suit just about anyone! From lustrous beige to the darker gunmetal shades, this taupe based palette compliments every skin tone.

**ZOEVA 'EN TAUPE PALETTE', \$39.**



An easy-to-use colour corrector stick that will work to deliver a brightening effect. Swipe and blend along forehead, cheeks, and chin to even skintone.

**MARC JACOBS BEAUTY 'COVER STICK' (GETTING WARMER), \$42.**





# POLAR ADVENTURE: EXPLORE NORWAY'S MIDNIGHT SUN

aLEX daLLand

**T**HE ARCTIC CIRCLE is a unique place, where residents spend their lives adjusting to the endless days of summer and the freezing cold nights of winter. If you want to experience this unique event in your lifetime, Norway – where nearly 30 per cent of the country is inside the Arctic Circle – can provide you with one of the most breathtakingly beautiful backdrops for doing so. *Sydney Observer* takes a look at some of Norway's must-see Arctic Circle destinations.

## Harstad

Harstad lies over three quarters of the way up Norway's coastline, but is far from being its most northern city. With a population of just over 20 000, Harstad is small and is easy to get around without public transport. Take a short trip out to the nearby Trondenes Church, the world's northernmost medieval stone church and the northernmost surviving medieval building – dating back to the early 1400's. Another famous landmark is the anti-aircraft gun at Trondenes Fort, left from Norway's Nazi Occupation during World War II.



## Tromsø

One of the largest cities in northern Norway, Tromsø is famous for its abundance of old wooden houses – the oldest dating back to 1789. The city is also one of the most well-known locations for seeing the midnight sun or the phenomenal 'Aurora Borealis'; both of these can be viewed from Tromsø's famous Cable Car to Mount Storsteinen. There are also plenty of opportunities around the city for cross-country skiing, snowshoeing and dog sledding in winter, as well as fishing, kayaking and hiking in the summer – Norwegians are famous for their love of the outdoors!



## nordkapp

Nordkapp ('North Cape') is considered one of the most northern points in the European continent. This is one of the easiest and most well-known places to see the midnight sun drop briefly before rising again, with almost complete visibility from May 14 until July 29. Most attractions around Nordkapp are only open in summer, although there is a winter expedition run for the more adventurous during the colder months. Once you reach the cape, visit the North Cape Hall – a museum dedicated to the cape which includes relics from a visit in 1907 by the then-King of Thailand.



## Kirkenes

Norway's furthest east main city, Kirkenes is the closest city to Norway's forgotten border with Russia – and three hours from the northern Russian city of Murmansk. Kirkenes is an excellent thoroughfare for those wanting to continue their journey through Russia or Finland, and the land border where the three points converge can be viewed by hikers about an hour's drive out of the city. Russian influence on the city can be clearly seen, with a monument to the Red Army troops who liberated the area during the Second World War. If you are a keen foodie, Kirkenes is also famous for its King Crab – a giant 15kg crab species introduced into the fjords by the Soviet Union and now a delicious meal served in many of the local restaurants.



*All four cities mentioned can be reached from Oslo via their respective airports; Harstad/Narvik Airport, Tromsø Airport, Lakselv Airport (Nordkapp) and Kirkenes Airport. Flights to Oslo can be most conveniently organised from Sydney with Emirates. Visiting the towns can also be done in an 11-day journey with a Hurtigruten cruise ship.*

*For more information on these destinations go to*

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



# NOVEMBER

## 13 november

**clemens Leske Performs Piano miniatures**  
**Where:** Our Lady of Good Counsel Catholic Church, 9 Currie Road, Forestville  
**cost:** Adults \$25, Children under 16 free  
**When:** 2:30pm  
**contact:** wyvern.fmca.org.au

## 12 – 13 november

**auS-X Open Supercross**  
**Where:** Qudos Bank Arena  
**cost:** \$71.20  
**When:** Saturday 6pm, Sunday 2pm  
**contact:** ausxopen.com

## 25 – 26 november

**School Spectacular**  
**Where:** Qudos Bank Arena  
**cost:** \$30.60 - \$45.85  
**When:** Friday 11am and 7:30 pm, Saturday 1pm and 7pm  
**contact:** schoolspectacular.com.au

## 24 november – 22 december

**Ben And Jerry's Open Air Cinema**  
**Where:** Cadigal Green, Sydney University  
**cost:** TBA  
**When:** 8pm  
**contact:** openaircinemas.com.au

## 17 – 20 november

**australian Open Of Golf**  
**Where:** Royal Sydney Golf Club, Rose Bay  
**cost:** \$44  
**When:** 7am-7pm daily  
**contact:** ausopengolf.com

## 12 – 13 november

**Philippine christmas Festival**  
**Where:** Tumbalong Park  
**cost:** Free  
**When:** 10am-9pm  
**contact:** darlingharbour.com

## 1 november

**mcGrath Estate Gents melbourne cup Race day meeting**  
**Where:** Australian Turf Club, Randwick  
**cost:** \$20 - \$135  
**When:** All day  
**contact:** australianturfclub.com.au

## 26 november

**martin Place christmas concert & Tree Lighting**  
**Where:** Martin Place  
**cost:** Free  
**When:** 6:30pm – 8:30pm  
**contact:** cityofsydney.nsw.gov.au

## 6 november

**mS Sydney To The Gong bike Ride**  
**Where:** Start at Sydney Park, St Peters  
**cost:** \$110  
**When:** From 8am  
**contact:** msgongride.org.au

## 10 – 11 november

**Russian national ballet - Swan Lake**  
**Where:** Enmore Theatre  
**cost:** \$88.10  
**When:** 7:30pm  
**contact:** ticketmaster.com.au

## 10 – 13 november

**Wine Island**  
**Where:** Clark Island, Sydney Harbour  
**cost:** \$100.15  
**When:** From 11:30am  
**contact:** wineisland.com.au

## 23 november

**2016 aRia awards**  
**Where:** The Star Event Centre  
**cost:** TBA  
**When:** 4:30pm  
**contact:** ariaawards.com.au

**Quirky Circus**  
**Where:** Hornsby Park  
**Cost:** Free  
**When:** 5pm-7pm, 5 November  
**Contact:** hornsby.nsw.gov.au

**Screen on the Green**  
**Where:** Ashley Street, Hornsby  
**Cost:** Free  
**When:** 5pm-9pm, 18-20 November  
**Contact:** hornsby.nsw.gov.au

**Rock for Heroes 2016 Benefit Day 5 November**  
**Where:** Narrabeen RSL  
**Cost:** Gold Coin Donation for AM program, \$40 for PM program  
**When:** 11:30am- 11:30pm, 5 November  
**Contact:** rockforheroes.net

**Damien Leith - The Winner's Journey 10th Anniversary Tour 26**  
**Where:** North Sydney Leagues Club, Cammeray  
**Cost:** \$40  
**When:** 7:15-10pm, 26 November  
**Contact:** damienleith.com.au

**Bare Creek Trail Run**  
**Where:** St Ives Park Primary School  
**Cost:** \$18-\$50  
**When:** 8am, 27 November  
**Contact:** barecreektrailrun.com

**Go-Tri Kids Triathlon**  
**Where:** Manly Dam  
**Cost:** \$40  
**When:** 7am, 20 November  
**Contact:** mildrenevents.com.au

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# HAVING PROBLEMS IN A RELATIONSHIP? SOUL MATES AND TWIN SOULS

Kerrie Erwin



**a** **S**an EnERgy worker and medium I am always looking at different types of relationships that are around me. With the work I do in my busy practice, I am always having to help people sort out their differences because we are only human and we can sure

meeting their twin soul should be aware that these types of relationships are very intense and could be turbulent because of patterns established during previous incarnations, which need to be resolved. Twin soul relationships are generally very difficult as there is too much friction and similarity between the two that causes spiritual growth to stagnate. At the same time, they can also be very healing because working through the conflicts can bring unconditional love, as this relationship is always full of so many lessons.

Isabella was madly in love with Adam. They shared the same interests and loved each other passionately. Everything was fine except for Adam's commitment issues. It started off with him not being able to sleep in the same bed as her because of important job deadlines, stressing over stupid things and continual health issues. He complained that her energy kept him awake so he couldn't sleep properly. He also had no interests in her long-term friends but was constantly giving her advice on her own business. It would also take days to get over their terrible fights and, over time, Isabella became more and more despondent and found it hard to communicate. So when Adam was happy, Isabella was sad and vice versa. They both loved each other passionately, yet found it really difficult to work through the issues that were continually coming up for them. After ten years, they both decided to move on, as their relationship became more and more difficult even though they had broken up many times.

Twin soul relationships are difficult, but if you are able to work out your difference and spiritual contracts, good luck! I have been in a twin soul relationship in my younger years and also found it difficult at the time. Years later, I visited an elderly and very wise clairvoyant who finally gave me some clarity on my past destructive relationship - "If your armour isn't made out of steel, run the other way before you get too involved, as a twin soul will take you down and destroy you!" And how right she was.

Blessings,

Kerrie

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## SOULMATE RELATIONSHIP

Soul mates have a different spiritual lineage to you. They come in to help you progress as a soul with your spiritual development. Once you have met your soul mate, you usually have a very happy relationship based on trust, unconditional love and companionship. You both will harmonise and balance your energies and this will stimulate your growth as a spiritual being.

Susan and Mark have been married for almost 27 years. While they are very different from one another, they find it easy to communicate in a loving way, have great respect for each other's space, know that they are there for each other, and although are often busy with their own interests they take the time to do things together. Their relationship is based on respect, love and honesty and they understand how important it is to give each other the space so that they can still grow. They have also learnt to help each other reach their highest potential and as souls, they are able to explore new and exciting realities. They also make the time to have date nights to keep their relationship exciting.

## TWIN SOULS

Twin souls, on the other hand, have a completely different relationship to this vibration. People who are interested in

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