

MARCH 2013 - FREE

Sydney **Observer**



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FROM THE TEAM

'Live Life!' is the theme for Seniors Week 2013, and Sydney Observer is encouraging all golden oldies to get out and about and celebrate their latter years of life. We highlight the best of the Seniors Week events on the north shore (pp.30-31) and suggest the perfect travel destinations to visit later in life (p.36).

With International Women's Day also around the corner, we spoke to feminist, author and social commentator Jane Caro (pp.16-17), who explains how feminism has been brought roaring back onto the agenda.

Speaking of influential women, chef Gretta Anna was a household name in Australia for several decades. Her son, Martin Teplitzky, recently reopened his mother's cooking school in Wahroonga and will recreate some of her best dishes, including a six-layered pavlova and a Hungarian chocolate pancake stack (pp.44-45).

Happy reading!



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PREVENTION IS BETTER THAN CURE

Thank you *Sydney Observer* for publishing Chetan Khanna's 'Ergonomics for Children', an article deserving of a mention for highlighting the importance of encouraging good posture for students (February 2013, p.22). In simple terms, this Occupational Therapist has outlined how to help children achieve sound postural habits when completing homework, while sitting at a desk or when using a computer. Of course, the ergonomic principles that apply to children also apply to adults. While many of us may be aware of sound postural habits, this article is a timely reminder to all of us to check that we are taking care to ensure that the ergonomic environment we provide in our homes is meeting the needs of all family members. Chetan Khanna stresses that work-related injuries can so often be attributed to incorrect seating arrangements, which started in childhood. Let us all make the effort to get it right for our children. After all, prevention is better than cure.

Julia Jones, Turrumurra

NO MORE HOARDING

I loved the tips for a clutter-free existence included in your 'Stop Hoarding, Start Sorting' article (February 2013, p.38). As a mother of four kids, I know as well as anyone how hard it can be to keep clutter at bay and stay organised around the house. Linda OBrien's suggestions, like passing on books once they've been read and scanning documents rather than compiling them, are practical, easy ways to create a more minimalist lifestyle for busy parents.

Helen Jackson, Turrumurra

ON TOP OF THE WORLD

I absolutely loved your article 'On top of the World' discussing Annie Doyle's journey to climb seven of the world's highest mountains (February 2013, p.45). What a wonderful inspiration this amazingly brave woman is! It's hard to fathom what extreme and challenging conditions she has to deal with on each expedition and the elation she must feel when she reaches the summit. She certainly is a testament to the mantra "Feel the fear and do it anyway"!!

Katrina Chia, Wahroonga



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

*By sending a letter or e-mail to enter the giveaway the sender authorises any use of it as content by *Sydney Observer*.



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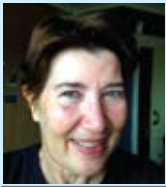
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by Regina Haertsch*

DEVELOPING OUR FUTURE OLYMPIANS

SUSIE O'NEILL'S WIDELY reported comments about children being so unfit that perhaps one day Australia may be unable to field an Olympic team must have caught many people's attention. It expresses a disturbing current about what may be disappearing from childhood.

Physical activity, acquiring sport skills, practising in a club environment and leading, for some, to a lifelong interest seems to be becoming an uncommon experience for the young ones. At any age physical activity as well as organised sport provides social life and fun. For the young, physical activity means that they are also learning skills such as how to pass a ball and run, how to dance, swim, jump and dive. If the various skills are learnt while young, the practice is easier and improvement really rewarding.

However a neat correlation from active youngsters to elite athletes is tenuous. Not all the activities which the young might enjoy are, for example, Ol-

"At any age physical activity as well as organised sport provides social life and fun."

ympic sports. If children try a range of activities it is more likely that they will find activities and sports which please them. If interest in an Olympic sport develops, the young one will have an excellent foundation to transition to and develop in that sport.

Children like doing what their friends are doing; they also admire role

models and this gives them incentive to join in. To a large degree young people also need parent and adult endorsement of their efforts. If parents are struggling to find attractive activities for their children, look at what community clubs are operating in your neighbourhood as a convenient option; councils can help you find local sports clubs.

Whatever physical activity a child chooses, it is important to accept their choice. It is their tennis, gymnastics, cycling, softball which they are enjoying. Susie obviously loved swimming and this passion contributed to her success. We hope that some of our children are fortunate enough to live a life which is so satisfying and rewarding.

* Regina Haertsch has been the President of Willoughby Swim Club Inc. for six years.

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BEATING BLOOD CANCER

THE LEUKAEMIA FOUNDATION'S 'WORLD'S GREATEST SHAVE' IS BACK FOR 2013.

by Kate Lilly

SOMETIMES HAVING LONG hair feels like more trouble than it's worth. At some point, many women experience that sudden, wild urge to give their misbehaving locks the chop. Twenty-year-old Lorna Brettel is no exception. But this time, her hair is really going and it's going for a cause.

"I lost two of my grandparents last year within a month of each other to cancer," said the South Turrumurra local. "It's just a really terrible disease. My mother had a cousin who had leukaemia when he was a little kid. It was really, really hard and I just wanted to do anything I can to help."

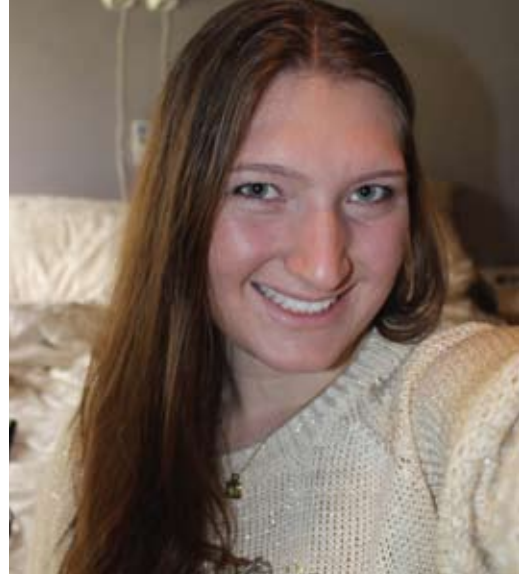
This month, Lorna is joining over 150,000 Australians who will shave or colour their hair in the 'World's Greatest Shave'. Held from March 14-17, it is the Leukaemia Foundation's

biggest event of the year and the largest fundraiser of any kind in Australia. The Shave raised a whopping \$18.4 million nation-wide last year, its strongest result to date.

This year, the fundraiser aims to raise \$5.5 million across NSW and the ACT. "It's a lot of fun but it has a really serious message," said a spokesperson for the Leukaemia Foundation. "If you're brave enough to shave your head, which many people are not, to be able to empathise with people undergoing cancer treatment is a unique opportunity."

The Leukaemia Foundation is the only not-for-profit organisation in Australia dedicated to the support of families and patients living with blood cancer, which claims one Aussie life every two hours, making it our second biggest cancer killer.

Lorna has already raised almost \$500 and thinks she may have to increase her goal



Lorna will be shaving her head for the World's Greatest Shave this March.

amount. She'll be shaving at 'Absolutely Fabulous Hair' in Lindfield at 12pm on March 16. "I've kind of always wanted to give it a go, I just worked up the courage this year," she said. "I have a lot of hair! It's a dramatic sign that I want to support the cause."

For more events and other opportunities to get involved, head to: www.worldsgreatestshave.com

NO MORE HANGOVERS

by Kaitlin Coleman

AN ONLINE RESOURCE has been developed by the NSW government, aimed at educating teenagers about the risks of alcohol. 'Out Tonight? Party Right' will hopefully improve the awareness of high school students about potential dangers of drinking and promote cultural change by prompting students to question the current culture of drinking amongst young people. The initiative has been welcomed by Member for Davidson, Jonathan O'Dea. "The interactive resource will provide senior students with the information they need to understand the impact of alcohol and take care of themselves while enjoying themselves," he said.

Minister for Hospitality, George Souris, who launched the resource, said the NSW Government is using this initiative to reinforce the current regulation of licensed venues and the existing Three Strikes scheme.

"Unfortunately for some young people, their introduction to alcohol comes at a time in their life when they are not fully informed about its potential dangers for both short and long term harm- to their health, to their developing brains, to their relationships, to their performance at school, and to their future life potential," he said.

CONCESSION IMPROVEMENTS

by Kieran Gair

THE NSW MINISTER for Transport, Gladys Berejiklian, has announced that the eligibility criteria for tertiary student travel concessions will widen, including for the first time students that are employed, attending evening classes and undertaking postgraduate research. Ms Berejiklian said that with most students working either casually or part-time and with growing financial pressures the government needed to adopt a more logical approach.

"The eligibility criteria for travel concessions have been around for many years and simply did not reflect how people live and study today - we need a common sense approach," said Ms Berejiklian.

Previously students had to attend day classes and not be employed to be eligible for transport concessions. However, with educational institutions offering more night classes to allow students to find a balance between study and part-time work, the long-standing concession eligibility rules did not coincide with how students study today.

Ms Berejiklian said that the move to expand transport concessions will also remove administrative red tape, making it easier for institutions to hand out concession cards to students while also clarifying the rules that had previously led to "confusion" among tertiary institutions.



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STILL ROVING AROUND

THE TURRAMURRA ROVER CREW TURNS 80.

CANDLES WERE BLOWN and cake was cut at the Turramurra Rover Crew's 80th birthday celebration, which saw a reunion of around 50 past members of the Crew. The current Rovers mounted a display of photos and other memorabilia, ran activities for the many children of former Crew members in attendance, and provided a BBQ lunch.

The Turramurra Rovers was first founded in 1932 but closed prior to the war, being reformed in 1946-53 and 1965-68. The current Crew has been thriving since 1976, with a solid membership of around 25 young people aged 18 to 25 and a reputation as one of the strongest Crews in the Sydney North Region. The Rovers participate in a full range of outdoor adventure activities, social activities and community services, such as Clean Up Australia Day.

WIN FOR KU-RING-GAI COMMUNITY TRANSPORT

by Miranda Middleton

FUNDING FOR COMMUNITY transport services in Ku-ring-gai is set to increase by more than \$24,000. Local MP Barry O'Farrell said the extra funding would help local providers—such as Hornsby Ku-ring-gai Community Transport—to offer safe and reliable transport for those who can't access regular services in the area.

"By funding community transport, we can make sure people who cannot drive themselves have access to their local community and essential services," he said. "By giving people more transport options, we ensure they don't feel cut off or isolated from our community."

This extra financing is part of the NSW Government's \$2 million increase in funding to Community Transport Projects this financial year. "The 2013 funding means local residents will have better transport options, with communities right across the state set to benefit," said Minister for Transport Gladys Berejiklian. "This will ensure regional and transport-disadvantaged areas have access to vital transport services for years to come."

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PLENTY OF PARKING

IGA WEST PYMBLE TURNS 25

by Kate Lilly

A LOT HAS changed since Tony Aglio first took on Clancy's Food Store West Pymble in 1988. Advances in technology like EFTPOS, electronic ordering and more advanced cash registers have made the job a little easier. Tony has seen new products and a changing clientele, with many more young families moving into the area. In 1997, the store became an IGA. But despite these changes, his close relationship with the community has remained constant.

"I enjoy helping out the local community, supplying what they need on their shopping list, talking to them, supporting the local clubs and schools," said Tony.

He believes his store offers a more personal shopping experience than the larger supermarkets. "You go into a Woolworths or Coles and you haven't got a clue who the manager is - you wouldn't know. People come into my store, they see me and they say, 'Hi Tony'. My junior staff are the kids of people who shop in my store."

Tony has now been at West Pymble for 25 years and he hopes to stay for many more. He says his involvement in the local community has been invaluable. "It's massive; it's what has kept me going for so long. And I enjoy it, I enjoy people coming in and talking and shopping - it's a good vibe, it's a good experience."

FINEST MEATS FOR THE LOCAL COMMUNITY

by Kieran Gair

CAMPBELL'S SUPERIOR MEATS has changed hands a few times throughout its 55 years as an independent butcher, continually improving the eating experience for local meat lovers in West Pymble. Butcher Rhett Campbell has owned and operated the shop for five years, following the tradition of bringing fine meats and exceptional service to the locals of West Pymble.

Despite living in Thornleigh, Rhett feels as if he is one of West Pymble's locals. "There is no better shopping centre anywhere in Sydney," he said. "It is a fantastic shopping experience and community-orientated- we could name 90 per cent of our customers by their first name."

Rhett sees his butchery as the better alternative to shopping at the bigger food retailers like Coles or Woolworths. "We have a great social space here and we offer the finest of meats," he said. "We're about one-on-one contact and service and we have the time to chat and can offer advice on cooking."

Over time Rhett has overseen developments to the type of service his staff provides. With families becoming more pressed for time and more parents both having to work, Campbell's Superior Meats now offers oven-ready meals to ease the pressure felt by many West Pymble families.



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PRICE'S GIVES YOU A LOCAL FEEL

by Kieran Gair

FOR OVER 40 years Ted Price has been helping his local community to be healthy, and stay healthy. He fell comfortably into the role of the local pharmacist, following in the footsteps of his late father and grandfather. Ted not only works in the quiet and tranquil suburb of West Pymble but he also grew up there, like many of his most familiar customers.

Price's Pharmacy is about quality not quantity. Unlike the bigger pharmacies Ted sees Price's as a place where customers can stop by for a chat whenever they happen to be close by. "We have a strong level of trust with our customers," he said. "By coming here they get to avoid the hassle of shopping at a bigger centre and we can take the time to have a chat and help them sort things out."

Ted is always trying to cater for the needs of his customers through the services he offers. On Tuesday mornings, for example, an experienced midwife comes into Price's, offering new Mums advice and a few soothing words.

The idea of retiring still hasn't crossed the third-generation pharmacist's mind. "At 71 people ask me when I'm going to retire, but I haven't put any thought into it. Not yet anyway," he said. Ted hopes to continue his work as a pharmacist, providing his services to the local community.

CELEBRATING A COMMUNITY

STARTING THIS YEAR the West Pymble Chamber of Commerce Inc. has decided to nominate the third Saturday in March of each year as Community Day. The aim of the day is to bring the West Pymble community together, and to provide an opportunity for the different volunteer organisations in West Pymble to link with the public they serve. Money will be raised on the day and the proceeds will go towards supporting a local charity or cause. This year the funds are being raised for the Turramurra High School Band for their overseas trip in September.

The funding for the day is provided by the local shops and there are many benefits offered to their customers. There will be a number of attractions for children on the day, including a Kindifarm, a magician, a combo castle (for up to 15 year olds), a Dog trainer, Masterchef demonstrations and face painting specials galore. A raffle will also be held for a Kindifarm party, and the Turramurra High School Band and various volunteer groups will perform.

Mainly it is a relaxed, fun day. Enjoy it, spend some money and get great value. Meet your friends and relax with your coffee while your children take part in supervised activities.

It will be on rain, hail or shine!! See you there!

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- Turramurra High cake stall and raffles
- Stalls- volunteer and commercial
- Colouring-in competition (ends at 11.15am)
- Store activities among Sponsors
 - Campbell's Meats BBQ
 - Fita Fruita promotion
 - IGA BBQ, bike rally and birthday cake cutting
 - Marie-France Group jewellery stall
 - Munch 'MEGA MUNCH' egg and bacon roll promotion
 - Pymble Vet promotion and face painting

10AM - 2PM

- Kindifarm
- Dog trainer
- Masterchef demonstrations
- Children busking until 11.30am
- 11AM**
- Turramurra High School Touring Band- Introduction by Principal
- 11.30AM**
- Band starts playing
- Rainbow Chinese Restaurant- ready-to-go dishes

12PM - 2PM

- Activities continue, winding down from about 1pm
- 1.30PM**

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2PM ONWARDS

Clean-up

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WE PRIDE OURSELVES ON OUR PRISTINE BEACHES, NATIVE BUSHLANDS AND CLEAR WATERS, BUT AUSTRALIA WILL NOT STAY BEAUTIFUL ON ITS OWN.

by Miranda Middleton

ARE YOU GUILTY of dropping a cigarette butt out your car window? Letting a receipt 'slip' out of your hand? Not bothering to chase a bit of glad-wrap as it flies away in the wind? No matter how inoffensive it may seem in the scheme of things, every thoughtless act counts in a country inhabited by 22 million people. Campaigns like Clean Up Australia Day have certainly improved the state of the environment in recent years, but the fight to keep Australia beautiful is never-ending.

"There's always a way to go and a vast spectrum of things to do," says Ian Kiernan, founder of Clean Up Australia Day. He stresses the need for authorities to enforce a more rigorous fining regime and for courts to consider littering as a serious offence. "It's not a trivial issue and the judicial system has a responsibility to help us out."



In the 2011 Clean Up Australia Day Rubbish Report, NSW volunteers reported the highest rubbish item count per site out of all the states. "The bigger the population, the bigger the problem," explains Mr Kiernan. This data collaborates with the 2012 National Litter Index compiled by the Keep Australia Beautiful organisation, which found that the volume of litter in NSW was 8.98 litres

per 1000 square metres, exceeding the national average of 6.24 litres.

To help communities fight the litter bugs living among them, the NSW Government recently committed \$470,000 of funding to the NSW Community Litter Grants program. Run by the Environment Protection Authority and Keep Australia Beautiful NSW, the program will facilitate a series of state-wide workshops and financial grants for community groups.

"This funding is just one part of the State Government's initiative to tackle litter, by empowering communities through support and education," says Environment Minister Robyn Parker. The NSW government has declared litter reduction as a key focus of its ten-year 'NSW 2021' plan, and aims for NSW to have the lowest litter count per capita in Australia by 2016.

The Community Litter Grants Program will operate in two stages; community groups must first analyse and collect data about their local litter problems before they can apply for a grant of up to \$5000. "This money can be used for things like clean-up days, signage, infrastructure, education and awareness campaigns and forming partnerships with volunteer groups and local councils," says Programs Manager at Keep Australia Beautiful, Yolande Presland. "Just having a bit of resourcing and some money to spend is very important because community groups are so motivated to make a difference."

This rings true with what Mr Ian Kiernan has experienced since founding Clean Up Australia Day in 1990. "It was a runaway success and it's just bloomed over the years," he says. "Lots of Australians really do care about the environment and want to do something about it." On Clean Up Australia Day 2013, held on March 3, an estimated 550,300 volunteers removed around 16,150 tonnes of rubbish across Australia.

Mr Kiernan also recognises the power of



Ian Kiernan.

children in changing the state of the environment. "They are the environment Nazis in their families," he says. "Mum don't buy that product- it's over-packaged. No, not that one either- it can't be recycled!" he mimics.

2625 schools participated in Schools Clean Up Day last year, enticed by the Green Kids Award. "The Green Kids Award is all about encouraging schools to celebrate and share their environmental projects with each other and to learn more about how we can better live in harmony with our environment," says Mr Kiernan. "After all, they are the future custodians of our country."

But we can't lump the responsibility of keeping Australia beautiful on those dedicated enough to get out there and get their hands dirty. Mr Kiernan says that litter prevention is everybody's responsibility and that we should all pick up unsightly rubbish as we go through our day. "We all need to take more responsibility for our local environment every day of the year rather than just our national clean up day."

FIGHT FOR YOUR RIGHTS

PUBLIC FORUM WILL ENCOURAGE LOCAL RESIDENTS TO SPEAK UP.

by Miranda Middleton

LOCAL COMMUNITY GROUPS and individuals will be encouraged to fight for their rights at the Friends of Ku-ring-gai Environment (FOKE) Public Forum on March 20. One of the guest speakers, Ms Corinne Fisher, will explain how the government's proposed changes to the NSW Planning Act will affect the community's ability to engage in decision-making processes.

"We need to have a planning system which is fair, balanced and responsible," said Ms Fisher, a co-founder of the Better Planning Network (BPN). This affiliation of 260 concerned community groups was established in August last year in response to the government's Green Paper on 'A New Planning System for NSW'.

"Some proposals were perceived as a risk to our environment and heritage, and thought to reduce community input into decision-making about individual developments," said Ms Fisher. For example, the proposed "automatic approval of all 'code-complying development' in a 10 day period" would not allow a right of comment by neighbours or anyone else in the affected area, and could potentially exclude public notification about



A past FOKE public forum.

some developments.

Since rallying together, the Better Planning Network has motivated many groups and individuals to submit their views about the Green Paper, informed over 45 Members of Parliament about community concerns, and suggested alternatives to the government's proposals during a workshop with the NSW Department of Planning and Infrastructure.

Ms Fisher is hoping to spur more ac-

tion amongst groups and individuals living in the Ku-ring-gai area at the FOKE forum. "The way we operate is through local community group action so we want to motivate people to get active in their local area, raise community awareness and engage local and state politicians in what's going on," she said.

Also speaking at the Public Forum is Ms Natasha Hammond-Deakin, Senior Solicitor at the Environmental Defenders Office (EDO) NSW. Ms Hammond-Deakin will discuss the current funding threats faced by the EDO, which is the only organisation in NSW established to help people protect the environment through law.

President of FOKE, Anne Carroll, is delighted to have such high-profile, proactive community advocates presenting at the forum. "To hear an expert like Corinne explaining the proposals is a great opportunity for people who would otherwise be oblivious to this major planning change," she said. "It will affect everyone so people need to be alerted, educated and made aware."

The Public Forum will commence at 8.00pm on Wednesday March 20 at the Killara Uniting Church Hall, Arnold Street, Killara. Admission is free and everyone is welcome.

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GET JANE CARO TALKING ABOUT FEMINISM OR THE EDUCATION SYSTEM OR ANYTHING REALLY, AND YOU COULD BE THERE FOR A WHILE...

by Miranda Middleton

STUDENTS IN JANE Caro's university class should think twice before letting the words, 'I'm not a feminist', slip from their lips. One young woman was asked to pack up her bags and leave upon saying so. "Feminists fought for your right to get a university education and you're saying you're not a feminist, in which case you shouldn't be at university because you don't believe in the right of women to get a university education," Jane reasoned to the nonplussed student.

The forthright 55-year-old would love more young women to identify as feminists and wear the label with pride. "It's not really very sporting to take the benefits and then decry the people who fought for them," says Jane, sitting comfortably on the couch in her Artarmon home. "If you look at the history of feminism, it's the most benign liberation movement the-", but Jane doesn't get to finish that sentence. The phone rings and she must talk briefly on a radio show, as she does at 10:35 every Wednesday morning.

Jane is sharing her opinion on today's topic of children screaming in public- "Children are human beings and they should be allowed to go where the rest

of us go"- when her mobile phone starts to ring in the room next door. Jane is in high demand. The advertising executive turned author, speaker and social commentator later admits that feeling overwhelmed by her busy lifestyle is just something she's had to get used to. "I woke up in the middle of the night last night and thought, 'How the hell am I going to do everything I have to do?'" she says. "But I just keep going and do it the best I can."


At the end of her phone call, Jane has no trouble in remembering where she left off, reiterating that feminism is the most benign liberation movement the world has ever seen. "It's never raised an army, it's never killed anybody, it's never fought a war," she says vehemently. "But it has fought for the liberation of rights for half the human race. No man ever woke up in the morning and went, 'Oh my God. I've been so unfair. Quick, let's give women half of everything we've got.'"

Despite the success Jane has experienced in her professional career- publishing four books, appearing regularly on shows such as Sunrise, Mornings, Q&A and The Project, writing for a number of newspapers, and lecturing in advertising at the University of Western Sydney- she says she has been pressed against the glass ceiling her entire life. "Men, and a lot of women too, just can't see us in a leadership position," she says.

"Our image of leaders is still a tall, fearsome-looking warrior who can lead us into battle."

Jane believes feminism is far from over, and that it has been brought roaring back onto the agenda by social media- a topic which she will discuss at Willoughby Council's International Women's Day Breakfast this month. "One of the things that social media has done, Twitter more so than Facebook, is give women unmediated access to the public conversation

"It's making women feel better about being women," says Jane. "I think for thousands of years we have been trained subliminally to be ashamed about being female."



for the first time in history," she says, alluding to how J.K. Rowling didn't put Harry Potter out as Joanna Rowling because female writers aren't taken as seriously as men.

On the internet, however, everyone is equal. "If something happens during the day which infuriates them or amuses them or shocks them, women can just tweet it," says Jane, giving the example of how #everydaysexism- where women share all the horrific things men do to them- has made them realise that they're not alone and that really, it's the men with the problem, not them. "It's making women feel better about being women," says Jane. "I think for thousands of years we have been trained subliminally to be ashamed about being female."

This shame experienced by many females is one of the three things that Jane would change about the world if she could; that, along with the world's lax attitude to climate change and the way we educate our poorest and most disadvantaged children. "If we limit the educational opportunities of some, we limit everything," says Jane, who is a staunch public education advocate. She says she received "an excellent education" at public schools, as did her two daughters. "If you

lined them up along a wall with all their friends who got sent away to much more expensive schools, you would not be able to pick the difference."

Jane is clearly not afraid to express her opinion, and rarely gets nervous when speaking before an audience. "When you come to the understanding of how genuinely unimportant you and your opinions are, there's no point in being nervous," she says. "Fear comes out of ego; confidence, really strangely, comes out of humility."

"I just say what I think, and you can agree or disagree with me as you see fit. I try not to talk about things I don't know a lot about and I try not to quote figures a lot because I'm a bit dyslexic with numbers and get them wrong," she says, smiling. "But even if I do get them wrong, so what? I'm not that important."

'EVERY CHILD COUNTS' AT CATHOLIC SCHOOLS

CATHOLIC SCHOOLS ON the North Shore will celebrate Catholic Schools Week from March 10 to 16 with a host of activities and events designed to highlight the theme, 'Every Child Counts'.

Director of Schools for the Diocese of Broken Bay, Mr Peter Hamill, said the 'Every Child Counts' theme lies at the core of what it means to be a Catholic school. "Our Catholic schools are very focused on developing the whole individual - mind, body, and soul," he said. "We believe that each child is created by God to be unique, and that's a great starting point for the way we approach their individualised education."

Mr Hamill said that all Catholic schools



are committed to providing individual care and attention to each student and their needs. An example of one program where this is evident is a new numeracy approach called Extending Mathematical Understanding. "The EMU approach focuses on identifying every student's learning needs and helping them to find new ways of understanding concepts and



applying them in ways that build confidence and good learning outcomes," he said.

"The 'Every Child Counts' theme also recognises that the number of students with special needs in our schools has been growing and we are committed to welcoming them and supporting them in every way to reach their best educational potential."

Mr Hamill said Catholic Schools Week

is a time to celebrate the important role that Catholic schools play in Australian society and the choice that they provide for parents. "Every child does count, and we are hopeful that the Federal Government will continue to support Catholic schoolchildren by providing adequate and ongoing funds to our schools in response to the Gonski review, and that the NSW Government will review its funding freezes announced in 2012," he said. "Why not visit your local Catholic school during Catholic Schools Week? You'll be most welcome."



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LEADERSHIP IN ACTION AT OLPS

OUR SENIOR STUDENTS at Our Lady of Perpetual Succour are encouraged to take on leadership roles in the school community and Shrove Tuesday was a perfect example of Year 6 leading the school by example.

In the first week of school, the Year 6 students approached the Principal, Mrs Sue Host and requested that they make and sell pancakes on the morning of Shrove Tuesday with the support of their class teacher Mrs Aulsebrook and canteen supervisor. The students explained to Mrs Host that celebrating Shrove Tuesday with pancakes was a good reminder to us all that Lent, a time of fasting, almsgiving and prayer, was beginning the following day with Ash Wednesday. The students were keen to raise money for Project Compassion by selling the pancakes.

On Shrove Tuesday every Year 6 student involved themselves in making pancake batter, collecting money and serving 300 pancakes. Amazingly the class raised \$150 and managed to feed the whole OLPS community! What an achievement and wonderful example to us all of initiative, teamwork, hard work, respect and patience. We look forward at OLPS to many more splendid examples of leadership.

ST. EDMUND'S PREPARES ITS TEENAGERS FOR LIFE BEYOND SCHOOL

ST. EDMUND'S SCHOOL is a unique and exciting co-educational high school for teenagers with disabilities. "It is a place where ability is celebrated and where disability is not about limitations," says Principal Kathy Freeman. "We believe our kids are all extraordinary, as are their families."

St. Edmund's provides students with a wealth of experiences across a rich and diverse program. As a result, its students are known for their independence and confidence particularly when representing their school. The students are acknowledged for their gifts and talents and consequently they are highly motivated to achieve. Success underpins life at St. Edmund's.

As well as offering mainstream subjects such as English, Maths, Science, PE and electives, Industrial Arts and Food Technology, there is an unwavering focus on preparing the students for life beyond school in either a work or community involvement capacity. As such work education has become a critical umbrella for all other curriculum areas. Senior students can also develop work skills by attending TAFE and a range of workplaces according to their strengths and interests.



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These small, wireless handheld devices have captured the interest of students from Kindergarten to Year 6, with the entire class being able to 'click' their responses to any given question or problem. Their responses are sent directly to the Interactive White Board and instantly the whole class can see what each other has to say.

Students have found this a fun and equitable way to participate in class discussion as they feel they have all had an



opportunity to contribute to the discussion and everybody's contribution is valued.

Whilst the use of technology has captured the excitement of the students,

the teachers are equally excited at the level of engagement and rich dialogue during lessons.

Students as young as four are able to use the device to order, give a multiple choice answer, and 'text' a word response using alpha numeric keys. Teachers are able to instantly gain insight into student performance and give constructive feedback in real time. Further to this, teachers have found that the Learning Response System benefits the more timid student who may be reluctant to speak up in the classroom environment. Having used the ActivExpression devices for several months, teachers found with the students were more confident when elaborating on and justifying their answers in class discussions.

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A LITTLE BIT OF HEAVEN

GIVING BUSY PARENTS A SPACE TO REFLECT AND RELAX FROM THE DAILY RUSH.

PARISHIONERS AND PARENTS of primary and secondary school children in the Diocese of Broken Bay are being invited to step aside from the rush of daily life to take part in a reflection morning with the entrancing title of 'A little bit of Heaven'.

The initiative has been organised by the Catholic Schools Office Education Officer – Mission Services, Virginia Ryan, and Janette Davidson, Parish Support Unit. Virginia said the initiative, which is open to school and parish communities, grew from positive feedback after last year's Spirituality Mornings.

"We've been listening to people's feedback and they're saying that the demands and the busyness of life are so intense, with the Blackberry always at hand organising the future and our tendency to dwell on the past," she said. "It's very hard as a parent to give yourself permission to say 'I'm just going to put it all down and be present now', so this three hour reflection morning offers parents a little bit of Heaven by helping them to focus on the 'now' of life."



The morning, at which free, fully-qualified child-minding is available, will include Scripture-based meditation, story-telling, and a guided Lectio Divina Scripture reflection. It will end with a blessing.

Parent, Robyn Gallagher of Wahroonga, said she was looking forward to attending 'A little bit of Heaven' after attending last year's 'Living Graciously' reflection morning. "I gained so much from the day and valued the opportunity to step out of the normal routines into a space where I could stop, reconnect and gain a fresh perspective on life," she said. "One of the greatest gifts of the day is that I felt really cared for. The hospitality and kindness was just wonderful. I'm thrilled that the team is offering more mornings in coming weeks."

To register:

Contact Sue Labutis on
9847 1304 or sue.labutis@dbb.catholic.edu.au.



IT'S CHILD'S PLAY

by Barbara Yee*

APPARENTLY '14 IS the new 18' and '8 is the new 14'. Society has heightened expectations of young people whilst at the same time increased emphasis on personal freedom. This has encouraged a younger age group to think in a more adult way.

From the 1800s, law makers advocated changes to child labour laws that would eventually prohibit children under 14 joining the workforce. These laws changed thinking and by the middle of last century it was acknowledged that childhood was a significant time of development. Though in many developing nations child labour is still common, most western societies came to acknowledge that children had the right to a childhood. Approaches to parenting have also changed. It is also true that the pace of life has increased and we all try to cope with the stresses and strains of modern life. As an educator I have become aware of the number of children presenting with symptoms of anxiety.

In the '90s, families were urged to set aside 'quality time'. This notion always sat uncomfortably with me. Quality time had the connotation that

somehow the rest of our lives weren't 'quality'.

I suggest a better approach would be for families to adopt 'simple' time. 'Simple' time allows children time to play, to invent games, to nurture their imaginations. Children thrive when they have time to potter about, to lie around with no particular objective in mind. It is play time, day-dreaming time, uncomplicated time, Lego time and all the while, safe in the knowledge that loving adults are around. In my experience children are happy when they feel loved and secure.

Trying to keep up with the pace of modern life poses challenges. It's not easy to set our own pace. We need to stop and check what organised activities our children enjoy or what activities we could all happily do without. Less organised activities mean more time for children to choose what to do: to play outside, help with chores or flop in a corner with a good book. More 'simple' time encourages children to learn to amuse themselves and be happy in their own company.

Prolonged screen time has long been identified as impacting on children's development. Extended playing time on electronic devices can stifle the imagination of young minds.

At Corpus Christi School we endeavour to provide classrooms with a range of appropriate 21st Century technologies that meet the learning needs of children. In the school setting, we need to be satisfied that technology we invest in can be used as a 'tool to enhance learning'. The same can be said in the home. The range of technologies at our fingertips can enhance our lives, entertain us, inform us and keep us in touch. We need to ensure these devices enhance our children's lives, not dominate them.

Consider setting limits on children's screen time. This may mean some adjustments and children might need encouragement to engage in different types of activities. Reduction in screen time can free up time for other pursuits and allow for interests in new areas to develop.

So how can we ensure we keep the child in childhood? Can we put the brakes on and take steps to simplify our lives. Can we take stock of all the things children really do need to be happy and healthy? It's simple really- it is child's play!!

*Barbara Yee is the Principal of Corpus Christi Catholic School, St Ives.



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FALLING BEHIND

ONE IN SEVEN AUSSIE KIDS CAN'T READ AT A STANDARD LEVEL BEFORE THEY LEAVE SCHOOL.

by Kate Lilly

WE MAY LIVE in the lucky country but not all Australian children are reaping the benefits. The latest Programme for International Student Assessment (PISA) data has shown a gap in reading literacy equivalent to three full years of schooling, between children in the highest and lowest socio-economic percentiles.

"We have a significant level of under-performance and educational disadvantage in Australian schools; it's an inequitable gap and that's the biggest problem," said children's literature specialist, Professor Rosemary Johnston. "While we had 10 per cent of our students achieve at the highest international benchmark, we had 17 per cent – nearly one fifth – performing at the low internation-

al benchmark and that's very, very concerning."

Many students from a low socio-economic background will never own a new book and the latest PISA statistics reported that one third of Australian students don't read for enjoyment. In the hope of raising \$1 million to provide books for disadvantaged Aussie kids, Dymocks bookstores are currently asking customers to round-up their purchases to the nearest dollar, as part of their 'Round Up' campaign.

"It's kind of incumbent on all of us to do what we can to foster literacy. A large part of that is education and a large part is actually through reading," said Chatswood Dymocks franchisee Richard Turner. "If we can get children interested in reading they'll become better informed

adults, have better imagination, better creativity and will do better at school."

Professor Johnston agrees, but says that giving books to children, while important, is only the first step. "I think there has to be a massive government commitment to this and that starts with at least one year of free pre-school. I think we have to work as a nation towards that, because that's where we can start setting up an equal playing field—especially for those children unlikely to go to pre-school or from homes where English isn't spoken."

She says that unfortunately, disadvantage builds on disadvantage. "Some children start school where there are already kids who are virtually reading, and they don't even know how to hold a book. It has to start there."



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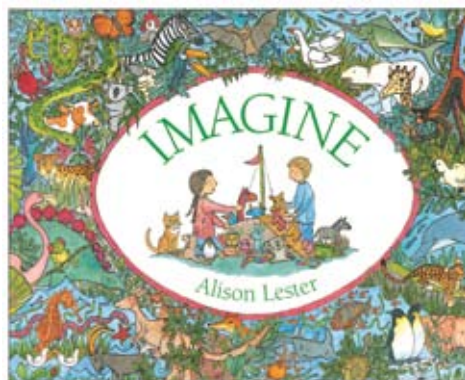
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4-6 year-olds:

IMAGINE BY ALISON LESTER

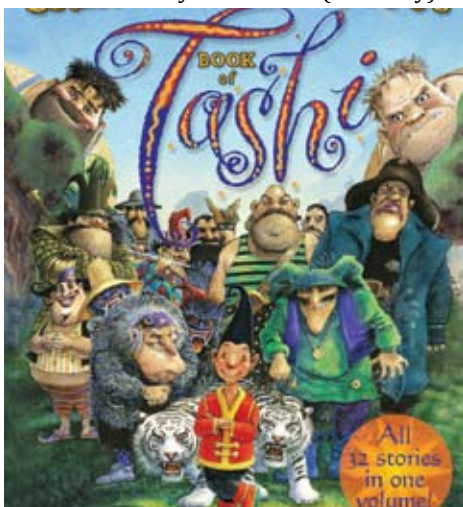
The absolute master of children's literature Alison Lester delivers sheer creative joy in her picture book *Imagine*. This story weaves together the natural landscapes of the world and the animals which inhabit them through simple words and meticulously-drawn illustrations. The full colour drawings breathe life into the swampy depths of a tropical jungle, the bitter frozen world of ice and snow of Antarctica, and the hazy plains of a savanna in deep Africa. Every child's dream of exploring the world is realised in this book, where the main characters traverse the moonlit Australian outback and swim the depths of a tropical sea riding on dolphins' backs amongst schools of fish. *Imagine* is a well-loved Australian classic that sets fire to the imagination of every young child who reads it. (Kaitlin Coleman)

6-8 year-olds:

TASHI BY ANNA FIENBURG

Jack's new friend, Tashi has just arrived from a mysterious, faraway land. Tashi is cheeky, clever and adventurous and he enthralled Jack with stories about his home country. Most of all, he's a lovable character, who always tries to help and protect his family and friends. Anna Fienburg has been writing *Tashi* books since the mid-90s. They are short imaginative stories (typically two per book), inspired by mythologies from around the world and beautifully illustrated by Kim

Gamble. The *Tashi* books make great bedtime stories for kids who are gaining the confidence to read by themselves. (Kate Lilly)



8-10 year-olds:

DELTORA QUEST BY EMILY RODDA



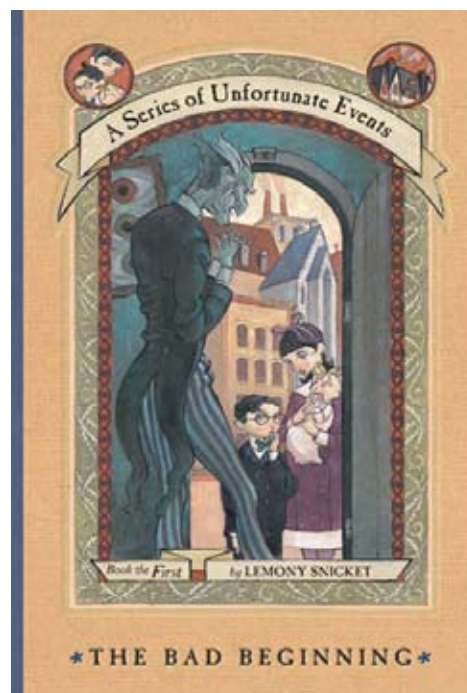
Deltora Quest is an intricately woven fantasy tale about three heroes who are endeavouring to uncover the fabled magical belt of Deltora. The characters are battling against the wrath of the all-powerful Shadow Lord who has hidden the gems in far and distant places, each gem guarded by a monstrous beast. The three heroes, Lief, Barda and Jasmine navigate through dangerous mazes, battle against evil sorceresses and slay deadly monsters to unite the gems that make up the belt of Deltora. Rodda's masterful story-

telling ignites the imaginations of children, for unlike most children's stories the characters don't step out of the 'normal' world and into a fantasy world, but rather the fantasy world of Deltora appears to be a real place. (Kieran Gair)

10-12 year-olds:

A SERIES OF UNFORTUNATE EVENTS BY LEMONY SNICKET

This series follows the misadventures of the three Baudelaire children – Violet, Klaus and Sunny. After their parents perish in a mysterious fire they must unravel the secrets of their family's past and evade the clutches of Count Olaf, their greedy new guardian, who is intent on stealing the Baudelaire fortune. The brilliant thing about these books is that they engage children in a mature way without dumbing down the plot or the language. The series is perfectly appropriate for kids, but it's dark, mysterious and original. I remember many school lunch-times spent with my friends, debating the mysteries of V.F.D. (the secretive organisation that features in the books) and dissecting the hidden clues scattered throughout the series. If your child enjoys the first book, *The Bad Beginning*, there are twelve more books in the series. (Kate Lilly)



MAESTRO WILL BE MISSED

TEACHER IAN EVANS INSPIRED THOUSANDS OF STUDENTS DURING HIS LIFETIME.

by Miranda Middleton

THE THOUGHT OF getting 100 primary school students to sing and dance on a stage would give most teachers nightmares, but Mr Ian Evans was no ordinary teacher. At the end of every year, his classroom would fill with costumes, his whiteboard was hijacked by an enormous to-do list, and a small army of dedicated parents would madly make sets for his famous end-of-year musical.

Mr Evans' career as an educator spanned 37 years, during which he taught at Lane Cove Public School, North Sydney Demonstration School and Terrey Hills Public School. He composed Lane Cove Public's school song, wrote four original musicals for his students to perform- *The Hobbit*, *The Talking Parcel*, *Mr Toad* and *The Phantom Tollbooth*, and conducted the Lane Cove school orchestra for many years.



Over 100 people gathered at the Lane Cove Council in February to pay tribute to this extraordinary teacher and musician, who passed away peacefully at the age of 73. Close friend Margo Easton, whose daughter was in his orchestra, said that Ian managed to cater for children of all musical abilities. "Even a beginner was welcome, playing one note per bar," she said. "The school orchestra even 'went on tour' to Greenwich Hospital and nursing homes,

and we parents were very proud of our travelling musicians!"

One of his former students, Trent Gardiner, spoke at the service about his "hero-worship" for Mr Evans. "Who knew then at the tender age of 10, that he would have made such an enormous impact on my life, and the lives of many other students lucky enough to have him as their teacher," he said. "He inspired us. He believed in us. We believed in him." It was because of Mr Evans that Trent pursued a career in teaching and followed his passion for theatre, presiding over the Lane Cove Theatre Company for many years.

Later this year, Trent will direct Ian's musical *Mr Toad* in celebration of its 25th anniversary and the revered maestro who wrote it. Lane Cove Theatre Company will hopefully mount the musical at Lane Cove Public School, where Trent performed in its original production in 1983.

TALKING THEIR WAY TO THE TOP

RAVENSWOOD STUDENTS DEBATE ON THE WORLD STAGE.

by Kaitlin Coleman

THREE TALENTED RAVENSWOOD students have gained places in the World Individual Debating and Public Speaking Championship to be held in Durban, South Africa this Easter. Joining seven other students from around Australia, Emma Henke (Year 12), Emily Leijer (Year 11) and Alexandra Farrell (Year 12) were chosen after their performance at the Australian Individual Debating and Public Speaking Championship last September.

They will compete against students from Hong Kong, Canada, the United States, England, South Africa, Lithuania, Pakistan and more over a five-day event at The Clifton School. The girls will collaborate with their peers as well as compete in four individual sections: Debate, Impromptu Speaking, Persuasive or After Dinner Speaking and Interpretive Reading.

The team is made up of students from



Alexandra Farrell, Emma Henke, Emily Leijer (left to right).

all over Australia, so preparation together has been difficult, however the students are employing a range of social media and internet tools to share information and tips. "Having all met at the national level, a lot of us became good friends and have been able to keep in touch over the Internet," said Emily Leijer.

Emma Henke is very proud to be representing her school and country at such a high level, and hopes to do both justice in

return for the opportunity she has been given. "I am looking forward to meeting people from all over the world, with different cultures, different religions and different viewpoints, who unite in their common interest of public speaking and debating," she said.

Regardless of the outcome of the competition, debating and public speaking will continue to be an important part of the girls' lives. Alexandra Farrell believes her continued involvement in speech and debating has given her valuable skills and opportunities. "I truly love it, and will undoubtedly stay involved after I have finished school. Whether it is debating at university, public speaking competitions, continuing with my Australian Speech Communication Association education and training, helping teach other speech students, or coaching school debating teams, I look forward to the new and exciting experiences debating and public speaking will bring me."



by Stephanie McConnell*

COLLABORATION IS THE KEY

I AM A strong advocate for the four 'C's' of 21st century learning: communication, collaboration, critical thinking and creativity. Learning to live and work as members of a global community requires highly effective communication skills. Collaboration is a key factor in achieving success and the overwhelming amount of information that we need to process demands an ability to think critically about the validity and credibility of the source of this information. The problems that our future world leaders are going to face cannot be resolved unless they learn to think creatively; to not only 'think outside the box', but to imagine the impossible and make it happen.

Public education in NSW is currently undergoing one of its most significant transformations in many years and one of the most exciting developments is the formation of a partnership of five secondary schools on the north shore known as the North Shore Sec-

ondary Schools Partnership (NS5). Turramurra, Ku-ring-gai, Chatswood, St Ives and Killara High Schools have broken out of the mould of traditional educational structures and ways of thinking to explore this notion of collaboration through a creative and innovative partnership.

NS5 has been established to take advantage of the opportunities that accrue from inter-school collaboration and coordinated operations. The model of collaboration has generated innovative thinking and an empowerment of students, staff, parents and the broader community to lead models of teaching and learning which reflect 21st century thinking and respond to the needs of 21st century learners.

The sort of change required in education cannot be the sole responsibility of educators in our schools. Our whole community, state and nation needs to change their expectations of schooling to enable education to catch up with the information revolution. We can't afford not to. The implementation of the

recommendations of the Gonski report could be the start of the education revolution. If the shackles of bureaucracy continue to drag at the heels of change then we are lost.

Can you imagine Steve Jobs accepting the excuse that we can't allow education to keep up with the times because we can't afford it? Or because we don't have enough creative minds to find a better solution? Or because the structures and systems that we have had in place since the 19th century can't be changed?

There are high stakes involved for the future of our nation and we need to take collective responsibility to collaborate, communicate, think critically and creatively about real solutions. I look forward to seeing the school photograph of the Class of 2030. I hope we will have done them proud!

* Stephanie McConnell has been the Principal of Turramurra High School since May 2011. Prior to her appointment at Turramurra, she worked at Killara High School and Merrylands High School as the Head teacher of English.



Congratulations Class of 2012

Ravenswood is extremely proud of the class of 2012 and congratulates them all on their effort and individual achievements in the HSC and IB.

The results for 2012 prove once more that Ravenswood's reputation for academic excellence is as strong as ever.

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- Maximum ATAR/UAC rank 99.9
- 9.7% gained an ATAR/UAC rank of 99 or above
- 31% gained an ATAR/UAC rank of 95 or above
- Median ATAR/UAC rank 89.3
- 78.8% gained an ATAR/UAC rank of 80 or above
- 92.9% gained an ATAR/UAC rank of 70 or above

Other HSC/IB highlights include:

- Over 50% of HSC Visual Arts candidature nominated for ARTEXPRESS
- Two HSC nominations for ENCORE
- Two HSC nominations for OnSTAGE
- Average IB score - 35 converting to a UAC rank of 93.35

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AGED CARE



CELEBRATE YOUR GOLDEN YEARS



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p. 37 Super foods for healthy aging

PAUL FLETCHER MP

Federal Member for Bradfield

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- ✓ THE F3/M2 MISSING LINK - pressing for a decision to reduce traffic on local roads.
- ✓ SUPERANNUATION - working for an outcome from the parliamentary inquiry into the Trio Capital collapse.
- ✓ HOME INSULATION FRAUD - fighting for victims to be told the results of the official fraud investigation.
- ✓ HIGHLIGHTING PROBLEMS WITH THE NBN - including the threat of more overhead cabling in our local streets.
- ✓ TURRAMURRA POST OFFICE - securing a commitment for continuity of postal services in Turramurra.

If I can help you in any way with your interactions with government or any aspect of community life, please do not hesitate to contact me.



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Authorised by Paul Fletcher MP, Federal Member for Bradfield
Suite 8, 12 Tryon Rd Lindfield NSW 2070

LIVE LIFE TO THE FULLEST: REASONS TO CELEBRATE LIFE



by Miranda Middleton

SENIORS ARE ENCOURAGED to embrace the term 'golden oldie' and make the most of their latter years of life, during Seniors Week 2013. From 17 – 24 March, over 900 local events will take place throughout NSW, giving seniors the chance to get out and about, try something new, and realise that life is far from over.

"Getting older doesn't mean you aren't active, living life to the fullest and that you haven't got other mountains to climb," said Ita Buttrose, one of the ambassadors for NSW Seniors Week. "I'm proud to be a senior."

'Live Life!' is the theme for this year's Seniors Week, with events and activities promoting the image of seniors as active, healthy, social and independent. "Seniors Week provides an opportunity for us to celebrate our senior citizens and thank them for their continuous efforts in the local community," said Willoughby Mayor, Pat Reilly.

A range of events and activities will be hosted by Willoughby Council, Ku-ring-gai Council and Hornsby Council throughout March. "This is the perfect time to find out more about that skill or activity you've always wanted to try, whether it's golf, line dancing or becoming more internet savvy," said Mayor of Ku-ring-gai Council, Elaine Malicki.

Sydney Observer shares some of the north shore highlights of Seniors Week.



KU-RING-GAI JAZZ CONCERT AND MAYORAL AWARDS - Enjoy an upbeat jazz concert featuring Judy Bailey's Jazz Connection, followed by a presentation of the Seniors Mayoral Awards, which recognise the contributions of seniors to our community.

WHEN: March 8, 9.45am-12pm

WHERE: Turrumurra Uniting Church, 10 Turrumurra Ave Turrumurra

INFO: Free, bookings essential on 9424 0000

WILLOUGHBY SENIORS VARIETY CONCERT

AN ANNUAL HIGHLIGHT of Seniors Week for the past 27 years, the Variety Concert offers seniors an afternoon of entertainment, a delicious afternoon tea and the chance to meet new friends. Many residents of aged-care facilities attend, and have enjoyed a range of acts in the past- from the police band to a mandolin orchestra.

"It gives people in nursing homes the chance to come out in their area for just a few hours," said Sue Henry, who has been on the organising committee since 2001.

"I'll never forget the time when a performer got everyone on their feet, clapping along and singing. It was just wonderful."

WHEN: March 14, 1pm-3:30pm

WHERE: Civic Pavilion on The Concourse, 409 Victoria Ave Chatswood

INFO: \$5 per person, bookings essential in person at The Concourse Box Office



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Get your taste buds tingling with a bush tucker cooking and tasting class, hosted by a local expert. Once your stomach is filled with tasty Aboriginal food, there will be an informal presentation on the Love Food Hate Waste project, raising awareness about the impact of food wastage on the environment.

WHEN: March 19, 12pm-3pm

WHERE: Berowra Community Centre, 1 Gully Road Berowra

INFO: Free, bookings essential via Hornsby Shire Council on 9847 6611



Willoughby Leisure Centre Pursuing Eternal Youth

Take advantage of free entry into the Leisure Centre, and learn how to stay fit, healthy and feel young forever. Seniors can use the Health Club, 25 metre indoor swimming pool, spa and sauna, as well as participate in group exercise classes (8.30am, 9.30am and 11.30am) and seek professional health advice on fitness, nutrition and wellbeing at the Healthy Ageing seminar (10.30am).

WHEN: March 21, 8.30am-12.30pm

WHERE: Willoughby Leisure Centre, Small St, Willoughby

INFO: Free, bookings for group exercise classes and the Healthy Ageing seminar essential on 9958 5799

Free Movie Night



Grab some popcorn or a choc-top and enjoy a free screening of *Great Expectations*, starring Helena Bonham-Carter, Ralph Fiennes and Robbie Coltrane.

WHEN: March 12, 10am-12:15pm

WHERE: Event Cinemas, Macquarie Shopping Centre

INFO: Ku-ring-gai Council on 9424 0000

Hornsby Seniors Week Lunch

Get a group of friends together and meet some new ones at the Golden Point Brasserie. Seniors can enjoy a tasty two-course lunch for only \$7.

WHEN: March 18 and 20, 12pm-2pm

WHERE: Asquith Leagues Club, 11-37 Alexandria Parade, Waitara

INFO: Bookings essential on 9487 1066 or info@asquithleagues.com.au



Golf Clinic, Nine Holes and BBQ

Get professional advice on how to perfect your swing, then put it into practice during a nine-hole game of golf. Celebrate your hole-in-ones with a BBQ lunch afterwards.

WHEN: March 18, 9am-1pm

WHERE: North Turramurra Golf Course, 361a Bobbin Head Rd, Turramurra

INFO: Ku-ring-gai Council on 9424 0000

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PENSIONERS FACING TOUGH TIMES

CURRENT AGE PENSION DOESN'T MEET BASIC COST OF LIVING.

by Kate Lilly

ACCORDING TO THE latest ASFA Retirement Standard figures, couples seeking a modest retirement lifestyle will need an annual income of \$32,555, in order to support basic activities. However, the Age Pension currently stands at just \$30,284 for couples and \$20,087 for singles.

Amelia Christie, Senior Policy Advisor for the Combined Pensioners and Superannuation Association (CPSA) of NSW says many pensioners are struggling, particularly those who still have housing costs to pay. "The Age Pension makes the assumption that people own their homes but lots of people don't and they're really losing out," she said. "When people don't have secure housing the low pension rates have a

huge impact on them and they don't have the ability to pay for essential services."

Other rising costs for retirees include medical services, which went up 9.4 per cent since December 2011, pharmaceutical products which increased by 5.4 per cent and dental care which increased by 3.4 per cent. Generally speaking, the average cost of living for Australians in their post-work years is now 2.8 per cent higher than it was in December 2011.

The CPSA is calling for a new independent body to determine Pension and Allowance rates, similar to the Remuneration Tribunal which currently determines the pay rates and allowances for politicians and the judiciary. Ms Christie said: "What we'd like to see is this looked at more objectively, how people are able to maintain a modest standard of living."



Living with Dementia?

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WORRYING SIGNS OF INCREASING UNCERTAINTY IN SUPER

by Paul Fletcher*

MORE AND MORE constituents are contacting me with their concerns that the Rudd Gillard Labor Government keeps changing the rules on superannuation.

In Labor's five and a half years in government, the amount that over-50s can contribute each year from pre-tax income has dropped from \$100,000 to \$50,000 to \$25,000. Last year a new tax surcharge was imposed on superannuation contributions by higher income Australians. Now there are strong and persistent rumours that Labor will look to increase tax on superannuation in the May budget.

Labor has a \$120 billion budget black hole – and it is obviously targeting super



for more tax revenue. Recently Bill Shorten, Superannuation Minister, specifically refused to rule out further changes to the taxation of superannuation in the May budget.

In the Coalition, we believe it is vital to encourage Australians to save for their retirement using the superannuation system. That is why we must minimise changes to the system – because change erodes confidence. If the Coalition comes to power, we will ensure that no more negative unexpected changes occur to the superannuation system, so that those planning for their retirement can face the future with a higher degree of predictability.

*Paul Fletcher is the Federal Member for Bradfield.

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SWEEPING DEMENTIA UNDER THE RUG

SEVENTY PER CENT OF ADULTS ADMIT THEY KNOW VERY LITTLE ABOUT ALZHEIMER'S.

by Kate Lilly

MORE THAN 321,000 Australians now live with dementia, a number that's set to increase dramatically in the coming years. Despite its high prevalence, the illness is still very poorly understood by the Australian public according to a new study commissioned by Alzheimer's Australia NSW.

CEO of Alzheimer's Australia NSW, the Hon. John Watkins, says the ignorance surrounding dementia is something that must be addressed.

"Lack of information often causes prejudice, stigma and that's not a good thing if you've been diagnosed with the disease. If people don't know much about Alzheimer's that means the community doesn't provide the services that are re-

quired, so governments don't realise their responsibilities."

Sixty per cent of Australians have a family member or a close friend who suffers from Alzheimer's and one in ten supports or cares for an Alzheimer's sufferer.

Despite this, a quarter of Australians say they find dementia 'frightening' and fifty per cent would rather not think about it. Many people falsely consider Alzheimer's to be a normal part of ageing and almost half of all adults don't realise the disease is fatal.

"In the past, it was often hidden and not talked about," said Senior Counsellor at Alzheimer's Australia NSW, Helen Creswell.

"Because so much in our rational world has to do with memories and

that cognitive function, the loss of that is quite scary for people." She said that more people are becoming aware of it as more people are getting older.

Mr Watkins hopes for more successful research and medical intervention for Alzheimer's, similar to the efforts that have been made with cancer and heart disease.

"Our intent is to convince government to get more active in funding good dementia services and research to prepare for the avalanche that's coming our way," he said.

"We want Australians to understand that just because you've been diagnosed with dementia does not mean despair and the end of life. If we can provide the services that are appropriate, people can still lead happy and fulfilling lives."

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INDEPENDENCE EVERYDAY

THE IMPORTANCE OF THE TECHNOLOGY ALLOWING FREEDOM AND DIGNITY WITH AGE.

by Kaitlin Coleman

RETAINING INDEPENDENCE AS you grow older is a difficult task faced by many Australians in their latter years of life. Physical health begins to deteriorate which can threaten their mobility, strain their mental health and make small everyday tasks seem monumental. However, emerging technologies and products are providing solutions to these everyday problems and facilitating independent living.

One such provider of these products is Rejimon Punchayil, owner and manager of Comfort Discovered in Mount Colah. His passion to serve people and help those in need led him to establish this retail store, which sells personal aid and disabled equipment.

“Our mission is to enhance independence and to empower our senior citizens to live their lives with dignity and joy,” said Mr Punchayil. “We have been doing this with pride and passion for 30 years with innovative solutions.”

Mr Punchayil said his Indian background taught him to respect his elders and sparked his interest in caring for people. “There is a cultural responsibility to look after your parents.”

He was motivated to create and ex-



Rejimon, owner of Comfort Discovered.

pand his business after an incident with an older woman who got lost in a large shopping centre car park. “She was a very fragile, old, timid woman,” he said. “She told me she had been standing in the car park for 30 to 40 minutes and nobody else had offered her help.”

After helping her locate her car and sort out the lost ticket, Mr Punchayil realised how difficult independent life could be for people with no-one to help them; the struggles of daily life become almost impossible to manage. So he founded his business, which provides the small but vital tools elderly people need to live self-sufficiently.

Comfort Discovered sells a whole range of products, from walking frames and wheelchairs, to scooters, pressure mattresses and customised beds. “Simple products like a walking stick, a walker, a wheel chair or a mobility scooter can make a huge difference to how we feel about ourselves,” he said. The products target specific health issues, for example arthritis gloves, easy-to-use cutlery and fasten-free bras for women are made to help people with arthritis. Customers are encouraged to try the products by first hiring them, which allows them to see if they suit them before making a purchase.

Mr Punchayil also believes that by helping the individual, you can help the people who look after them, namely carers or family members. “The carer is deeply exposed to lots of situations,” he said. He hopes that his products make the task of caring for elderly citizens much less arduous.

Mr Punchayil encourages people to seek help if they are ageing and struggling to live on their own. He says that awareness is the key to helping people realise they need assistance and understanding the places they can receive help such as his shop. “It is a beautiful and spiritually uplifting business, which has opened me up to a completely different perspective.”

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TAKE A WALK ON THE WILD SIDE

THE BEST TRAVEL DESTINATIONS DURING YOUR GOLDEN YEARS.

by Kaitlin Coleman

BACKPACKING THROUGH ASIA or traversing the Australian outback sounds like a lot of hard work past the age of 20 or so. But why should adventurous travelling stop after a certain age? Seniors can marry comfortable travelling and exciting experiences in the right locations. With the help of Claudia Rossi, managing director of Mary Rossi Travel, *Sydney Observer* has your travel destinations of 2013.

The key to successful travel, says Mrs Rossi, is to first ask yourself how fit and active you are- keeping within your physical limits and strengths is important. What kind of mobility do you have? If you feel confident you have a reasonable level of fitness then walking tours or treks are viable and rewarding options. If not, then sticking to less strenuous sightseeing and activities is recommended.

EXPLORE ASIA

Within Asia, Mrs Rossi believes Bhutan, or 'The land of the thunder dragon', is a

must see. Every bit as mystical and exotic as the name suggests, this landlocked country located in the foothills of the Himalayas famously restricts the number of visitors by imposing a daily US\$200 fee.

"The culture is virtually untainted by Western influence," said Mrs Rossi.

You can create your own itinerary, however Mrs Rossi advises to stick with a small group. In this group you can organise a walking tour where you'll see the best of Bhutan's spectacular natural sights and soak in its rich Buddhist culture.

The country is small enough to see the best of its sights in just eight days, starting with the capital city of Thimpu- the only capital city in the world without traffic lights- where you can visit museums, markets and temples. From here you can move onto the former capital and religious centre Punakha, where the ancient Punakha Dzong (fortress) stands at the junction of the Pho Chhu and Mo Chhu rivers.

Moving out into the countryside the beautiful valley of Paro is an unmissable location. Boasting Bhutan's most famous monastery, Taktshang Lhakhang (Tiger's Nest), perched on a cliff 900 metres above the Paro valley floor, this most sacred place has been restored to its original splendour. "Alpine meadows, tall trees and steep cliffs are just some of the magnificent natural sights you'll see in Bhutan," Mrs Rossi said.

TRAVEL ACROSS AUSTRALIA

Within Australia, Tasmania is a beautiful and often overlooked location to visit, which Mrs Rossi describes as a "great undiscovered island".



If pristine beaches and gorgeous natural wildlife are what you're after, the Maria Island walk can't be missed. A four-day guided

walk on this heritage island national park includes gentle walking and candle lit dinners under the stars. Every day there are walks through tall eucalypt forests, swimming in crystal clear water and gourmet dining at night before sleeping in comfortable wilderness camps.

For the food and wine lovers among you, look no further than Kangaroo Island, off the coast of South Australia and a short plane ride from Adelaide. Despite its price, the Southern Ocean Lodge offers the premier accommodation option on the island. Situated along a rugged stretch of coast line the luxury lodge offers stunning views of the Southern Ocean and the Kangaroo Island wilderness. Being able to soak in a bath and look out and see the wild ocean is a luxury Mrs Rossi believes everyone should enjoy once.

"There is lots to do there associated with seal colonies, koala population and national parks," said Mrs Rossi. Walking tours around the island to see the amazing natural flora and fauna should not be missed either.



FIGHT AGEING WITH SUPER FOODS

WHAT YOU EAT HAS A LOT TO DO WITH HOW YOU FEEL LATER IN LIFE.

by Miranda Middleton

SINCE PEOPLE'S APPETITES tend to decrease as they get older, it's important for seniors to ensure that every meal they do eat is packed full of nutrients. Naturopath Victoria O'Sullivan says that although we all need to eat a nutritious diet for health and longevity, it's of particular importance that seniors get enough vitamins and minerals-zinc, for example, which is essential for a healthy immune system.

Victoria also says that the food we eat can play a part in the onset or avoidance of diseases and cancer. "For instance sugar is highly acidic and inflammatory and can increase weight gain around the middle, which has been linked to cardiovascular disease, diabetes and some forms of cancer." Equally, some foods are proven

to fight disease. Victoria shares five super foods which will ease the aches and pains later in life.

BERRIES - Blueberries, acai and strawberries are low-fructose and rich in antioxidant compounds that slow down oxidation in the body (when an apple goes brown, this is oxidation- we also oxidise internally).

Serving suggestion: Blend a handful of berries with half a cup of milk, one heaped tablespoon of yoghurt and a touch of honey for an energising smoothie.

CHIA SEEDS - Chia seeds are high in plant omega-3 essential fatty acids which fight inflammation, so are good for arthritis and pain in the body.

Serving suggestion: Sprinkle one teaspoon of chia seeds on oats for breakfast or mix through yoghurt.

NATURAL YOGHURT (UNSWEETENED)

Natural yoghurt is a great source of probiotics (good gut flora), which are important for a strong immune system.

Serving suggestion: Spoon over muesli and serve with fruit and milk for a nutritious start to the day.

SALMON - Salmon is an easily-digestible protein, high in omega-3 fatty acids which are anti-inflammatory.

Serving suggestion: Steam a piece of salmon the length of your hand and serve with mixed vegetables, a drizzle of olive oil and a squeeze of lemon juice.

SPINACH - One cup of spinach a day is excellent for preventing macular degeneration (blindness) and promoting eye health.

Serving suggestion: Mix spinach leaves with cherry tomatoes, avocado and feta cheese for a simple salad.

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Bougainvillea
THE BAY CLUB RESORT



by Dr Ian Sweeney*

SENIORS, GET YOUR TEETH CHECKED!

ONE OF THE greatest challenges facing the dental profession is meeting the needs of the ageing population. Many of these patients have, with our help, retained their teeth to an advanced age. However there are a number of problem areas facing the ageing population when it comes to their dental needs:

Dry Mouth & Saliva: Saliva has the effect of lubrication, taste, healing, digestion, dilution, buffering of acids and tooth remineralisation. Medications that reduce anything from blood pressure, pain, hayfever, fluid retention, asthma, sedatives etc, all have the ability to reduce salivary flow resulting in decay.

Decay Rate: Previous gum recession exposes more root surfaces to potentially

damaging effects of tooth decay. Root surface is softer than tooth enamel, and this combined with a reduction in salivary flow increases decay rate.

Manual dexterity: A reduction in effective cleaning due to arthritis and other age related problems increases the risk of dental decay.

Eyesight: A reduction in vision increases the risk of dental decay due to poor cleaning.

Heavily restored teeth: Teeth that have been heavily restored with a number of fillings are prone to fracture. Fracture of a tooth in the mouth may have dramatic effects, particularly if the tooth in question was a front tooth or a key support for a partial denture.

Nursing Homes: An Adelaide study showed oral disease was high in both existing and new residents. This study is

supported by our observations that many residents of nursing homes have a degree of dental disease.

Often, the oral condition appears to be one of the last areas of the body to be looked at. Unfortunately, poor oral health is just as likely to cause debilitating disease requiring hospitalisation as many other medical conditions.

These problems are increasingly likely to occur after the age of sixty years and to be compounded as mental and physical health declines. In order to minimise the effects of decay in the ageing population, regular dental maintenance of all patients is recommended.

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



by Dr Ali Zahedi*

STAY ONE STEP AHEAD OF THE FLU

A QUICK JAB IN AUTUMN COULD KEEP THE BUGS AT BAY THIS WINTER.

INFLUENZA VIRUS CAN spread by direct contact or by respiratory droplets produced during coughing or sneezing. After a one to three day incubation period, influenza symptoms appear abruptly which commonly include fever, chills, muscle aches, headache, malaise and a dry cough. Sometimes symptoms similar to common cold appear too, such as a sore throat and runny nose but usually influenza is a more serious illness.

Influenza vaccination is particularly important for the elderly and other individuals who are at risk of influenza-related complications such as pneumonia. Vaccination is also recommended for healthcare providers, nursing home staff and anyone else who can transmit influenza to those at high risk of complications. Vac-

cines are administered once a year, preferably in early autumn in anticipation of winter outbreaks of influenza.

Influenza vaccines may contain traces of egg protein and therefore should not be given to persons with egg allergy. It's important to know that the vaccination is not always 100 per cent effective in producing immunity. Sometimes side effects such as fever or a local reaction occur but current influenza vaccines do not contain live virus and can not cause influenza disease.

The NSW government has recently advised the following groups are eligible for free seasonal influenza vaccine in 2013:

- All individuals aged 65 and over
- All Aboriginal and Torres Strait Islander peoples aged 15 and over
- Pregnant women
- Individuals aged 6 months and over

with medical conditions predisposing to severe influenza including those with:

- cardiac disease
- chronic respiratory conditions
- other chronic illnesses requiring regular medical follow-up or hospitalisation in the previous year
- chronic neurological conditions that impact on respiratory function
- impaired immunity, and
- children aged 6 months to 10 years on long term aspirin therapy

Individuals should seek advice from their healthcare providers about the most appropriate vaccine and dosage for themselves and their child.

*Dr Ali Zahedi is a Fellow of the Royal Australian College of General Practitioners and practises in St Ives and West Pymble.



THE *Cotswolds* VILLAGE

28 CURAGUL ROAD, NORTH TURRAMURRA

NESTLED on more than 3 hectares at North Turramurra on Sydney's leafy Upper North Shore, **The Cotswolds** has, since 1983, been renowned for the quality of its services and lifestyle.

The complex is constructed of double brick and is beautifully designed with clusters comprising 89 one and two bedroom self-care units set in award-winning gardens. Each unit has its own front entrance, ensuring privacy, and the larger 2 bedroom units have a separate dining room and ensuite bathroom. The units have either a lock-up garage, carport or parking space allocated to them.

There are also 39 serviced apartments, either studio style or one bedroom, situated in the Village Centre.

The levy for the serviced apartment pays for three meals per day, the servicing of the rooms and linen change.

One advantage in buying in **The Cotswolds** is that there are **no Deferred Management fees**.

In the Village Centre, residents are able to enjoy an indoor heated swimming pool and spa and a range of recreational facilities including a library, card room, computer room, a billiard room and indoor carpet bowls. There is also a comfortable lounge area, complete with piano, and a lovely dining room. A public golf course is located opposite the village.

Separate rooms have been provided for visiting medical practitioners, health professionals and for a hairdresser who attends 4 days each week.

All units are fitted with a 24 hour emergency call system to the Registered Nurse, who is on site 24/7.

The village bus provides transport to local shopping centres, supplementing the regular bus service which runs to Turramurra Station and also has a week day direct route to the City.

Social activities are also organised on a regular basis for those who wish to participate.

Currently available:

- Studio serviced apartments from \$85,000
- One bedroom self-care units from \$310,000
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Inspect by appointment with Julie Rodgers at Turramurra North Real Estate on 9449 3075 or 0418 606 006.



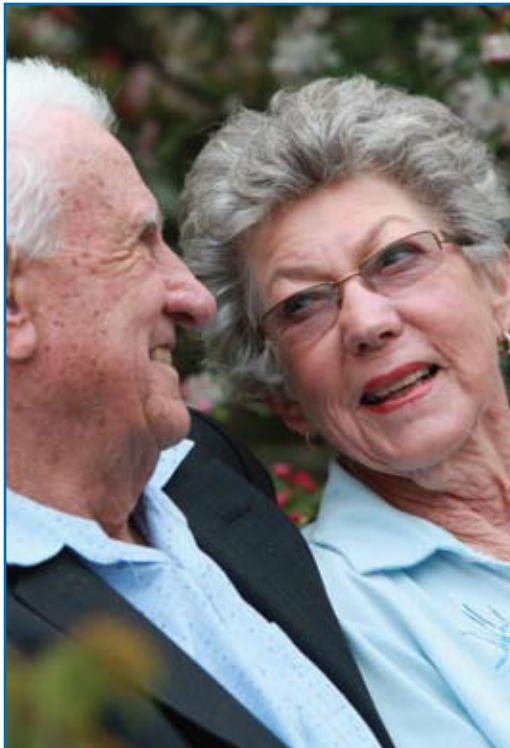
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A team of Allied Health workers visit Group Homes such as Social Worker, Physio, Speech Pathologist and Dietician. Founder and Managing Director, Tamar Krebs, is passionate in her belief that older Australians deserve a new choice and at Group Homes Australia the focus is on celebrating the person's individuality while supporting them through the challenges that ageing brings.



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OUT WITH THE OLD, IN WITH THE NEW

HOW TO HELP YOUR GARDEN TRANSITION FROM SUMMER TO AUTUMN.

by Hugh Myers*

Water your roses:

Even though March is the official beginning of autumn there are still a lot of hot days to come and roses love them. They especially like to be fed and watered on a regular basis. Make a point of having a look at your roses once or twice a week and poke your finger into the soil to check if it is cool and damp or if it is dry and in need of water.



Watch for fungi:

Humid weather in March encourages fungi like Black Spot so keep an eye out for any signs of yellowing leaves with black spots. Dispose of the infected leaves as soon as you see them but be sure to put them in the rubbish bin not the compost. Spray regularly with one of the chemical fungicides such as Triforine, Mancozeb Plus or Baycor to keep things under control. If you prefer an organic fungicide you can use Eco Rose. The main thing to be careful with is not to transfer the fungi to healthy plants by your hands so always wash your hands after dealing with a fungus infection. Disinfect your tools by dipping them in a solution of Chlorex or White King bleach from the laundry.

To prune or not to prune:

Now that they have finished flowering, it is a good time to prune your summer blooming perennials such as Salvia and Delphinium. Prune them back about a third and while you are about it, clean up any rubbish that has accumulated underneath them.

If you've not pruned your Wisteria yet then forget about it till after it's finished flowering next spring. If you try to prune it now there is a chance you'll prune off future flowering buds, and you will end up with no flowers at all.



Keep the summer bulbs damp:

By now any summer flowering bulbs that you have in the ground will have finished flowering and died back. Many can be left in the ground to multiply so just keep the ground damp but don't let the soil dry right out or get too wet. When the old foliage has dried out, it can be removed and put in the compost heap.

Think beyond summer:

When planting a large evergreen shrub that will shelter other plants from the summer heat, bear in mind that that same shrub will very likely create a cold, shady and possibly damp area in the winter which will make nearby plants unhappy. Reconsider the evergreen part and go for a deciduous shrub that will let in the sun during the winter. During autumn you could have an attractive show of coloured leaves as a bonus.



Prepare for new growth:

Take the clippers to the Paper Daisies and dead-head them. There is a good chance they will reward you with another flush of flowers.

Give them a drink of Seasol/Power Feed to encourage them along.

When was the last time you had a look inside your Westringia? You'll probably be surprised how much dead wood there is in there. Cut it out and get rid of it. I have found that a medium-sized lopper, one about 30cm long, is ideal for this kind of job. By cleaning up the bush it will start to produce new growth and bush up.

Watch out for ticks:

When working with shrubs at this time of the year and after you have finished for the day, always have a good inspection of yourself. Ticks are still out and about and disturbing the shrubbery can cause them to drop off onto YOU. A regular inspection of your pets every day or so is also very much in order at this time of the year. Shrubbery that overhangs a path should be trimmed back so that you won't brush against it as you walk past. This will lessen the chance of a tick dropping off onto you.

Start thinking about spring:

Are you thinking about planting a bed of spring flowering bulbs? The big bulb nurseries have their catalogues out now. Have a look at one and decide what you would like to grow. Check the sunlight requirements before you order so that they match the garden bed you have in mind. The big nurseries run a good mail order service so your choice is wide.

Once you have chosen your bulbs then it is time to do the soil preparation. Dig down to about 20cm breaking up all the lumps and dig in lots of compost and cow manure. The soil should be nice and friable now. Make sure the bed will drain well and raise it a bit if necessary. Damp but not wet soil is what bulbs need. They do not like wet feet.

Before planting check the instructions that will have come with the bulbs. Check for special requirements such as cooling, bulb distances and how deep to plant them. It varies considerably, some bulbs are planted just below the surface while others are planted quite deep. A week or two after planting give the bed a good drink of Seasol/Power feed.

*Hugh Myers is a member of the Ku-ring-gai Horticultural Society inc. The society meets on the first Tuesday of the month at St Ives Village Hall, Memorial Rd, St Ives (opposite Woolworths) at 7.30pm. Visitors are welcome. Phone 9449 6245.

FROM RAGS TO RICHES

TRANSFORM A ROOM BY BREATHING NEW LIFE INTO A TIRED PIECE OF FURNITURE.

by Dawn Newton

VINTAGE FURNITURE, RETRO fashion, recycling and upcycling are all on trend at the moment. So if you're looking to bring new life into a room, rather than buying something new, consider taking an old piece of furniture and breathing new life into it. Surprisingly a tatty old chair can often be transformed with just a lick of paint and some reupholstering. Not only can this often save you cash, it means you are left with something that no one else has.



Last year I found a chair (pictured above) at a garage sale for \$20. It was broken, saggy and to be honest, a bit smelly. Seeing its potential, I took it home and decided it was the ideal project to launch myself into the world of renovating furniture. Now it takes pride of place in my bedroom

(pictured below). However it's not always easy to figure out where to get started, especially for those with no DIY experience. As a recent convert to furniture renovation, I have a few tips to share.



Where can I find furniture renovating projects?

- Op shops are a great place to start. The bigger ones, like Vinnies in Brookvale, often have a wider range of furniture. Find out when your council clean up days are and drive around the day before. Don't be embarrassed- everyone does it.
- Garage sales. It might sound cliché, but one person's junk is another's treasure. Arrive early to secure the best buys.
- The internet. GumTree, eBay, and the Trading Post are good places to start. You'll be surprised how cheaply some people sell

things just to get them out of the house.

How to learn?

- YouTube is full of tutorials that guide you through projects step-by-step. From upholstering and sewing, to sanding and painting. Even absolute beginners can learn a lot.
- Take a class. An eight-week upholstery course at Macquarie Community College costs only \$235. They provide teaching and tools. The only thing you need to bring is the item you want to renovate and material, which can easily be found for under \$100. You would struggle to find a good quality, unique piece of furniture in a store for that much.

Things to remember:

1. Buy a piece of furniture for a specific purpose and envisage where it will fit in your house, to avoid ending up with a house full of old unrenovated items.
2. Buy good quality items. It doesn't matter what they look like at the time you buy them but make sure you think they have the potential to be turned into something special.
3. Take your time and renovate your item well. A botched job might be quicker but it will be always be a botched job.

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COOKING SCHOOL 'TAKES 2'

CHEF MARTIN TEPLITZKY REHASHES HIS MOTHER'S ORIGINAL COOKING SCHOOL

by Miranda Middleton

IF COOKING A perfect pavlova isn't enough of a challenge for you, how about sandwiching six layers of meringue together with lemon curd and whipped cream and decorating it with shards of toffee? Local masterchefs can now try their hand at this spectacular- albeit terrifying- dessert, which is the signature dish of the new Take 2 Eggs Cooking Academy in Wahroonga.

Under award-winning chef and restaurateur Martin Teplitzky, Take 2 Eggs will operate in the space purpose-built by Harry Seidler in 1966 for the Gretta Anna Cookery School, run by Martin's mother in the 1960s, '70s and '80s. Gretta Anna was one of Australia's most respected cookery teachers and published two cookbooks during her lifetime, *The Gretta Anna Recipes* and *More Gretta Anna Recipes*.

"The idea of the school is partly to pay homage to her," says Martin, whose mother passed away in 2010. "She had great recipes and great ideas and I think people would like to see that again but presented in a more accessible way."

Gretta Anna was cooking at a time when dinner parties were all the rage and people devoted entire days to preparing lavish feasts for their family and friends. "It's a lovely sentiment which I think we've kind of got away from over the years," says Martin, attributing

this to the availability of pre-prepared meals and the thriving restaurant scene. "It would be nice to bring that back."

One of the classes he is offering at Take 2 Eggs- 'Gretta Anna Revisited'- will see some of her best dishes recreated in a less time-consuming manner. Martin will reveal the secrets to making his mother's famous orange cake, roast duck and his personal childhood favourite, a devilish 'Hungarian Chocolate Pancake Stack'. "You make a stack of pancakes, pour lots of cream and chocolate over it and bake it in the oven," describes Martin. "It's very rich but completely delicious."

Proof of his mother's influence on him, Martin served a mini version of this "ultimate chocolate dessert" in his first restaurant, Bon Cafard, which he opened in 1983. He later owned Berowra Waters Inn, and worked in various restaurants and cookery schools in Europe before making a conscious move back to Australia last year, deciding to pick up where his mother left off.

Although Martin thinks the overall quality of restaurant food in Australia is quite high, he worries about how sustainable this is, due to the lack of proper training of many young chefs. "Because there are so many restaurants now and because the food is so free, there are kids cooking at a high level but coming out of very basic knowledge and training," says Martin, listing filleting a fish and bon-

ing a lamb as skills that many young chefs can't execute these days. "These kids won't be able to pass on anything because they won't know anything."

Martin hopes that the six-week masterclass he is running, which teaches finer skills such as butchery, pasta-making and ice-cream making, will appeal to young chefs who aren't learning such things at college or even on the job. Further down the track, Martin hopes to offer something along the lines of a year-long, skills-based course from which students graduate with a diploma.

But for now, Martin has enough on his plate. As well as the masterclass and 'Gretta Anna Revisited' on Saturdays, he is offering two classes based more on his style of food, which he describes as "modern-classical"-grounded in classical techniques but making use of what is currently available and popular. "There's a Wednesday lunch class where people come and make a couple of courses with me then sit down and have it for lunch, and then we're doing a dinner party kind of thing on Friday nights," says Martin. "I'll do a snapshot demonstration while they have a glass of champagne and watch, and then we'll sit down and eat it in an informal kind of dinner party style."

The basis of all of these meals will be beautiful produce, much of which is organic and sustainably grown. "I think the produce



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should be able to speak for itself," says Martin. "My job is to enhance it and treat it with respect and love, but not over-refine it."

Martin will try to promote this idea of really thinking about where food comes from, rather than blindly eating it, during his classes. "I like cooking most things, whether it be a beautiful fish or beautiful cut of meat or piece of fruit, as long as I know where it's come from and what it's been fed," he says. "With so much processed food and supermarkets completely dominating the market, I think that's really important."

When he isn't teaching classes, Martin will be hard at work writing Gretta Anna's third and final cookbook, which she was working on up until her death. "My Mum left quite a few new recipes and it meant a lot to her to have it done so I'm concentrating on doing that," says Martin. Then he might think about putting out his own cookbook. "I've certainly got one in me...at least!"

TO FIND OUT MORE ABOUT TAKE 2 EGGS OR THE CLASSES ON OFFER VISIT:

www.take2eggs.net

CHOCOLATE ORANGE MOUSSE WITH CANDIED ORANGE CRISPS

MARTIN TEPLITZKY SHARES WITH SYDNEY OBSERVER A RECIPE FROM ONE OF TAKE 2 EGGS' WEDNESDAY LUNCHTIME CLASSES.

INGREDIENTS:

100gm dark chocolate
60gm unsalted butter
2 eggs separated
35gm castor sugar
2 tbsp Grand Marnier or Cointreau
1 pinch salt

METHOD:

1. Melt the chocolate and butter together gently in a bowl over a saucepan over simmering water.
2. Whisk egg yolks and sugar to a pale yellow, creamy consistency.

3. Add the Grand Marnier to the egg mixture then fold in the chocolate and butter.

4. Beat the egg whites with a tiny pinch of salt until stiff peaks are formed.

5. Add about 1/3 of the chocolate mixture to the egg whites and mix together, then gently fold in the remaining egg whites.

6. Either pour into individual serving dishes or into a bowl and refrigerate until set and ready to serve.

7. Enjoy!

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POWERING AROUND THE COURT

LOCAL RESIDENT REPRESENTS AUSTRALIA IN POWERCHAIR FOOTBALL.

by Miranda Middleton

WHILE MOST AUSTRALIANS were tucking into sausage sandwiches and pavlova on Australia Day, Chris Suffield was competing in the Asia Pacific Oceania Powerchair Football Championships at Sydney Olympic Park. The 23-year-old from St Ives was part of one of the two Australian teams which played two Japanese teams in a round-robin-style tournament from January 21 to 26.

"The competition was unlike anything we'd experienced before," said Chris, whose team narrowly missed out on progressing into the final. "We did better than I thought we would."

Having muscular dystrophy, Chris found playing at such a competitive level very tiring. "I struggle with endurance," he said, "so I played in bursts of 10



Chris Suffield (second from left) to 15 minutes." There are only four players on the court at any one time but the team is made up of eight players, who are in electric wheelchairs due to conditions such as cerebral palsy, spinal injuries and birth defects.

The ambassador of this inaugural Asia Pacific Oceania Powerchair Football Championship was Rale Rasic, Socceroos

mentor and Head Coach of the 'Poweroos' at the 2011 World Cup in Paris. "When you see these guys play, the passion they show and how they meet the challenges put before them, you start to wonder who has the disability- them or us," said Rale.

Chris has been playing powerchair football since 2010, but has tried his hand at a number of other wheelchair sports including rugby and hockey, representing Australia in the latter in 2001 and 2004. He is encouraged to see powerchair football spreading across Australia, and the players' level of skill constantly improving.

Chris is now preparing for the local powerchair football competition which will kick off in Western Sydney in April. NSW will then host the National Championships for the sport in November this year.





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...TO TALK ABOUT

by Patrick McAuley

MAKING MOUNTAINS
OUT OF MOLEHILLS

AT THE MOMENT, it seems every sport is under attack for some sort of grave immorality or illegality and while in many cases the situations are unfortunate, it is important to not lose our heads. The media has been extremely quick to point fingers, well before any instances of match-fixing or drugs in sport cases have actually been proven.

An example of trigger-happy finger pointing was the supposed gambling scandal in the A-League where a match in December 2012 was reported to have had AUS \$40 million wagered on it by a Hong Kong bookmaker. Quickly the entire Australian media lambasted the sport, jumping to conclusions, declaring that there must be something dodgy afoot and suggesting that there was possibly a match-fixing scandal afoot. While the sport was a victim, the main victim was the truth, as a major case of 'lost in translation' had occurred. In the instance in question, the gambler had not gambled AUS \$50 million, but rather had gambled just HK \$40 million.

Tall poppy syndrome has been running rampant in the Australian media for many years, and I believe sport in general is the latest victim of the media's vicious hunt. A bit of fact-checking might have saved a lot of embarrassment in the A-League match-fixing scandal.

Overall my message in relation to the accusations of drugs, match-fixing, bullying and toxic attitudes running wild throughout Australian sport is 'wait and see'. Personally, I've got a sneaking suspicion that when the cards are all finally laid out, the various scandals will merely be molehills and not the mountainous scandals they are being suggested to be.

Follow: [@MrPatMcAuley](#)WILLOUGHBY SWIM CLUB WALKS AWAY
WITH 29 MEDALS AT THE NSW STAGE
AGE CHAMPIONSHIPS

by Kieran Gair

MEMBERS OF WILLOUGHBY Swim Club have posted their best results ever at the recent NSW Stage Age Championships. With former Olympian, Graeme Brewer at the helm as head coach, the team managed to place third at the prestigious event, far outstripping their previous best performance by seven places.

The Club is calling the meet 'an ex-

ceptional result' with 12 competitors walking away with individual medals. Overall, the 23 competitors- all under 18- shared 29 medals between them: 10 gold, 8 silver and 11 bronze. Special mention should go to 13-year-old Callum Lowe-Griffiths who managed to walk away with six medals.

15 of the young swimmers will head to the National Age Championships in Adelaide on April 8 to battle it out with the nation's best.

RAVENSWOOD RINGS IN AWARDS

by Kieran Gair

A NUMBER OF exceptional young sports-women from Ravenswood School for Girls were recently honoured by the NSW Combined Independent Schools Sports Council at their annual awards evening. Seven girls were awarded with state medallions, an honour reserved for the best young sportspeople in NSW.

Ravenswood girls featured heavily in two of the major award categories with The Outstanding Individual Sportswoman Award going to softball player Jessica Meyer and the Outstanding Sportsperson with a Disability Award going to swimmer Tiffany Thomas Kane.

Tiffany won her highly sought-after award in recognition of her success in the pool. At the School Sport Australia Championships Tiffany walked away with six gold medals and one silver. She also broke Australian records in six events.

2012 Ravenswood graduate, Jessica Meyer, was recognised with the Outstanding Individual Sportswoman award for her success-



Molly McLean, Ellie Marks, Tiffany Thomas Kane and Jessica Meyer (left to right).

ful selection into the Australian Schoolgirls team, her captaincy of the NSW All Schools team and her selection earlier this year into the U19 Australian softball team, set to compete at the World Championships in Canada.

Five other Ravenswood girls also received state medallions across four sports; Amelia Gould in swimming, Ellie Marks and Jordyn Christensen in softball and Molly McLean in diving.

March 10**Autumn Vibes****10am onwards (Free)**

Celebrate the beginning of autumn at the Royal Botanic Garden. Autumn Vibes 2013 is a day of free music, dance, opera, storytelling, art, talks, walks and children's activities- all linking plants in the Botanic Garden to their countries of origin. A range of multicultural foods will be for sale.

Where: Royal Botanic Garden, Sydney**Contact:** 9231 8111**March 16 – July 14****'Rescue' exhibition at the Australian Maritime Museum (\$25 for adults, \$15 for children, \$65 for families)**

Experience the thrill and excitement of search and rescue missions, and see if you have what it takes to be a hero, at the Australian Maritime Museum. 'Rescue' is an interactive exhibition that engages visitors in real-life scenarios where people's lives are potentially at stake in land, sea and air rescues. Activities include escaping a smoke-filled room, using fire extinguishers on simulated fires, and climbing aboard a life raft when lost at sea.

Where: Where: Australian Maritime Museum, Darling Harbour**Contact:** 9298 3777**March 17****Ku-ring-gai Chase Fun Run (9km race will begin at 9am, 4.5km walk/run at 9.10am)**

This unique Fun Run and Walk provides runners and walkers of all abilities to join Special Olympics athletes and their Knox "buddies", get active, and unite behind a brilliant cause. After the race, there will be a community carnival and picnic.

Where: Starts and finishes at Golden Jubilee Field, North Wahroonga**Contact:** Call 9424 0802 or register online at <http://www.kmc.nsw.gov.au>**March 14 – June 6****Surviving the HSC seminars**

With Higher School Certificate assessments starting to build up for Year 12 students, Willoughby City Library has set up a program to support students and families. It involves a mixture of information evenings, such as the Board of Studies run 'Demystifying the HSC', as well as course-specific seminars, such as the 'English Area of Study Belonging'. The helpful tips and support from experts will be valuable for all HSC students feeling stressed and anxious about their final exams.

Where: Chatswood Library on The Concourse, Lower Ground, 409 Victoria Avenue, Chatswood**Contact:** Book online at www.willoughby.nsw.gov.au/Library**March 20****Men's tasting plate lunch 11am – 2.30pm (\$5)**

A men's 'tasting plate lunch' is being hosted by Hornsby Shire Council and Northern Sydney Local Health District Carers, for men who are carers or recently widowed. They will be able to sample the types of nutritious yet simple meals they could learn to cook during a six-week cooking course, which starts on April 17.

Where: Hornsby Leisure and Learning Centre, 25 Edgeworth David Ave, Hornsby**Contact:** Bookings essential on 9847 6531 or kharris@hornsby.nsw.gov.au**March 23 – June 3****Archibald Prize****(\$7 for members, \$8 for children/concession, \$10 for adults)**

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

Where: Art Gallery of NSW, Art Gallery Road, Sydney**Contact:** 9225 1700**22 March****Make-A-Wish Day****10am – 12pm (Free)**

Make-A-Wish Day is an annual fund-raising event which raises money to help grant wishes for seriously ill children. Everyone is encouraged to get together with friends, family, colleagues or classmates and wear what they wish- whether it be a dressing gown or a fairy costume. There are currently over 500 sick children waiting for their wishes to be granted, so the more participants the better!

Contact: 1800 032 260 orfor more information about the event, go to: www.makeawish.org.au/wishday

BUNNY RABBITS AND AQUATIC LIFE



EASTER EGGS

One look in the supermarkets tells you that Easter is on its way. The Lindt Gold Bunny is Australia's favourite Easter treat, and we have 20 of them to give away. You'd better be quick or we might eat them!



SEA LIFE AQUARIUM

SEA LIFE Sydney Aquarium was recently relaunched, complete with 14 brand new themed zones, including the 1.5 million litre oceanarium Shark Walk and the idyllic Dugong Island. We are giving away 10 Family Passes to SEA LIFE Sydney Aquarium, each valued at \$120.



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

PUZZLES SOLUTIONS

Handy 3401 (Bewitching)

CROSSWORDS

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WORDSEARCH

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SUDOKU

NOVICE 0479

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

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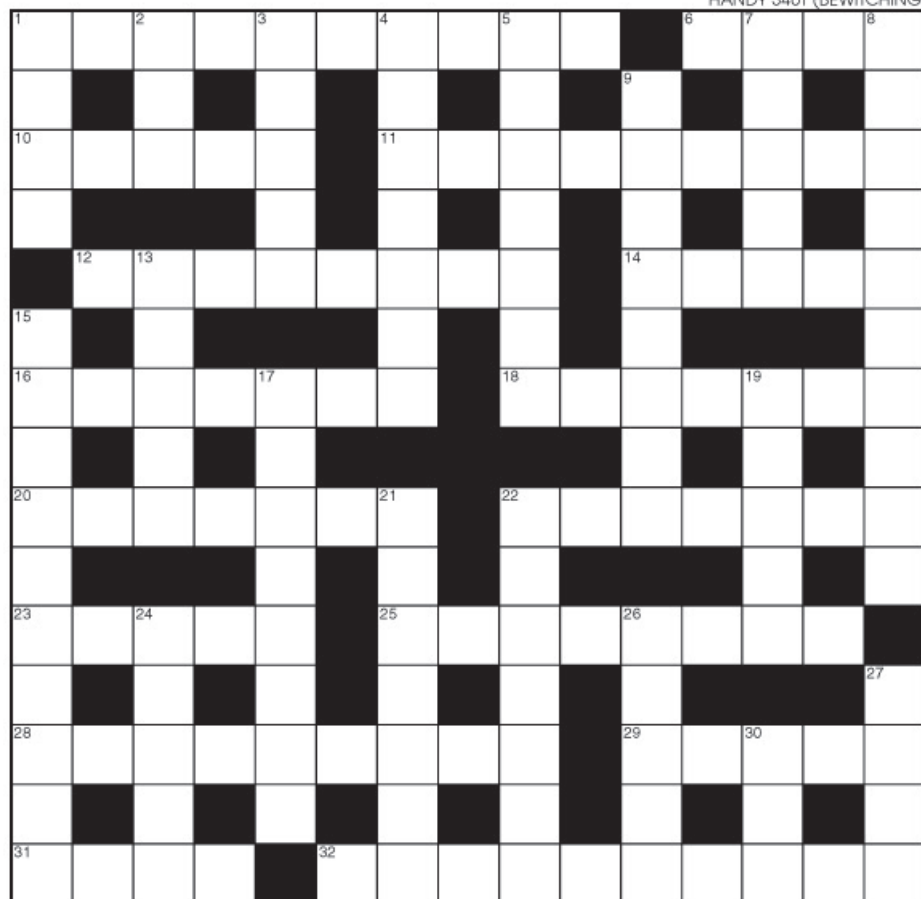
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Crosswords

HANDY 3401 (BEWITCHING)



Across

- 1. Enchanting
- 6. Want
- 10. Stone overhang
- 11. Zaniness
- 12. Overrule
- 14. Spaghetti or noodles
- 16. Corroding
- 18. Blue-eyed cats
- 20. Rubbers
- 22. Kettle heater
- 23. Moon's terrain, ... landscape
- 25. Heftiest
- 28. Impediments
- 29. Old photo shade
- 31. Asian sauce bean
- 32. Rituals

Down

- 1. Conveyor strip
- 2. Money roll
- 3. Belonging to them
- 4. Wailing loudly
- 5. Cell centre
- 7. Brainwaves
- 8. King's title (3,7)
- 9. Lose
- 13. Stringed instrument
- 15. Defiant
- 17. Iced confection (3,5)
- 19. Equally balances
- 21. Pupil
- 22. Passed (of time)
- 24. Disagreeable
- 26. Fabric insert
- 27. Cello or double ...
- 30. Arab organisation (1,1,1)

Wordsearch

PX0153 - ALTERNATIVE MEDICINE



FIND ALL THE WORDS

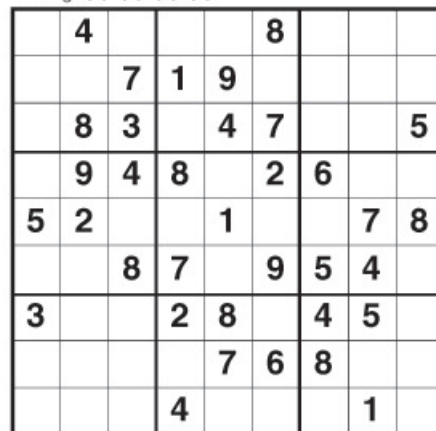
listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

- | | | |
|--------------|--------------|------------|
| ACUPUNCTURE | HYDROTHERAPY | RUB |
| AMINO ACIDS | HYPNOSIS | SHIATSU |
| AROMATHERAPY | MINERALS | SPA |
| CHIROPRACTIC | NUTRITION | TOUCH |
| DRUG-FREE | PRESSURE | TOXICOLOGY |
| ECHINACEA | PROTEIN | UNORTHODOX |
| HEALING | REFLEXOLOGY | VITAMINS |
| HERBS | REIKI | YOGA |

SUDOKU

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

Rating: ★☆☆☆☆



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Tahitian



Description
2.1m x 2.1m spa
5 Seater
Family Spa
led light
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Only \$4990

Miami



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

Myfavourite



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

Sahara



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

Jamaican



Description
2.3m x 2.4m spa
Big Family spa
Water Management
Waterfalls led lights
Retail \$10990
Save \$3000
Only \$7990

5.8m Aquaswim duo swim spa



Description
5.8mx 2.3m 1.32 dual zone swimspa
Powerfull Pro swim system
5 x 3hp pumps 2 circulation pumps
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Description
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