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FROM THE TEAM

Self-defence is a skill every person should be equipped with, this month we spoke to experts in the field about the best ways to defend yourself in the case you ever come under attack. (p. 46)

We were also lucky enough to speak to Karl Stefanovic. He let us in on the reason he has decided to stay at the *Today* show rather than move permanently to *60 Minutes*, as well as revealing some of his favourite spots on the North Shore. (p. 18)

If this isn't enough, then we have a coffee shop special, so you will definitely know where to go next time you need a caffeine fix. (p. 42)

Enjoy the magazine and let us know your feedback!

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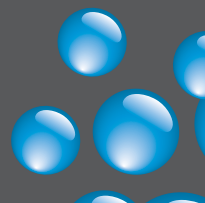
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MIND OVER MATTER

I liked 'Age really is no barrier' because it proves that people are as young as they feel that they are. A person can remain active and contribute to community regardless of age. This man shows that mind over matter wins and he is an excellent role model for senior citizens.

Debbie Mosselson, St Ives

SOMETHING FOR THE WHOLE FAMILY

I love the October issue as (as always), it has something for everyone. This issue was for the seniors, which I know my mum would love, a footy column for me and a calendar for 'What's On' in October for the whole family to see and do. Plus restaurant ads and more fine dining.

Danielle Irvine, Hornsby

DENTAL HEALTH

I like the article 'Below the gums counts' because it was very informative as it highlighted the importance of having good clean teeth and linked gum disease to heart disease and diabetes.

Andrew Chu, Ryde

45

AGE REALLY IS NO BARRIER

FIGHTING FIRES AND FITNESS TRAINING IS ALL IN A DAY'S WORK FOR BILL KING.

by Rose Moloney

MOSMAN FIREFIGHTER, BILL KING, proves that age is no excuse when it comes to getting active. At the age of 72, Mr King is preparing to compete in the Indoor Rowing event at the 2012 Sydney World Firefighters Games this October.

The ten day competition sees thousands of competitors compete in over 70 sporting events ranging from elite level to family fun.

Over the last ten years Mr King has travelled across Australia and even to New York to compete in different sporting events. In the past he has tried his luck in cross country running and bike riding, but now his sport of choice is indoor rowing. "I find it a good sport, it's not too invasive," he said.



King balances training and work.

Mr King trains everyday at the gym or at the fire station to ensure he is ready to compete against contestants of all ages. A standard fitness session involves both weights training and rowing from anywhere between five minutes to an hour.

After 51 years of working as a firefighter, ten of which have been at the Mosman Fire Station, he has no immediate plans to retire. He enjoys the comradeship of working with young people and likes to keep moving. "I just enjoy the work and I feel it keeps me mentally and physically active," said Mr King.

Looking to the future, he has his sights set on competing in the World Police and Fire Games in Belfast next year.

FLYING COLOURS

My 86 year old Dad says thanks for the driving school pep talk, he passed with flying colours. Loved the tips for success!

Darren Thomas, Mosman

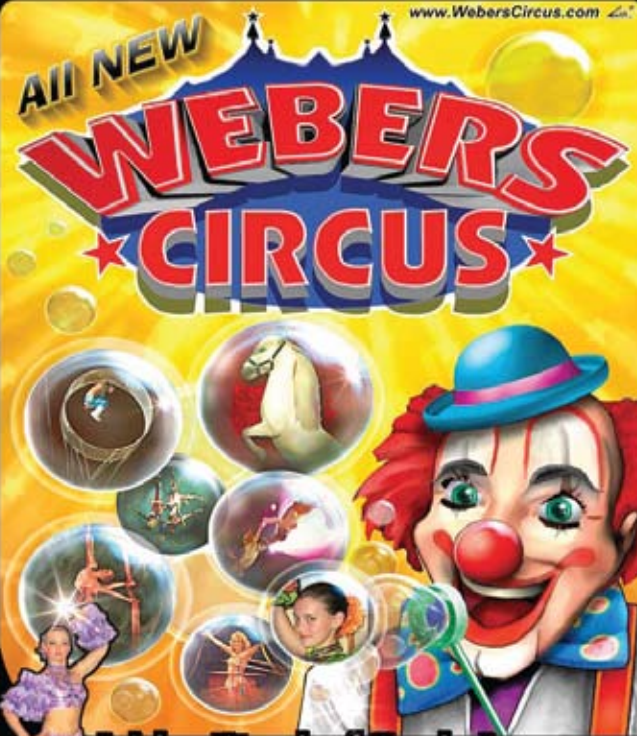


If you would like to enter any of the giveaway draws, tell us in 25 words or more, what you liked in this month's magazine. The best entries will be rewarded and could be published* in the next issue of the magazine. PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your **name, address, and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

WHAT IS AN ERUV?

THE ERUV. WHAT'S it about and why the paradox? A group of St Ives residents has lodged a planning application to create a symbolic area called an eruv. Virtually invisible, it will comprise a series of poles, 85 per cent of which are already in place in the form of Energy Australia and Foxtel poles attached by a one-centimetre-thin stretch of wire.

That's it. No enclosure, no boundary. The poles would create a virtual area within which observant Jewish mothers could push prams on the Sabbath. They would make it possible for elderly people requiring walking-sticks to get out on the Sabbath. They would assist Jews in observing the requirements of their faith, while being part of society.

The paradox lies in the fact that this can happen without anyone noticing. As essential as an eruv is to observant Jews, it has a negligible effect on the environ-



The eruv in Bondi.

ment and zero impact on the area.

How many of us have enjoyed a stroll along Bondi beachfront? How many of us are aware that we have done so within an eruv which has been in place since 2002? That's the point. It's a non-event to most of us, yet has a positive impact on fellow-Australians, who merely seek to observe the requirements of their faith.

Over 200 eruvs exist around the world, from London and Vancouver to Melbourne and Perth. Johannesburg has nine, while Florida has 19. With goodwill and understanding, the residents of these cities carry on unfazed and untroubled.

It's not about forming enclosures or separating people from each other. The reverse, in fact. It's about enabling people to get out and mix while respecting their cultures and faiths. That's what Australia is about.

*Vic Alhadeff is chief executive officer of the NSW Jewish Board of Deputies.



by Ken Wilson*

CONGESTION ACROSS NSW

THERE'S NOT MUCH in the new NSW Infrastructure plan about managing the demand for Sydney's road space. It reminds me of a Rocky and Bullwinkle cartoon. Bullwinkle, the ever-optimistic Moose, tries unsuccessfully to pull a rabbit out of a hat much to the dismay of his friend Rocky, the flying squirrel.

Bullwinkle: Hey rocky, watch me pull a rabbit out of a hat.

Rocky: That trick never works.

Bullwinkle: This time, Rocky, for sure. POP.

Bullwinkle: I think a need a new hat.

I'm not sure if Nick Greiner and Gladys Berejiklian are friends but if solving traffic congestion by building motorways is like pulling a rabbit out of a hat then the skit could be exactly what is go-

ing on between these two right now.

Top of the list under the "First things first strategy" is the construction of a \$10 billion motorway linking the end of the M4 to the CBD and airport. Further down the list is a link between the F3 and the M2.

When the hills railway comes on line, there will not be enough peak capacity from Chatswood to the city. The new line will run as a shuttle to Chatswood where passengers will have to queue to change trains. Commuters at the next station, Artarmon, may find themselves looking for new ways of getting to town.

Transport NSW had recognised the need to build a second harbour crossing, alas the Infrastructure plan rules this out. Instead it wants to convert the existing line to single deck carriages with more standing room. Commuters would face

years of delays, including many months without trains.

The Infrastructure plan abandons the notion of returning trams to the CBD and has the extraordinary idea of building an underground city bus network. It will be interesting to see how commuters will cope with the concentration of diesel fumes in the planned underground transfer stations.

Greiner also wants to cram more students into existing public school campuses. In Willoughby they are already overcrowded as many were sold off between 1988 and 1992. It appears a Moose was then premier of NSW.

*Ken Wilson is the secretary of South Willoughby Progress Association, husband and father of three kids.

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Nine invite Concept Plan feedback

CHANNEL NINE HAS released a Concept Plan for the redevelopment of its site in Willoughby. The three different options in the plan have a strong focus on residential development.

Although Scott Soutar, Sydney station manager for Channel Nine, said that redevelopment could ultimately lead to Nine's relocation. He also said: "The reality is Channel Nine will be their for the foreseeable future as any plan will take a number of years to come to fruition." Channel Nine has launched a website to provide the community with informa-



Rose Moloney

tion about the development's progress, and space to give feedback through comments.

For More Information
www.ninewilloughby.com.au

Mt Colah break-in

THREE VEHICLES IN Round Table Close, Mount Colah have allegedly been broken into and ransacked of coins. A short time after another vehicle in Arthurs Circuit was allegedly broken into and keys to a nearby residence taken. These were then used to break into the house, where two laptops and a cash tin were stolen. A 17 year-old male was taken to Hornsby police, where investigations continue. This robbery follows an increase in robberies from cars parked by train lines.

RBT SUCCESS

The 'don't drink and drive' rule has proven to be successful in the Kuring-gai Local Area Command, as results from an RBT operation conducted in early October show low amounts of drink driving. In one weekend 3,002 tests were carried out but only eight drink driving offences occurred.

New road rules released across NSW

- Drivers take note, on November 1 a set of new driving laws were put in place across NSW. Some of the key laws were:
 - Mobile phones** — Mobile phones may be used to make or receive calls, but only if they are either mounted or you do not touch the device at all. The only way you can touch the phone is to pass it to a passenger.
 - Roundabouts** — This has been clarified at last! When exiting the roundabout, you must indicate left, unless it is not practical to do so.
 - Animals on motorbikes** — Hopefully no one was doing this anyway, but you are not allowed to stick an animal between you and the handlebars. It affects your

- control of the vehicle, says the RMS.
 - U-Turns** — You cannot not make a U-turn over any unbroken line, be it two, one, or one unbroken and one broken.
 - Overtaking trucks** — You can now overtake a vehicle displaying a "do not overtake turning vehicle" sign on its left, provided it is on a multi-lane road, the vehicle is turning right, or the vehicle is stationary.
 - Giving way to pedestrians when turning at an intersection** — When turning into a road, you must give way to any pedestrians crossing that road.
- The remainder of the new rules can be read on the RMS (formerly the RTA) website.

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LOOK OUT, CROOKS ABOUT!

POLICE OFFICERS HAVE NOTICED AN INCREASE IN PROPERTY THEFT FROM CARS.

by Miranda Middleton

IF YOU'RE SOMEONE who leaves your GPS mount on the dashboard, or hides valuables under a blanket in the back seat, be warned; thieves will know that there's property to steal from your car, and you are at high risk of being broken into. A recent increase in the number of car break-ins in the Ku-ring-gai area has convinced police officers that car-owners are not trying hard enough to protect their property.

"If there is any hint that there is property in the car, crooks will do a quick smash and they're in," said Ku-ring-gai Police Crime Prevention Officer, Paul Cleary. He named on-show phones and wallets, briefcases, laptop bags, blankets over a concealed object,

GPS mounts and closed glove-boxes as blatant invitations for thieves to break into a car. "If it can be seen, it increases the risk of being stolen," he said.

Commuters who park their cars near a station and catch the train to work are advised to be particularly vigilant. "Commuter car parks are a particular issue because crooks know that cars sit there unattended for eight to twelve hours at a time," said Constable Cleary, listing the Gordon commuter car park, Thornleigh commuter car park and Berowra Waters Marina car park as known hot-spots for theft from cars.

Yet even non-commuters are advised to take more caution as summer approaches. "The trend of stealing from cars tends to pick up towards summer," said Constable Cleary.

"There are more daylight hours for thieves to operate in and more people out and about, driving to the beach and going on picnics. Any indication that there's something valuable in the car is increasing your risk of target."

TIPS FOR PREVENTING VEHICLE BREAK-INS.

1. Don't leave property, or any sign of property in the car.
2. Park in high-use, high-pedestrian areas; cars in dimly-lit, secluded streets with less traffic are more likely to be targeted.
3. Leave your glove box and console compartment open to show that there is nothing in there.
4. Lock all doors and windows.
5. Activate your car's alarm.

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DEVELOPMENT IN TURRAMURRA

PLANS TO SUBDIVIDE EMPTY LAND HAVE LED RESIDENTS TO EXPRESS CONCERNS ABOUT SAFETY, FUNDING AND THE ENVIRONMENT.

by Rose Moloney

RESIDENTS HAVE RAISED concerns about Ku-ring-gai Council's plans to build a 26-lot subdivision in South Turramurra. On October 15 approximately 50 people attended a public information session regarding the development application for the subdivision.

South Turramurra resident, David Watson, who lives in a road parallel to the development, said his primary concern is the safety of the roads surrounding the subdivision.

The current plan includes a new bike track and waterway for children, however Mr Watson said that the planned extension of Auluba Road did not provide enough traffic safety measures to ensure the safety of these children. "I think it needs to be sensible, any new road works they put in place need to take into consideration the demographics of the area, which is a young area, with lots of kids moving around it," said Mr Watson.

Eric Aubert, a spokesperson for Ku-ring-gai Council said that the Traffic Report they commissioned states there would be a minimal impact on the road network. However he also said: "The new four-way inter-



The public information session held at the site.

section created at the junction of Chisolm St, Auluba Avenue and Road One in the subdivision may be provided with stop or give way signs."

Ku-ring-gai Council and the NSW Department of Planning own the site. Funds generated from the site will go towards the development of the Indoor Aquatic and Leisure Centre at West Pymble. Although Mr Watson had no issue with developing on the land he said he would have preferred for it to be converted into playing fields or soccer fields. Furthermore he

felt that the funds created from development should be used in a way that would more directly benefit the community being affected.

Another concern raised by some locals was the environmental impact of the subdivision. South Turramurra resident Bruce Carman said: "What we, the locals, are mostly against is not leaving us any of our bush land that we love about South Turramurra."

The land located between Chisholm Street and Barwon Avenue is currently made up of empty paddock and bushland. The council plans to keep 323 trees and remove 124.

Mr Aubert said: "Significant new planting is proposed throughout the riparian corridor and along the street frontages." Some of the bush that will be removed is already classified as a noxious weed, in particular the camphor laurel trees.

After Ku-ring-gai Council has determined the development application, construction is planned to begin in the middle of next year.

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LABOUR OF LOVE

ART IMITATES LIFE IN THIS YEAR'S SCULPTURE BY THE SEA.

by Rose Moloney

IF THE SPECTACULAR sea views weren't already enough to lure visitors to the two kilometre stretch of land between Bondi and Tamarama, the 113 sculptures on show for Sculpture by the Sea in October definitely were.

This year Sculpture by Sea accepted 57 new participants. One of these newcomers was the creative director of Colab Eyewear, Carl Tindall. In a true case of art imitating life, Carl created a giant wooden sculpture of sunglasses for the exhibition.

As part of his day job he collaborates with artists and musicians to turn their sunglasses design concepts into a reality. His sculpture was an extension of this. Carl said he wanted "to express the connection between art and sunglasses, and what better way to do it than have half a million peo-

ple walk past?"

Carl worked alongside his father, Grahame Tindall, and co-worker Carly Buteux, at his childhood home in Hunters Hill in the four months leading up to the exhibition to create the wooden sunglasses.

The three designers had to be strategic in order to manipulate the large pieces of wood into the right shape for the sculpture, bending separate layers of plywood into position over a number of weeks in order to create the final product. "It was a lot tougher than anything I've ever worked on before," said Carl.

The final sculpture is quite subtle, the brown wood blending into the sand on Tamarama beach. However this is exactly what the team were working towards. Just like the business model at Colab, Carl aims to create unique products that people "have to find".

Rose Moloney



Carl with his sculpture on Tamarama Beach.

THE SAN REDEVELOPMENT CONTINUES

CONSTRUCTION AT THE THE SAN IS ON TRACK TO FINISH IN THE MIDDLE OF 2014.

by Kaitlin Coleman

THE SYDNEY ADVENTIST Hospital has made successful progress on its \$181 million redevelopment, keeping it on track for its completion in 2014.

The 25,000 sqm expansion which began in July 2011, was in response to the area's rapidly growing aged population.

San chief executive officer Dr Leon Clark said: "The redevelopment was motivated by estimates that there will be an over 50 per cent increase in demand for our services between 2010-2011 and 2026-2027. New, expanded, and revitalised facilities will help us cater to that demand."

These facilities include an additional 12 operating theatres and 200 inpatient beds, new maternity, women's health and children's units, and the creation of a purpose-built integrated Cancer Centre. The

Sydney Adventist Hospital Files



Mir Paul Fletcher MP, Dr Leon Clark, Mrs Tanya Plibersek & Mrs Gillian Skinner at the ceremony for the Education Centre being built at the San.

car park will increase by approximately 600 spaces, and an Education Centre will be made for the training of new doctors and nurses.

Concerns about the impact of the de-

velopment on already congested traffic conditions have been raised by some members of the community.

"We recognised that the redevelopment would add to parking and traffic pressures in the area until the new car park and facilities were opened," said Dr Clark.

"As a result, community consultation, public forums, letters to local residents, hospital newsletters, hospital contact for residents to liaise with, were all undertaken, issued or established," he said.

As well as this the RTA and local council assisted the hospital in dealing with issues as they arose, such as an accident on Pennant Hills Road and cars parked in the clearway of Fox Valley Road.

The development is currently running on schedule, with the car park expected to open in April next year, and the rest of the facilities by the middle of 2014.

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MAN OF THE MORN

KARL STEFANOVIC TELLS US WHAT HE LOVES ABOUT LIVING ON THE NORTH SHORE.

by Rose Moloney

WE ALL KNOW him as one of the ever-present faces of the *Today* show and Golden Logie winner. For the last eight years he has graced our television screens day-in, day-out, one of the few constants in the unpredictable world of television. However when he's not sitting alongside Lisa Wilkinson in the Channel Nine studios, Karl Stefanovic is just your average Lindfield resident.

On the weekend, if he's not at the park with his three children, he spends time at the local butchers sourcing the best types of the South African delicacy, biltong. "I am a biltong aficionado," says Karl, "there's a

ily, during the week his work schedule is quite intense. At the time of the interview he has only been off air for 15 minutes, and he's already been up since 3.25am. Or 3.27am if you count the two minutes he sits on the end of his bed every morning, saying, "What, what, do I have to do this again?" However everyday in less than an hour he has always left home and is busy catching up on the news at Channel Nine before going on air.

But surely there must be those mornings where he doesn't feel like spending 3.5 hours in front of 330,000 people? Although Karl admits that on Mondays he sometimes feels a little out of the television rhythm it doesn't faze him. "What I do is a show eve-



The Today show team.

up his children from school every afternoon, which he describes as one of the "great privileges" of his job.

After spending his time in front of a screen at Channel Nine for twelve years now, eight of which have been on the *Today* show, Karl makes hosting look easy, whether he's covering a leaf blower competition or interviewing Tony Abbott, as he has been on the morning of the interview. Yet when he started working at *Today* the constant switch between harder news stories and more light-hearted interviews was the most challenging part of the job. Over the years he has developed his own way of mastering this transition. "I do it much easier now than I used to, I was always very conscious of being able to 'switch gears' as they say in the game, but now I think that the less you try, and the less focus you put on changing gears, the easier it is for the audience."

Karl has enjoyed both the light-hearted moments and more serious stories that he has reported on in his career as a journalist. He points to the Royal Wedding and Jubilee as two of the more exciting things he has been given the opportunity to cover. While he says he is most proud of his coverage of the Queensland floods in 2011, and the US presidential race in 2008.

Lately it has been rumoured that Karl has been planning a permanent move from *Today* to *60 Minutes*, where he already works casually alongside his breakfast gig.



Karl Stefanovic and Lisa Wilkinson at the London 2012 Olympics.

butcher at St Ives, Stanley Street Butcher, who makes without a doubt the greatest biltong I've ever had. So on the weekend I like to go round and hassle them".

Although Karl says he is lucky to have the weekend off to spend time with his fam-

ryday, so it's my job to be up and to be performing in whatever capacities that might be. So that's the way I treat it and once you've got that mentality it's pretty easy to lift yourself," he says. The upside of the early mornings for Karl is being there to pick

NING

“You know I love the North Shore, and I love the community feeling of it, it’s the closest thing to Queensland that I’ve experienced in Sydney.”

Although Karl admits that for a while this had been on the cards, after giving it some thought he realised that the combination of the the two shows was the best for him.

“I know that the guys on *60 Minutes* work incredibly long hours overseas, and I just think that with my young family that the timing’s not right for me to be away for five to six weeks at a time.”

Originally from Queensland, he doesn’t have any plans to leave the North Shore either. “You know I love the North Shore, and I love the community feeling of it, it’s the closest thing to Queensland that I’ve experienced in Sydney. So we really enjoy living here and I can’t imagine us moving.” Not only that, but where else would he find his favourite wagyu beef biltong?



TO BE TUTORED, OR NOT TO BE TUTORED?

EVERY YEAR MORE AND MORE STUDENTS ARE TRYING TO GET A COMPETITIVE EDGE OVER THEIR PEERS, BUT IS IT WORTH IT?

Australian Tutoring Association

by Miranda Middleton

A FEW DECADES ago the word 'tutoring' was rarely heard in the school playground, however in today's fast-paced, competitive school environment, private tutors are almost as commonplace as iPhones and Facebook accounts. Parents are forking out thousands of dollars every year, on top of school fees, to help their children achieve the best school results possible. But what has caused this increase in private tuition, and is it really worth the money?

CEO of the Australian Tutoring Association, Mohan Dhall, said that with the mounting competition for selective school and university places, there has been a significant increase in the demand for private tutors, particularly in English and Maths. "Historically the focus of private tuition was on helping children who were struggling with particular concepts to catch up, but with the rise of entry exams—whether it be for selective schools, or overseas universities, there has been a parallel increase in capable students seeking private tutors," said Mr Dhall.

Professor of Education at the University of Technology Sydney, Rosemary Johnston, agrees that during her lifespan as an educator, tutoring has become a much more widespread practice due to the increasingly competitive nature of the school environment, and parental pressure. "Many of the students who are using tutors aren't necessarily the students who most need tutors," she said. "They would probably do quite well anyway but their parents, or they themselves, want them to do even better."



Tutoring is beneficial for students that struggle with their studies.

But with parents paying private tutors up to \$120 per hour, is this expensive investment into their children's education really worth it? Mr Dhall believes that the primary benefit of tutoring is the increased confidence that grows out of one-on-one attention and encouragement. "Overwhelmingly, having a private tutor increases students' self-confidence and problem solving capacities," he said. "Many children seek private tutors not because they are under-skilled, but because they are under-confident."

2011 Pymble Ladies' College graduate, Charlotte Salusinszky, concurs that tutoring can restore much self-worth to a student who would otherwise be left behind, provided the tutor does their job correctly. "Sure, it's their responsibility to get the student achieving higher marks, but if they're not fostering a

genuine appreciation and passion for the subject they're teaching, in the long run they're actually crippling the student's curiosity," said Charlotte, who herself, topped the state in HSC Advanced English last year. Although she didn't have an English tutor, she was tutored in French because she wanted to be further challenged. "At school I knew how to breeze through, but my tutor knew my weaknesses and strengths so intimately, and was committed to demanding more out of me," she said.

There is no black or white answer as to whether tutoring is the key to success in the HSC. Many students achieve excellent results purely through their own hard work and collaboration with their teachers, yet for those who are struggling with particular concepts or lacking confidence, tutoring may be a worthwhile investment.

Audrey D'Souza, Mother of Year 12 student who has a tutor:



"In today's world where both parents of many households work and many children have to discipline themselves to 'get to their books' I think a private tutor could be the answer."

Declan Gooch, Ex-student from Turrumurra High School:



"I think most people that have tutors probably don't need them. If the problem is understanding the content they should be able to get help from the teacher or someone else at school."

Karen Nes, Year 12 student at Pymble Ladies College:



"What I find most helpful during tutoring sessions is going over past errors, which is often difficult to do during class time."

HOMEWORK FAILS THE TEST

ACADEMICS ARGUE THAT THERE IS LITTLE BENEFIT IN PRIMARY SCHOOL STUDENTS DOING HOMEWORK.

by Miranda Middleton

HOMEWORK CAN DO nothing but good, right? Wrong, according to Professor of Education at Central Queensland University, Mike Horsley, and Professor Richard Walker from the University of Sydney. Their new book *Reforming Homework: Practices, Learning and Policies* synthesises results from a number of studies which have shown that primary school students who do the most homework actually perform worse in the standardised tests.

“We argue that far too much homework involves tasks kids can already do and isn’t challenging enough,” said Mr Horsley. He doesn’t deny that repetitive practice and

drill exercises can help to consolidate ideas learnt in class, but this type of homework needs to be limited because it isn’t teaching students anything new and can hinder a child’s motivation to learn. “Homework needs to be better planned and designed so that it is challenging, interesting and helps students to develop autonomy and self-management skills,” he said.

Another issue addressed in the book is the amount of time primary school students are spending on homework. “We’re not saying that homework should be abolished, like the new French government is, but there certainly needs to be a lot less of it,” said Mr Horsley. “If students are spending too much time doing homework, their opportunities for reading and doing phys-

ical activity and contributing to the family are reduced.” He believes that for young children, reading and sharing conversations with family members about literature is an essential part of their intellectual development, and can’t be replaced by mindless homework tasks.

The authors offer advice on how to make homework more beneficial for younger students in their book, hoping that it will provide impetus among parents and educators to reform homework. They believe that work done outside of the classroom has the potential to build a meaningful bridge between home and school and to further extend and challenge students, but at the moment it is sending children’s learning backwards.

CITY AND THE BUSH CONNECT IN OCTOBER THROUGH ART



BOBBY IVANOFF POINTED enthusiastically to a small, vibrant artwork hanging on the wall of his East Lindfield cafe. “I want to commission this student to create something permanently here,” he said. The student is in Year 7 and the artwork was surrounded by 20 others in a competition that brought the city and bush closer together. Throughout October artworks of the finalists from Lindfield East Public School, Killara High School and Menindee Central School were hung in Bobby’s cafe, Deli on the Park, as part of an exchange program running since 2009. Keith Munro, Curator of Aboriginal Art at the Museum of Contemporary Art, judged the entries and spoke very highly of the students’ work. Keith said: “The complexity and intellect underpinning some of these art works, coming as they do from young students, is impressive.” (Leanne Russell)



Wenona girl lends student a helping hand.

WENONA VOLUNTEERS

WENONA GIRLS SCHOOL has welcomed back 64 Year Nine students and staff who spent their school holidays volunteering in Vanuatu. The girls worked at Wenona’s sister schools in Erakor and Manua, teaching art, craft, science and maths to local students from Year One to Year Eight.

Wenona student, Sophie Pearson, said: “The students were really happy to learn. They wanted to learn everything we could tell them. They loved school, and it was amazing hearing them tell you the next day what they had learnt from us the day before.”

While the language barrier and different learning conditions proved to be a challenge for the Wenona girls, they were excited to learn about the culture and community life of Vanuatu.

Wenona Files

SEEING THE LIGHT

EDUCATION OPENS DOORS FOR THE VISION IMPAIRED.

by Kieran Gair

THE UNEMPLOYMENT RATE among blind and visually impaired Australians is four times higher than the general population.

A report by Vision Australia revealed that since 2007 the unemployment rate has lowered by a margin of less than five per cent, while workplace discrimination still affects one in four blind employees.

Despite the high unemployment rate and the reality of workplace discrimination, nearly 80 per cent of visually impaired people with tertiary qualifications are employed, double that of 2007.

Visiting teacher at St Edmunds school in Wahroonga, Paul Borkowski, said: "Education for people who are blind or have low vision is the only way to create and secure employment. Jobs create social and economic opportunity and increase self-esteem and self-worth."

Since 2007 the number of blind and visually impaired people completing tertiary education has jumped to over 50 per cent, suggesting that there is a strong link between higher education and employment.

Visually impaired entrepreneur and creator of technology company Mitron, Michael Boorne, said:

"It is very important for us all to have a meaningful participation in society. It is then crucial that visually impaired people develop the skills and interests they do have, so as to target jobs that are appropriate and fulfilling."

As blind and visually impaired people increasingly move into tertiary education, the traditional employment route of administration and customer service is gradually expanding to business, the humanities, social services and finance.

With over 30 per cent of visually impaired graduates moving into arts, economics and business, the employment options of visually impaired youth are broadening, leading to success stories like that of Michael Boorne.

The business entrepreneur and ex-student from St Lucy's school for children with visual impairments and special needs, Michael Boorne, believes that a specialised education is essential for visually impaired children. "Getting a reasonable education for me, meant plenty of special help from very special-

Michael Boorne



Boorne and Mayor of North Sydney Jilly Gibson at his Citizenship ceremony.

ised and dedicated people," said Boorne.

Paul Borkowski sees employment as a way to show the wider community that a visual impairment can enrich a workplace. "Employment will always be important for people who are visually impaired, but it is equally important for sighted people at school and at work to observe, experience and learn that people who are blind or visually impaired are equal members of our modern society."

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SURVIVAL OF THE CREATIVES

by Andrew Hill*

ANYONE IN SCHOOLS will know of the paradigm shift that happened with the language of education around the turn of the century. From English, Maths and academic scores, it's now all that plus creativity, global citizenship, sustainability and holistic education. Those extra values and attitudes, once seen as fringe and unconventional, are now benchmarks for government education policy, including the new National Curriculum.

When did it all change? There were a few signposts: in 2001 the NSW Education Department advertised for "creative" executives to reshape education in NSW. This was the first time I'd seen the word "creative" used in the same line as the name of a government department.

I wondered if the successful applicants had been educated in NSW schools? If they

are creative now, are they so because of their education, or in spite of it? Creativity was certainly not a curriculum requirement in those days. Perhaps some inspired parenting, or just the genius in the genes, and hopefully it wasn't schooled out of them.

The new century brought a new language: a more vulnerable humanity, one aware of its own shortcomings in predicting the future, and one acutely aware of the need to build resilient, imaginative and creative children able to respond positively to whatever the future brings.

This creativity will need to be embedded into the very fabric of lessons, to be part of a school's curriculum and every teacher's professional repertoire of competencies. Creativity is no longer the preserve of the artist and the actor, but is a competence for all professions: doctors, lawyers and engineers need an element of creativity to lift their work to

the highest standard.

And we each need a creative side: every human life is a work of art, a narrative, a story. We can each be creative in weaving the elements of our personal story into a meaningful narrative, even a beautiful one.

As Head of a school that pioneered this new language and practice in Sydney, I hope that for all children and young people, there will be a fundamental change and it's not something that is just 'tacked on': not a hybrid of worksheets and lockstep textbooks with a dash of creative arts in period seven on Fridays, but a serious rethink of how we deliver the fundamentals. Our children's future demands nothing less.

*Andrew Hill has been Collegiate Chair of Glenside since 2008. Originally an anthropologist, he has taught all levels of schooling from Year 1 to HSC.



DEVELOPING LITERACY TOGETHER

by Russell Bailey*

AN AUSTRALIAN GOVERNMENT audit report on literacy and numeracy was released earlier this year which emphasised the importance of literacy as a foundation on which further learning is built. But the report said that nearly 20 per cent of Australian students were at or below National Minimum Standards, and that test results in reading have declined over the last ten years. An earlier Industry Skills Council report stated that approximately 46 per cent of Australian adults have difficulty with reading skills, and 13 per cent are classified in the lowest literacy category.

Furthermore, the audit report concluded that all the money being thrown into programs aimed at improving literacy has not yet achieved any statistically significant improvement.

So as a society, in order to improve literacy capabilities for all Australians

and to raise the bar of excellence, we need to be creative in adopting a new pedagogical model which will help to provide a scaffold for understanding how English works.

In our school, we have worked in conjunction with our Registered Training Organisation—The Hills Regional Skills Centre—to train all of our staff (K-12 and across the curriculum) in a common approach to literacy (WRAP: A Writing Approach to Reading) to an ASQA accredited Vocational Graduate Certificate level. Special Education assistants and parents are also trained in WRAP to Certificate III level. So there is a common lexicon for approaching literacy—teachers, parents and aides working with a common approach for a common goal—which benefits all students as they achieve competence and then become innovative in comprehension and expression.

WRAP is a multi-sensory approach

which develops phonemic awareness and incorporates traditional grammar. And with the foundation that WRAP provides, students and teachers are then able to explore comprehension and expression using online approaches including a Visual Thesaurus and Reading Eggs.

Ancient wisdom informs us that words distinguish us as humans from the rest of creation. There is a verse that says that the Word was God. And every day, for each of us, language is vital regardless of our profession or occupation. That is why I offer this opinion in the hope that we will all be inspired to work together creatively towards better outcomes for our children's literacy.

*Russell Bailey is the headmaster of the Redeemer Baptist School, Parramatta.

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KK Hair Styling is a name that some people may not recognise because it was previously known as Kitty hair salon in Killara, therefore this name it is fairly new to the people of Gordon. Opening its doors in September this year, Kit has expanded her home business of 17 years to the stylish new salon on St Johns Avenue.

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SPENDING IN THE FESTIVE SEASON

PLANNING AHEAD IS THE KEY TO MAKING IT THROUGH CHRISTMAS WITH YOUR FINANCES IN TACT.

by Rose Moloney

THE CHRISTMAS SEASON seemed to start prematurely this year with many of the big stores getting into the festive spirit as early as September. While not everyone is ready to start thinking about Christmas in the early months of spring, November is now upon us and there's only a month to go before the advent calendars come out and the count down to Santa's visit begins. This month we spoke to Kristina Plimer, founder of Blue Sky Coaching, about strategies everyone can implement right now to save money during the holiday season.

Gifts

Plan in advance what gifts you are going to buy and how much they are going to

cost, then gradually put money aside each pay cycle. Once you have saved up enough for one particular gift then go out and buy it straight away. By planning and buying in advance, rather than putting everything on credit last minute, you will avoid the dreaded Christmas spending bill.

FOOD

Christmas meal plans can make a huge difference to your spending. Plan your feast early to ensure you only buy what you need when it comes to doing the Christmas food shop. Not only can this save you a fortune, it can help to ensure you eat nutritionally over the holidays. A budget of about \$40-\$60 per person is ideal for a standard week, but make sure you leave room for those extra holiday treats.

HOLIDAYS

The Christmas holidays is one of the most expensive times to take a vacation, so minimise the financial burden by booking and paying for parts of your trip as far in advance as possible. Progressively put away money and pay for flights and accommodation, so that by the time you reach your destination all that is left to pay for are the day-to-day expenses.

REMEMBER

Make sure you include a buffer when planning your expenses to account for any unexpected costs. This way your budget won't be affected if something is more expensive than you originally planned or you have to deal with an unexpected medical or maintenance cost. By having a buffer in place the worst-case scenario is that you will end up with money left over.



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ELECTRICITY USE INCREASES

ENERGY BILLS ARE ON THE RISE BUT BUCKING THE TREND ISN'T DIFFICULT. LOWERING COSTS IS ALL ABOUT CHANGING BEHAVIOUR.

by James Elton-Pym

AUSTRALIANS ARE USING 25 per cent more electricity in their households than they were 10 years ago, according to new research by the Australian Bureau of Statistics.

With more energy efficient appliances on the market and power prices on the rise, it seems counter-intuitive that usage would continue rising.

However, Dr Lynne Chester, an expert in electricity from Sydney University, says these factors are not enough to outweigh the growth of our houses.

"Growth in household use of electricity over the last decade has been driven by larger home sizes and more household ap-

pliances," she says.

"Household appliances are becoming more energy efficient, but not all households have the financial resources to replace their old appliances."

But what can people do to reduce their bills? Deborah Bridge is from the Home Energy Saver Scheme. She says that changing behaviour is the only way to lower costs. This month she let us in on some ways to reduce our power bills over summer.

DEBORAH BRIDGE'S POWER SAVING TIPS

- Limit shower time: If a family of four shower for four minutes each instead of seven minutes, they save \$200 each year.
- Turn off the air conditioning: A lot of our energy usage comes from power hungry air conditioning.

- Make the most of fans, they are significantly cheaper to run than air conditioning.
- In the day time use blinds to your advantage by closing them to block the sun, and in the evening open windows to let in cool air.
- Switch off gaming consoles and televisions: Don't let your TV or playstation run on standby while you're at the beach, instead turn them off at the source. Utilities continue to use energy while on standby and considering most people are outside over summer, they can waste a lot of energy.
- Make the most of off-peak energy: The hidden tormentor for many family's energy bills is the pool pump. So make sure it's turned off between 2pm and 8pm when electricity is most expensive.



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FIGHTING FIT ALL YEAR ROUND

DON'T LET THE HEAT STOP YOU FROM BEING ACTIVE THIS SUMMER.

by Kaitlin Coleman

THE IDEA OF getting fit during the summer swelter can be a daunting prospect. However there are plenty of ways to stay cool while keeping fit in the hotter months of the year. Kelly Webb from Body Shape Gordon shared her advice with the *Sydney Observer* this month.

AT THE GYM

- Strength and flexibility are the areas to focus on as you get older, so the gym is a great place to maximise your use of machines which target those areas.
- Treadmills and bikes are excellent for getting your heart rate up and improving cardio fitness.
- Strength training is the key to helping

prevent osteoporosis, so using weights, arm exercises and resistance training can greatly improve your arm, back and core strength.

- The pool provides a great place to cool down and do low weight bearing exercises such as water aerobics and swimming.

AT HOME

- Don't have time to go to the gym? You can easily adapt the exercises you do in the gym for your home, by using the same basic principles to guide you.
- Strength and weight training can be continued with small hand weights or by using resistance bands. Similarly a fit ball can be used to work on back strengthening, squats, push ups

or sit ups.

- Cardio fitness can be achieved with a simple walk around the block or a gentle jog.

THINGS TO REMEMBER

• Ask an expert.

Seek out guidance from a professional if you're unsure of where to start or you have an injury. They can create a tailor made exercise program for you, and recommend ways to adapt this at home.

• Be consistent.

The key to all exercise is consistency, which means 30 – 45 minute sessions two to three times a week.

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CITY VERSUS COUNTRY

NEW RESULTS SHOW LIVING IN AN URBAN AREA COULD BE DETRIMENTAL TO OUR HEALTH.

by Rose Moloney

A RECENT STUDY shows that Australian city-dwellers over the age of 45 are more likely to suffer from a non-infectious chronic disease than their rural counterparts. Academics from the University of Sydney compared older people that had been living in low socioeconomic urban area for 20 years, with those that had lived in low socioeconomic rural areas for the same amount of time.

Lead researcher, Associate Dean Staff Developer, Dr Deborah Black said the key factors, which cause this difference, are environmental stressors that are present in urban areas with cheaper housing. "There's noise and air pollution, they are the major stressors, and also a lack of open space and trees for shade," she said. Some of

the non-infectious chronic diseases that were more prevalent in the urban category were cancer, asthma, arthritis and type II diabetes.

However, University of Technology lecturer, Jennifer Wyndham, who is an ex-

"It's crucial that we update policy, urban design and primary care in line with the realities of our population."

pert in health policy and lifestyle diseases, said that a number of lifestyle choices could have affected these results, which the study did not take into consideration, such as exercise, diet and smoking. Ms

Wyndham also pointed to a host of diseases that inhabitants of rural areas are more likely to suffer from. She said: "Respiratory dust diseases specific to mining or grain growing areas are not usually found in urban subjects."

The study suggests that its findings should be used as a way to alert governments of the urgency of developing new policies, which address an ageing, urban population. Dr Black said: "With 85 per cent of Australians living in the city and 22 per cent of Australians estimated to be 65 or older by 2026, it's crucial that we update policy, urban design and primary care in line with the realities of our population."

However whether or not a study of 1256 people will be enough to spur the state government to initiate these changes remains to be seen.

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The Federal Government's 2010 Senate Inquiry into Hearing Health in Australia labelled "Hear Us" was completed in an endeavour to provide Australians with better hearing solutions. One of the Senate Inquiry's findings was that, unfortunately, up to 30 per cent of hearing aids sit unused in people's bedside drawers or they are not used as they could be.

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THE LATEST PILATES TREND

BOOTY BARRE YOUR WAY INTO SHAPE WITH A MIX OF PILATES, YOGA AND DANCE.

by Anneliese Scenna

A NEW APPROACH to Pilates, incorporating a trio of exercises could well be the way to help you get fit for the summer season. **Butty Barre**, which is a mix of Pilate principles, yoga and ballet, combined with funky music makes for an energetic approach to exercise.

Butty Barre instructor at St Ives Village Pilates, Karen Fuller says: "It's energetic in a way that Pilates isn't. It fills the gap and allows for a more dynamic workout."

A long time Pilates participant as well as member of St Ives Butty Barre classes, Anne, says the routines and classes are a way of adding aerobic exercises in a form that she enjoys. "It takes from dance, Pilates and yo-

ga and combines it into something new," she says, "you come out feeling like you have done something worthwhile".

As for who can participate in these workouts? Butty Barre exercises aim to sculpt every part of the body – arms, legs, back and tummy, so it caters for anyone who wants a total body workout.

Each sixty minute class, has a little bit of variety within the set format. This means that "exercises flow from week to week, so every week you can start to pick up what is next," says Fuller. A typical class includes a warm-up and warm-down and incorporates routines involving the Ballet Barre for arm sculpting and strength and Thera Bands for core and muscle strength. The routines also include a dance element to pull all the exer-

cises together.

Three common routines that you would find at Butty Barre classes:



Hamstring and glute squeezes with ball: A classic Butty Barre exercise, aimed at the lower half of the body, particularly targeting hamstring strength.



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GORDON MEDICAL CENTRE'S NEW ARRIVAL

INTRODUCING YOU TO THE NEWEST TEAM MEMBER OF GORDON MEDICAL.

by Kaitlin Coleman

GORDON MEDICAL CENTRE has welcomed its newest general practitioner Dr Robert Barron. A doctor who has lived and worked all around Australia, Dr Barron brings his nearly 19 years of experience to the North Shore.

Living in Wahroonga now, Dr Barron was born and raised in Adelaide where he completed his studies at the University of Adelaide in 1994. He specialised in emergency medicine before switching to general practice in the early 2000's, and has worked as a general practitioner since then. In 2001 he moved to Darwin where he lived and worked for five years.

As well as emergency medicine his



Melissa Borg

Dr Robert Barron at his new practice.

main interests lie in issues of weight loss, obesity, men's health and mental health. Having struggled with issues of obesity himself, Dr Barron believes that it has become an issue that often needs professional help.

"It is not always easy to lose weight," he said.

He has lived in Sydney for five years now and practiced previously in the CBD, but is very excited to be working at Gordon Medical Centre. "This is the sort of practice that I always wanted to work in," he said.

He believes its strengths lie in its small, family oriented size, which means it is able to offer continuity of care to patients."

Dr Barron practices at the Gordon Medical Centre located at 772A Pacific Highway in Gordon. This family general practice aims to provide comprehensive and continuous care to families and individuals in the surrounding area. To make an appointment, please call 9499 9999.

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by Dr Ian Sweeney*

ORAL HEALTH, AGEING AND MENTAL HEALTH

ALTHOUGH RESEARCHERS ARE not currently able to indicate the exact correlation, there is increasing evidence to suggest a link between good oral health, ageing and mental health.

There appears to be a strong relationship linking the number of teeth a patient has to bite and chew with, and many age related conditions such as Alzheimer's disease, dementia, falls and memory loss.

It has been suggested that tooth loss is a risk factor for postural instability and loss of balance. A study comparing patients with dentures versus natural teeth showed better body balance and gait posture in the patients who still had their own teeth. Another study showed the number of falls experienced by patients with no teeth or ill fitting dentures

was statistically higher than patients with their own teeth.

This correlates with a fifteen year Danish study showing tooth loss is independently associated with the onset of disability and fatigue in old age. They found tooth loss may be an early indicator of accelerated ageing and frailty.

Other studies have shown that chewing or mastication increases blood flow to the brain, particularly the sensorimotor cortex. The results also showed chewing causes regional increases in neuronal activity in the brain, stressing the importance of maintaining functional chewing teeth.

Cognitive impairment is also an area of much research. Animal studies have shown diminished spatial memory and learning ability in mice that have had their molar teeth removed. The results suggest that the loss of teeth induces

neuron loss in parts of the brain, thereby leading to senile memory deficits. These changes increased the longer the teeth were missing, suggesting tooth loss may be one risk factor for senile impairment of spatial memory.

Other authors have suggested that tooth loss is associated with mild memory impairment, possibly leading to Alzheimer's disease and dementia.

Although researchers are not currently able to specify the exact correlation, there is increasing evidence to indicate some type of link between maintaining enough healthy teeth and possibly an increase in mental health decline.

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



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ARE YOU TIRED of paying to have new flowers delivered to your business every week? Sick of forking out money just to watch them die? Well this month the *Sydney Observer* found the perfect alternative.

James McCarthy, owner and operator of Floral Image Northern beaches, came into our office selling what we thought were a bunch of real flowers. To our surprise the beautiful bunch of orchids and lillies were actually artificial.

Since May 2012, James has been sell-

ing Floral Image products. He says: "The purpose of the flowers is to provide a beautiful, life-like flower arrangement for businesses and homes which to the naked eye looks real." Unlike real flowers they do not die, need the water changed or cause allergies and mess. They are also a third of the price.

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SYDNEY OBSERVER | NOVEMBER 2012

READY. SET. RECYCLE!

SIMPLE CHANGES AROUND YOUR HOME CAN MAKE THE ENVIRONMENT SMILE THIS NATIONAL RECYCLING WEEK.

by Miranda Middleton

YOU DILIGENTLY SEPARATE your plastics from paper, you re-use shopping bags from the supermarket, and you throw your vegetable scraps in the compost bin from time to time... but do you recycle enough, and can you recycle better? This is what the environmental advocacy group, Planet Ark, wants Australian households to consider during National Recycling Week from 12-18 November.

With Australians throwing away \$5.2 billion of food every year, food wastage is a particular problem-area according to Planet Ark's Manager of Recycling programs, Janet Sparrow. "Sure, we're not all going to start eating our banana skins, but with forward planning and appropriate storage of food items that figure can certainly be reduced," she said. Janet also encourages buying a compost bin or a worm



farm since almost 50 per cent of the average household garbage bin is made up of food and garden scraps.

Another key recycling tip is to keep plastic bags out of your home recycling bin. "A lot of people take their recyclables out to the bin in a plastic bag, which is fine, but they must tip the recyclables out of the bag," said Janet. "It gets tangled

up in the machinery at the recycling facility and unfortunately, that's the end of the recyclables inside it."

It's also important for our consumer society to consider recycling un-needed household items, rather than sending them to landfill. During National Recycling Week, you can re-vamp your wardrobe, update your bookshelf and get rid of things that you no longer need by hosting or taking part in a 'swap party'. "The idea behind it is that you bring along an item that you no longer use, swap your item for a token, and can then exchange that token for an item that someone else has brought along," said Janet. "You come home with multiple new items, without spending a single cent or costing the earth!"

For more information

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SUMMER MAINTENANCE

DON'T FORGET ABOUT YOUR GARDEN NOW THE FLOWERS HAVE BLOOMED.

by Hugh Myers*

NOW THE WARM weather is with us and the camellias have finished flowering, it is time to do a bit of maintenance on them. Camellias are a shallow rooted plant and will soon feel the effects of the soil starting to dry out. Keep an eye on the moisture content in the soil. Just poke your finger into the soil and if it is cool and damp all is well. Give them a good drink and cover the root area with a layer of organic mulch to help conserve the moisture. Cow manure or chopped sugarcane make a good mulch. Spread a layer out



to the drip line, 5 centimetres deep for the mature plants and half that depth for young plants. Keep the mulch 5 centimetres away from the trunk as mulch against the trunk of almost any tree or shrub will encourage collar rot.

Start watering your soft-leaved plants like pelargoniums early in the morning before 9am preferably, but be careful not to wet the leaves as wet leaves in humid weather will encourage a fungal attack while drops of water on the leaf can act as a tiny magnifying glass and allow the sun to burn the leaf.

Many of us have syzgiums or lilli pilli growing as a hedge or just a nice shrub and at this time of the year they become the favourite target of tiny sap sucking insects called psyllids. The first signs are young leaves with dimples all over them which while they look ugly don't do much harm to the plant. For immediate protection, spray the bush with confidor. Confidor is a sys-

temic insecticide and used as a spray it is usually effective within 24 hours. For long term protection, use confidor tablets planted in the ground around the shrub. It takes about two weeks for the roots to take it up but it does last about four months. Follow the directions.

Watch your African violets from now on. If they are near a window the lighting conditions are changing as summer approaches. African violets prefer a diffused light rather than direct sunlight and the angle of the sun is changing steadily. What was shade a month ago could be full sun next month so don't let it sneak up on you. While they love moisture African violets don't like wet feet and will rot. Make sure the saucer the pot is standing in does not accumulate water and if it does, get rid of it.

By now your wisteria will have finished flowering and you can do a bit of pruning. Cut out those long whippy bits that are waving around in the breeze looking for some where to latch onto. If left, a wisteria can go rampant so cut them back leaving about half a dozen buds. Stand off and have a look at the shrub. A bit of a snip here and another



there will help maintain the general shape of the shrub.

Lace bugs and all sorts of mites are out and about. They enjoy the warm weather so do a check every few days on your azaleas especially as these pests love them. If any signs of these pests start to appear, spray with one of the horticultural oils as soon as possible. The oils are available as a mineral oil or an

organic oil. Make sure you spray under and over the leaves. Keep an eye on any plant you have sprayed as these pests can be persistent and you might have to spray again. Get rid of any weeds in the general area they can be a breeding ground for lace bugs.

With a long growing season in front of



them all your fruit trees would appreciate a good feed of fertiliser. Don't use a high nitrogen fertiliser or you will only get lots of foliage and not much fruit. Go around the drip line of the trees and scatter some Fruit and Flower fertiliser about. The drip line is where all the fine feeder roots are growing. Give the fertiliser a good gentle water in, don't wash it away with a lot of water.

How are your roses going? Give your established roses a light feed of a good rose fertiliser but give your newly bought roses only a very light feed as with too much you will burn them. From now on right through summer basal shoots will appear and grow. These are your future flowers and foliage for the next year or two so take good care of them. Any shoots that appear below the grafting joint should be removed as they are the root stock onto which your rose is grafted. They are of no use to you and could take over if left on the plant.

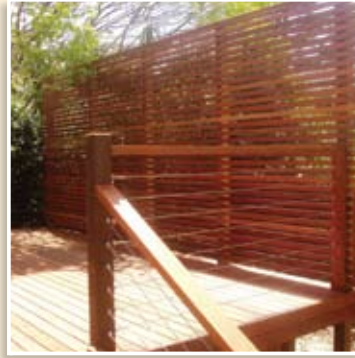
*HUGH MYERS IS A MEMBER OF THE KU-RING-GAI HORTICULTURAL SOCIETY INC. THE SOCIETY MEETS ON THE FIRST TUESDAY OF THE MONTH AT ST IVES VILLAGE HALL, MEMORIAL RD, ST IVES (OPPOSITE WOOLWORTHS) AT 7:30 PM. VISITORS ARE WELCOME. PHONE 9449 6245.

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TOP COFFEE SPOTS

ONE MAN'S QUEST TO FIND THE BEST CUP OF COFFEE ON THE NORTH SHORE.

by James Elton-Pym

Dose — Willoughby

A rustic oasis amongst the otherwise conservative and well manicured boulevards of Willoughby, Dose received the "three coffee cups" award in the Herald's "Good Cafe Guide" — the highest acco-



lade a cafe can receive. It's secluded, partitioned off from the rest of the street. It is essentially al fresco, with the cafe itself undercover but the seating spilling out into a simple courtyard. The back wall has some old, bronze utensils hanging off it that probably don't ever get used.

Next to them, the star of the show. A huge bronze coffee machine with some Italian name emblazoned along its flank. The coffee itself is very impressive. It's trotted out in a painted china mug, which looks fantastic against the bright

blue tables. It's a mild flavour, and a little bit nutty. It's smooth and creamy, and the amount of froth is perfect. As it's the same price as any other coffee, I recommend this place for your caffeine Dose.

Sous le Soleil — Roseville

This cafe is part of a bigger group of shops, held together by a bit of a French theme. To get to the cafe, you walk through a series of craft shops, and past the kitchen, which you can see into to watch the food being prepared.

The water is free, the coffee is pushing it, but stray into anything solid and you're look-



ing at a seriously solid hit to the wallet. The bowl of chips our party of three ordered was hard to stomach at nine dollars. But the coffee was also excellent. It was a little stronger here than at Dose, and maybe just a tiny tiny bit bitter.

Siboni's — Pymble

Located right on the Pacific Highway, Siboni's doesn't have a boastful exterior, nor the landscaped surrounds of the other two cafes. But step inside, and this place is an absolute shrine to coffee. Books, mugs and flashy coffee machines line the walls. In the corner sits a fantastic old coffee roaster, humming away. As I enter, a man working there comes and pours



more pale, raw beans into the top funnel.

This is a cafe for purists. It's all about the coffee. The range here is magnificent, there are dozens of blends along the walls that people can come and buy in small quantities.

The seating is a little bit Spartan, with only about three wooden stools to sit on, and the focus clearly isn't on hospitality as it is at the others. However for me, Siboni's is the winner of the three for quality of coffee. It's the best I've ever had on the North Shore.

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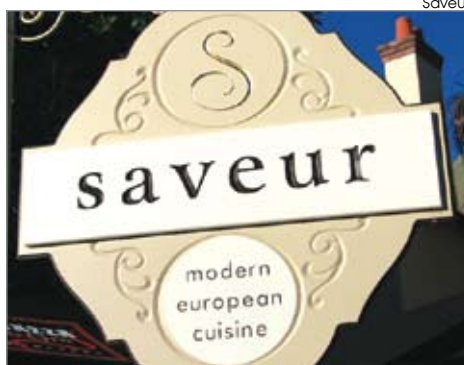
Address: 330 Pacific Highway, Crows Nest

Phone: 9906 1818

Web: mustangnepalese.com.au

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TRAVEL EUROPE, THE RIGHT WAY

THE FRENCH RIVIERA IS THE PERFECT MIX OF SEA, SAND AND SIGHTS.

by Rose Moloney

A TRIP TO Europe can be both exciting and daunting. After spending so much money on flights it's easy to fall into the trap of attempting to see every country possible in just a small amount of time. However, the best way to make the most of your time in Europe and avoid spending hour after hour in the airport is to select just a few locations with lots to offer and spend your time really getting to know them.



Ferraris line the streets of Monaco.

Nice, located on the French Riviera, is one of those destinations with something to do for every type of traveller. So whether you like to immerse yourself in a country's culture or just sit back and relax while on holiday, put it at the top of your 'to do' list.

THE SIGHTSEERS

Nice itself is a beautiful city; spend the morning wandering through Old Nice's famous flower markets. Feast on fresh seafood or traditional crepes for lunch, and then hop on a bus to Monaco where the Monte Carlo Casino opens in the afternoon. If you're not a big gambler, just wander through the streets or along the port and admire the vast array of sports cars and yachts. If you still have some energy left, on the trip back to Nice, hop off the bus at Eze Village. Follow the maze of tiny alleyways upwards through Eze until you

reach the cactus garden, which offers spectacular panoramic views of the entire coast.

THE BEACH BABES

There is no shortage of beaches along the French Riviera. Nice has a great mix of public and private beaches to suit all traveller's budgets. So you can rock up with just a towel and sunscreen, or opt to pay for a sun chair and cocktails at one of the many bars and restaurants that line the sea. Make the most of the reliable public transport leaving Nice, and take beach hopping day trips along the coast. Head to Cape d'Ail and swim out to the tiny caves that surround the secluded beach, or visit St Juan-Les-Pins for your chance to lie on the beaches where celebrities like Brad Pitt and Angelina Jolie holiday.



Rent a sun chair and relax in style.

THE THRILL SEEKERS

The South of France may not scream adventure, but just over an hour outside of Nice are the Alpes-Maritimes, one of the best locations in the world to go canyoning. Canyoning is a physically and mentally demanding sport, which involves using different methods to travel through canyons and rivers. This could be hiking along narrow streams, abseiling down cliffs, sliding down waterfalls or jumping into crystal clear pools of water. Book a guided canyoning tour to escape from the busy beaches for a day and get a glimpse of the less glamorous side of the French Riviera.



Cape d'Ail is a true paradise.

TRAVEL TIP:

One of the best ways to save money is to think ahead and book flights as far in advance as possible. Throughout November many airlines offer early bird European flight specials for the May to August period next year. So take the plunge and plan your escape from Sydney's 2013 winter.



The narrow streets of Old Nice.

THE BEST OF BURMA

UNDERTAKE A JOURNEY THROUGH UNTOUCHED BEAUTY AND CULTURE.

by Kieran Gair

"This is Burma and it is unlike any land you know about."

— Rudyard Kipling, *Letters from the East*

OVER 100 YEARS later Kipling's famous words still ring true. Burma is an eclectic blend of colonial Britain and ancient Buddhism, fused together by charming people.

While its lack of ATMS, mobile reception and accessible transport may have caused some travellers to overlook this small nation in the past, Burma is now starting to open up to the world, inviting visitors to experience its untainted treasures.

BAGAN (PAGAN REGION)

Over 4000 temples dot the expansive plains of Bagan. Built more than 800 years ago, the collection of Buddhist temples, monasteries and pagodas are a reminder of a mysterious and ancient civilization. Try and make it here for sunset— there is nothing quite like seeing the sun go down over thousands of golden temples.

INLE LAKE

Floating villages, collapsing stupas and emerald mountains surround the relaxing Inle Lake. While away the hours by cycling, canoeing and walking. Expect to run into hidden temples as you explore the lush mountainside and greet the local Intha people. For the curious traveller, remember to try and sneak a look at the monastery where monks have taught cats how to jump.

MANDALAY

Mandalay is the cultural and economic hub of Burma. Throw yourself into sprawling local markets, thunder down winding dirt roads in horse drawn carts. Marvel at the Golden rock as it hovers over the edge of a chasm; behold the golden Buddha of Mahamuni Paya. After perusing the British colonial architecture venture outside the city's walls to experience some of Burma's most ancient cities. This city is a mix of the old and the new, and somehow it just works.

TRAVEL TIP

The condition of your currency is crucial. The Burmese are a clever bunch – they won't take notes that are bent or have small tears. So make sure your money is in peak condition otherwise you may miss out on that much needed ride home.



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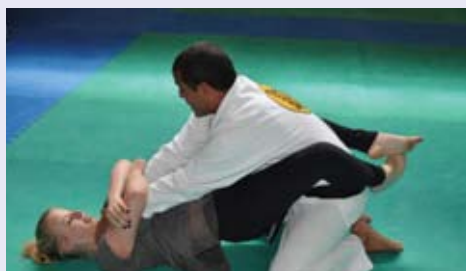
by Rose Moloney

INTEREST IN SELF-DEFENCE classes across Sydney has risen in the last three months as a series of highly publicised unprovoked attacks have shocked Australia. Self-defence centres have pinpointed the deaths of ABC employee, Jill Meagher and 18-year-old, Thomas Kelly at Kings Cross as key moments that led to this increase in enquiries.

Bruno Panno, owner of Gracie Sydney Brazilian Jiu-Jitsu, said: "There has been way more interest in the last month since that attack, from women especially." Larry Friedberg, Principal Instructor at Self Defence Sydney, has experienced the same phenomenon. "There has been a dramatic shift in inquiries," he said.



Jennifer Sherley fends off "attacker".



The rape straddle defence position

This response highlights that both men and women are looking for ways to empower themselves with tools they could use if they were to come under attack. But what can people do to help themselves?

According to Bruno one of the key things to remember when learning self-defence is that most attackers are looking for an easy target. If a victim can show that this is not the case they have a better chance of escaping from an unprovoked attack. "You're not trying to kill the aggressor, you're trying to push them away long enough to runaway."

Bruno's specialty, jiu-jitsu, is a particularly useful form of martial arts for those looking to learn self-defence, as it is closer to reality than other martial arts. Although many would perceive the bigger person as holding the advantage in an attack situation, Bruno said: "Jiu-jitsu works with leverage, it's designed so that a small person can defend themselves." This

EXPERT ADVICE

BRUNO PANNO:

Constantly be aware. Never turn your back on your attacker. Train jiu-jitsu.

LARRY FRIEDBERG:

Focus on the eyes, ear and groin. Slapping someone across the ear with two hands affects their balance, causing them to lose consciousness for 20-30 seconds. This enables you to kick them in the shin and run away.

makes it effective for women, who are generally at a strength and size disadvantage.

Thornleigh resident, Jennifer Sherley 20, who recently attended a free self-defence seminar at Gracie Jiu-Jitsu said she had chosen to do so as she wanted to be better prepared for dangerous situations. "Surprisingly a lot of the techniques we learnt were really simple, I practiced them on a friend at home and he was pretty shocked," she said.

According to Larry of Self Defence Sydney it's generally the case that people leave self-defence classes feeling quite surprised about their own skills. "Everyone has these vital skills at their disposal, but they just don't know about it, once they know about it they go 'oh wow'."

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...TO TALK ABOUT

by Patrick McAuley

NO DEFENCE OF THE DEFENCE

WHILE THE PERFORMANCES of the super-stars in the A-League has been pleasing, what has excited me the most is seeing youngsters and like Aaron Mooy, Matt Ryan and Craig Goodwin dominate the early rounds. Goodwin has probably excited me the most. Many have labelled him already as a future Socceroo left-back, but I completely disagree. He will definitely play one-day for the Socceroos, but I hope he is played in his natural position on the wing, not left-back.

Australia's left-back position has been a problem spot for a long time. While Scott Chipperfield filled in admirably for many years, he was also out

of position in the role and probably not since Tony Vidmar have we had a natural left-back.

While I think ideally you want a full-back who can charge up and down the wing, creating chaos in the opposition's defence while calming the waters at home, this is not always possible. It's an old adage that before you have a great team, you have to have a good defence, and I believe a rock-solid defence is only possible with natural defenders.

Recently the role has been shared between Michael Zullo, Matt McKay and David Carney. All have performed reasonably well, but not well enough. Un-

surprisingly all were playing out of position. Ultimately, we have the players to fill this position, but for some reason they are not being given the chance. Shane Lowry and Jason Davidson could play there, and I wouldn't mind seeing Mark Milligan being given a chance too.

While the priority for now is World Cup qualification, the absolute truth is if we get there and are relying on Zullo, Carney or McKay in defence, we will be torn apart. The Socceroos have to solve this problem sooner rather than later or risk disappointments in Brazil 2014 and possibly even Russia 2018.

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4 October – 4 December -Legally Blonde: The Musical**8:00- 10:00pm (\$75.90 - \$139.90)**

An all singing, all dancing romantic comedy for those who loved the movie or want to give it a second chance.

Where: Sydney Lyric, Pirrama Road Sydney Lyric, Pyrmont 2009

Contact: Nicola Faith - 9777 7691, nicola.faith@willoughby.nsw.gov.au

10, 17 & 24 Nov. - The Lion, the Witch and the Wardrobe**6:30-8:00pm (Adult: \$22.00, Child/Concession: \$18.00)**

A play for the whole family, this is a theatre production of the C. S. Lewis' classic book, *The Lion, the Witch and the Wardrobe*, which tells the story of characters, Susan, Peter, Edmund and Lucy who stumble across a magical wardrobe that leads them to a fairytale land, Narnia.

Where: Marian St Theatre, Killara

Contact: www.mca-tix.com.au

12 - Learn Your Way Around The Internet**1:00 – 4:00pm (\$15.75 and \$10.50 seniors)**

A course for people who are new to the world of the internet or would simply like to know more about it.

Where: West Ryde Library, 2 Graf Avenue, West Ryde

Contact: Booking is essential - 9952 8376

6 -Every Tuesday untill 11 Dec - Ceroc and Modern Jive Dance Classes:

Ceroc combines jive, ballroom and swing into a funky modern partner dance. So get groovy over summer with this set of ceroc classes.

7:30-10:30pm (\$15)

Where: Lane Cove Bowling and Recreation Club, 151 Burns Bay Road, Lane Cove

Contact: 9410 1111, info@ceroc.com.au

13 - Helping Learner Drivers**6:00- 8:00pm (Free)**

Are you planning on supervising a learner driver over the Christmas break? This two hour workshop could be for you. It will cover the rules that are applicable to learner drivers, using the logbook and tips for keeping relaxed in the passenger seat.

Where: Council Chambers, Level 6, Willoughby City Council, 31 Victor St, Chatswood

Contact: Fiona Frost – 9777 7723, roadsafety@willoughby.nsw.gov.au

18 - Bare Creek Trail Run**8:00am (free)**

This is an annual event taking place amidst Sydney's bushland, weaving through the fire trails of the Garigal National Park. The run comprises of two challenges – a 10km run, for the more serious runner and a 6km run or

walk, a great one for the whole family. A BBQ and canteen facilities will be available following the race.

Where: St Ives Park Primary School, Acron Rd, St Ives 2075

Contact: Sonya Action - 0411 396 344, barecreektrailrun@hotmail.com

21 - Movie Night: The Economics of Happiness**6:30-8:00pm (Free)**

This is a free screening of *The Economics of Happiness*, a documentary about the worldwide movement for localisation.

Where: Sustainability Hub, 23 Devonshire St, Chatswood

Contact: Nicola Faith - 9777 7691, nicola.faith@willoughby.nsw.gov.au

**2 - Community Christmas Celebration****3-7pm (free)**

Ryde Council are inviting the whole community to celebrate the Christmas season. Kids will have the opportunity to make their own glow-in-the-dark Christmas card and decorate a Christmas chocolate pudding. Santa will make a grand entrance in a fire truck at 5:30pm and a free sausage sizzle and refreshments will be available.

Where: Ryde Park, Blaxland Road, Ryde

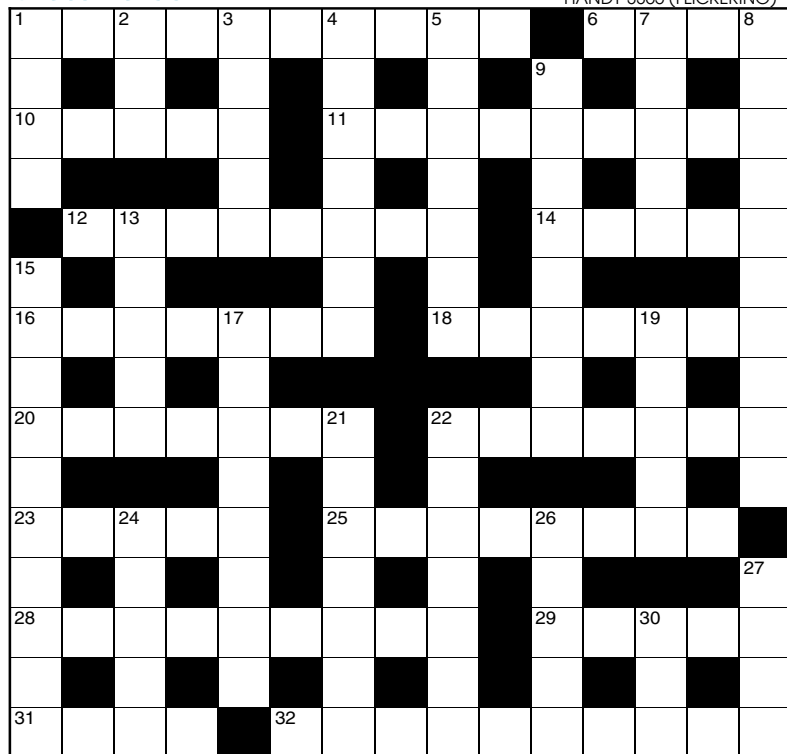
**6 - Carols in the Plaza****6:30-9:00pm (free)**

Join in the City of Ryde's annual carols, featuring local choirs and performers. Bring all your family and friends and sing along to all your favourite Christmas carols. Free glow candles and Santa hats will also be available on the evening.

Where: Eastwood Plaza

Crosswords

HANDY 3365 (FLICKERING)



Across

- 1. Burning unsteadily
- 6. Ancient Andes Indian
- 10. Flavouring herb
- 11. Publicise
- 12. Dark Italian vinegar
- 14. Played (with)
- 16. Small pancake
- 18. Ooze
- 20. Timber-cutting factory
- 22. Greasiest
- 23. Aged artefact
- 25. Shortest
- 28. Mixture of petals
- 29. Bell toll
- 31. Scraped (out a living)
- 32. Fitness clubs

Down

- 1. Crumbly Greek cheese
- 2. Creeping plant
- 3. Retains
- 4. Allow access once more
- 5. Beginners
- 7. Raucous
- 8. Corrections
- 9. Life-threatening
- 13. Awry
- 15. Punctuation mark
- 17. Cutlet (4,4)
- 19. Heavy fencing swords
- 21. Freedom
- 22. Judgment
- 24. 1000 ms
- 26. Feigns
- 27. Pub drinks
- 30. Scent, ... de toilette

Novice 0579

Handy 3365 (Flickering)



FIND ALL THE WORDS

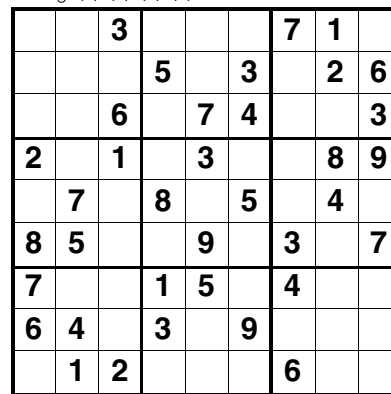
Listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

- | | | |
|------------|----------|----------|
| AUTOMATIC | HOUSE | ROTATE |
| BARRIER | INWARDS | SHUTTER |
| BRONZE | NUMBER | SHUTTING |
| BUILDING | OUTWARDS | SLAM |
| CONCERTINA | PAINTED | SLIDING |
| ENTRANCE | PANES | STAINED |
| ENTRY | PEEPHOLE | SWING |
| FOLDING | PRESS | TIMBER |
| GLASS | REVOLVE | WAY OUT |
| HANDLE | ROLLER | |

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