

Sydney **Observer**

JULY 2013 - FREE

FOCUS ON:
SYNTHETIC
DRUGS

CHOOSING
HSC SUBJECTS
WISELY

KU-RING-GAI
COUNCIL'S
COMMUNITY
PLAN

WIN
SEAFOOD
BUFFET
FOR TWO

Jamie Durie
THE GARDEN GURU

17 PAGES
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9 HOME RENO
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FROM THE TEAM

The *Sydney Observer* team has been getting their hands dirty this month as they delve into the world of home DIY.

Whether you're looking to renovate your entire home, redecorate a bedroom or landscape your garden, our home improvement special (p.17) will provide you with plenty of pointers to get you started.

Jamie Durie (p.18) fills us in on the latest garden trends, while The Block's Polly and Waz (p.26) offer some handy home reno hints.

On a more serious note, synthetic drugs have been receiving attention lately after the tragic death of a Killara High School student. We take a look at the laws surrounding these drugs (p.10). While Killara High School's principal, Mark Carter, discusses the importance of drug education amongst youth (p.16).

Happy home renovating!



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SENIOR JOURNALIST: Rose Moloney

(news@kamdha.com)

CONTRIBUTORS: Mark Carter, Kaitlin Coleman, Afrah Fazli, Paul Fletcher, Tess Gibney, Jessie Goldie, Kate Lilly, Linda O'Brien, Jonathan O'Dea, Hugh Meyers

DESIGNER: Anna Benner

ADVERTISING EXECUTIVE: Kaye Willatt
(advertising@kamdha.com)

SALES CONSULTANT: Melissa Borg and Ros Dodd
(advertising@kamdha.com)

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P (02) 9884 8699 • F (02) 9884 8799

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COMMUNITY SUPPORT FOR LARGEST GRAFFITI REMOVAL DAY

by Afrah Fazli

SOME OF THE largest community organisations in NSW will join together to tackle the biggest Graffiti Removal Day on October 20.

The NSW government and Rotary Down Under will run the state wide graffiti removal and prevention day with the support of community organisations, including Australian Men's Shed Association, Scouts and Girl Guides.

"This is the first time such a broad cross section of community groups in NSW have volunteered their time to join the fight against graffiti," said Attorney General Greg Smith SC.

"It is inspiring to see there is already so much support for Graffiti Removal Day and we are now encouraging local councils,

sporting clubs, businesses and other organisations to get involved. A record turn-out would send a powerful message to graffiti vandals that the community will not tolerate their criminal and destructive behaviour," Mr Smith said.

Member for Davidson, Jonathan O'Dea encouraged residents to get involved.

"People can participate in two ways: by nominating sites now that need cleaning up, and by lending a hand in the clean-up on October 20," said Mr O'Dea.

Rotary Down Under will ensure volunteers are provided with training, graffiti removal equipment and protective gear on the day.

Want to volunteer?

Complete the online registration form at www.graffitiremovalday.org.au



The NSW Attorney General, Greg Smith (far right) at the official launch of Graffiti Removal Day.

Eddie's Big Night Out

ON JUNE 15, 560 generous guests gathered at St Edmunds School in Wahroonga to raise over \$175,000, an all time fundraising record for the school.

The school caters for over 126 teenagers with a range of physical and mental disabilities. The funds raised at 'Eddie's Big Night Out' will be used alongside a grant from the Primary Club of Australia to transform the school's outdoor space into a learning and recreation area for students to spend lunches and recess.

St Edmund's school principal, Kathy Freeman, said: "Most of all it gave me great pleasure to see the community come together in support of our school, and more importantly our wonderful students."

Celebrity funnyman Jono Coleman hosted the event which featured a line-up of singing, dancing and drumming from the school's 'Eddie's Entertainers' alongside samba dancing from Rhythm Brazil and live band The Jury.

British and Irish Lions visit Knox

THE BRITISH AND Irish Lions rugby union team visited Knox on June 12 to use the school's aquatic centre and weights room. The players also met students, signed autographs and posed for photographs.

The Lions used the school's facilities for their recovery session following their 64-0 win over the Combined Country side the evening before in Newcastle.

British and Irish Lions Manager Andy Irvine presented Knox MIC of rugby, John Rownes with a plaque of appreciation.





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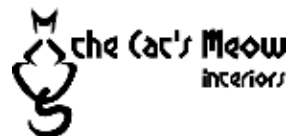
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by Jonathan O'Dea*

NSW BUDGET SECURES FUTURE

THIS YEAR'S STATE Budget focuses on delivering the rewards of tough decisions and reforms undertaken by the NSW government to secure the future of NSW, including Sydney's north.

Over the past two years the O'Farrell government has focused on fixing the mess left behind by Labor. By living within our means we have been able to reduce debt, while at the same time investing in those areas where it's most needed.

Investments in Northern Sydney include:

- \$81.8 million to continue construction of the Royal North Shore Hospital clinical services building; and \$52.1 million for other redevelopment
- \$40.6 million to continue the Hornsby Ku-ring-gai Hospital redevelopment
- \$29.1 million towards the development of the Northern Beaches Health Service;

and \$6.5 million for early hospital related road works

- \$14.6 billion record funding for transport and roads, including \$400 million for the F3-M2 link to help ease Pacific Highway congestion

“\$40.6 million to continue the Hornsby Ku-ring-gai Hospital redevelopment.”

- \$4.9 million to continue major capital works at Killara High School; and major funds to build two new north shore schools
- \$696 million to expand and improve services for people with disability, their families, carers and older people

The ongoing funding to upgrade Killara High School and for hospital infrastructure,

including the new Northern Beaches Hospital and associated road works, is most welcome.

By managing our finances responsibly, the NSW 2013-14 budget commits a record \$18 billion to health and \$13.95 billion to education.

Despite the financial challenges facing the state, this budget shows the NSW government is delivering on its promises to improve services for the people of NSW, investing in critical infrastructure and protecting the vulnerable.

Other Budget initiatives include a reduction in the payroll tax burden to support new jobs and almost \$60 billion over the next four years to fix the infrastructure backlog.

*Johnathan O'Dea lives in Lindfield, and is the Liberal Member for Davidson.



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by Paul Fletcher*

AGED CARE IS AN ISSUE THAT AFFECTS ALL OF US

WE MAY HAVE parents or other older relatives and friends needing aged care, either now or in the future, or we may ourselves be at a stage of life where we need such care, either in our own home or in an aged care facility.

I have had the opportunity to visit many of the fine retirement villages and aged care facilities in our area. The quality of the facilities I visit is invariably impressive —with caring staff, comfortable rooms and public areas, and active programs for residents —but achieving this outcome is not easy. In many cases aged care facilities are struggling to maintain economic viability.

The Rudd Gillard government's policy on aged care, *Living Longer Living Better*, was announced in April 2012. The policy contains some sound principles — such as an increased emphasis on supporting elderly Australians in their own homes.

But it very soon became clear, after that package was announced, that there were some much less appealing features as well. Its immediate effect was in fact to reduce funding to many aged care facili-

ties; there was a total reduction of \$1.6 billion in funding to the sector under what is called the 'aged care funding instrument.' Industry analysis of the changes showed a reduction in funding for a typical place in an aged care facility of up to 15 per cent.

Recently legislation passed through the Parliament to implement key provisions of the policy announced last year. Unfortunately, the legislation does not do enough to address the fundamental problem facing the aged care sector: economic viability. It is estimated that only 40 per cent of residential aged care providers are operating in the black, and that includes both for-profit and not-for-profit operations. As a result, there are fewer places available in aged care facilities than are needed.

One local aged care provider wrote to me about the package, saying that the aged care industry is one of the most highly regulated industries in Australia and asking why the government felt the need to introduce even more regulation into the process.

The frustration felt by aged care providers speaks volumes for the mismatch between the approach that this govern-

ment has taken and what is likely to be required to solve the difficulties that are facing the aged care sector.

In this important policy area, good intentions are not enough. It is crucial to create an environment in which those who are operating aged care facilities have the right incentives and right support.

In particular, there must be a consistent long term policy framework. Only then will there be the confidence in the aged care sector to invest in upgrading facilities, and building new ones — and in turn to provide sufficient places in aged care facilities for all Australians who need them.

The Coalition has, for a number of years, been calling for a longer term approach. We have proposed the establishment of a four-year aged care provider agreement as a means to provide greater certainty over a longer period of time. Should we come to government, the principle of providing greater long term certainty will be central to our approach in this vital sector.

*Paul Fletcher is a Liberal member of the Australian Parliament, representing the Division of Bradfield.

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KU-RING-GAI PLANNING AHEAD

COUNCIL HAS DEVELOPED A SIX PART DRAFT PLAN TO IMPROVE THE AREA OVER THE NEXT TWENTY YEARS.

by Kate Lilly

KU-RING-GAI COUNCIL HAS revealed a 20 year vision for the area in its freshly revised Community Strategic Plan. The draft plan, *Our Community - Our Future*, outlines the Council's long-term goals under six themes: community, people and culture; natural environment; places, spaces and infrastructure; access, traffic and transport; local economy and employment; and leadership and governance.

The revised plan is the product of extensive community consultation over the last four years, including seven major surveys and five summits held for each of the wards in February this year.



The St Ives Village Green.

So what's in store for ku-ring-gai?

Community, people and culture

In 2011, 114, 700 people called Ku-ring-gai home. That number is projected to increase to 134, 000 people by 2036. Interestingly, Ku-ring-gai has both a growing youth population (46 per cent of local households made up of couples with children) and an ageing population compared with Greater Sydney.

Residents want:

- To address the growing isolation of groups such as the elderly and new residents from different cultures
- Services that cater to a changing community profile - including more young families, more elderly people, more people living on their own and more people from different cultural backgrounds
- To promote community interaction and cultural activities

- To improve safety and combat anti-social behaviour e.g. the St Ives skate park

Proposals in the draft Operational Program:

- Delivering quality services for young families, including immunisation, long day care and school holiday programs
- Implementing a Youth Week program and an annual Seniors Festival
- Developing, delivering and promoting events at the St Ives Showground and Wildflower Gardens
- Supporting and resourcing initiatives like Neighbourhood Watch and safety expos

Places, spaces and infrastructure

Ku-ring-gai's sporting grounds, parks and public gardens make up less than 14 per cent of the area's open space. Many of the council buildings and facilities and shopping areas are in need of upgrading.

Residents want:

- To highlight the importance of the village green to any redevelopment of St Ives
- To maintain the village characteristics of local shopping centres and to encourage cafes, outdoor dining, small-scale supermarkets and outdoor facilities
- Safe parks and facilities for children
- Initiatives to remove rubbish, graffiti and improve public toilet facilities

Proposals in the draft Operational Program:

- Establishing targets for the removal of graffiti and a clean-up for streets and local shopping centres
- Beginning to implement a Master Plan for the St Ives Centre and surrounding precincts
- Delivering a public toilet and amenity upgrade program
- Undertaking a review of the Council's Outdoor Dining and Goods on Footpath Policy



St Ives shopping centre.

Access, Traffic and Transport

Almost three quarters of Ku-ring-gai's professional population leave the area each day for work. The proposed Council's transport initiatives will be in line with NSW's 2021 priorities for the Northern Region, including improvements to the Metro Bus service, continued work on the North West rail link and the completion of the M2 motorway widening project.

Residents want:

- Traffic congestion reduced around major intersections on the Pacific Highway e.g. Gordon Centre and the Turrumurra railway bridges
- More parking at local shopping centres and Gordon station and more long-stay commuter parking
- Opportunities to connect local facilities and residents with footpaths and bike paths

Proposals in the draft Operational Program:

- Progressively implementing a Ku-ring-gai Bike Plan
- Investigating the provision of additional commuter parking at key railway stations
- Investigating opportunities for community transport e.g. introducing a high frequency shuttle bus service from St Ives, Pymble and Gordon



NO MORE COUNCIL DYSFUNCTION?

NEW SET OF LAWS GIVE DON PAGE EARLY INTERVENTION POWER.

by Rose Moloney

IN JUNE LEGISLATION was passed that will increase the state government's power to intervene in local council matters.

Under the new set of rules Local Government Minister, Don Page, will be able to order local governments to improve, gather information to determine areas of dysfunction, or in more extreme cases suspend councils.

Mr Page, said: "The Local Government Amendment [Early Intervention] Bill 2013 provides an important set of tools to ensure that dysfunction is dealt with early and that the democratic leadership of communities is retained."

According to Mr Page the purpose of the legislation is to encourage councils to work to fix problems before intervention is needed.



Ku-ring-gai Council chambers

Mayor of Hornsby Shire Council, Steve Russell, expressed his support for the new legislation.

"I think the minister should be able to intervene, there's a need for it," he said.

"If councils behave the way that the people that elected them expect, there's no problem at all, nobody's going to be suspended. It's only when people do

stupid or corrupt things that you need somebody to intervene."

The new legislation means that if councils are not performing adequately state government can issue a Performance Improvement Order. If this order is ignored, councils run the risk of being suspended for a three to six month period.

Mr Page said these laws have been introduced in response to previous "inadequate" measures for dealing with dysfunctional councils.

Under old laws the role of the Local Government Minister was limited. If a council did not perform adequately, a long inquiry process would take place.

At the end of this inquiry the Local Government Minister could recommend that a council be suspended, however they did not possess the power to do so themselves.

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THE WAR ON DRUGS CONTINUES...

AUSTRALIANS HAVE BEEN UNDER THE IMPRESSION THAT SYNTHETIC DRUGS ARE “SAFE” DRUGS, HOWEVER THE RECENT DEATH OF HENRY KWAN HAS PROVEN JUST HOW DANGEROUS THEY CAN BE.

by Jessie Goldie

SYNTHETIC DRUGS ARE chemically laced substances similar to marijuana, cocaine and methamphetamine, that can cause liver failure, kidney failure and death.

They are highly addictive, extremely dangerous and, just over a month ago could legally be purchased over the counter.

The recent death of Killara High School student, Henry Kwan, 17, brought the Government's attention to the existence of these substances and, as a result, on June 11 Fair Trading NSW launched 'Operation Salt', a 90 day interim ban on the sale of synthetic drugs.

NSW Minister for Fair Trading, Anthony Roberts, said the ban has been highly successful with a compliance rate of 94 per cent from over 1000 businesses.

“The ban prevents someone walking into a store and buying a potentially harmful synthetic drug product and thinking it is safe simply because it is allowed to be sold legally in an Australian shop or by a business online. We have removed this risk across the state,” he said.

The Commonwealth has also taken action and issued a 120 day interim ban that

applies to businesses across Australia.

“The NSW government welcomes this (national) interim ban but I believe this ban should be made permanent. The compliance rate achieved during the first week of 'Operation Salt' shows how effectively the interim ban has worked,” said Mr Roberts.

While the NSW and federal government's bans on sales of the drugs is a step in the right direction, Greens Senator, Richard Di Natale believes the Government's current approach is too simplistic.

“The synthetic drug industry is very dynamic so when a substance is banned the producers are able to alter the compound to avoid a ban and have it on the shelves within days. What we will see is a pharmacological arms race where bans are always one step behind what's available,” he said.

“The scary thing is that each tweak introduces a new and untested drug onto the market which has the potential to make the substance even more harmful to the user.”

The question is then, if outlawing synthetic drugs won't work, what will?

Senator Di Natale believes there needs to be an urgent national summit.

“The Greens care about finding a workable solution and that's why I'm calling



Killara High School student Henry Kwan.

for an urgent national summit that will take the politics out of the issue and bring together experts to develop a national approach,” he said.

Mr Roberts admits the bans introduced by the Government are not enough to solve the problem of synthetic drugs, and that a more holistic approach is necessary.

“The support of the community is also vital. We need to spread the message that synthetic drugs are not safe, they are dangerous and potentially fatal. I urge anyone who knows someone using synthetic drugs, to inform them of the dangers these drugs pose,” he said.

Initiatives such as NSW government's 'Drug Action Week', which took place in June, work towards educating people on the risks they're taking in the hope that they will make the right choice themselves.

NSW Minister for Mental Health and Healthy Lifestyles, Kevin Humphries, urged people to take the time during Drug Action Week to learn more about the dangers of synthetic drugs.

“Let's bury the misconception that because synthetic drugs have been sold on shelves they present little or no danger to the user,” he said.

“Synthetic drugs are just as, if not more, dangerous than other illicit drugs. It is not known what drugs or ingredients have been used and in what quantities to create each new version.”

New Zealand's approach to tackling the problem has received much attention, as it focuses on regulating the drugs, rather than outlawing them.



The New Zealand Government is investing millions of dollars in testing substances in order to determine whether or not they are safe enough to be legal. From August all substances that are approved will be sold legally from licensed retailers. It has been estimated that the number of retailers selling synthetic drugs will shrink from 1000 to 100.

Federal Minister for Home Affairs, Jason Clare, announced that the Commonwealth Government will develop permanent legislation that will be based on New Zealand's approach.

In a report released in June, Mr Clare described how the legislation would reverse the onus of proof, stating that this will mean new drugs coming onto the market are presumed to be illegal until they've been proven to be legal.

However, Mr Clare made no mention of implementing any sort of testing scheme, despite testing being at the core of New Zealand's approach.

Further, the NSW government stated that 'Operation Salt' has been designed

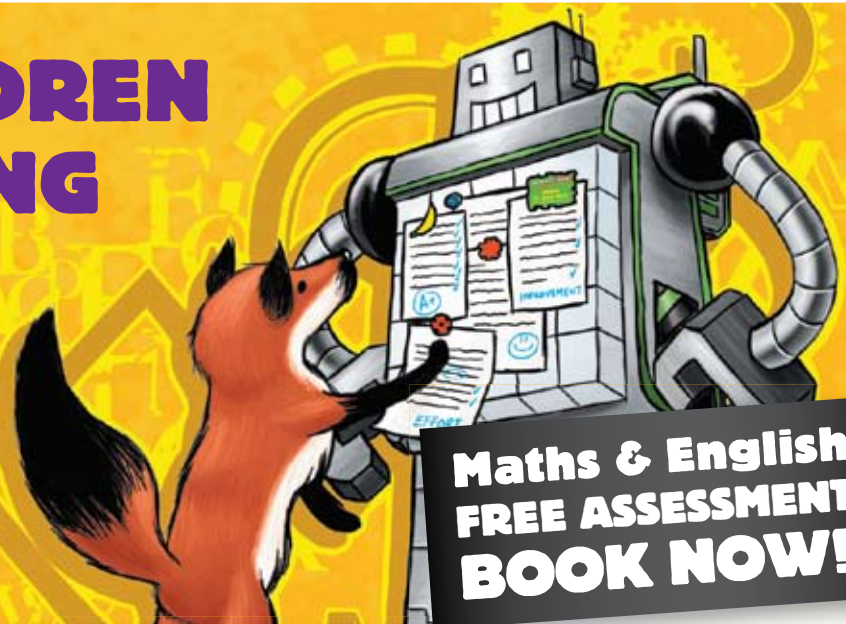
to negate the need for testing of substances by listing banned products according to their known brand name rather than their chemical compound.

What is clear is that there is no single solution to the problem of synthetic drugs.

While the Government has a central role to play, the community needs to work together to raise awareness of the risks of these extremely dangerous substances, in the hope that no more families will have to suffer like Henry Kwan's.



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HSC SUBJECTS: DECISIONS, DECISIONS

WHICH SUBJECTS WILL GET YOU OVER THE HIGH SCHOOL FINISH LINE?

by Kate Lilly

WHEN YOU'RE IN Year 11 and term 3 rolls around, the HSC suddenly feels uncomfortably close. It will be a year of frantic cramming, comfort eating, copious tea and coffee drinking and a little less sleep than you're accustomed to. But despite all that, it can be a fantastic year - provided you choose subjects that are right for you.

Choosing your subjects can be tricky and confusing at times. *Sydney Observer* asked three past HSC students about the subjects they chose for their big year:

MATHS AND SCIENCE

Toby Waller attended Barker College. He just completed a Science degree at Sydney University.

What subjects did you choose for the HSC?

Advanced English, three units of Maths, Biology, Chemistry and Modern History.

Did your selection create any challenges?

I was only doing 11 units but even still, there wasn't much time, I didn't have many free periods. I had to go to three or four early morning maths classes before school. So that was probably the most brutal part

of the combination of subjects. It was mainly the hours and the early mornings
Any regrets?

I did really well in Chemistry in Year 11, but in Year 12 the syllabus took a bit of a different turn and I didn't get along with the work nearly as well. If I had known I would have struggled or done a lot worse in it before Year 12, I probably wouldn't have chosen it.

I might have dabbled in a few different subjects but I guess that comes with age - different areas interest me now which didn't interest me when I was at school. I'm more into drama now but I would

never have considered doing drama at school.

Any advice for current students?

I wish I'd gotten a little bit more advice on careers in a way. I know they say you shouldn't choose your school subjects based on your career choice but I would encourage them to go look at uni courses they might want to do. Check out areas of interest and what they might require marks-wise and subject-wise.

Do a bit of research, find out what the course syllabus in Year 12 is like, what they provide and then also look into what you want to do when you're a little bit older.

FOUR EXTENSION SUBJECTS

Joanna Tan studied at Sydney Girls High. She is currently studying combined Law and Communications at the University of Technology Sydney

What subjects did you choose for the HSC?

Advanced English, Extension 1 English, Extension 2 English, French Continuers, French Extension, Ancient History, History Extension and Mathematics.

Did your selection create any challenges?

Extension 2 has a major work, so does Extension History. And then, on top of

that I had extra exams for the three units of French I was doing because there's oral exams - so double the amount of exams in your exam period.

The major works were planned badly so they were both due within a week. That was really stressful. They don't advise people to do that many extension subjects and there's a good reason why - it's because it's really, really hard to balance. But it worked out okay.

What was the best thing about doing all those extension subjects?

I wouldn't say that it's for everybody. I

mean, it was good for me because they were all subjects that I really, really liked and that I was good at.

I don't know if I would advise other kids to go do a lot of extension subjects. But the classes are smaller, the teachers are more focused - you're going to get more out of it.

What advice would you give students who are choosing their subjects?

Don't pick what you think will scale well - pick what you're really good at. If you don't like your subjects you'll end up being miserable the whole time, and if you're miserable you won't do well either. Make the last year a good one!



Past HSC student Kathryn Walters

THREE MAJOR WORKS

Kathryn Walters, studied at Roseville College, She is currently studying Psychology at the Australian College of Applied Psychology.

What subjects did you choose for the HSC?

PDHPE, Advanced English, Drama, Design and Technology and Visual Arts.

Why that combination?

I didn't really know what I wanted to do in terms of jobs, so I thought I would just go with what I was best at and what was fun - which was more the creative side for me.

Did your selection create any challenges?

I did three major works. It wasn't that challenging and everyone said that it would be,

which gave me the drive to prove they were wrong. There was only one week every term that I was little bit stressed but we didn't have any other homework - those subjects are basically just major works.

Do you regret any of your subject choices? What advice would you give students approaching the HSC?

Looking back, I really, really enjoyed all of them. Don't worry about what subjects you choose and what prospects you will have for a job one day because usually they teach you everything at uni anyway.

Do something that's fun because the HSC, in some parts, is not fun at all and the most you can do is try and do things which are enjoyable - the subjects that you'd find most interesting.



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NSW YOUTH GIVEN A VOICE

PLASTIC BAGS AND PUBLIC TRANSPORT WILL BE DEBATED BY THE YMCA YOUTH PARLIAMENT THIS WEEK.

by Rose Moloney

THROUGHOUT THE FIRST week of July 160 youth from across NSW will debate bills in NSW Parliament House as part of a YMCA political program.

The YMCA Youth Parliament is designed to replicate actual parliamentary procedures. At the beginning of the year students between the ages of 15



Youth Parliament members Kartikeya Shastri and William Berthelot.

and 18 were separated into specialised committees. Since then they have been developing bills, which they will each present over the course of the week in Parliament.

Year 11 Manly Selective student, Kartikeya Shastri, is part of the transport committee.

He said one of his committee's key goals is to introduce more steps to improve the experience of disabled people using buses.

"Those who have vision impairments can't see where the bus is going. So things like announcing stops on buses could be something that is really simple that would solve that issue."

Environmental issues will also be on the agenda during Parliament. Year 12 St Augustine's student, William Berthelot,

said the environmental committee is looking at improving recycling and reducing plastic usage.

"We are proposing abolishing plastic bags in retailers across the state and implementing various strategies like a container deposit scheme, a cash for cans type thing," said William.

William hopes to pursue a career in politics after finishing high school, and is looking forward to working with the Mayor of Pittwater, Jacqueline Townsend, in coming months.

Kartikeya hopes to study law at university and feels that youth parliament has helped to develop necessary skills for this. "Youth parliament is a good experience as it helps with your speaking ability, which is something that's essential as a lawyer," he said.

GORDON LIBRARY GETS A FACELIFT

HSC STUDENTS WILL BE FORCED TO FIND SOMEWHERE ELSE TO STUDY WHILE GORDON LIBRARY UNDERGOES RENOVATIONS.

by Rose Moloney

GORDON LIBRARY WILL be closing for eight to twelve weeks from the end of July to undergo a complete refurbishment.

The library is getting a fresh look, with new carpet, paint and the incorporation of interactive artworks. There will also be new study rooms, more community space, a revamped kids area and an upgrade of the youth study area.

Gordon Library is a popular study venue for HSC students, so the timing of the refurbishment won't suit everyone. However Gordon librarian, Lynne Ruff, said there would never be an ideal time to complete such a big project.

"The HSC students are only one small part of our clientele - we cater for every-



four-hour periods. Increased space for reading, one, from babies to seniors, so no matter what time we close, it would affect one large group."

While the library is closed a small amount of services will be available in the Old Gordon School Building next to the library. Ms Ruff said: "There will be a study space for the large contingency of HSC students."

The HSC collection of books will also be moved to this venue, where students will be able to borrow them for

four-hour periods.

Ms Ruff said other libraries in the area might also open for extended periods of time during Gordon's closure.

She said some HSC students have expressed concern about the closure, however local schools and students have been kept informed.

"I think they've been alright, we've had a few queries, but we've consulted with them and given them lots of info about



A revamped children's corner.

A VISION OF VANUATU

WENONA SCHOOL HOSTS AN ARTIST IN RESIDENCE.

by **Afrah Fazli**

THE LUSH COLOURS of Vanuatu's scenery have been resurrected within Wenona School as the school celebrates its local and international service learning program by hosting an artist in residence, Annette Barlow.

The new mural commemorates Wenona's sister schools in Vanuatu where year 9 students have volunteered for a number of years during their holidays.

Ms Barlow, who has previously worked on murals at Sydney Aquarium and the Centrepoint food hall, said of her role as an artist in residence at Wenona:

"An artist in residence is a regular visitor for a period of time, in my case at Wenona, until August. Students are able to watch the artwork take shape and stop

and discuss the process with me as they walk past."

The life-like permanent mural was inspired by the students's service learning projects in Vanuatu.

"Students shared photographs from their experiences in Vanuatu with me. They are very enthusiastic. Some of them are actually painting with me. It's a learning experience for them, watching the artwork grow. They learn about perspective, colour and other details."

Wenona has other international service learning opportunities including helping to build homes for victims of Agent Orange in Indochina; assisting at a soup kitchen in New York as part of a Creative Arts Tour to Berlin, Paris and New York; helping out at a school in Tanzania, and volunteering in Peru.



Annette Barlow with year 10 students Emily Murrell and boarder Charmaine Lui of Hong Kong, and year 7 student Olivia Dixon.

Students also volunteer their time locally, to support organisations such as Oasis, Anglicare, Barnados, the National Heart Foundation, Legacy and Cancer Council NSW.



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EDUCATING STUDENTS ABOUT RISK TAKING

by Mark Carter *

ACROSS AUSTRALIA SCHOOLS are the focus of parents' aspirations for their children and are reservoirs of students' optimism about their own futures. Schools ought to provide opportunities for young people to realise their potential and at the same time provide a safe environment, in which they may learn about themselves and their world, and from young adulthood lead prosperous and fulfilling lives.

But there are risks that seem to come with being young. Recently a father and I waited in the evening gloom with increasing anxiety for the return of four fit and usually responsible young men who had gone surfing. The perils of the Tasman Sea and sharks played on our minds.

Eventually head lights appeared and as the vehicle stopped in the paddock, four wet-suit-clad shivering bodies, spilled like bipedal seals into the freezing night air and rushed for the fire, their mood one of unabridged exhilaration! They'd been surfing with whales.

The emotions we'd felt couldn't have been more contrasting. For young people the temptation of the 'the moment' sometimes eclipses thought of consequences. Risk can be dangerously alluring. Our duty of care as adults and teachers is to foresee the risks and eliminate or minimise them.

Growing up involves taking on more responsibility for the management of risk. Recognising the risk can be tricky. Our curriculum teaches young people about risks associated with drugs and alcohol. But in the 21st century risk is sometimes difficult to recognise when sponsorship, advertising, retail accessibility and the ease of internet purchasing combine to mask or deflect young people's awareness of possible harm.

Recently a hard-working, engaging and very bright young man from Killara High School, took a risk, ingested a synthetic drug and lost his life. Too often we hear of alcohol consumption by young people leading to violence, and tragedy.

Many of us reflect on what more might be done to eliminate risk of harm to our young people. To say the young get conflicting messages when sporting heroes and events become marketing vehicles for alcohol, is an understatement.

But perhaps we may look to the future with optimism too. Among young people are the capacities for leadership and shared responsibility. I've never forgotten the response of Matt, an 18 year old student representing his peers at a community forum here on the north shore. He was asked pointedly about drug availability in his own school by an anxious parent. Matt stood confidently and said,

"I don't know whether there are drugs at our school. I've never seen them and never been offered any, but they probably are there, just as they are in our community at large." The enquirer persisted with a demanding tone, "What is the school doing about this?" Matt responded calmly, "Well, I don't think it's just about what a school does about drugs. It's really about how schools, indeed all of us, help young students to make good choices when faced with difficult decisions and the pressure of peers."

Young Matt summed up what effective education is all about. All schools work hard to model and value responsibility for self and others, to help young people understand relationships and in doing so better know themselves. Regardless of ephemeral media and political focuses on ATARs, NAPLAN scores, and My School data, our 'curriculum' in its broadest sense, must equip young people to make wise decisions, for themselves and others, throughout long and fulfilling lives.

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

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Jamie Durie

The Garden Guru

by Rose Moloney

Over the last five years Jamie Durie has been splitting his time between working in Australia and the US. He has worked on over ten different television shows, all while developing a new range of indoor furniture for the European market.

If expanding his reach to interior design wasn't already enough, Jamie has also just launched a new range of organic skincare products for People For Plants.

Life is busy for Jamie, who is just at the end of a five-week stint in Malaysia filming home design television show, *The Apartment*. However he says this year he has been spending a lot more time in Sydney in his Northern Beaches home.

While he can't give too much away about a new book he is releasing at the end of the year, he is more than happy to share his insights into creating ideal outdoor living spaces.

According to Jamie the current trends in landscaping are all about expanding indoor living spaces into the outdoors.



What are the important things people should consider before designing an outdoor space?

Well you need to do what I call a functional analysis. This is where you consider the prevailing winds, where the sun falls in the garden, what kind of soil you have and what the topography is like.

You would then draw a giant circle over the top of your plan to outline where the various functions might take place within the garden. There might be an outdoor entertaining area, a dining area, an area for children's play or an outdoor kitchen. You very quickly start to create a mud map of what your future garden could look like.

Once you have the basics down you can start working out which plants will go where to give you the desired shape to screen, decorate or furnish those particular areas.

Is designing a garden something people can do alone or is it important to seek professional help?

I think it's always good to get advice, especially if you want to get the most out of your outdoor space.

What kinds of outdoor design features add the most value to a house?

These days people are really interested in outdoor kitchens and outdoor dining areas. Everyone wants to be able to cook and entertain for their friends, so that tends to add a lot of value to a home. Most buyers look at the two most important days of their week – Saturday and Sunday and how they can best use a space in this time.

What would you suggest people do if they only have a small outdoor area to work with?

The sky is the limit really; I think these days people are very focused on creating additional lifestyle areas with their outdoor spaces. The garden is no longer just a utilitarian space where you dry your laundry. It's now an extension of your living room, so a small area could be used as an outdoor lounge, an outdoor kitchen or an outdoor dining area. Think of the sorts of things you love to do inside and create a place to do them outside, where you can connect with the fresh air and sunshine.

Imagine you are in the opposite situation and your garden is too large to manage. What can you do in this situation?

You would compartmentalise the garden. I think that most people look for security and intimacy in the garden; they look for spaces that evoke a sense of discovery or what I like to call a "secret garden". If you compartmentalise it, you can deliver various functions within the larger space, and extend indoor areas into the outdoors.

Do you think people often forget about their gardens and focus too much on inside spaces?

I think a lot of people focus on the indoors first because they automatically want to feather their own nest and make the most of what happens inside. But these days you have really got to carve out a portion of your budget so that the outdoor space is not neglected. It does add value to your property. I tell people to spend between 5 and 15 per cent of the value of their property on their landscaping and they'll never over capitalise.

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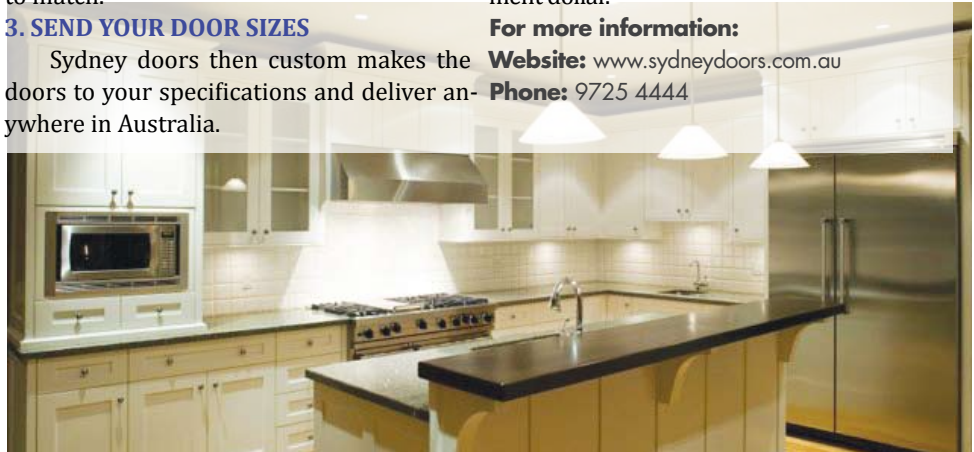
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Polly & Waz's Reno Rules

by Rose Moloney

POLLY PORTER AND Waz Jones made names for themselves in 2011, when they were the only couple to sell their house at the end of the fourth season of *The Block*.

Since their big win they have busied themselves spending their \$115,000 prize on buying a new house in Coogee and their wedding. Over the last couple of years, the two have taken on various TV gigs, however they say they're now focusing on settling back into more regular routines. Polly is studying to become a primary school teacher and working at a bar, while Waz is putting the renovation and design skills he learnt on *The Block* to good

use in his position as a territory manager at Dulux.

Although they have been living a renovation free life in the eastern suburbs since their time on *The Block*, Waz says they are hoping to move to the north shore, where Polly grew up in Gordon.

"We'd love to move back to Willoughby next year. That's something that is definitely possible. I'm desperate to get something that we can renovate."

However they don't seem to have forgotten what they learnt in their renovation hiatus. Although they started *The Block* as rookies, they finished with a wide set of skills. They shared some of these skills with the *Sydney Observer* this month.



Make a realistic plan and stick with it

Avoid being unrealistic when it comes to creating a time frame for renovations. Accept the fact that you're probably not going to be able to renovate an entire house in four weeks, and instead set an achievable timeline. Work through the plan methodically and try and avoid letting it drag out.

Take things one room at a time

Go through a house and renovate room by room to isolate the mess. Live in one room while you are renovating other areas. The downside of doing this is that it requires a couple more call outs from tradies, so if possible think ahead when it comes to calling out the electrician and see if they can do more than one room in one go.

Don't be too conservative with your paint choices

Life's too short to live in neutral shades of beige and white. Consider trying something a bit different, like a daring shade of red for a feature wall. If it turns out badly you can always paint over it. Remember not to skimp out on paint quality, always opt for a good brand to ensure the colour lasts.

Don't rush to fill a room

Unless you're on a strict deadline, like the contestants of *The Block*, there's no pressure to create a showroom finish in a couple of days. Once you have new rooms and freshly painted walls take your time to find furniture and furnishings you love. Don't just throw any piece of artwork on the wall because you feel like you have to fill the space straight away.

Don't sweat the small stuff

It's easy to get caught up picking out door handles and paint colours, but it's important to remember these things can easily be changed down the track. Instead spend your time working out a floor plan, and put money into important things like the ceilings, floors and walls.

Update and change things you already own

When it comes to furnishings it's not always necessary to buy everything brand new. Instead take things you already have and alter them, for example an old bed head can be completely transformed with some new fabric.

Do as much as you can on your own

If you are looking to save money then try and do as much as possible yourself. While you can't go without a plumber or an electrician, it isn't essential to hire a painter. Remember to source any of the stock your tradies will need from local hardware stores, rather than relying on the workers, this will ensure you get the cheapest deals.

Focus on the living room

The living room should be the heart and soul of a house. A bedroom is just for sleeping but a living room is for entertaining, so put your energy into designing an open plan living and eating space. If possible hide the television in a cupboard to avoid making it the central feature in the room.

Consider why you are renovating

If you're renovating for yourself then you have the freedom to do what you want without thinking about selling. However if you're renovating to sell, remember to talk to your agent about maximising profit. While it's important to make sure finishes are exact, remember a fancy dining table isn't going to sell a house.

HOW TO: PRESERVE YOUR GARDEN OVER WINTER

by Hugh Meyers*

Grevilleas

Grevilleas are the perfect solution to fixing a bare looking lawn. *Grevillea sericea*, the pink spider flower, grows to about 1.5m high and has white to pink terminal flowers most of the year with an extra flush at the end of winter. Set it in a well-drained bed in the middle of the lawn where it can get full sun and *Grevillea sericea* will put on an excellent show for most of the year.



Grape vines

Your ornamental grape vine will be looking pretty bare at this time of the year but it won't be long before the buds start to shoot up. It is time to get in and do some preventative maintenance. Prune out any dead wood but don't cut into the green wood. Cut away any dead leaves. If you have a fruiting variety of grapevine, you will need to prune last year's growth back to about three buds.



Citrus

Leaf miners can take quite cool temperatures so if the winter does not get really cold, they will continue to tunnel into the leaves of your citrus. Keep your eyes open in case this is quietly going on in your garden. If you find signs that the pests are still at work, spray with either Pest Oil or Eco Oil. They are particularly prevalent on the new growth, which will start to happen when things warm up.

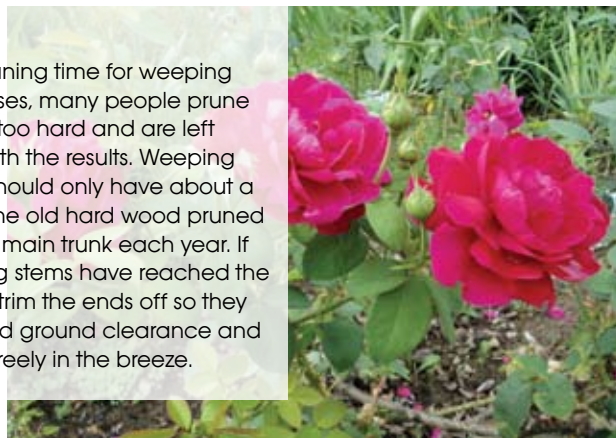
Tibouchina

July is when the cold starts to bite and if you have *Tibouchina*, a tropical plant, in your garden then there is a chance it could be burnt by the frost. If it is not too big you can throw a cover over it when those crystal clear nights come around. If frost still reaches it, leave the dead branches on the tree as they will help to protect it. They can be removed in the spring when things warm up.



Roses

Winter is pruning time for weeping standard roses, many people prune them back too hard and are left unhappy with the results. Weeping standards should only have about a quarter of the old hard wood pruned back to the main trunk each year. If the weeping stems have reached the ground just trim the ends off so they have a good ground clearance and can swing freely in the breeze.



*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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SOUTHERN STAIRS HAVE been manufacturing and installing stairs and timber screens for over 30 years for all different styles of homes. They do stairs for builders, architects, designers and private clients for all sorts of buildings such as project homes, duplexes, terraces and private dwellings. Lately they have been doing a lot of stairs with timber screens on one side, in place of a balustrade, which acts like a room divider in place of a solid wall.

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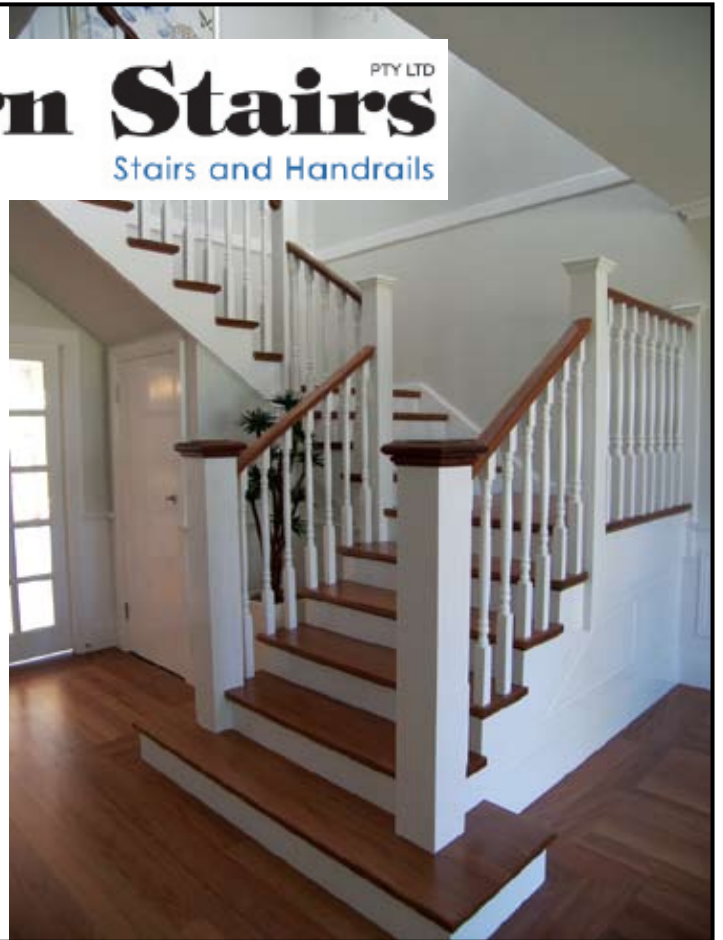
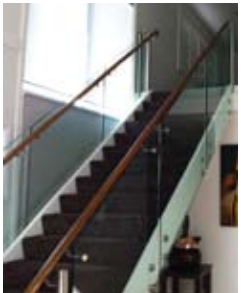
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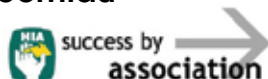


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FINDING PERFECTION WITH PAINT

ENSURE YOU PICK THE RIGHT COLOUR NEXT TIME YOU REDECORATE.

by Linda OBrien

COLOUR CAN BE one of the most powerful and cost effective methods of transforming a home. But be warned! Paint is the last step in the transformation process. The big ticket and fixed fittings of the home need to be finalised first.

Prior to selecting a paint colour, consider elements like furniture, tiles, wallpaper, soft furnishings, window dressings and floor coverings. The paint can then be matched to any colour that will tie in and tie together all of these decorative components.

Once these items have been determined then a number of considerations will help you to make the correct colour selection.

1) CONSIDER THE LIGHTING in each room. Warmer colours generally tend to fare better in rooms that have more artificial light and add a sense of coziness.

2) CREATE A MOOD BOARD for each room, using fabrics, tiles, photos of furnishings, and paint samples. This will help you ensure the overall effect is appealing.

3) USE AN ENLARGED HOUSE FLOOR PLAN to show the flow of colour throughout the rooms. Note rooms that require lighter shades or those that open on to each other. What works in one room may clash with the room next door.

4) KEEP WOODWORK, ceilings and doors the same colour. This will ensure that there is a harmonious flow between all the rooms. Avoid pure white for both the ceiling and woodwork as this has a tendency to yellow. I advise clients to add one per cent black to the ceiling paint and five per cent of the dominant wall colour to the woodwork paint.

5) USE THE 60-30-10 RULE to create a balanced room. The dominant colour generally covers the walls and thirty per cent of the room is the secondary colour, which should be found in the furniture and curtains. Finally ten per cent is applied to the accent colour in items like cushions or flowers.

6) USE COLOUR THEORY to select colours that work together using a colour wheel. Fool proof colour palettes may be selected using one of the following methods:

MONOCHROMATIC- tones of a single hue created by adding black or white to the colour.

ANALOGOUS- colours that sit alongside of each other on the colour wheel, for example blue and green or red and orange.

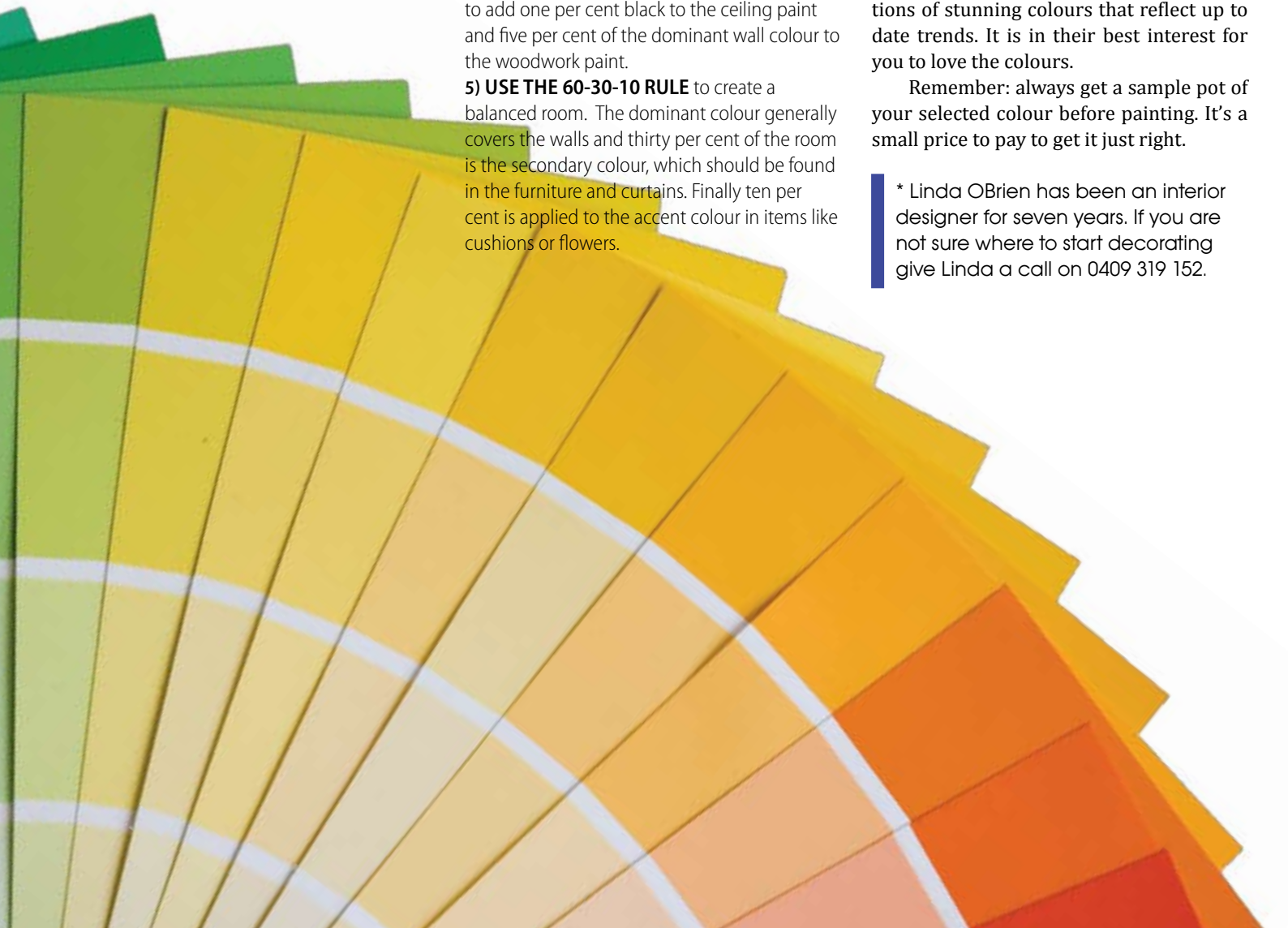
COMPLEMENTARY- opposite hues on the colour wheel.

CONTRASTING- selecting three hues from even spaces on the colour wheel.

And if it all gets too much to bear, look to the experts to help make your selection. Large paint supplying companies such as Dulux, Wattyl and Porters all pay large fees for interior designers to present combinations of stunning colours that reflect up to date trends. It is in their best interest for you to love the colours.

Remember: always get a sample pot of your selected colour before painting. It's a small price to pay to get it just right.

* Linda OBrien has been an interior designer for seven years. If you are not sure where to start decorating give Linda a call on 0409 319 152.



FIVE ESSENTIAL HOME RENO APPS

by Afrah Fazli

WHEN PLANNING A home renovation anything that helps you save time and money is a bonus. Luckily there is a range of smartphone and tablet apps available to help ease the stress that comes with any DIY project. From creating virtual decorating platforms, creating colour schemes, locating natural light, or connecting users with tradies, it seems there is an app to fulfil just about any purpose. Here are five renovation apps that you should know about before you next pick up a paint brush:

1. KLIPPBOK BY IKEA (FREE: IPAD)

Would you like to virtually place furniture in a room to see if it will work? This app works as a digital scrapbook. It lets users drag and arrange furniture and decorations to create mood boards. Ikea products can be mixed and matched by rotating, resizing and layering products. When finished, these virtual rooms can be shared via social media.

2. DULUX MYCOLOUR APP (FREE: IPHONE, IPAD)

Having difficulty deciding on a colour scheme to match your furniture? The Dulux MyColour app allows users to see what thousands of different colour combinations look like. Users just need to upload a picture of a room, and then paint it with colours of their choice. Also, Dulux MyColour gives users a matching colour palette for any object.

3. HOUZZ (FREE: IPHONE, ANDORID, IPAD)

Want to see what your dream house rooms will look like? This app is perfect for online home remodeling and design, providing people with everything they need to renovate their homes from beginning to end. It allows people to build custom homes by connecting homeowners, home design enthusiasts and home improvement professionals globally. Renovators can get design inspiration, project advice, product information and professional reviews.



4. SUN SEEKER: 3D AUGMENTED REALITY VIEWER (\$5.49- IPHONE)

Keen on maximising natural sunlight in your home? This app lets users build homes with maximum appeal by locating the natural sunlight. Users are provided with a flat view compass and an augmented reality camera showing the solar path at hourly intervals.

5. PICK-A-QUOTE APP (FREE- IPHONE, IPAD)

Want to find the cheapest and most capable workers to complete your renovation? This app allows users to connect with tradies. Simply post your renovation work details, location and budget, and wait for businesses to submit their quotes.



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WINNING THE WINTER WEIGHT WAR

STEPS TO FOLLOW THROUGHOUT WINTER TO AVOID LETTING EXTRA KILOS CREEP UP ON YOU AS THE COLD SETS IN.

by Rose Moloney

AS THE COLD weather takes over and the days get shorter, it's easy to let that fierce motivation you had to exercise and eat well at the beginning of the year slowly ebb away. Going for a run when it's 10 degrees and raining outside is probably the last thing on your mind, especially when you know there's a mug of steaming hot chocolate waiting to be consumed at home.

Adro Sarnelli, the winner of the first season of the Biggest Loser, manages to buck the trend when it comes to putting on the kilos over winter. He says the cold weather shouldn't be an excuse to gain weight; in fact winter can be the perfect time to get our bodies into shape for the hotter months.



Adro Sarnelli, won The Biggest Loser.

ADRO SHARES HIS HEALTHY EATING AND EXERCISE TIPS: STOP ACTING ON FEELING

One of the biggest things people do wrong is making eating and exercise decisions based on how they feel in a particular moment. When you wake up to train on a cold morning, it's easy to stay snuggled in bed. In the evening it's



much more appealing to stay home in front of the television than hit the gym. To avoid letting lazy feelings get in the way of your winter weight goals, make an eating and exercise plan. Remain disciplined and stick to it, if you break the plan once ensure you get back into it the next day.

CONSIDER YOUR ENVIRONMENT

Make sure you factor in the weather to your exercise plan. If training in the cold doesn't appeal to you, then there's no point planning on going for a run every morning. If you find yourself constantly skipping an after work gym session, it's probably not an ideal time for you to train. Think about where your weaknesses lie and then choose a time and place to exercise that you can stick to.

EMBRACE WINTER FOODS

It's surprisingly easy to eat healthily during winter. Soups are a go-to food for anyone looking to lose or maintain weight. The average cup of vegetable soup has about 60 to 80 calories, so it's perfect for a hot meal or a snack. Stews and casseroles are another hearty and healthy alternative. If you're looking to reduce your calorie intake but don't want to cut out your favourite winter meals altogether then simply switch certain ingredients. Take a shepherd's pie and replace the buttery potato mash with mashed cauliflower.

FIND EXERCISE THAT YOU ENJOY

The best type of exercise is the kind that you will actually do. If you are a social person then hit the gym for a class or join a walking group. If you can't bear the thought of missing your favourite television show in the evening, then buy an exercise bike and put it in the living room. If you're suffering from an injury then go to the aquatic centre for some low impact swimming. There is a type of training to suit everyone, it might just take some time to figure out your personal favourite.

VISUALISE SUMMER

Set yourself lifestyle goals throughout winter. This doesn't mean deciding on a set amount of kilos to lose, instead think about how you want to feel in the summer. Tell yourself that you want to be fit, healthy and able to enjoy summer knowing that you look your best. Putting in the hard yards now will ensure you achieve these goals.





THE KEY TO PEARLY WHITE TEETH

by Dr Ian Sweeney*

THE COLOUR OF natural teeth tends to vary from off white to a light yellow shade. Typically, over time, teeth will become discoloured due to many factors. The discolouration may be reversed with the use of professionally supplied whitening agents.

Food and drinks such as tea, coffee, red wine and curries, will stain the natural tooth enamel, darkening the appearance of a tooth.

Generally, teeth discoloured by surface stains will respond well to whitening agents. There are two techniques to whiten teeth: at home or "in house" processes that are performed in a dental surgery.

At home techniques involve wearing specially formed custom plastic trays in your mouth. The trays are filled with a bleaching gel. The trays may be worn

from a few hours to overnight. Generally, the at home technique will take anywhere from 5 to 10 days to achieve the desired tooth shade.

In house techniques take approximately 90 minutes in a dental surgery. Your dentist will commence by protecting your gums with a special protective guard and gel.



Once the gums are protected, a bleaching gel is applied to your teeth which is then activated with a high intensity light. Generally the desired effect is achieved after approximately three to four 15 minute activations at the one appointment. A take home kit is often included to help top-up the process.

Following the whitening procedure, good oral hygiene, avoidance or reduction of foods and beverages likely to stain teeth is recommended. Obviously we do not want to change too many life style traits; hence the top-up take home kit is a valuable tool to augment the whitening process.

*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.

ADVANCE CARE PLANS GOING ONLINE

END-OF-LIFE PLANS TO BE MOVED TO ELECTRONIC HEALTH RECORD.

by Kaitlin Coleman

A NEW INITIATIVE by the state government will allow personal Advance Care Directives to be available on the Personally Controlled Electronic Health Record, allowing end-of-life plans to be shared among doctors, family and carers.

'Advance care directives', sometimes called 'living wills', are written documents outlining a person's plan for future health care, particularly as they approach the end of their life.

In an announcement to the Fourth International Society of Advance Care Planning and End of Life Care Conference, Minister for Health Tanya Plibersek said that the plan is an important part of ensuring our ageing population's health future.

"Most families want to be true to the wishes of their loved ones as they approach the end of their lives, and Advance Care Directives allow that to happen."



Ehealth records will help both doctors and their senior patients.

The Rudd-Gillard government will invest \$10 million into the initiative, which will help around 110,000 Australians who need some form of end-of-life care every year.

"Because it's online, the advance care plan will be easily available," Ms Plibersek said.

"For example, if an elderly man from the Gold Coast is admitted to a hospital while visiting his family in Melbourne, his

treating doctors and nurses would have access to information about his end of life care wishes."

According to Ms Plibersek, more than half of all deaths occur in hospitals, yet most Australians would prefer to die in their own homes.

President of the International Society of Advance Care Planning and End of Life Care, Associate Professor Silvester has worked with many patients on end-of-life care planning and welcomes the addition of advance care directives to Australia's eHealth record system.

"Putting advance care directives online, guarantees the patient is at the centre of their health care. If a patient is admitted to hospital, doctors will be able to quickly see exact details of their wishes for end-of-life care. It ensures that the patient stays front and centre and maintains control of what will be happening to them when they can no longer speak for themselves," he said.

A SCOTTISH SUMMER

FOR A WEEK OR A MONTH, THE LAND OF THE KILT IS WELL WORTH THE VISIT.

by Jessie Goldie

THINK SUMMER IN Europe. Think sunbathing in Santorini, sangria in Spain. Think Scotland? While it may not be the first destination that springs to mind, there's a lot to be said for an escape to the bonny home of Braveheart. Whether it's a week or two exploring Edinburgh and Glasgow or a fully fledged tour of the highlands and northern islands, the tiny country has plenty to offer for travellers of all ages.

July and August see Scotland in her prime with warm weather, sunlight until 10pm and plenty of exciting festivals and celebrations on offer. In particular, the internationally renowned Edinburgh Festival delivers top quality comedians, bands, plays, musicals and even the Lady Boys of Bangkok, for the whole month of August. North of Edinburgh, T in the Park, a three day music festival, plays host to the likes of Mumford & Sons, Rihanna and The Killers – just make sure you bring your gumboots!



EDINBURGH

With a population almost ten times smaller than Sydney's, Edinburgh feels more like a town to us Aussies, and you'll find the local bartender serving you the "usual" before you know it.

AM: Start early and begin your day exploring Edinburgh Castle before heading down the famous Royal Mile. Perhaps indulge in one of the many whisky tastings, after all it's always 6 o'clock somewhere. Prefer a coffee? Head to the 'birthplace of Harry Potter', The Elephant Cafe, where J.K. Rowling created our favourite boy wizard.

PM: Head to the New Town and check out Princes St. On one side you'll find the beautiful gardens and the National Gallery and Museum of Scotland, and on the other, Topshop, H&M, Zara and Mark's and Spencer... Take your pick!

By this time you'll no doubt find yourself in one of the hundreds of pubs, enjoying a pint and a hearty Scottish meal. If you're on a budget, try The Standing Order, if not, head to The Rutland, for a splurge try The Witchery.

GOT MORE TIME? Climb Arthur's Seat, have a picnic in The Meadows, visit the Palace of Holyroodhouse, the Royal Botanic Garden or Carlton Hill.

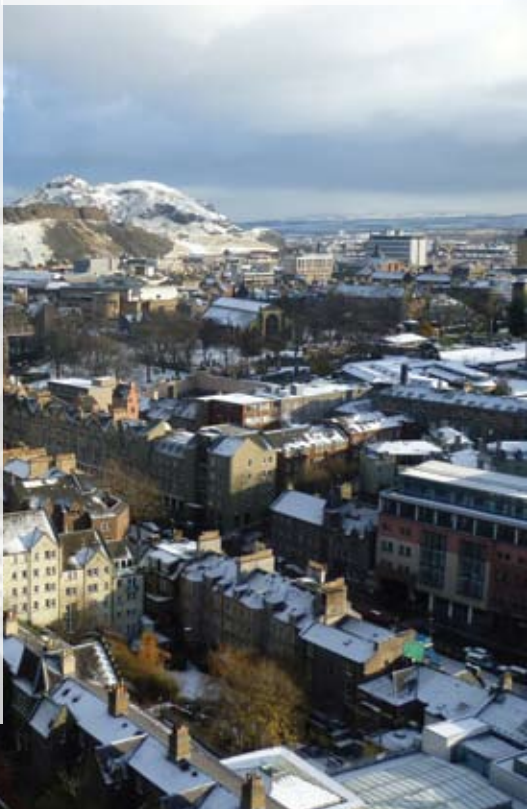
ST ANDREW'S

Hire a car in Edinburgh and make a day trip up to St Andrew's. The drive will only take an hour and a half and gives you a chance to see some of the beautiful scenery Scotland has to offer.

AM: St Andrew's Links is regarded as the "home of golf", where the game began in the 15th century. If you want to play the Old Course you'll have to apply a year in advance or enter a random ballot. Alternatively, have a quick game of putt-putt golf for only £2. Grab a souvenir at the Oldest Golf Shop in the world, or grab a drink and a bite to eat at one of the three clubhouses.

PM: Next stop is St Andrew's University, the third oldest University in the English speaking world, founded in approximately 1410. The school is magnificent to explore and, more recently, has become famous for being the meeting place of Prince William and Kate Middleton who both studied there. Finish the day with a delicious meal and a wee dram at The Grange Inn.

GOT MORE TIME? Visit St Andrew's Castle, or climb to the top of St Andrew's Cathedral and experience the breathtaking views.





GLASGOW

Whether you drive or take the train it won't take you more than an hour from Edinburgh. In the past Glasgow has held a reputation as being Edinburgh's ugly younger sibling. Don't let this fool you, Glasgow is an up and coming cultural hub and well worth the trip.

AM: Start your day with a visit to the House for an Art Lover. The interior of the house has been designed in meticulous detail by internationally acclaimed Scottish architect Charles Rennie Mackintosh. Next, head to Pollok Country Park, here you'll find The Burrell Collection, which boasts more than 9,000 works of art including pieces by Degas and Cezanne.

PM: Check out the bohemian West End. Enjoy a scone and a cuppa at Cup Tea Room or wee tittle at Two Figs before exploring the boutique and vintage stores on Byres Road. Next, take a stroll through the Botanic Gardens, or visit the University of Glasgow and the Hunterian Museum. Finish the day with a 'Burger and a Drink' at the Horse Shoe Bar.

GOT MORE TIME? Take a Seaplane to Loch Lomond.



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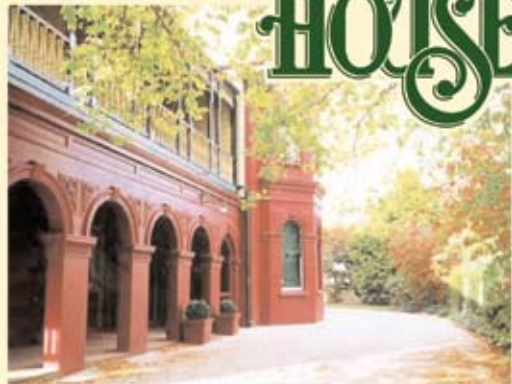


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TAKE A TRIP AROUND THE WORLD

NOT EVERYONE CAN TRAVEL HALF WAY ACROSS THE WORLD TO TRY DIFFERENT CUISINES, LUCKILY LOCAL EATING JOINTS BRING THESE MEALS TO US.

by Kaitlin Coleman & Rose Moloney



Raffi's

104 Victoria Ave (cnr Penshurst), Chatswood
 This quaint cafe has long been a weekend brunch favourite for locals, and has recently opened itself for dinner to delicious results. A Middle Eastern inspired menu featuring proprietor Raffi's own recipes from his home village, boasts fresh and tasty dishes. Come here for a local eatery that is private, eclectically decorated, and full of delicious Middle Eastern cuisine. Be sure to try the amazing Persian mint iced tea.

Urban Tadka

321 Mona Vale Rd, Terrey Hills
 It's surprising how few locals know about this Indian joint, perhaps because it's just that little bit out of the way. But after you have been there once, you'll frequent it again and again. It has something on the menu for just about everyone. So whether you are a spice lover, vegetarian or just after a good old fashioned butter chicken, it's the place to go for Indian cuisine. After a spicy meal cool down with either the pistachio or mango homemade ice creams for dessert.

Tenka Sushi

5/2 Durham Ave, St Ives
 Come evening there's rarely an empty table at Tenka Sushi, so make sure you book in advance. Its menu is simple, its prices are cheap and its food is authentic. Tenka's meal deal options are the best value for money. Fourteen dollars will buy you miso soup, salad, a sushi roll and teriyaki chicken (just ask for Set Menu A). It's also conveniently located near Max Brenner – so you have the option to finish the night with a hot chocolate.

Street Market Asian Tapas

Shop 3/12 Fitzroy Street Kirribilli Sydney
 When you hear the word "tapas" images of Spain automatically come to mind. But this restaurant redefines tapas, featuring an array of bite size but delicious Asian dishes rather than the standard Spanish cuisine. All the favourites are there – san choi bao, satay skewers, and steamed wontons. Or opt for something different and shock your senses with a cold oyster shot. Sangria also features on the menu, as a homage to its Spanish roots.






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SIX SUPERFOODS TO SUPER CHARGE HEALTH

by Rose Moloney

STAYING HEALTHY WHILE ageing doesn't have to be difficult. Making simple diet changes can ensure bodies function to the best of their ability. One of the easiest ways to improve overall health is to incorporate 'superfoods' into your diet. But what exactly is a superfood? Superfoods are nutrient dense foods, filled with antioxidants and vitamins. Contrary to popular belief, it isn't necessary to go to speciality stores to find these types of foods, in fact your local supermarket is stocked full of them.

Charlene Grosse, an accredited practising dietician, fills us in on how we can incorporate these nutrient dense foods into our diets.

Salmon

Salmon is an easy to cook, moist fish, that can be prepared in a variety of ways depending, be it smoked, poached, raw or grilled. Not only is it an easy meal option, it's also a good source omega-3. Omega-3 fats help to prevent and treat heart disease, and can also help with inflammatory diseases.

Blueberries

These tiny berries pack a big bunch. They may be small but they are filled with antioxidants. Antioxidants are thought to help boost memory and brain function as we get older. They can also help to protect and ensure we maintain healthy vision. Don't be put off by the price of fresh blueberries – cheaper frozen and tinned versions are equal in terms of nutritional value.

Lentils

Lentils are a strong source of fibre, which helps keep bowel movements regular. They are also a source of zinc which enables wounds to heal quickly. Lentils are easy to incorporate into meals such as soups or salads. If you get bored of them, try an alternative like chickpeas or kidney beans.

Herbs

The benefits of eating herbs are often overlooked as we use them in such small quantities, but if we compare them weight for weight to other fruit and vegetables they are actually very nutritionally dense. Basil and parsley are high in vitamin C, while rosemary and thyme are another source of antioxidants. Add herbs to meals in order to increase both the flavour and the nutritional value.

Yoghurt

Yoghurt is a source of protein and calcium, which help to maintain muscle mass and strong bones. With age comes a loss of appetite, so conquer this by making a smoothie with yoghurt, milk, fruit and ice. This is a quick, easy and delicious way to fuel our bodies with essential nutrients. It's a great option for anyone that struggles to get the recommended daily intake of fruit and calcium.

Dark chocolate

It's important to satisfy our desire to have sweet foods, so next time you are hit with a sweet craving opt for a good quality dark chocolate with a high cocoa content. Dark chocolate is a source of antioxidants, and it's rich taste means people are less likely to over indulge.



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Gordon Station Council Park (middle level)

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8.30am to 3pm

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Bookings: Message Service (02) 9418 2373

WHAT'S ON

July 11

Spotlight Walk Under the Stars

7pm (Free)

It's school holiday time, so bring the kids on an evening of adventure to discover what nocturnal creatures are out and about in the local bushland. Bring your own torch and wear sensible bush-walking gear.

Where: Harold Reid Reserve, Rembrandt Drive, Middle Cove

More Info: Di Warner 9777 7755



July 28

National Tree Day

10 am – 2 pm (Free)

Pull on your gardening gear and help regenerate your local area with indigenous flora and fauna. This is a great opportunity to get to know members of your local community and take part in a conservation project. There will be plant giveaways and free mulch available for residents on the day.

Where: Warners Park, The Outpost off Kameruka Road, Northbridge

More Info: www.willoughby.nsw.gov.au

1 – 12 July

Active Kids – sports school holiday program

8am-6pm (\$40-\$60)

Keep the kids active over the holidays, with loads of sports for them to try they'll be able to find what they enjoy the most, while making new friends and learning new skills. All sports will be taught and supervised by the professionals from Oz Sport Solutions.

Where: West Lindfield Community Hall, 2-10 Bradfield Road, West Lindfield

More Info: 9424 0802



July 13

The Wiggles: Live in Concert

10am – 12:30pm (\$32.50)

Just in time for the school holidays the world's most popular children's entertainment group, The Wiggles, are heading out on the road to introduce their new team. All the old favourites Dorothy the Dinosaur, Captain Feathersword, Wags the Dog and Henry the Octopus, will be along as well to dance and sing along to 'Hot Potato, Rock-a-Bye Your Bear' and all your favourite Wiggles hits.

Where: The Concourse Concert Hall, Chatswood

More Info: www.theconcourse.com.au

19 – 27 July

Guys and Dolls

\$20 - \$35

Mosman Musical Society returns to the Zenith Theatre with one of Broadway's most famous shows, Guys and Dolls. With fabulous musical performances, fantastic sets and costumes this should be a great family night out.

Where: The Zenith Theatre, Corner McIntosh and Railway Streets, Chatswood

More Info: www.zeniththeatre.com.au



July 6

Experience Jimi Hendrix

8pm (\$85)

Inspired by the legend himself this tribute concert brings together an all-star lineup of some of Australia's musical guitar greats, each performing their two favourite Jimi Hendrix songs. Join Kevin Borich, Jak Housden, Phil Ceberano and many more as they play Jimi's biggest hits, from 'Foxy Lady' to 'Voodoo Child'.

Where: The Concourse Theatre, Chatswood

More Info: www.theconcourse.com.au

July 25 – August 29

Beginner's DJ Course

\$80 for six weeks

Ever thought you could be the next Calvin Harris or David Guetta? Or perhaps you don't know who they are and just want to have a spin on a turntable. Whatever your goals are, if you have an interest in Djing then this six week course is the place to start.

Where: Turrumurra Youth Centre - Behind Turrumurra Library 5 Ray Street, Turrumurra

More Info: 9424 0981



July 6

Stories of Country: A Guringai Festival Event

11am – 12pm (Free)

Go and listen to Indigenous stories with Aboriginal Education Officer, Karen Smith from the Aboriginal Heritage Office. Bring the whole family and enjoy tea and damper with bush tucker jams. There will also be a bushwalk afterward for anybody who wishes to participate.

Where: Mowbray Park Aboriginal Interpretive Site, Western End of Mowbray Road, Lane Cove North

More info: Di Eva 9777 7755

July 17

Talks@Willoughby presents Richard Glover

12:30 - 1:30pm (Free)

Richard Glover's deeply skewed stories of everyday life are heard each week on ABC radio's 'Thank God It's Friday'. He creates a world which is both weird and wry — a world in which shampoo is eschewed, the second-rate is praised and George Clooney's haircut can help save a relationship. Bookings essential.

Where: Chatswood Library, The Concourse, Chatswood

More info: 9777 7900 or library@willoughby.nsw.gov.au

SCHOOL HOLIDAY FUN

KEEP THE KIDS entertained this winter holiday by enrolling them in Willoughby Park Centre's July School Holiday program. There's a huge range of more than 50 activities and workshops to choose from, including gymnastics, creative writing, pottery, dance, jewellery making, and arts and crafts. There's also a skateboard artwork workshop, a Pacific Island princess dance and drama workshop, manga art and circus classes. Children will be supervised and escorted to and from classes by a responsible supervisor.

Willoughby Council



Willoughby Park Centre is offering a range of holiday programs.

When: July 1 to July 12
Where: Willoughby Park Centre, Corner Warrane and McClelland Streets, Willoughby
Cost: \$30 - \$130
More info: 9967 2917



SEAFOOD CRUISE GIVEAWAY

THIS MONTH WE are giving away two double passes to a Captain Cook Seafood Buffet lunch cruise.

On this cruise winners will enjoy fresh Sydney rock oysters, ocean kingprawns, succulent fish and mussels, plus a wide range of non-seafood and vegetarian salads and dishes to satisfy every taste. The Seafood Buffet lunch cruise operates onboard Captain

Cook Cruises flagship vessel the MV Sydney 2000 and cruises past Sydney Harbour's famous sights and landmarks as passengers enjoy their lunch. A full commentary of the sights of Sydney Harbour is also provided.

The Seafood Buffet lunch cruise operates daily departing from No.1 King Street Wharf at 12 noon and Jetty 6, Circular Quay at 12.30pm.



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

PUZZLES SOLUTIONS

F	L	A	M	E	N	C	O	E	Q	U	A	T	E			
U	T	R	L	U	C	X										
R	A	T	I	O	N	A	L	C	I	C	A	D	A			
O	E	D	S	S	V	D	L									
R	U	N	N	E	R	S	U	P	E	R	E	C	T			
E	D			E	I	R	M	I								
				E	N	I	D	T	U	I	T	I	O	N		
F	H	E							N	C				G		
O	R	A	N	G	E	S		S	A	G	E					
R	R	L		A					E					A		
W	E	A	V	E	T	R	A	G	E	D	I	E	S			
A	N	C		E					N	R	T			C		
R	I	G	H	T	S			S	C	R	A	B	B	L	E	
D	U	E							E	S					I	N
S	P	E	N	D	S				A	S	S	E	R	T	E	D

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

U	Y	I	R	R	U	O	P	T	O	P	M	I	N	T
S	H	A	M	P	O	O	G	R	A	S	S	S	O	M
P	J	A	S	E	N	B	A	K	I	N	G	R	R	C
O	Q	M	L	O	F	N	I	C	A	K	E	E	A	H
R	C	B	M	L	E	V	W	S	E	R	C	W	N	O
E	O	E	L	D	I	R	N	R	C	N	U	O	G	C
D	L	G	R	O	O	N	L	O	E	U	J	L	E	O
N	O	A	G	S	S	A	S	I	A	I	F	S	L	
E	G	S	E	B	O	S	S	V	S	T	O	T	V	A
V	N	S	N	H	O	E	O	M	S	B	O	Z	S	T
A	E	S	T	R	S	O	I	M	Q	E	D	L	B	E
L	T	A	C	H	O	N	E	Y	S	U	C	K	L	E
V	B	H	E	E	E	E	F	F	O	T	Z	I	N	K
N	I	R	R	M	N	F	D	A	E	R	B	I	R	Y
D	B	S	N	U	B	T	G	N	K	T	P	A	O	S

PHOTO: SMELLS GOOD

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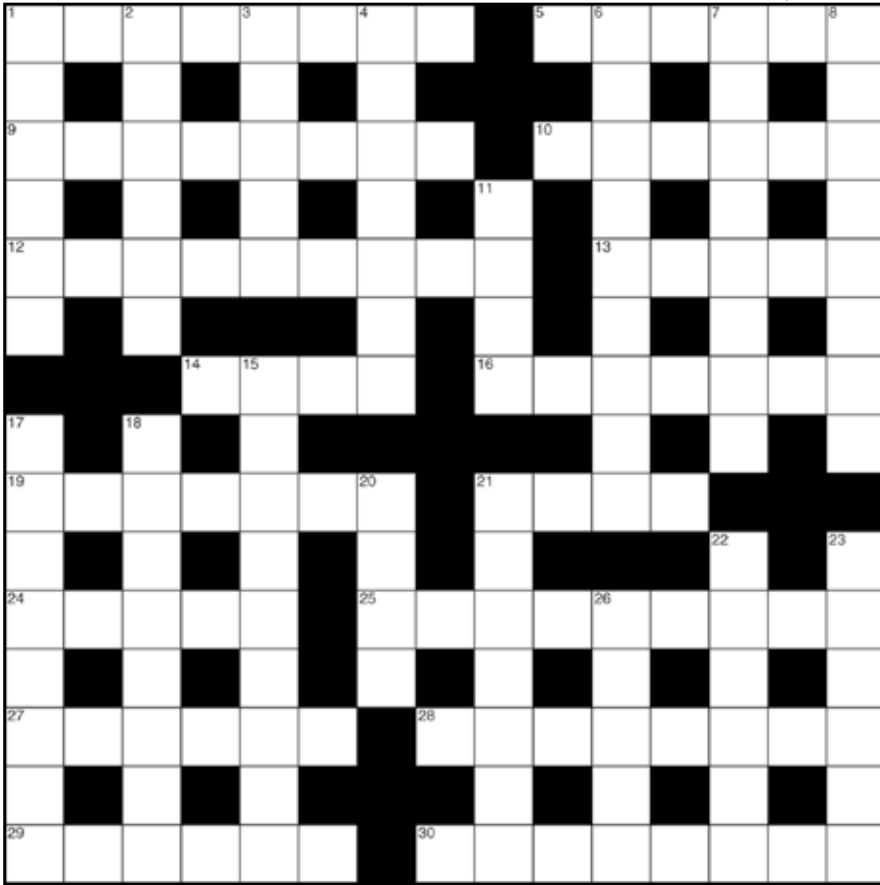
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Crosswords

HANDY 3267 (FLAMENCO)



Across

- 1. Spanish dance style
- 5. Treat as similar
- 9. Sane
- 10. Drumming insect
- 12. Unsuccessful finalists (7-2)
- 13. Build
- 14. Writer, ... Blyton
- 16. Private instruction
- 19. Citrus crop
- 21. Flavouring herb
- 24. Use loom
- 25. Catastrophes
- 27. Legal entitlements
- 28. Letter-tiles game
- 29. Splashes out
- 30. Insisted upon

Down

- 1. Angry commotion
- 2. Make an appearance
- 3. Undermine (confidence)
- 4. Graded
- 6. Trembling
- 7. Scholarly
- 8. Praising highly
- 11. Saliva
- 15. Forgotten
- 17. Onwards
- 18. Lecture loudly
- 20. Fully satisfy
- 21. Ouija sessions
- 22. Morsel
- 23. Go up
- 26. Remove completely

Wordsearch

PX0159 - SMELLS GOOD



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.

- | | | | |
|-----------|-------------|------------|------------|
| BAKING | COLOGNE | LAVENDER | ROSES SAGE |
| BATH OIL | ESSENCE | LEMON | SCENT |
| BISCUITS | FLOWERS | LOTION | SHAMPOO |
| BLOSSOMS | GARDEN | MINT | SOAP |
| BREAD | GRASS | ORANGES | SPICES |
| BUNS | HERB | ORCHID | |
| CAKE | HONEYSUCKLE | PINE | |
| CHOCOLATE | JASMINE | POT POURRI | |

SUDOKU

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

Rating: ★☆☆☆

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

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