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FROM THE EDITOR

by Gailsusan Clarke

This month we are launching the new Finance & Property section, and who better to help us introduce it with, than Aussie Home Loans founder John Symond, the man who took on the banks and won (Page 40). We could have filled the magazine with everything he told us!

As the weather is becoming rather nippy, we've decided to give you a run down on some of the finer heaters on the market (Page 34).

Lastly we are honoured to have both the headmasters of Knox Grammar and Barker College writing in this month's magazine (Page 21 & 22). Have a look to see what they had to say.

Stay warm, and try to be positive for winter!



pg 34



pg 42



pg 44

ON THE COVER

Gillard and the North Shore.....	10	Wellbeing.....	28
Focus on Castlecrag.....	14	Fashion trends for winter	32
Kids expelled for Facebook.....	18	John Symond talks business.....	40

LOCAL NEWS 6-15

GARBAGE REINVENTED - The art competition made entirely of garbage..... 8

WOMAN OF THE YEAR - Local named as one of the top four women in NSW..... 12

ON THE AGENDA 16

DRUGS AND KIDS - When should children be taught about drugs and alcohol?..... 16

EDUCATION 18-22

COOKING - Knox Grammar School presents the new special after-school classes..... 20

FROM THE PRINCIPAL - Headmasters from Knox and Barker are the contributors in this issue..... 21-22

FINANCE & PROPERTY 40-42

SPORTS 44

CHAMPION SWIMMER - Arden's Luke Smith wins the NSW All Schools Swimming Championships..... 44

THE BEST - Voting is underway to see who are Australia's greatest..... 44

LIFESTYLE 24-39

Seniors Corner • Wellbeing • Fashion & Beauty
Home & Garden • Food & Wine

COCHLEAR IMPLANT - Listen clearly to the sounds of the world 26

FIX YOUR BACK - Five tips to improve your posture and fix your back..... 29

LEONA EDMISTON - The fashion supremo doubles her presence in Chatswood..... 31

HEAT FOR WINTER - Find the right heater that won't eat money for fun 34

SLEEPING WITH STYLE - Comfortable and beautiful mattresses to suit your taste 36

BUSINESS GUIDE 46

THE DENTIST WITH A PLAN - Wairoonga Family Dental's unique approach 46

WHAT'S ON & GIVEAWAYS 48-49

PUZZLES 50



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ALL-IN-ONE

This months edition of the *Sydney Observer* was great. I really found the article on taser use within the NSW Police Service really interesting, as was the article on using certain food to lower blood pressure. (The chocolate snacks no longer need be viewed as a sin). However,

the recipe for Persian duck was amazing... The dish I prepared was enjoyed beyond measure, and will surely become a family favourite.

Please keep publishing, your magazine informs and entertains.

Lesla Parker, Thornleigh



MOTHER'S DAY PRESENT

My mum has high blood pressure, so I cut out the article from the May *Sydney Observer* about high blood pressure and included it in the package I sent her for Mother's Day.

Kate Collits, North Epping

"BONSAI FOR BEGINNERS"

With apartment living on the increase, we are seeing the disappearance of mature trees – growing a bonsai in a fantastic way of bringing nature back into our lives!

Su-Lynn Lee, Killara



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

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



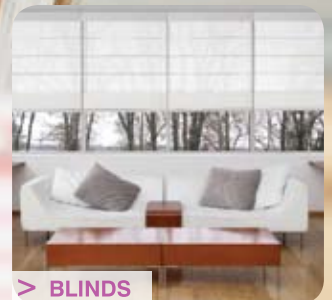
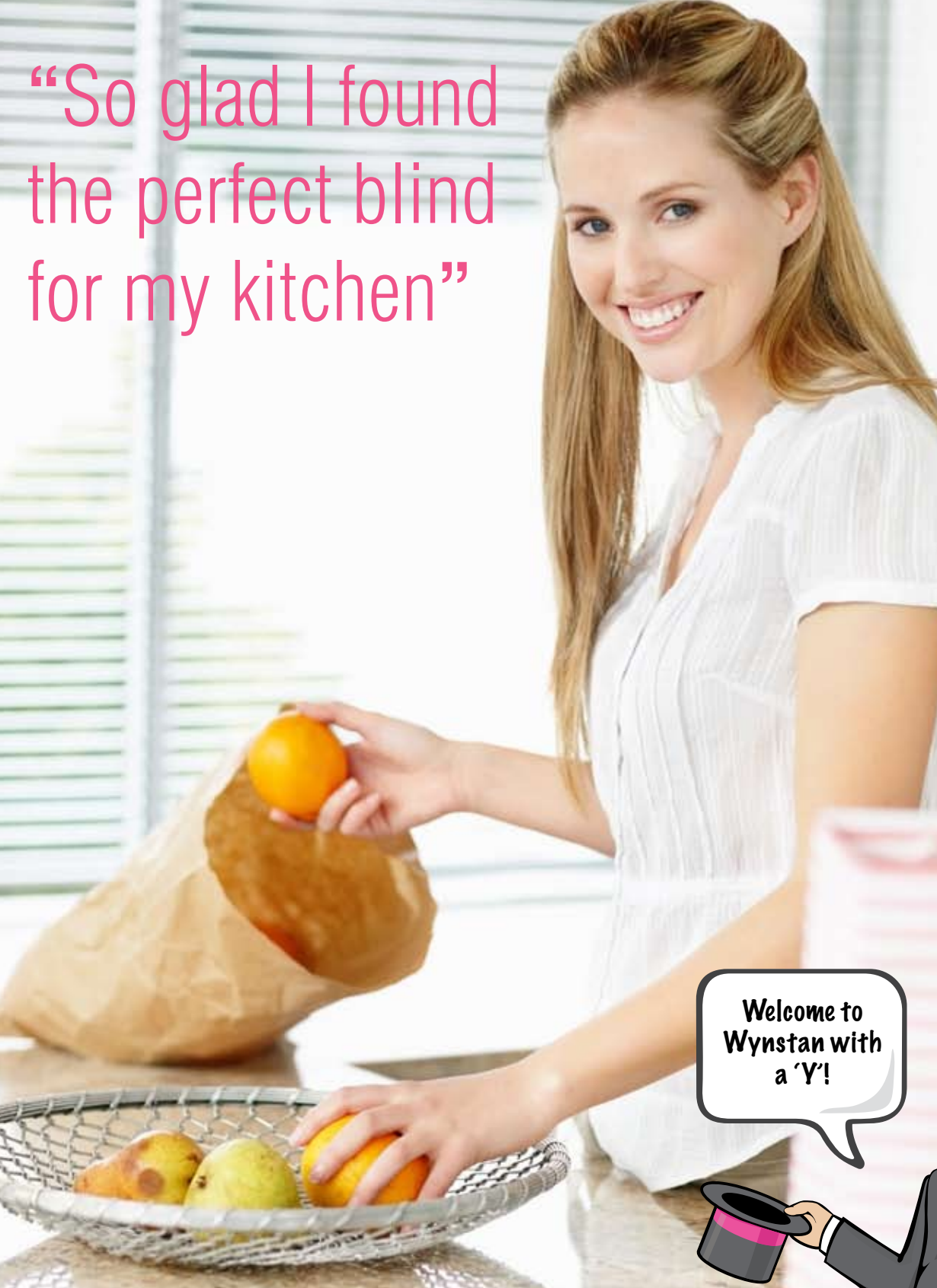
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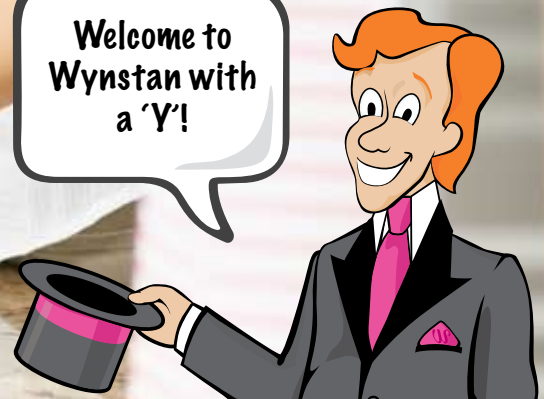
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by Jonathan O'Dea*

Delivering on education

WE ARE FORTUNATE to have a great choice of excellent local schooling in both our public and private education systems. While a balanced approach to education is needed, as a State Member of Parliament I have a special interest in the delivery of public schooling and facilities.

For example, since becoming the Member for Davidson in 2007, I have campaigned tirelessly for improvements at Killara High School. Originally built for 1080 students, Killara High is straining under the pressure of about 1500 students. Many of the 20 demountables in use are taking up limited recreational areas. We need new permanent classrooms to replace the city of demountables.

Despite the environmental difficulties, the school continues to produce outstanding academic results. Credit goes to the teachers,



Patrick McAuley

Killara High School badly needs new buildings for classrooms.

staff, parents and students for their hard work in difficult circumstances.

The NSW O'Farrell Government is introducing education reform. In future, individual schools will have greater say on budget expenditure, providing increased opportunities to support local businesses and employment. Principals will also have more say on staffing matters.

Under the new Public School Upgrade Fund schools can apply for up to \$200,000 to

renovate facilities in poor condition or invest in new capital assets. Extra funds are also available for minor maintenance.

Our public school system is important to me and the NSW Government. I will continue campaigning for improved facilities at schools in clear need, such as Killara High.

*Jonathan O'Dea is the Liberal Member for Davidson and was elected first for the position in 2007.

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Jonathan O'Dea
Member for Davidson

**As your State Member of Parliament,
I have recently been pursuing:**

- ⇒ **BETTER PUBLIC EDUCATION FACILITIES** – particularly for Killara High School where 20 demountables are being used.
- ⇒ **REDUCED PACIFIC HIGHWAY TRAFFIC** – by pushing for construction of the missing link between the M2 and F3.
- ⇒ **RELIABLE AND AFFORDABLE ELECTRICITY** – as Chair of the NSW Public Accounts Committee, heading an inquiry into the Economics of Energy Generation, including improved arrangements for consumers.
- ⇒ **IMPROVED PLANNING SYSTEM** – by supporting the return of local democracy through Ku-ring-gai Council, and the reform of NSW Planning Laws.

Visit my website www.jonathancode.com.au to provide feedback and access my latest speeches and media releases.

Suite 8A, 12-18 Tryon Road, Lindfield NSW 2070
Phone: 9880 7400 Fax: 9880 7488
Email: davidson@parliament.nsw.gov.au

Authorised by Jonathan O'Dea using parliamentary entitlements

Alfresco ad to come

Redefining your wasted garbage

WALLAROBBA ARTS & Cultural Centre in Hornsby is hosting an exhibition of artworks made entirely of garbage.

Over 80 different sculptures as well as wearable, functional, mixed media and youth artworks made from waste will be on display between June 6 and 24. Exhibitions will be open each day between 10am and 4pm. The awards presentation will be on June 8 and \$5,500 will be awarded to winning artists.

Event co-ordinator, Kerry Euers said the competition aims to "encourage residents to think carefully about how waste can be re-used and recycled." (Patrick McAuley)



Hornsby residents have reworked household garbage into art.

More information

Visit www.hornsby.nsw.gov.au or call 9847 4856.

COUNCIL PLANS ITS YEAR

KU-RING-GAI COUNCIL IS asking for public feedback on the recently released draft Delivery Program and Operational Plan for 2012/13. The program outlines how \$173 million will be allocated into the maintenance and improvement of local services, facilities and infrastructure such as roads, sporting fields and libraries. Also included in the plan is the capital works program, which details major projects being funded such as the new Indoor Aquatic and Leisure Centre at West Pymble's Bicentennial Park, and the North Turramurra Recreation Area. The plan is available for viewing until June 8 at the Council Chambers, Ku-ring-gai Library branches and on the Council website; www.kmc.nsw.gov.au/exhibition. Local residents are invited to provide feedback about the draft, which will be taken into consideration before the final plan is released on June 26. (Miranda Middleton)

Abduction concerns

A RECENT TREND of attempted child abductions within the North Shore area has left police and schools urging children to be more vigilant. Since February there has been six instances where children have been followed, approached or assaulted in the local district.

One of the incidents occurred on April 26, when a 14 year old girl was approached by a man as she walked across a footbridge near the Benowie Walking Track in Westleigh. Despite being threatened at knife point, the girl managed to escape. Senior Constable of the Hornsby Police Malcolm Baker says that parents should limit the situations in which their children may be vulnerable and they are continuing to search for the suspect. (Sean Slatter)

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THE MISUNDERSTOOD NORTH SHORE

NORTH SHORE'S FAMILIES AND REPRESENTATIVES HAVE THEIR SAY AFTER JULIA GILLARD'S GAFFE.

by Gina Baldassarre

PRIME MINISTER JULIA Gillard's recent dig at Tony Abbott, telling him to "get off Sydney's North Shore and talk to some real families," has been met with anger in the area. With nearly quarter of a million residents, the North Shore is also home to struggling families.

"Gillard's comments create the impression that everyone is wealthy and having it nice and easy, but the work we're doing reflects the fact that there are pockets of disadvantage in the area," said executive officer of the St Vincent de Paul Broken Bay di-

ocesan office, John Kelly. "You would like to think that in Australia the issue of class is a non-issue, that it's egalitarian and all about fairness. The comments weren't helpful."

While the Liberal State MP for Davidson, Jonathan O'Dea, admits that the socio-economic profile of the North Shore is generally higher than many other areas across NSW. But, he says "that doesn't mean it's uniform, firstly, and secondly it doesn't mean that families here don't face very real needs in terms of reliance on public sector services."

He believes the comments are reflective of a "derisory attitude" towards the area within the Labor party.

Youth Reach



"Gillard's comments create the impression that everyone is wealthy and having it nice and easy, but there are pockets of disadvantage in the (North Shore) area."

Executive officer of the St Vincent de Paul Broken Bay, John Kelly.

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HEAT & GLO

THE LOCAL WOMAN OF THE YEAR

ANNE SIMMONS, CLOSE CONTENDER FOR THE PREMIER'S NUMBER ONE.

by Anneliese Scenna

ANNE SIMMONS, a Wollstonecraft resident was one of more than 200 people nominated for Woman of the Year, which recognises women who have made significant contributions to NSW. On being named one of the finalists, Professor Simmons said: "I'm very flattered, I love just coming to work and doing my job."

The three other finalists were Krystal Barter from North Manly, Lyn March from Longueville and Fran Rowe from Tottenham. Ms Rowe eventually won the award.

Anne Simmons is currently the Head of the School for Manufacturing and Mechanical Engineering at the University of New South Wales (UNSW). Completing her undergraduate degree at University of Queensland, Professor Simmons undertook her masters degree and PHD in biomedical engineering at UNSW:

"I'm very flattered, I love just coming to work and doing my job."

Professor Anne Simmons

"A fantastic new facility opened at UNSW in the late 70s - Centre of Biomedical Engineering, which was looking at medical problems to solve, I thought that's what I want to do"

Finalising the design for coronary stents and improving prosthetic limbs are two contributions Professor Simmons has made. She said: "When you see people with prosthetic limbs you know you have helped them to improve the way they walk. It's very fulfilling and exciting."

Currently, Anne Simmons is looking at new methods for sterilising medical devices

University of New South Wales



Professor Anne Simmons (right) and one of her students.

and researching better ways to improve access to the blood system of people with kidney failure. She explained: "I'm looking at the way blood flows through blood vessels to see if there is an optimal way to implant the stent - a bit of metal that keeps the blood flowing."



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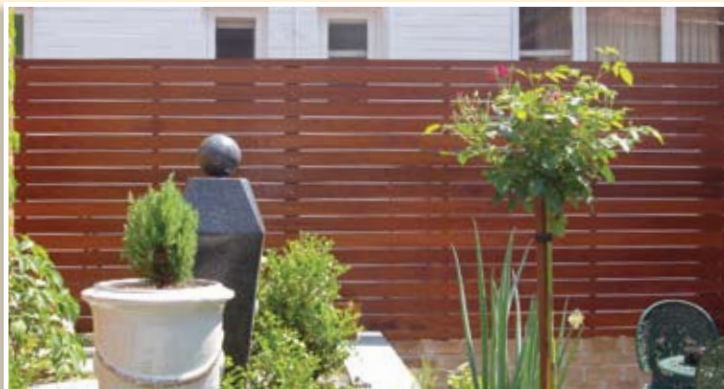
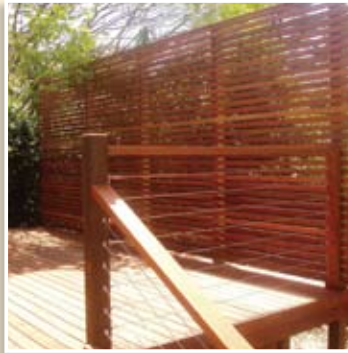
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Frederico Carvalho

THE REFINED AND MAGNIFICENT

by Giselle Artesano

ON THE LOWER North Shore, lies beautiful Castlecrag. Famous for its amazing views and refined architecture, its buildings hold bounteous historical significance. It is a pleasantly natural suburb, which is a breath of fresh air from the hustle and bustle of the city.

In 1925, Walter Griffin, well known designer of Australia's Capital City, Canberra, named the suburb after a towering crag of rock overlooking Middle Harbour. Uniquely, the streets of Castlecrag are interestingly named after features of Edinburgh Castle such as The Barri-

cade and The Scarp. The Scarp is surrounded with several beautiful reserves.

Castlecrag encapsulates large historical context in its surrounding architecture, where many of the houses are intriguingly designed. One of the many famous houses is Jennifer Wright's home. She lives in a hybrid house that was designed by Eric Nicholls, Castlecrag's primary architect, in the early 1900s.

Jennifer believes the house is very special: "It is the only castle in Castlecrag," she said. Her house used to function as a little theatre, and features a round room, where many playwright works were performed. Her house is on the National Trust Listing and also the Her-



Ben Gerstel

Jennifer Wright's home has been labelled the "castle in Castlecrag."

itage Listing, making it an important feature of Castlecrag.

Jennifer says, many people still visit the house to admire its architectural beauty.

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THINGS TO DO IN CASTLECrag

One of Sydney's most beautiful suburbs, Castlecrag is surrounded by sparkling water, atop of a rocky peninsula. The suburb is an architect's dream destination. It boasts one of Sydney's most serene, natural landscapes and can be enjoyed by yourself, or shared with your family and community.

LEARN

Castlecrag Walking Tour is a great way to learn about the suburb's architectural history. The tour will take you around the beautiful structures, with a tour guide revealing the history behind them.

LEISURE

The natural beauty of Castlecrag is best experienced by visiting one of their many magical reserves. Harold Reid Reserve provides breath taking views of Torquay Point and is located close to the Castlecrag peninsula.

PLAY

The whole family can relax at the Stoker Playground, a child-friendly, abstract play space great for kids. It's designed to represent the Castlecrag peninsula, reflecting the suburbs' architectural grandeur, with playful features such as the Tower and the Barricade.

ENTERTAINMENT

To enjoy some theatrical entertainment, The Haven Amphitheatre is the place to visit. It is beautifully situated in a small harbour surrounded by a creek with a tree fern canopy, making it one of Sydney's most beautiful, performance treasures.



Frederico Carvalho

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Ron Willott

IGA made local

New supermarket owners, Andrew and Suzanne Bray are the proud new owners of the Coles Supermarket in the Quadrangle Shopping Centre. Once purchased, the supermarket quickly went into renovation mode and within a ten day period was given a huge facelift with a new emphasis on being local. Andrew said, "This is a great result for the community of Castlecrag. We renovated the store and made emphasis on the departments from the community feedback. We also have employed local staff for that same reason."

The supermarket was then renamed Brays IGA Castlecrag. The newly renovated location now includes, speciality cheeses, a delicatessen, a bakery, organic meats and chicken, and an even larger range of meat and poultry. The store also boast an Oovie DVD rental machine and an ATM.

Brays IGA Castlecrag is open 7 days from 7am to 8pm
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Frederico Carvalho

Leading meats

For more than 70 years, Castlecrag Meats has been a leading Australian meat retailer, renowned for innovation, specialisation and quality meats. New owner, Phillip Mitchell, who has experience working in butcher shops in Europe and Australia, has developed a selection of products sourced from all over Australia, using only open-range sustainable farmers in beef, lamb, pork, chicken and game.

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ALCOHOL IN MIND

EARLY EDUCATION ABOUT SERIOUS ISSUES
CAN CHANGE THE FUTURE OF YOUR CHILDREN.

by Rose Moloney

THERE IS AN ongoing debate about when parents and schools should start educating youth about the risks associated with drugs and alcohol. In a society where approximately one 14 to 17 year old dies every week-end due to alcohol, surely no age is too young.

The Australian and New Zealand Child Death Review and Prevention Group (ANZCDR&PG) has found that education during the 'middle year' growth period plays an important role in reducing preventable deaths in later adolescent years. 'Middle years' refers to the period between the ages of nine and 14.

Elizabeth Fraser, Chairperson of ANZCDR&PG, said all jurisdictions in Australia and New Zealand have identified a persistent pattern of risk-related

preventable deaths that spike in adolescence. She explained that for young people, the years after age 14 are critical as we see a "dramatic increase in preventable deaths including deaths arising from transport accidents, alcohol-related incidents, suicide and accidental drowning.

In order to prevent deaths in these circumstances, Ms Fraser said that a range of resilience building teaching activities can be implemented into schools and homes before the age of 14.

Paul Dillon, founder of Drug and Alcohol Research and Training Australia, also emphasised the importance of education in schools and at home: "I think parents need to talk about it quite specifically, because of course the kids are learning from watching them, so they think as early as possible from a parent perspective."

19% of men aged 18-24 engaged in risky drinking at least once a week

23% of people 15-24 years old used illicit drugs

Over 11,000 people aged 15-24 were hospitalised in relation to drug use in 2005-06

3% of students had used hallucinogens

7% of 17 year old students had used amphetamines

14% of students aged 12-17 admitted to having used cannabis, with 26% of 17 year olds using it

Source: National Drug Strategy Household Survey, 2007; Australian Secondary Students Alcohol and Drug Survey, 2008

Whose responsibility is it to educate the children?

For the National Policy Manager at the Australian Drug Foundation (ADF), Geoff Munro, drug education in schools should only be a backup education to what parents are teaching their kids about drugs at home. "Parents are primary drug educators for their children, and they can't avoid being educators because it happens via their behaviour," he said.

Mr Munro, a former high school teacher who has 20 years of experience in drug prevention, believes parents should start talking to their kids about drugs and alcohol, as soon as they're old enough to observe what their parents are doing. "When parents are drinking, they can explain to their children why alcohol is only for adults, and why they're being careful with how much they drink. Kids adopt their parents' behaviour." He says parents

should also be careful not to overuse painkillers to deal with pain or stress, as kids will pick up on this behaviour and deem it acceptable.

Chief Executive Officer of Life Education Australia, David Ballhausen, agrees that parents play the most important role in drug education. "The important thing isn't to strike fear in the kids, it's not about preaching or moralising, it's all about empowering kids to make informed choices," he said.

Technology is also being used to get through to kids. The ADF has highlighted the importance of social media, opening the website, somazone.com.au and a Facebook page to connect with kids. "Social media provides very good communication channels for us to engage students with," said Mr Munro. (Gina Baldassarre)

Care about the way you talk

According to the founder of Drug and Alcohol Research and Training Australia, Paul Dillon, recent research shows that behaviour intervention in Year 1 can help to reduce substance abuse and other problems later in life.

Elizabeth Fraser said there is no predetermined age: "You would start with some core learning around what's safe and what's not safe, but at nine you might be doing something that's slightly different from what you'd be starting to introduce from maybe 12 or 13."

Mr Dillon emphasised the importance of creating a safe and secure learning environment for youth whenever the education begins. "When you're dealing with these issues it's important that you know the young people and the environment and the community in which they live, because you're dealing with serious and controversial topics." (RM)

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KIDS TO BE EXPELLED FOR USE

PRINCIPAL'S NEW METHOD TO STOP STUDENTS FROM CYBERBULLYING.

by Paul Clark

QUEENSLAND SCHOOL PRINCIPAL, Ms Leonie Hultgren has started a national debate by threatening to expel students under the age of 13 who have a Facebook account. The threat on May 14 to students and parents of Harlaxton State School, has raised debate over the use of Facebook and other social media platforms by children.

Ms Hultgren said in the newsletter that because Facebook requires users to be at least 13 years old, any student that has an account has obtained it illegally. Her message included the warning that "a student who contravenes the law or rule in a digital scenario may need to meet with the Principal to discuss this issue and their continued enrolment at Harlaxton."

■ **The debate**

The Queensland Department of Education (QDE) has stood by their principal. "School principals have the full support of the Queensland Department of Education, Training and Employment in managing this is-

sue at a school level and working with their parents and communities to educate their students about the dangers and responsibilities inherent in the use of technology both in and outside of school," said Assistant Director-General of Education Queensland, Dr Suzanne Innes. Harlaxton State School refused to comment on the issue and referred all enquiries to the QDE.

The director of Cyber Safety Solutions, Susan McLean said that what Ms Hultgren had requested of parents was not new and had occurred at other schools. She said that it was common for school principals to ask parents to prevent misuse of social media as part of maintaining a safe environment in schools. "It is an attempt to try and teach children to do the right thing in all areas of their lives," she said.

■ **Safety over education?**

The issue has spread all the way to the North Shore, with Mr Paul Fletcher MP, the Federal Member for Bradfield and Chair of the Federal Coalition Online Safety Working Group supporting the suggestion that underage Facebook users could be expelled from school. He said that the Working Group had consulted widely across Australia with students, teachers, parents and other stakeholders involved in the issue of online safety for children and that the internet is closely integrated with how children learn. But the increase in use had brought problems.

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NG FACEBOOK

"School principals tell us that they spend time on Monday morning sorting out the Facebook battles which occur over the weekend," he said. "The technology has created a new set of responsibilities for schools and teachers." Mr Fletcher says that there is a role for Government in assisting with the management of internet issues.

■ The rule for all?

A spokesperson for the NSW Department of Education said that no form of bullying is tolerated in NSW public schools. "Principals have strong powers to discipline students who bully and support is offered to students affected by such behaviour. No social media websites, such as Facebook, can be accessed by students using NSW public school computers, including laptops," the spokesperson said.

Andrew Stevenson, principal of Lindfield East Public School, said that social media use was not as prevalent in primary schools as in high schools. "Lindfield East is a Kindergarten to Year 6 school. We have started to use social media such as Twitter and Facebook as means of communicating with parents, but we are not encouraging social media use beyond that."

Mia Garlick, from the Facebook Communications and Public Policy department for Australia and New Zealand, said that Facebook was not in a position to comment on the issue.

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Knox boarders get new life skills

by Patrick McAuley

BOARDERS FROM KNOX Grammar School in Wahroonga are being transformed into young masterchefs through the new special after-school program; 'Boys to Cooks'.

Boarding students from Years 7 to 10 are receiving training from professional chefs and are learning how to create dishes, including pork and coriander dumplings, meringue, potato bake and salty sweet Spanish donuts with caramel.

For their first lesson, Year 8 boarders cooked Mississippi mud pie. "The instructors were really helpful and helped me with the hard parts of the recipe," said Jack Laurie, a boarder from Moppy near Gloucester. "I had trouble making the pastry, but was able to get it in the end." "Our first session was really enjoyable, we made a dessert," said Matt Gray from Finley near the Victorian border.

The cooking lessons are part of the 'whole of life' program for boarders, which aims to equip the boys with broad life skills. The students also receive training in topics such as first aid, ocean safety, public speaking and independent living.



Year 8 Knox boarders James Bowden and Matthew Gray create Mississippi mud pie.



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by John Weeks*

Global approach is important

AS OUR WORLD continues to globalise and technology becomes integrated in all aspects of our lives, the students who are best equipped for the future will be those who have the greater understanding of the world and its diversity. Young people who have opportunities to interact with students worldwide can develop a broader, more tolerant worldview and are less likely to grow up with a shallow and a isolated perspective on the world.

The topics of our time such as citizenship, climate change, and sustainable development do not make as much sense when studied from only a local or national perspective. By working with partner schools across the world, students can develop a deeper understanding of how others are thinking about and addressing these and other issues.

■ Internet use

The dangers of careless use of social networking sites have been widely reported and are well known by most parents. However with proper training and supervision, global networking between students can also be a truly empowering way for teachers to break down the walls of the classroom and

immerse students in global issues. Not only does global learning build students' understanding and empathy of different points of view, it's also a fresh way to engage and excite students.

At its simplest, all students can benefit from looking at issues from an alternate perspective. As a parent, when you are helping your child with homework or an assignment, what websites does he or she visit? Do they always visit websites that match an Australian, British or American worldview, or do you encourage him or her to explore different perspectives and ideas from a range of global sources?

■ Knowledge interchange

All teachers and schools should think about ways to develop links with other schools to improve students learning and open up new ways of thinking. School partnerships provide a practical and lively environment for education as young people learn about life in other countries by communicating directly with their peers.

Wouldn't it be great for Australian students studying the history of the Cold War to find out what their European peers think about it through written content or a simple video link-up via Skype? The European students would

also gain an insight into how students on the other side of the world see their history. By allowing our students to throw ideas out into the global sphere, we allow these ideas to be constructively reviewed by others.

■ Knox initiative

At Knox, we have been working closely with Alan November, a leading technology educator from the United States, to help our teachers in crafting a global, collaborative framework to partner with other schools. While our students are already involved in several online competitions and projects, in the next year we plan to launch a larger, collaborative project with schools in the UK, USA and South Africa, with the vision of broadening the perspective of our students and immersing them in different ways of thinking.

By throwing the doors of our classrooms open to the world, our schools will produce critical thinkers who truly appreciate global diversity.

*John Weeks has been the Headmaster of Knox Grammar School in Wahroonga since 2004. He was the founding Head of Hunter Valley Grammar School (1989-1996) and the fifth Head of The Illawarra Grammar School. (1997-2003).

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by Dr Roderick Kefford*

Education is more than a mark

GOOD UNIVERSITIES ARE realising these days that the students most likely to succeed in undergraduate courses are the ones who have done more than just turn up to class and get a high ATAR score. That is why good schools offer comprehensive co-curricular programmes to complement classroom learning, because co-curricular programmes teach lessons that simply cannot be learned in class – lessons that endure.

■ Sports tradition

Barker's proud sporting tradition extends back to the School's earliest days at Kurrajong Heights, where the first sporting facilities were a half-length concrete cricket pitch and a swimming hole in a mountain creek. Red and blue were first worn by a Barker rugby team against a side from Galston, when Barker moved to Hornsby in 1896.

Barker's insistence today that all students play sport through to Year 12 reflects our belief that having a healthy body leads to a healthy mind: a demanding academic curriculum balanced with opportunity for intense physical exercise enhances the quality of the academic outcome.

Participating in enjoyable and challenging physical exercise also lays down invaluable habits for adult life, especially in a community where almost half the adult population is overweight or obese.

Playing team sports teaches what it means to have to depend on someone else, as well as the more important lesson of how it feels to have others depend on you. Team sports teach the importance of learning to value what each person brings to a team and of striving for a common goal; of losing graciously, and being able to be a humble victor, as well as of accepting the umpire's decision. Above all, playing in a team game teaches the joy of being part of something bigger than one's self.

■ More than just a mark

These strong team values extend into cultural activities as well. Playing music together, acting in a play and debating, for instance, reinforce the value of working together to accomplish performance excellence.

Character development is similarly enhanced by outdoor education and camping programmes in which young people face the challenges of the wilderness and test their physical endurance individually and in groups.

Universities especially value what involvement in school cadets, Duke of Edinburgh and surf lifesaving say, for example, about a student's desire to be a man or woman for others. University of NSW offers students bonus ATAR points for entry to certain courses for completing their Duke of Edinburgh Gold Award or the Senior Cadet Leaders' Course here at Barker. Involvement in charity fundraising and in local community initiatives such as *Clean Up Australia Day*, the *Red Shield Appeal* or volunteering at a local school for disadvantaged or differently-abled children also impresses at university entry interviews.

Good schools encourage strong and committed participation across a wide range of activities in their belief that it is well-balanced programmes including both academic and non-academic pursuits that yield young people who themselves are well-balanced and well-rounded, confident and ready to make their contribution in the world. They help to make students more than just a mark.

*Dr. Roderick Kefford has been the Headmaster of Barker College since 1994. Before that he was the Headmaster at Wesley College in Perth.



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pg 38



pg 32

HOME & GARDEN 34-36



SENIORS CORNER 24-27

Bowling for charity	24
The advantages of cochlear implants.....	26
The new \$8 million aged care facility.....	27

WELLBEING 28-30

Meditation leads to better health.....	28
Five tips to improve your posture.....	29
Don't be afraid of the dentist.....	30

FASHION & BEAUTY 31-33

Double the Leona in Chatswood.....	31
Retro fashion returns.....	32

FOOD & WINE 38-39

The international diner	38
Restaurant guide	39

How to keep your house warm this winter.....	34
Find the bed of your wildest dreams.....	36

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BOWLING FOR FUNDS

SECOND ANNUAL CHARITY BOWLS DAY, DOES IT FOR THE POLICE.

by Anneliese Scenna

CHATSWOOD BOWLING CLUB along with Forsyth Real Estate and the North Shore Police Association hosted their annual charity lawn bowls day on May 25.

The event raised money for the families of Paramedic Mick Wilson and Police Officer David Rixon, who were both killed in the line of duty. The day celebrated the life and dedication of these two men. Mick Wilson was recognised as saving countless lives and David Rixon was an “hon-



Left to right: Matt Parker; police officer, Cameron Smith; event organiser, Pat Gooley; NSW Police Association Vice President, Barney Flanagan; Chatswood Bowling Club president, James Snodgrass; Principal Forsyth Real Estate and Andrew Schepis; police officer.

oured police officer” that dedicated over 22 years to the police force.

Approximately 50 people turned out on the day. “It’s not as many as we were expecting, but everything helps,” said the president of the Chatswood Bowling Club, Barney Flanagan.

Charity bowls day is in its second year and has so far raised \$1246 for the

families of Mick Wilson and David Rixon. They hope to continue raising money and donations to the Chatswood Police Bowls Social are encouraged.

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HEARING HELP FOR YOUNG AND OLD

MYTHS DO SURROUND COCHLEAR IMPLANTS, BUT WHAT'S TRUE AND WHAT'S NOT?

by Samantha Malagre

AS SYDNEY'S AGEING population increases, the demand for solutions for hearing loss will grow. While this increases, so too does the amount of myths surrounding these devices. Cochlear implants have been at the forefront in combating hearing loss since 1982 and 3000 Australians aged 65 and over receive implants every year.

Seniors may falsely believe that only children receive cochlear implants, that they are too expensive or that they can't adapt to the technology. The truth is that seniors may be in a better position to receive implants,

especially if they already have the experience of using a hearing aid.

The cochlear implant was invented in Australia and is manufactured by Cochlear Ltd. The creation has given many seniors in the community the ability to hear again. This electronic device is surgically implanted to deliver sound to the hearing nerve of someone who is severely or profoundly deaf.

It is estimated that 250,000 people globally have received cochlear implants and that the highest group for hearing loss is people aged 75 and above. Also, those over the age of 70 are no more at



Alan Jones was the eighth person in the world to use a cochlear implant.

risk for suffering surgery complications than their younger recipients.

Cochlear Ltd spokesperson Linda Ballam-Davies says that the implants give seniors with severe or profound hearing loss a return of independence, as well as a greater quality of life in many cases. "They talk about being able to use the phone again and being able to hear the television", she says. She also emphasises the fact that there is no age limit to receiving a cochlear implant, with people as old as 94 years old having had the surgery.

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Years of experience using a cochlear implant

Alan Jones, 72, received his first cochlear implant in 1985, becoming the eighth person in the world to use one. Mr Jones says that seniors aren't always accessing good knowledge about cochlear implants. "The problem that many older people face is that of uncertainty when it comes to hearing loss. The isolation can be misunderstood by many GPs." He believes that is important for seniors to find a source of help and support, such as a local area support group.

Alan says that cochlear implants are far less problematic than what they were in 1985, when there was very little public information available, prompting him to seek out professional help and advice independently. Alan holds no regrets: "It's the best thing I ever did."

But one issue that persists, in Alan's opinion, is that the older population are less comfortable with technology. "They think that they won't be able to adapt to the cochlear like they would a hearing aid. There's a build-up fear of it," he says. His advice is to go to a cochlear support group and get information from someone who is from your own age bracket.



New \$8 million aged care facility

by Kieran Gair

NORTH SHORE'S AGED care provider Catholic Healthcare is making an investment of \$8 million in a new facility in Northbridge. They are hoping the facility – St. Paul's – will provide a community experience and homelike environment for its residents.

Catholic Healthcare spokesperson, Karen Martin, said the facility's design was driven by the idea that residents need to have their own space to relax or to meet with family and friends. The apartments will include a private bathroom, bedroom and separate sitting area.



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www.catholichealthcare.com.au

St Paul's of Northbridge - a ministry of Catholic Healthcare Limited



MEDITATION LEADS TO BETTER HEALTH

UNIVERSITY OF SYDNEY'S RESEARCH LINKS THE HABIT OF MEDITATING WITH WELLBEING IMPROVEMENT.

by Patrick McAuley

A NEW RESEARCH study linking meditation with better health has claimed regular meditation can improve your health by 10 per cent. The University of Sydney (USYD) study says that long-term meditators are better off than those who don't meditate.

"We found that the health and well-being profile of people who had meditated for at least two years was significantly higher in the majority of health and well-being categories when compared to the Australian population," said Dr Ramesh

Manocha, Senior Lecturer in the Discipline of Psychiatry, who led the research.

Around 350 people from across Australia were assessed as part of the study. All the participants had been regular meditators for more than two years, and some had been meditating for up to 35 years. Large components of the study were repeated several times, and similar outcomes were produced each time. "While we did expect that there would be some differences between the meditators and the general population, we didn't expect the findings to be so pronounced," said Dr Manocha.

Despite the study, the scientist couldn't say why meditation can improve health. "Scientifically we don't know why. There are a lot of theories as to why." He explained that meditation can help out by reducing stress and improving people's outlooks.

The meditators in the study were primarily non-smokers and non-drinkers, and the study was completed by survey and compared with the Federal Government's National Health and Wellbeing Survey, using the same instruments. The results were also compared to non-smokers and non-drinkers in the general population, resulting in similar outcomes.

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Founded by bad back sufferer Felicity Wood in 2001, Bad Backs started life as a small website being run from Felicity's spare bedroom. Since then, the company has grown through the addition of a back pain discussion forum, new exclusive products and launch of retail stores.

"It was never part of our original business plan to open retail outlets, however, customer service is a very important to us, and our customers wanted the opportunity to 'touch and feel' the merchandise," says Jonathan Hulme, director of Bad Backs.

With stores in Sydney, Melbourne and Perth, Bad Backs showcases over 800 products, enabling customers to come in and try products before they buy - whether it be a posture brace, inversion table, a pillow, ergonomic office chair or a luxury zero gravity recliner.

"This is a very busy time for Bad Backs with growing online sales, new retail showrooms, new product innovations and the recent expansion into Corporate Seating with free chair trials and workstation assessments," says Jonathan.

Contact: www.badbacks.com.au or call 1800 615 666



How to maintain good posture

by Gina Baldassarre

DRINKING A LOT of water may be key to better posture because it gets us up and away from our desks to go to the bathroom, says Kenneth Elias, head physiotherapist at Top Ryde's Fine Form Physiotherapy. With most of us sitting slumped in front of our computers for hours each day, cases of back pain are increasing. "It's easier to slump, but over time it's going to cause you problems. These stresses you put on your body now, you're going to feel them in ten or fifteen years time," said Kenneth.

Kenneth believes the biggest mistake someone can make is staying in one position for too long, not giving the body a chance to stretch. "If your body gets used to the one position, over time your bones may fix in that position," said Kenneth. People confined to desks at work usually put their neck forward and slump instead of

sitting up straight, relying on their bones rather than their muscles to prop up their weight, which compresses the bones. Continued bad posture can lead to more serious wear and tear over time, including the deconditioning of bones, the weakening of muscles, and in some cases, arthritis.

There are quick and simple solutions to get us sitting properly and help keep the aches away. Frequent breaks from sitting at a desk throughout the day are essential to curbing neck and back pain, Kenneth said. However, if regular toilet breaks waste too much time, simply setting a reminder on your phone to get up and stretch or take a little walk around the office will do the trick. A quick break every twenty minutes is ideal. Kenneth thinks starting a buddy system in the office may also help, with colleagues reminding each other to sit up straight if they catch each other slumping.

Fine Form Physiotherapy



Kenneth's quick tips

1. Chair height should be adjusted so that both your feet are firmly on the ground.
2. Don't sit with your legs crossed at your desk.
3. Have your keyboard, mouse, and monitor close to you so that you don't have to lean over.
4. Keep your monitor at eye level.
5. Use support cushions, or a rolled-up towel, to prop up your back.

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by Ian Sweeney*

The eternal fear of dentistry

IN A UK study, 45 per cent of adults surveyed reported a fear of dentistry. Of those, 33 per cent admitted to feeling severely anxious, whilst 66 per cent admitted to feeling moderately anxious. Dental anxiety can be debilitating, with severely affected patients failing to seek dental treatment for many years. The resultant neglect often causes extensive gum disease as well as tooth decay.

Fear of dentistry may be due to fear of pain, needles or even the sounds and smells associated with a dental office. Modern techniques of pain management are now able to make painless dentistry a reality. Many of the sounds and smells previously associated with unpleasant dental experiences have been eliminated, making a visit to the dentist a more pleasant experience.

However, there are still many patients with existing fears and phobias.



Patients should be assured that there are many treatments available to help them. Treatment of an anxious patient will vary from attempting simple behavioural management techniques, to the use of "happy gas" then on to the different types of inhalation or intravenous sedation or even general anaesthesia.

Conscious sedation involves the use of medications that have an amnesic effect for a short period of time. Thus, a patient will not remember an unpleasant procedure. Relaxation techniques and the use of sedation in dentistry have become an

important part of daily dental practice. Many patients benefit from being more relaxed, enabling them to benefit from treatment that they would have previously avoided. Patients with Medical conditions potentially aggravated by stress, such as hypertension and epilepsy, as well as patients with special needs who are unable to sit still and cooperate all benefit from dental sedation.

Modern techniques in dentistry provide dentists with the ability to make an unpleasant procedure acceptable. Whether it's the removal of wisdom teeth, or just to have your teeth cleaned, the main aim of dental care is to provide care to as many patients as possible.

*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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LEONA EDMISTON TIMES TWO

LEADING DESIGNER DOUBLES HER FASHIONABLE PRESENCE IN CHATSWOOD.

by Miranda Middleton

CHATSWOOD WILL SOON be home to not just one, but two Leona Edmiston boutiques. In the first week of June, the second boutique will open as a concession in Myer at Chatswood Westfield. "It is such a great location and we have a loyal following in the area," said Leona Edmiston, who is one of Australia's leading fashion designers.

Especially well-known for her range of chic, elegant frocks, Leona has acquired an international following, with celebrity endorsements including Kristen Davis, Drew Barrymore, Paula Abdul and Elle Macpherson. Her brand currently encompasses 29 boutiques, located all over Australia, as well as in Los Angeles, Shanghai and online.

Leona likes to describe her label as "sophisticated, timeless and sexy," and due to



Leona Edmiston

To view the winter collection and store locations visit: leonaedmiston.com

its success, has extended it into a diffusion collection, 'Leona Edmiston Ruby', and a range for young girls, 'Little Leona'.

The new concession in Myer at Chatswood will offer most styles from the main range and a large selection of 'Ruby' pieces, whilst the existing Leona Edmiston boutique within Chatswood Chase, houses the full collection of main range frocks, accessories and pins.

According to Leona, "This season is all about prints!" Her winter collection features a diverse range of frocks in all shapes and colours, cardigan wraps in cobalt blue and ruby red, woollen jackets, capes and an array of pins.

Also on the designer's agenda is a VIP styling session in August, and hopefully the opening of more boutiques on the North Shore. "Keep your eyes peeled," she said.



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FASHION TRENDS REVIVED

HORNSBY WESTFIELD
STYLIST, JOSIE MCMANUS'
TRENDS FOR THIS WINTER.

by Patrick McAuley

AS THE SEASONS change the clothing trends on our walkways change. Dressing like a supermodel is not the easiest thing to do, especially as these supermodels have teams of designers and stylists working away, making them look the part. So to level the playing field, the *Sydney Observer* has enlisted the help of Westfield's head stylist at Hornsby, Josie McManus.

There will be three main trends this season: a 1960s comeback, the lady-like trend and the return of sequins. Josie proves that its possible to look and feel like a supermodel, without paying designer prices, at your local Westfield.



1960s

We've seen the 1950s make a comeback and now it's time for the swinging 1960s to make its return. Josie says that this will mean bold, but muted colours and big chunky accessories. Peter Pan collars give a hint of femininity, while print-clashing keeps the look fun. Josie recommends a "spotted blouse with a leopard print skirt."

- 1 Diana Ferrari Pussy Bow Blouse \$99.95
- 2 Dotti 1960s Peter Pan Dress \$79.95
- 3 Portmans Pussybow Blouse \$79.95
- 4 Oxford Satchel \$199

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Lady-like trend

Nothing says fashion like a timeless lady-like look. "This is good news for all ages," says Josie. The style is a return to the 1940s era and means simple lines and sharp accessories. Full skirts and cinched waste lines give definition to all shapes and sizes.



Sequins

Winter fashion doesn't have to be dull. Shiny metallic and embellishments lift any outfit, adding that extra dazzle to your new winter look. Use sequins to draw attention to your best assets, mixing with black, mustard, or other bold colours, to complete any outfit. Sequins can take any outfit from day to night, adding that touch of fabulous.

- 5 Diana Ferrari Bow Tote \$89.95
- 6 Diana Ferrari Ladylike Dress \$199.95
- 7 Jacqui E Ladylike Dress \$149.95
- 8 Portmans Scarf \$29.95

- 9 General Pants Sequin Jacket \$189.95
- 10 Witchery Sequin Tee \$199.95
- 11 Novo Shoes Glitter Heels \$59.95

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HEATING THAT WILL KEEP YOU WARM

WHAT ARE YOUR HEATING OPTIONS WHEN THE DAYS GROW SHORTER AND THE NIGHTS GROW COLDER?

by Giselle Artesano

FIGHTING THE WINTER cold is easy with a suitable heating system for your home. It is important to choose a system that not only keeps you warm and toasty, but one that is cost and environmentally efficient.

To beat the winter blues, here are some heating solutions. Rinnai Heating Product Manager, Lorraine Ong suggests: "Gas heaters provide a more efficient, environmentally friendly product, producing around three times less greenhouse gas emissions than electricity."

Rinnai's most popular products are from their energy saver range, coming in a range of sizes to suit all environments. Ms Ong said: "It's four plus star efficiency, minimises the cost for heating." Rinnai's website also provides an online heater se-

lector guide, which helps you choose the perfect system.

A similar option is Jetmaster's Heat & Glo range. Jetmaster Director Joel Belnick says: "It's important to know what you want for your house and implementing heat saving strategies to maximise heat efficiency." He says: "Little things like keeping doors shut, will help keep your home warmer and your wallet happy." Jetmaster's fireplaces are ideal as a stylish focal points for your home. Mr Belnick says: "They add character and are good if you want something romantic."

An environmentally friendly heating option is EcoSmart's bioethanol fires, known for its versatility. Stephane Thomas, director of The Fire Company, suggests models such as: The XL Series of long stainless steel, and the EcoSmart Aspect. EcoSmart also provide models that are good at heating outdoor areas.



Ecosmart, Rinnai Heating and Jetmaster all have a wide range of heaters that could keep you warm this winter.



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THE BED OF YOUR DREAMS

HAVING THE PERFECT MATTRESS CAN HELP YOU SLEEP BETTER THAN EVER BEFORE.

by Giselle Artesano

CHOOSING THE MOST suitable mattress for you is essential to complete the ideal bedroom space. Every mattress is designed and engineered to suit individual bed bases, frames and, of course, your body. It helps to create the bedroom's structure and reflecting your individual taste and style.

More than being beautiful, a mattress must be comfortable, and this factor have an expiration date. Manager of Sleepy's at Crows Nest, Paul Hayden, said that mattresses should be changed every 8-13 years. "But as the body ages, replacing a mattress could be more frequent," he adds. To help you with ideas for your bed replacement, we present three of the most popular beds from his store.

Top 3 popular mattress choices



The Chiro Support 300 mattress has a medium-feel comfort level, providing soft support for the shoulders, hips and ankles, and firm support on the top back and lower leg. It is made of a stretch knit fabric which changes with body movement, helping to maintain correct spinal alignment.

The Spine Align 400 mattress cradles the hips and responds to individual, pressure support. Similar to the Chiro Support 300, it provides both firm and soft support to target areas. Its comfort layers consists of a quality Belgium latex that helps to maintain comfortable body position.



The Revised Gel Sports performance mattress' growing popularity is due to its pressure relieving gel and temperature neutral comfort layer, which helps to avoid pins and needles and improves blood circulation. It also has a timber base, contributing to optimum support for an undisturbed sleep.



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TIME TO CLEAN UP THE GARDEN

ADD SOME SOME COLOUR TO YOUR GLOOMY WINTER GARDEN.

by Hugh Myers*

WE ARE INTO the first month of winter and it is getting cold. Most of the deciduous trees and shrubs have shed their leaves and hopefully you have collected them for the compost heap. While they are in the bare state, have a look inside the tree or shrub. Have a good clean-up, get rid of any dead branches or twigs, clean out any accumulated dead leaves or rubbish as this only breeds disease and fungi. Check the branches and cut out any inward growing branches. The idea is to let air circulate inside which will make for a healthier tree.

■ Transplant

Now is the time to move any deciduous shrubs as they will be in a semi-dormant state and can more easily withstand transplant shock. Dig plenty of compost and cow manure into the soil before you make the new hole, then fill the hole with Seasol a couple of times and let it drain. Now you can dig up your shrub and replant straight away. Don't use fertiliser until the shrub looks happy which should be in a few weeks' time.

■ Bright Clivia colours

Do you like warm colours like red, orange and yellow? They are cheerful on a cold dull winter's day. Clivia in these colours are readily available and can now be planted in large pots or boxes. Clivia are tough plants that do not need much water or looking after. When they bloom in the winter they provide a bright spot in what might otherwise be just a shady area. They are worth giving a go.

■ Frost damage

As temperatures start go down, it will pay you to take a walk around your garden and decide which plants, particularly tropical plants, could be damaged by frost on one of those cold, crystal clear nights. Make up some shade cloth mats to throw over them when required. Shade cloth is cheap enough to buy. It is too late the morning after the frost or cold has hit.



■ Cold night for Cyclamen

Have your Cyclamen come into flower? It is about time they did. Bring them inside during the day where you can enjoy them. Put them where they won't be in a draft of either hot or cold air, but remember before

you go to bed to put them outside into the cold where they will be happy. Cyclamen do not like warm rooms in the winter. As they will be in a relatively warm room during the day, keep an eye on the soil and make sure it does not dry out.

On the subject of frost, if a plant or shrub does get burnt by frost, don't cut the dead foliage off straight away, but leave it there as it will provide shelter for the other leaves and flowers. You can cut it off once the danger of frosts has passed.

Normally June is pruning time for vigorous shrubs like Murraya and Photinia. As pruning will bring on a lot of new tender leaves, it is worthwhile considering the possibility of frost. Put off pruning for about six weeks if there is a possibility of frosts.

■ Frangipani and Gardenias

Ease right off on watering your Frangipani and Gardenias. They do not like cold, wet feet at all, so check that the soil is draining properly and not getting soggy. The soil should be just damp so you need to poke your finger into the soil and check.

■ Snails and slugs

Many of your bulbs will be poking nice tender shoots out of the ground. Watch out for snails and slugs, they love them. Do a night patrol with a torch and a bucket of very salty water and just pick them up and drop them into the bucket. You can dispose of them later in a hole in the ground. Thinly scatter some snail bait around your plants, but use one based on iron chelate or ET-DA rather than one based on metaldehyde. Metaldehyde is dangerous to children, pets and wildlife.

*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.

ROSIE'S DINER MAKES FOR A GREAT MEAL

THE NEW RESTAURANT IN ROSEVILLE THAT GIVES YOU FOOD AS IT IS MEANT TO BE.

AS YOU WALK past the yellow sign posted new restaurant in Roseville and read; Rosie's Diner, you might think not another American diner. But this isn't true at all; as you might find out if venture in to see what they have on offer. On a cold and rainy night, or a warm Sunday afternoon, Rosie's is guaranteed to delight you with its quality service and exotic foods.

In one evening at Rosie's Diner, you might travel from France to Egypt and onwards to the Far-East, all without leaving the restaurant. Some of the options available for *entrées* are leek and cauliflower mousse with sweet potato chips, and tempura prawns with nim jim sauce, soft boiled egg and wasabi. These French and Japanese inspired dishes will catch you by surprise as the combinations really work!



For the mains, the whole pan-fried flounder with *sautéed* spinach, capers and *buerre blanc* and dukkah crusted pork cutlet with pear, walnut and spinach salad with orange dressing are sure to be Roseville favourites before too long. The pork especially has a particularly pleasant crust.

The friendly staff at Rosie's Diner are happy to help with wine suggestions and they suggest for the above meal a Redbank Sunday Morning Pinot Gris King Valley from Victoria and a Rymill the Yearling Cabernet Sauvignon Coonawarra from South Australia. These wines will complement your meals without overwhelming them.

The recommended dessert is the truffled vanilla pannacotta with chocolate sable and honey roasted tomatoes. Tomatoes for dessert might seem unusual, but tomatoes roasted in honey makes for a very taste tantalising experience.

Intimate, efficiently run, with friendly and attentive service, this well thought out and manageable menu with modern and international twists makes for a very enjoyable restaurant experience.



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Season Thai's menu is inspired from the northern regions of Thailand such as Chang Mai. The menu includes traditional Thai dishes, but the team is constantly creating their own take on modern Thai signature dishes. A large selection of wines is also available and includes gems from the Hunter Valley, Orange and the Southern Highlands.

Specialty: Massaman lamb shanks
Address: 780 Pacific Highway, Gordon
Contact: 9499 9093, seasonthai.com.au
Opening hours: 7 days, Lunch 11am-3pm, Dinner 5pm-10pm

Mehfil Indian



The taste of India

Mehfil Indian Restaurant at Gordon takes its influence from Punjab, a northern state in India, where chef and owner, Gary Singh grew up. Moving to Australia, Gary worked in restaurants in the City before opening his restaurant in Gordon over 5 years ago.

Specialty: Traditional Indian cuisine
Address: 768 Pacific Highway, Gordon
Contact: 9498 7122,
www.mehfilindian.com.au
Opening hours: Dinner 7 days a week from 5:30pm

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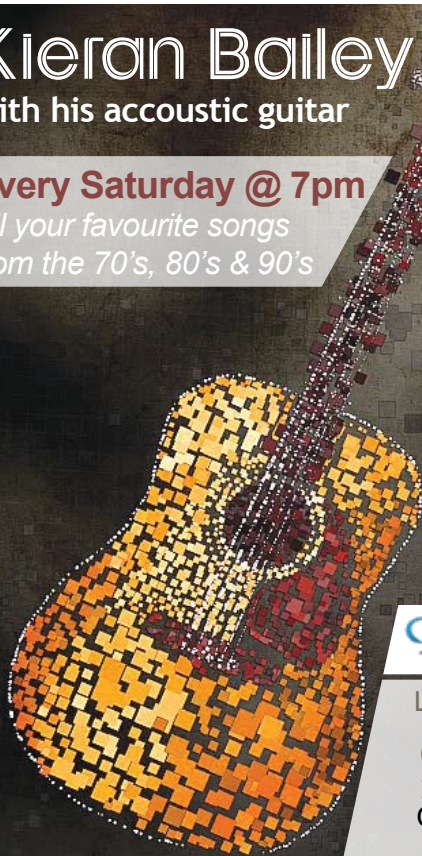
French inspired food in St Ives. Set in a heritage cottage built in 1888, wooden floors, hanging artworks and a gift shop to browse through. Sous Le Soleil offers an intimate and friendly dining experience. *Sydney Observer* readers can enjoy a free cocktail* with dinner during June 2012. Simply present this article when you dine. (*Conditions apply refer www.slshome.com.au)

Specialty: French inspired food
Address: 175 Rosedale Rd, St Ives
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“(The Government) is in a desperate situation to win back voters and I think the way they splash money around is not good investment.”



JOHN MEANS BUSINESS

THE HOME LOANS ENTHUSIAST TALKS PROPERTY, BUSINESS AND THE BUDGET.

by Patrick McAuley

TO MANY, JOHN Symond is the face of a company with the catchy line: “At Aussie, we’ll save you.” But, he is much more than that. He is the brain of Aussie Home Loans (AHL), the man who positively altered the home loan market in Australia forever, by forcing banks to lower interest rates and helping Australians save. The *Sydney Observer* spoke to John about Aussie, the Sydney property market and the recent Federal Budget.

■ Early business

His first business was, Mortgage Acceptance Corporation (MAC), a small company that helped investors find and borrow funds. It enjoyed some success, but ultimately failed, thanks largely to the State Bank of South Australia going broke in 1987, something that John thought could never happen to a government-owned bank. “Everything I had worked for – for 20 years – went down the gurgler. I came within an inch of going bankrupt.”

From the ashes of MAC, John began to see the opportunity or void that AHL could fill. He believes that this adversity was a good environment for Aussie to thrive in. “During tough times opportunities arise and often those opportunities can’t be found during good times.” In 1991, John started Aussie Home Loans.

AHL would change the way banks lend money and help thousands of Australians buy homes. Something the banks were reluctant to let happen at first, because they didn’t want John to take their business. “We had to do it tough, and I learnt the real meaning of living day-to-day, swinging from tree-to-tree. But we stuck at it and we are now in our 21st year.”

■ Time for a change

It is no secret that the recent Federal Budget hasn’t been very popular with big business and a hint of frustration creeps into John’s voice when he’s asked about it. He doesn’t mince words and says emphatically; “It wasn’t a good Budget. If they end up in surplus it’s good in effect because we want disciplined spending by government, but we don’t want money to be wasted,” he explains.

To him, the government is in a desperate position to win votes and win back voters. “I think the way they splash money around is not good investment.” When asked if he thinks it’s time for a change based on the recent facts, he picks his words carefully before replying: “Right now, it’s time for a change.”

■ Property market

As someone who has been heavily in-

involved in the property market for over two decades, John is in a unique position to comment on the soaring prices and is very critical of the reasons for prices being so high. “I blame government – state, federal and local – for not ensuring an orderly supply of land for development. The other problem is that connecting services to new land subdivisions can cost as much as \$100,000-\$150,000 per block,” he explains. “It’s a very tricky market for the unwary; you really need to do your homework.”

John agrees that the closer to the CBD, the better when purchasing property, but he believes there are still bargains to be found in the Western suburbs and he mentions Blacktown, Seven Hills as being affordable. Being possible to buy a property in that suburbs for around \$300,000. “Of course, it’s not a mansion, but it’s more affordable.”

He believes these areas are also good for property investors. “Investors are also going in because they are getting a good rental deal, whereas if you come near the city, you get very little for \$500,000-\$600,000.”

He does believe that the vast resources available to property buyers these days is a real bonus, and if you look carefully you might even find a property that is “\$50,000 cheaper than it was 18 months ago.”

Stop the end of financial year drama

by Paul Clark

AS THE END of the financial year approaches and thoughts turn to submitting the annual tax return the stress levels of many rise. For some, the tax return represents an opportunity to obtain a refund. For others, a bill from the Australian Taxation Office (ATO) will be the final result.

■ Get advice

The good news is, there are free resources available to help taxpayers, including hints and tips provided online by the ATO. The information available is useful throughout the year. The ATO recommends obtaining independent financial advice before committing to investments, particularly those that claim to offer tax minimisation benefits.

Common mistakes on tax returns, according to an ATO spokesperson includes providing insufficient documentation to

support motor vehicle and travel expenses, and incorrectly claiming home office, mobile phone and internet expenses.

The spokesperson reminded taxpayers that the ATO uses data-matching and risk-profiling techniques to identify people who may be deliberately evading tax. This includes operating a 'cash economy', where payments are made in ways that attempt to bypass the taxation system.

■ Check returns

The ATO urged taxpayers to check returns carefully. Simple errors such as spelling, surname and first name reversals or incorrect addresses slow processing. "When a tax return is lodged with incorrect data the ATO has to manually match the return details with details on our system before we can process the return. This means we cannot guarantee the normal processing time," said the spokesperson.

■ Stay up-to-date

Institute of Chartered Accountants in Australia Small and Medium Enterprises spokesperson, Sue Prestney, says that it's important to keep up-to-date with tax legislation. Ms Prestney cited changes to trust legislation from the 2011-12 income tax year as an example. The change requires all trustees who use a resolution to make beneficiaries entitled to trust income must do this by June 30, 2012. In previous years, some trustees were permitted to make their resolutions by August 31.

■ New obligations

Small companies may be surprised by the additional obligations for lodging accounts, and being audited under the corporations law, that may arise when their company grows, said Ms Prestney. She explained that early preparation was the key to less stressful tax time.



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 THE MATTRESS EXPERTS

Ray White's two big sellers (left to right): \$2.175 million, Hastings Rd, Warrawee; and \$2.17 million, Trentino Rd, Turramurra.



FAMILIES MEAN STABLE MARKET

WHILE OTHERS FLUCTUATE, THE UPPER-NORTH SHORE MARKET STANDS STEADY.

by Patrick McAuley

AS SYDNEY PROPERTY prices fluctuate almost incomprehensibly, the Upper-North Shore market stands steadily alone, guaranteeing buyers and sellers a stable purchase or sale. According to Ray White Turramurra's Milton Drever, this is largely because the local market is especially popular for families.

Mr Drever explained that the main reasons why the area is so family-oriented and doesn't have the same "peaks and troughs" that other areas have is because of easy access to public transport as well as good schools on the North Shore. This also means that there is

Photos: Ray White Turramurra



This property in Flinders St, St Ives sold for similar prices in 2009 and 2012.

a natural turnover of houses. He said; "Other areas in Sydney don't have these factors."

Because of the high standard of education and access to public transport, people

are looking at buying family homes that tick all the boxes. The good news is, they are "more affordable." The best value-for-money suburbs are West Pymble, South Turramurra and North Turramurra.

One good example of the typically stable market in the area, according to Mr Drever, was a property on Flinders Street, in St Ives, that sold in March 2009 for \$1.185 million. The property was sold again in May 2012 for \$1.26 million, this time with the addition of a swimming pool. He explained that price change could be attributed to the construction of a pool.

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FIGTREE
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A DAY FOR GORDON RUGBY, A DAY FOR ALL

by Gina Baldassarre

GORDON RUGBY FOOTBALL Club's recent 'Back to Gordon' day has been labelled as a success despite the club's loss to Sydney University in the Shute Shield match. Though the Highlanders lost 27-25 right on the bell at Chatswood Oval, the result couldn't dampen the spirits of those gathered to celebrate the club, with current and ex-players, managers, sponsors, and fans making their way to a gala dinner and fundraiser after the match.

"The whole night revolved around the tradition of Gordon," said the club's rugby manager, Jason Grier. "The event celebrated where the club has come from and where it's going. Gordon Rugby Football Club has produced lots of representative players, whether they be international players or Super Rugby players."



Gordon Rugby

Back to Gordon Day was attended by past and present Gordon Rugby legends.

With former Wallabies like Ken Yanz and Brian Moffat and even a few former All Blacks, including Maurie Graham, in attendance, the dinner at Chatswood's Civic Centre saw the 200 guests entertained by MC Peter Longman, and musical guests Damien Leith and the Knox Grammar Pipe Band.

SMITH SWIMS HIS WAY TOWARDS GOLD

by Giselle Artesano

ARDEN ANGLICAN SCHOOL, Year 12 student Luke Smith has been selected for the NSW Age Development Squad, and may have a chance to compete at the Swimming National Championships, between July and August at Sydney Olympic Aquatic Centre. He was selected after winning gold for the 50m backstroke at the New South Wales All Schools' Swimming Championships last month. He swam the race in 27.70 seconds, the fastest swim in NSW for 2012.

Luke also came 4th in the 100m backstroke and is proud of his achievements. "It feels good to have finally made the New South Wales team; it is a high honour for me to not only represent the State, but also my school, who have encouraged me to do my best over the years."

Arden's swimming success is continued with Year 11 student Liam Marsden-Readford's 6th place in the 100m butterfly. Now, he has Luke as an inspiration: "Over the next 12 months I will be training hard, to continue Luke's success for Arden in swimming for 2013 and beyond."

The NSW All School's Swimming Championships saw students perform at the highest level, competing against Public, Catholic and Independent schools.

Arden Anglican School



Arden's Luke Smith has been selected to represent NSW in swimming.

...TO TALK ABOUT

by Patrick McAuley

WHO ARE OUR GREATEST?

AT THE MOMENT the Johnny Warren Foundation is hosting an online vote to see who is Australia's greatest ever footballer, female footballer, coach and team. I have to say I welcome this debate.

The discussion over the team has caused quite a few debates. I've been involved in couple of arguments via Twitter with SBS's Head of Sport, Les Murray, over who should be in the team and our often contrasting views have demonstrated again and again just how difficult this debate is going to be.

There are the older fans who will be disagreeing amongst themselves. No doubt team will mostly include footballers from the 1974 team. Then there are the younger supporters who will be arguing that our most successful team, the 2006 World Cup team and squad, contained some of our greatest players and should be rewarded. And finally, our even younger fans will fall into the trap of comparing present day legends like Tim Cahill, Mark Schwarzer and Brett Holman with the older and less effective versions still playing the game like Harry Kewell and Lucas Neill. They may compare Kewell's form in the A-League to Cahill's form in present day matches and discard Kewell's performances against Iran in '97 because they know little about them.

Personally I fall into the second category. My main rule was to vote for players I have actually seen and not rely on hearsay. Ultimately the system probably couldn't ever be fool-proof, but if you feel disgruntled by my team choice, the best way respond is to get online and vote at: greatesteveraustralianfootballer.com.

My team

Greatest team: Mark Bosnich, Lucas Neill, Paul Okon, Ned Zelic, Stan Lazaridis, Brett Emerton, Vince Grella, Mark Bresciano, Tim Cahill, Mark Viduka & Harry Kewell

Greatest footballer: Harry Kewell

Greatest coach: Guus Hiddink

Greatest female footballer: Cheryl Salisbury



“
If you look into my eyes
you will see a young
person who has lived for
many years.

*I may have aged but try
not to think of me as
old or spent.*

*I am you, a few short
years from now.*

*I don't want or need to
be “accommodated”.
Like you, I just want
somewhere I can call
home. My need to love
and be loved is as
strong as ever.*

*Do not diminish me.
Never doubt my worth.
I remain the person I
have always been. ”*

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DENTAL PERFECTION NEAR YOU

THE DENTIST WHO HELPS YOU BY PLANNING YOUR DENTAL FUTURE.

by Patrick McAuley

WAHROONGA FAMILY DENTAL has been in the same location for nearly 25 years. Its philosophy and dedication to helping families care for their teeth is unchanged and in fact, their patient care has only improved over time.

Owner and dentist, Dr Andrew Freeland has been at the business since 1984, when as a 24 year old he took charge. From the start he was motivat-



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ed towards helping patients and making sure they have a comfortable visit to the dentist. He says by getting to know his patients he can tailor the treatment to what suits them best. "Counselling is part of the business. By talking to them, we can help them."

Dr Freeland has treated whole families and generations, seeing kids come to him for years and eventually when the time's come, these kids have brought their own kids. "I guess we must be do-

ing something right," he says proudly. This something that they are doing right, is more than likely the treatment planning for individuals and families. "It's something that is probably unique to us," he says.

This long-term planning helps inform patients and families and plan their future, rather than surprising them later when different treatments are needed. "We tell them what they [will] need in the future. We talk about it and work it all out," Dr Freeland before listing a variety of different treatments that might occur in the lifetime of the different members of each family.

Over the years, dentistry has changed dramatically and Dr Freeland is enthusiastic and positive about these changes. "The changes are fantastic. They are great for us, and they are great for the patient!" He says, he and fellow dentist, Dr Alfred Tsang, stay up-to-date in their field by regularly attending University sponsored courses.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>Quilt textiles Manly Art Gallery and Museum will be showcasing contemporary quilt textiles on the theme of regeneration, featuring textile artists from around Australia.</p> <ul style="list-style-type: none"> • Sun 10am-5pm • Cnr West Esplanade & Commonwealth Pde, Manly • Free • www.manly.nsw.gov.au/attractions/art-gallery-museum/ 	 <p>JAZZ & BLUES FESTIVAL DARLING HARBOUR 9-11 JUNE FREE EVENT 3 DAYS 3 NIGHTS 3 STAGES 40 BANDS</p>					2			
3	<p>Lego 50th birthday See the historic plastic bricks take over the streets of Sydney. Ten designers will have their art transformed into a mosaic of Lego bricks.</p> <ul style="list-style-type: none"> • Macquarie St, Sydney • Free 	4	<p>Simple Plan The band will be performing tracks from their latest album, <i>Get your Heart On!</i> and will be holding a live Q&A session.</p> <ul style="list-style-type: none"> • Opens at 6.30pm • Level 3, The Standard, 383 Bourke St, Surry Hills • \$40 	5	<p>Nutcracker Figure skating, ballet and acrobatics will be brought together by the Imperial Ice Stars.</p> <ul style="list-style-type: none"> • Until June 10 • Capitol Theatre, 13 Campbell St, Haymarket • \$69 - \$99 	6		<p>Jazz and Blues The Darling Harbour Jazz and Blues Festival will feature over 40 live acts over three stages for free, including James Morrison and Trevor Watts.</p> <ul style="list-style-type: none"> • Until May 11 • 11am - 7pm • Darling Harbour • darlingharbour.com 	9
<p>Gorb's Yiddish Dances The Sydney Wind Symphony presents <i>Gorb's Yiddish Dances</i>, using the woodwind ensemble to emulate the sound and style of Yiddish celebratory folk music.</p> <ul style="list-style-type: none"> • 2pm • Turramurra Uniting Church, 10 Turramurra Ave, Turramurra • Adult \$20, Concession \$15, Under 12 free • www.sydneywindsymphony.com.au 	10	12	<p>Celtic Divas Live, haunting and evocative music performed by Celtic Divas, a group of female Celtic folksingers.</p> <ul style="list-style-type: none"> • 8 pm • The Concourse, 409 Victoria Avenue, Chatswood • A Reserve: \$89 B Reserve: \$79 • celticdivastour.com 	14	15	<p>Are sea monsters real? The Deep Oceans exhibition will showcase some of the ocean's strangest creatures and landscapes.</p> <ul style="list-style-type: none"> • 9.30am - 5pm • Australian Museum, 6 College St, Sydney • Ad. \$17. Con. \$12. 	16		
<p>Worms Learn how to farm worms and compost effectively to save you money and make your garden healthier.</p> <ul style="list-style-type: none"> • 10am • Fagan Park, Arcadia Road, Galston • Free • www.hornsby.nsw.gov.au 	17	<p>Comedy battle Laugh with the new talents competing at the grand final of the Theatresports Schools Challenge.</p> <ul style="list-style-type: none"> • 2pm • Enmore Theatre • \$25-\$35 • Bookings 9550 3666 • enmoretheatre.com.au 	19	<p>Cooking demo Master sushi chef Hideo Dekura will give a cooking demonstration, and discuss his <i>Encyclopedia of Japanese Cuisine</i>.</p> <ul style="list-style-type: none"> • 12.30pm • The Art Space on The Concourse, 409 Victoria Avenue, Chatswood • \$10 per person • Bookings 9967 2917 or email willpark@willoughby.nsw.gov.au 	21	<p>Theatre Dark, funny, timeless and universal... Dario Fo's absurdist masterpiece <i>Accidental Death of an Anarchist</i> is coming to Sydney's Zenith Theatre.</p> <ul style="list-style-type: none"> • Wed-Sat 8pm; plus Sun, June 24, 5pm; and Sat June 30, 2pm • Cnr McIntosh and Railway Streets Chatswood • Bookings 9777 7547 or www.epicentretheatre.org.au 	22		
 <p>ENCYCLOPEDIA OF JAPANESE CUISINE HIDEO DEKURA</p>	25	 <p>THEATRESPORTS</p>	 <p>ANARCHIST</p>						

DALEY'S NERD PHENOMENON

KEIRA DALEY IS performing her critically acclaimed cabaret "Lady Nerd," paying tribute to some of history's greatest nerdy minds, from Ada Lovelace to Marie Curie. The show was a hit at last year's Sydney Fringe Festival.

Quirky and eclectic, the performance features real-life stories and characters mixed with strange rants and inventive musical pieces, accompanied by live jazzy piano. The nerd has become a pop-culture phenomenon and a powerful marketing tool – Daley sets out to reclaim the nerd, and show the true power and creativity of a nerdy mind.

Keira Daley



Kiera Daley's Lady Nerd performance is a guaranteed laugh.

When: June 7, 7pm

Where: Slide Lounge Cabaret Events, 41 Oxford St, Darlinghurst.

Cost: \$33.25

Info: premier.ticketek.com.au

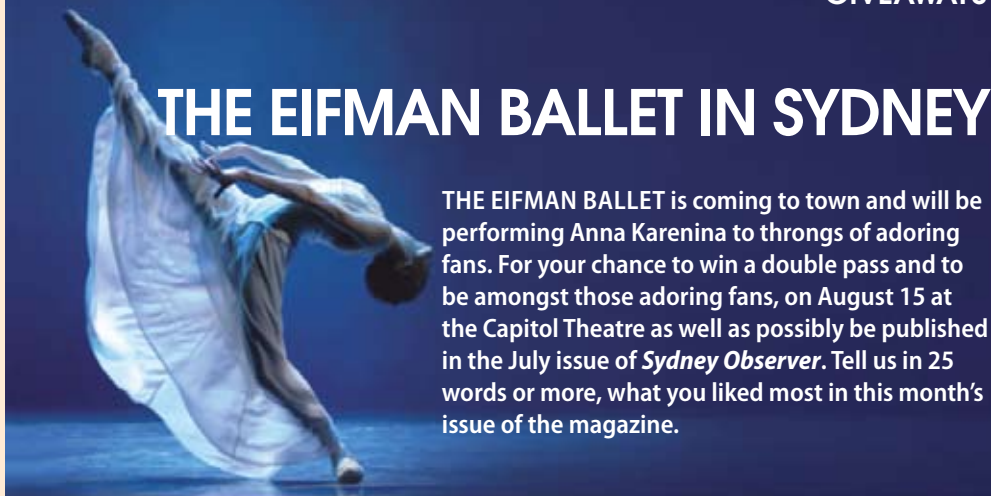
HOLIDAY FUN AT THE OBSERVATORY

THE OBSERVATORY'S SCHOOL holiday program celebrates 30 years as a public facility. Safely see the sun through telescopes. Kids love the 3D space tour, where they can explore Mars, be a space detective, and find some of the smallest objects in the universe! Night tours are also available, where even more planets and stars can be seen through the lenses.

Where: Sydney Observatory, Watson Rd, The Rocks

When: 10.00 am – 5.00 pm

Bookings and Info: 9921 3485 or; sydneyobservatory.com



THE EIFMAN BALLET IN SYDNEY

THE EIFMAN BALLET is coming to town and will be performing *Anna Karenina* to throngs of adoring fans. For your chance to win a double pass and to be amongst those adoring fans, on August 15 at the Capitol Theatre as well as possibly be published in the July issue of *Sydney Observer*. Tell us in 25 words or more, what you liked most in this month's issue of the magazine.

HAMPER WINNER

Anita Keyanian (right) from Pymble was last month's winner of the hamper from IGA West Pymble. She received the hamper on May 31, from West Pymble IGA's Tony Aglio (left). In her entry, she said the article "Shoes need care," in the May, 2012 issue of *Sydney Observer*, was "interesting and extremely informative."

Patrick McAuley



Here at the *Sydney Observer* we want our readers to feel appreciated and so each month we have all sorts of giveaways, from theatre tickets, to chocolates, books, flowers and movie passes. If you would like to enter any of the giveaway draws then all you have to do is write to us and send your entry to **PO Box 420, Killara NSW 2071** or email editor@kamdha.com with your name, address, and contact number by the 20th of the month.

PUZZLES SOLUTIONS

CROSSWORDS

Handy 3680 (Tolerating)

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SUDOKU

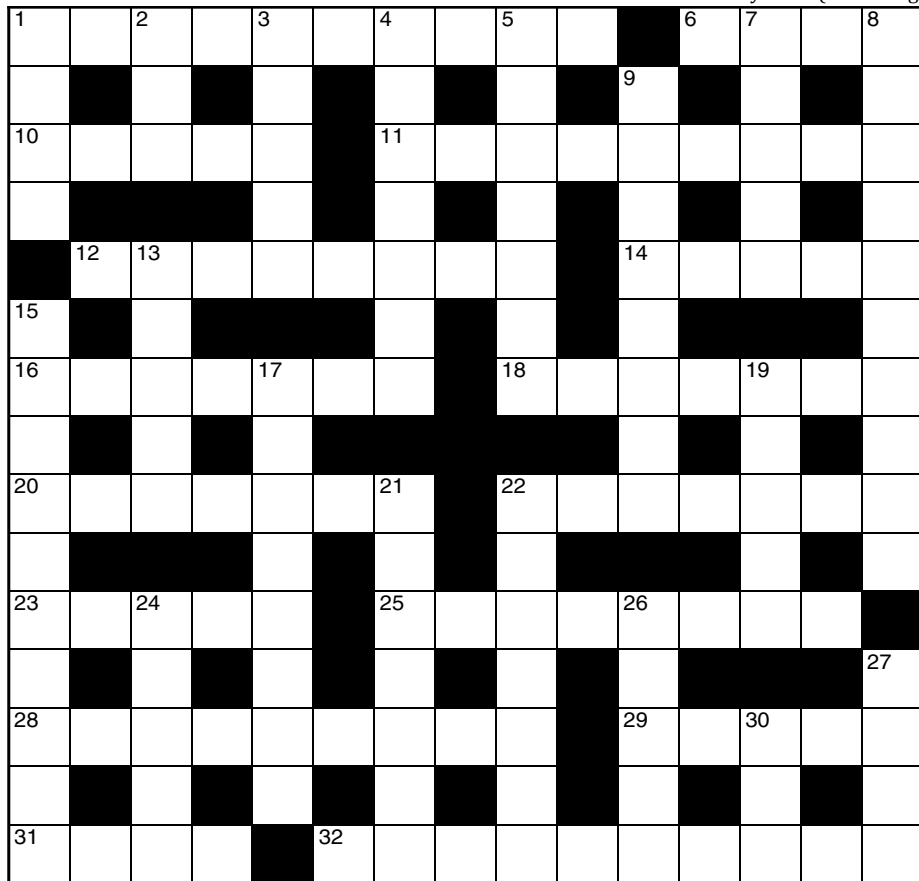
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WORDSEARCH

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Crosswords

Handy 3680 (Tolerating)



Across

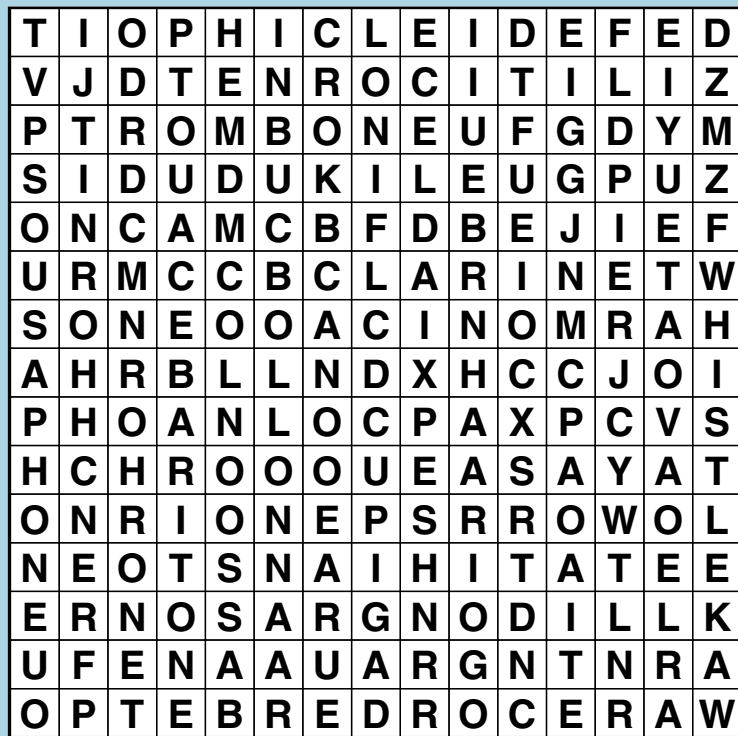
- 1. Abiding
- 6. Obscene material
- 10. Fool
- 11. Looted
- 12. Recreation period
- 14. Perverse humour
- 16. Trapping
- 18. Gauge
- 20. Blood-sucking worms
- 22. More hazardous
- 23. Not during their lifetime
- 25. ... & byways
- 28. Contest of ten events
- 29. Unsuitable
- 31. Ornamental ribbon
- 32. Climaxes

Down

- 1. Look-alike
- 2. Flower necklace
- 3. Irritable
- 4. Giving gratuity
- 5. On & on, ad ...
- 7. Explorer, ... Polo
- 8. Soft toys (5,5)
- 9. Navy chiefs
- 13. Charter
- 15. Beachfront malls
- 17. Gains through will
- 19. Bring into accord
- 21. Pupil
- 22. Stand-in monarchs
- 24. Clamps
- 26. Forgo
- 27. Automated teller machines (1,1,2)
- 30. Support

Wordsearch

WordsearchPX_0162 - Wind Instruments



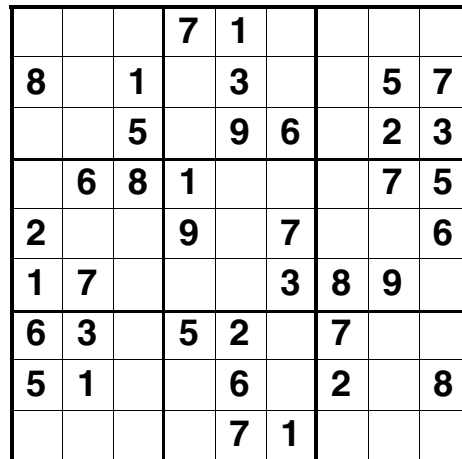
FIND ALL THE WORDS listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

- ACCORDION
- ALTO SAX
- BARI-SAX
- BARITONE
- BASSOON
- BUGLE
- CLARINET
- CONCERTINA
- CORNET

SUDOKU

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

Rating: ★☆☆☆☆



- DIDGERIDOO
- DUDUK
- EUPHONIUM
- FIFTE
- FLUTE
- FRENCH HORN
- HARMONICA
- MELLOPHONE
- OCARINA
- OPHICLEIDE
- ORGAN
- PICCOLO
- RECORDER
- SOUSAPHONE
- TENOR HORN
- TROMBONE
- WHISTLE



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