

NOVEMBER 2013 - FREE

# Sydney Observer

## FOCUS ON:

Preparing your home for summer

## WIN

Renovation workshop

**6** page  
Sydney Home Feature

**SCHOOLIES**  
safety guide

## LOCAL NEWS:

Redevelopment underway at Hornsby Ku-ring-gai hospital

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FROM THE TEAM

The November issue of Sydney Observer is all about getting ourselves prepared for summer. Check out the Sydney Home feature for tips on bushfires, home security, insurance and more (p. 30). Also make sure you think about beach safety before you enter the surf this November – studies reveal large amounts of Australians die from rips each year (p.16).

For parents with teenagers finishing the HSC, we have some Schoolies safety advice (p.20) – and for those with children about to start high school, why not read our 'how to' guide on securing a scholarship (p.24) – it could save you thousands of dollars in school fees!

Enjoy the magazine and let us know what you think.

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**PUBLISHED BY:** Kamdha Pty. Ltd.

**EDITOR:** Rose Moloney

([news@kamdha.com](mailto:news@kamdha.com))

**CONTRIBUTORS:** Kieran Gair, Tess Gibney, Jessie Goldie, Hugh Myers, Robert Phipps, Rosie Russell & Amelia Zhou.

**DESIGNER:** Anna Benner

**ADVERTISING EXECUTIVE:** Kaye Willatt  
([advertising@kamdha.com](mailto:advertising@kamdha.com))

**SALES CONSULTANT:** Ros Dodd  
([advertising@kamdha.com](mailto:advertising@kamdha.com))

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P (02) 9884 8699 • F (02) 9884 8799

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### A WORTHY CAUSE

'Bikes for Life' (October 2013, p.14): I was encouraged and excited to see that there is a group of community spirited residents extending the life of bikes and the life of others who are not as fortunate as us. Those outgrown bikes that are put out for curb side collection could and should be "rebirthed" instead of going to landfill Perhaps we could encourage bike shops to accept old bikes when new ones are purchased thus effecting change at the point of sale.

Simonetta Sciani, Roseville

### BENEFITS OF HSC HELP

Fabulous 'HSC Survival Guide'. Awesome tips help the ride. Along exams, stress and lack of sleep. Precious guidance in memory keep. (October 2013, p.18).

Clare Andersen, St Ives

### THERE COMES A TIME

Whoever is responsible for the advertisement 'There's comes a time' - Adventist Aged Care (October 2013, p.29) deserves a medal. It is absolutely brilliant. It makes one think doesn't it?

Betty Millar 'Very Senior Reader', Killara



### CURTIS INSPIRES CREATIVE COOKING

Cooking, experimenting, tasting and sampling what else does one need to do? Of course reading your article on Curtis Stone (October 2013, p.16) was delightful, as I actually learnt more about the great man himself!

Anjana Sethi, Wahroonga



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

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

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by Jennifer Anderson\*

# MAYOR DEFENDS COUNCIL SPENDING

**IN LAST MONTH'S** *Sydney Observer*, former councillor Tony Hall made several statements that need correcting (October, p. 8).

Contrary to Mr Hall's opinion, Ku-ring-gai Council's financial position is solid as verified by our external auditors and also by the NSW Treasury Corporation, which rated Ku-ring-gai as 'sound' and in the top 20 out of over 150 NSW councils.

Mr Hall was part of a former council that two decades ago divested Pacific Highway Gordon, immediately adjacent to the existing Council Chambers, via a 99-year lease. This was an extremely short-sighted decision. Council had a rare opportunity last year to restore the amalgamated site and this acquisition now offers a significant strategic landholding which will be master planned to provide a civic hub

for community facilities, open space and council's civic and administrative functions in the heart of Gordon for the benefit of the entire community.

A number of sites across the Local Government Area are now being assessed as for possible reclassification to fund the acquisition, including council-owned sites in Park Avenue, Gordon and Culworth Avenue, Killara. No decisions on reclassification or sale have been made. All substantial acquisitions by any council must firstly be reviewed by the NSW Department of Local Government to ensure, prior to purchase, that the council has capacity to meet the obligation.

No matter what decisions are ultimately made regarding reclassification Lifeline and the Gordon pre-school will not close. Lifeline has been working constructively with council regarding future community

facility planning. State MP for Davidson Jonathan O Dea confirmed at the public reclassification hearing on October that Transport for NSW is currently investigating acquisition of the Culworth Avenue car park for a new commuter car park. Council is sensibly planning for the future and that future includes public parking.

Over the last several years, Ku-ring-gai Council has acquired approximately \$40 million worth of additional community land. Our adopted policies ensure that any sale proceeds go straight back into the acquisition of new and improved facilities. This can only result in net gains of community land, rather than net losses.

It's a shame that conspiracy theorists wish to tout falsehoods but the facts are indisputable.

\*Jennifer Anderson, Mayor of Ku-ring-gai.

## KILLARA PARKING TROUBLES

### CITIZENS UNITE AGAINST THE PROPOSAL TO SELL A COMMUTER CARPARK IN KILLARA.

by Jessie Goldie

**A LOCAL RESIDENT** action group is calling for community support to stop Ku-ring-gai Council from selling the Culworth Avenue car park at Killara Station.

According to 'Citizens Against Reduced Parking at Railway Killara' (CAR-PARK) Ku-ring-gai Council might sell the car park to a high-rise developer in order to pay for its new \$29.8 million administrative building in Gordon.

This comes after the council's announcement of upgrades to parking at Gordon and Lindfield train stations.

Construction at Gordon is due to commence this month, and will see the installation of 30 extra car park spaces.

The upgrade at Lindfield is currently only in early stages of design, but is expected to

commence in 2014 and will include a new car park with 240 commuter spaces and a new 'kiss and ride' zone.

However, improvements at Gordon and Lindfield will not counteract the loss to Killara residents. If the car park were to be demolished commuters may have to park as far as 1.5km from the train station. This means that residents may have cars parked outside their homes for as much as 12 hours a day. Furthermore, this means that commuters with mobility issues will have to use another station.

The council argues that a review of previous reports has indicated that when the land was purchased in 1959 it was intended to be the site of a civic centre including an office a baby health centre a library and a community hall. The use of the land as a car park in 1966 was only intended to be temporary.



However, the potential construction of a high-rise residential and commercial development on the site could generate increased traffic and compound the problems caused by taking this facility away. A public meeting was held on October 24.

**More Info:**  
[CARPARKillara@yahoo.com.au](mailto:CARPARKillara@yahoo.com.au)





by Ken Wilson\*

# AMERICAN TOWN LEADS BY EXAMPLE

**RECENTLY OUR FAMILY** got caught up in the whirlwind Australian tour of the Soddy Daisy High School Marching band. As a means of raising funds for the Music Department at Chatswood High School we became home and hosts to two, seriously culture shocked, students from Tennessee, USA.

Now, if you think that a bible belt Tennessee backwater such as Soddy Daisy is an unlikely source of a High School music tour then you are wrong. Soddy Daisy benefits from the economic miracle that is nearby Chattanooga, America's first gig city. I'm not talking about a music gig city, I'm talking about an internet gig city, with 1Gbps downloads and uploads all across town.

Originally our own NBN proposal only offered some customers 1Gbps downloads (many expected only a tenth of that). No one was offered 1Gbps uploads. The Coalition's version of the NBN is slower and less expensive. With fibre to the node speeds will peak somewhere between 50Mbps to 100Mbps when it's complete in 2019.

The Chattanooga economy grew up on the Tennessee River. Today it feeds off a digital river which has recently attract-

ed Volkswagen and Amazon to town. There have also been a host of start-up companies who want to invent the technologies of the future that work with very fast internet. The digital river was built by Chattanooga Council and the local power company, EPB. Initially it was designed to help with the recovery of the electricity network during the tornado season when outbreaks of up to 358 tornadoes are known to rampage across the southern states of America.

EPB now operate a smart grid that includes 1,200 automated power switches and technology capable of anticipating potential transformer overloads by measuring power flows every 15 minutes using the fibre network. Power outages after storms are down by 40 per cent.

Obviously the network has since found plenty of other uses, but not everyone is happy. In particular the big US cable companies are now actively blocking cities from following Chattanooga's lead. Claiming that it is unfair for them to have to compete against networks built with public money, they have successfully lobbied 18 US states to pass laws blocking community built fibre networks.

Inspired by the White House Office of Science, and fostered by the "not for prof-

it", US Ignite, my favourite high-bandwidth application is being developed at the University of Tennessee, Chattanooga. The Sim Centre's Disaster Mitigation Application uses super computers, similar to those in use here for weather forecasts, to work out what areas need to be evacuated and when. It then sends hundreds of individual messages to emergency services, and the general public, telling them what to do and which way to run based on where they are located and who else is on the move.

For an old climate "realist" or, as the "sceptics" would have it, "alarmist", this has instant appeal. Such a system has the capacity to drastically reduce the death toll from future catastrophic weather events.

Some think that Rupert Murdoch, with his interests in Foxtel, has already partially derailed our own promising excursion into the world of high-speed internet. As our new infrastructure Prime Minister turns his focus to roads, roads and roads, we are perhaps lucky that, in politics at least, 2019 is still a long way off.

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

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# Changes to Planning Bill

**GREATER FOCUS ON** environmental sustainability and social considerations will be given in the new Planning Bill introduced in State Parliament last month. Environmental objectives and community inclusivity will be incorporated in planning decisions on the same level as economic growth, following changes encouraged by council and public input.

“Minister Hazzard has listened to the concerns of councils and communities alike and included sustainable development in the upfront objectives of the Act,” said President of Local Government NSW, Cr Keith Rhoades.

The Bill amendment is also a win for local government, with councils now having an extended period of five years to spend revenue from infrastructure contributions

The five year limit with a provision to apply for an extension is far more practical and reasonable than the three years originally proposed, as it enables councils to plan for major staged infrastructure works,” said Cr Rhoades.

## Cyclist death

**A CYCLIST DIED** after falling beneath a car in South Turrumurra on October 30. The cyclist was part of a group that was riding along Kissing Point Rd when a stop in traffic caused him to swerve. He then crossed to the other side of the road and slid under the car of a learner driver. The 45-year-old was rushed to Royal North Shore Hospital in an ambulance but later died of his injuries, which included severe trauma to the head.

## Hornsby’s strategic alliance

Hornsby Shire Council is investigating the idea of an alliance with Warringah and The Hills councils to benefit ratepayers

This strategic alliance could make Hornsby Council more efficient in areas of procurement policy development and resource allocation leading to better value for money

At the moment Hornsby Council is a member of the Northern Sydney Regional Organisation of Councils NSROC but an alliance with the two other councils would reportedly be more beneficial

Mayor Steve Russell talked about the perks of this arrangement at the last council meeting saying The creating of a new strategic alliance with The Hills and Warringah would mean greater savings for the residents of Hornsby Shire through increased buying power

## Toastmasters public speaking contest

**2013 TOASTMASTERS HUMOROUS** and Table Topic Contests for Area 16 was held earlier in the year in Hornsby. Area 16 consists of Berowra, Hornsby, Turrumurra, St Ives and Bon Appetit Gourmet Club. Annie Gilberthorpe (Turrumurra Toastmasters) won the Table Topic and Vicki Sandilands (St Ives Toastmasters) won the Humorous Contest. Vicki will now represent Area 16 at the Hawkesbury Division Contest. She is a local girl on track to represent Australia, if she wins at the division and district. Rejimon Punchayil, the Area 16 Governor said the contest is an opportunity for all to learn from and be encouraged by observing the best speakers among us. Toastmasters International is a professionally recognised public speaking and leadership training organisation.

**More Info:**  
[www.d70toastmasters.org.au](http://www.d70toastmasters.org.au)



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# LAST MONTH IN PHOTOS

(Anti-clockwise from top)

## 1. Twilight Concert in Ku-ring-gai

Nearly 2,000 concert goers enjoyed the second concert of Ku-ring-gai Council's Twilight series, 'All That Jazz,' on Saturday October 19 at Selkirk Park, Killara. Crowds were entertained by the stunning and energetic Rhonda Burchmore, who hit all the right notes singing fantastic jazz tunes.

## 2. Knox Grammar teachers dress as students

As part of a fundraiser for the Smith Family teachers at Knox Grammar surprised students by dressing in their old school uniforms. In some cases it is difficult to differentiate the HSC students from their teachers.

## 3. Graffiti Removal Day

Chantelle Fornari-Orsmond (Ku-ring-gai Councillor) and Julia Eagles (Hornsby Ku-ring-gai Neighbourhood Watch Co-ordinator) clearing graffiti at Pymble shops in Grandview Parade Pymble on Graffiti Removal Day.

## 4. Princes Street Fair

On October 19 Princes Street shops in Turramurra celebrated the completion of their latest refurbishments. Pymble Public School's band provided entertainment to show off their extraordinary talents while Turramurra High School's latest singing sensations The Sound Studio wowed the crowd with their rendition of Mika's 'We Are Golden'.

## 5. Opening of Pathways Sailors Bay

In his very first official opening as the Treasurer on October the Hon Joe Hockey MP officiated at Pathways Sailors Bay the ground breaking aged care residence in Northbridge.

## 6. Night-time Noodle Markets

Thousands of Sydney siders flocked to Hyde Park throughout October to get a taste of some of Sydney's best Asian food. Nasi goreng, xiao long bao dumplings and ramen noodle burgers were just a few of the dishes available.



# HORNSBY KU-RING-GAI HOSPITAL GETS READY FOR A FACELIFT

by Kieran Gair

**FOUR YEARS AGO** possums were found living among medical supplies in the Intensive Care Unit and doctors openly referred to conditions as 'slum-like' at the Hornsby Ku-ring-gai Hospital. However now a long awaited redevelopment of the hospital is underway, with Health Minister Jillian Skinner announcing the four-storey surgical, Theatres, Anaesthetic and Recovery (STAR) wing as the centre-piece of the \$120 million upgrade.

Following the \$33.5 million opening of a mental health facility in June, the latest stage of redevelopment will include eight operating theatres and three 28-bed inpatient surgical wards that will make up part of the STAR wing.

Health Minister Jillian Skinner took aim at the previous Labor government as having neglected hospital infrastructure and allowing the hospital to fall into disrepair. "This project is yet another example of the NSW Liberal & Nationals Government's commitment to overcoming Labor's legacy of 16 years of neglect of hospital infrastructure," said Mrs Skinner.

Despite a planned completion date of mid-2015, the opposition spokesman for Health and Medical research Dr Andrew McDonald said the redevelopment would take much longer than expected,

creating more obstacles for staff during the renovations.

"They said it would take one term, but now we know it will take eight years and at least two terms. They need to increase funding to get the job done faster and get the hospital back up and running for its staff and for the community."

The restructuring of Northern Sydney hospitals will see the development of a level 5 hospital at Frenchs Forest, the eventual closure of Manly and downsize of Mona Vale. However the Hornsby Ku-ring-gai hospital is expected to add 84 beds in the inpatient surgical wards and 47 beds in the newly opened mental health unit.

Following an increase of \$1 billion in the 2012-2013 health budget, the Member for Hornsby, Matt Kean, said the redevelopment signalled the state government's commitment to health.

"I made rebuilding Hornsby Ku-ring-gai Hospital my number one priority and I am proud to be able to deliver on that commitment today. Finally, the people of Hornsby can look forward to receiving high quality care, close to home, in a state-of-the-art facility," said Mr Kean.

The \$120 million redevelopment was approved earlier this month by the Department of Planning and Infrastructure and the main works tender was awarded to Richard Crookes Constructions.



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# TECHNOLOGY SET IN STONE

WAHROONGA RESIDENT EXHIBITS AT SCULPTURE BY THE SEA FOR THE FOURTH TIME.

by Rose Moloney

**THE FAMOUS BONDI** to Bronte coastal walk has been transformed into a walking art showcase for the annual Sculpture By the Sea exhibition.

One of this year's exhibitors is Wahroonga resident and graphic designer, Lucy Barker, who is using the show as a means of commenting on society's obsession with technology.

Her sculpture 'What once was' is made of six separate pieces of carved out sandstone, each representing a large-scale replica of a recent technological device – an iPhone 4S, an iPad a mouse an iPod shuffle an iPod mini and a laptop.

According to Lucy: "It was really a comment on how our lives and our identity become wrapped up in these devices. You see

it when you go out to dinner with friends – everyone has there smartphone right there!"

Lucy says although we're all more closely connected via these devices, studies show we are apparently lonelier than ever before.

However the artwork isn't supposed to just be a sinister reflection on technology obsessed society. Lucy, who confesses she is guilty of spending too much time on these devices as well, says: "It's quite playful too. Those items bring so much good to our lives, so it's supposed to be more of a warning."

This year is the fourth time Lucy has exhibited at Sculpture By the Sea, however it was her first time using sandstone as a medium

Although there was a big learning curve to the process, she says this challenge was part of the fun, and plans to continue to work with stone in the future.



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# RIP CURRENTS PROVE FATAL

As the weather heats up Aussies are already flocking to the beach, however recent statistics show we need to be more careful when it comes to swimming safety.

by Jessie Goldie

**IT'S EASY TO** forget just how dangerous our oceans can be when you're busy relaxing or having fun in the waves, however it's more important than ever to be educated and aware of the biggest beach danger of all – rip currents.

A recent study shows that rip currents in Australia cause more deaths on average each year than all other natural hazards combined – this includes cyclones, floods, bushfires and sharks.

Dr Robert Brander, coastal geomorphologist and senior lecturer at the University of New South Wales, was a lead contributor to the study and was surprised by the results of the analysis.

"We looked at the available long term data of confirmed drownings of rip currents, which turned out to be 21 a year on average. The average number of deaths from all other hazards turned out to be only one a year," said Dr Brander.

"I thought that was quite staggering that this hazard, rip currents, which happens all the time but doesn't necessarily get a lot of attention, is far more dangerous in terms of long term fatalities than these other hazards which get massive attention."

These frightening statistics suggest that there is a lack of awareness and education within the Australian public.

Bruce Reel has been patrolling our beaches for more than 40 years, working mainly as a life saver at Warriewood beach.

He believes that rip currents trick uneducated swimmers into thinking the water they're entering is safe.

"A rip gives you a false sense of security, the water looks still, the waves aren't breaking so people think 'ah that looks good.' Then, all of a sudden they get moved out to sea very, very quickly," said Reel.

"That's why families die up on secluded beaches on the coast, they can't recognise a rip current, they think the water is safe and it's really not."

Margaret Goldie has spent many happy days at the beach with her family, however one busy summer Sunday at Curl Curl she found herself in a frightening situation, and very nearly lost her life.

"I decided to go for a swim, I didn't tell anyone and I didn't go between the flags. Before I knew it I was in trouble, in a rip. Fortunately a lifesaver saw me from up the top of the clubhouse, but by the time he got to me I was nearly unconscious and coming in I was unconscious. It was a horrible experience because I had to be resuscitated on the beach in front of a big crowd of people, including my family," she said.

"I've spent all my life on the beach and I got into trouble, so there needs to be more education of the dangers and more awareness created by the media."

Reel recognises this need for education, but admits that a lack

of funding has seen the end of a number of programs.

"There always needs to be education for that, [rip currents] even in our area here where there are new people moving in all the time, people from the western suburbs who don't live in this type of environment need to be educated, and they did it for a while. Surf Life Saving had an education policy about rips on the beaches and what to do, but of course things like that cost money," he said.

Dr Brander believes that there is a sense of complacency among the public who feel that as long as they can see the red and yellow flags and lifesavers are about that is all that is necessary to remain safe.

However, he points out that only 4 per





cent of beaches are actually patrolled in Australia, and even those are only patrolled seasonally, so most of the time swimmers have to rely on their own judgement and skills to keep themselves safe.

The number reported in the study of rip current drownings is also likely to be grossly underestimated, as it only takes into account deaths that can be directly linked, by a witness or report, to a rip current.

Surflife Saving Australia SLSA reported 119 coastal drownings in the year 2011 – 2012, with 47 occurring at a beach and 40 per cent in NSW. SLSA in conjunction with the Australian Water Safety Council aim to halve the number of drownings by the year 2020.

A key feature in their strategy to achieve this huge reduction is the implementation of an ongoing public awareness campaign, to promote evidence based identification avoidance and survival techniques." However, evidence of this campaign in action is yet to be seen.



## HOW TO IDENTIFY A RIP

### Key signs:

- ➔ Deeper, darker water
- ➔ Fewer breaking waves
- ➔ Sometimes sandy coloured water extending beyond the surf zone
- ➔ Debris or seaweed
- ➔ Sometimes it's easier to look for where the waves are breaking consistently, and then look to each side where they don't break consistently. That's the rip current!

Courtesy of [www.sls.com.au](http://www.sls.com.au)



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# Cherie Barber

## RENOVATION 101

by Rose Moloney

Twenty-two years ago, at the age of 21, Cherie Barber made a profit from buying and renovating her first property. After this pattern repeated itself throughout her twenties, Cherie realised she could make more money renovating properties than she could at her day job. So she made the decision to throw herself wholeheartedly into the world of renovating. Cherie is now a full-time professional renovator and since buying that first property in 1991 has completed over 35 successful renovations.

Cherie is proof that with hard work and some street smarts completing a profitable renovation is in the reach of just about everyone. In fact this is the message she now instils in students who undertake her series of renovating workshops – which she designed herself based on knowledge she has gained from years of renovating experience.

This month Cherie gave *Sydney Observer* a taste of what she teaches in her workshops. She shares with us the key considerations anyone wanting to renovate for profit should make before picking up a hammer or chequebook.

### Understand the difference between structural and cosmetic renovations

Cosmetic renovations involve a total transformation of the inside and outside of a property – this includes everything from internal and external painting, ripping out the carpets, polishing the floorboards, landscaping and refreshing bathrooms and kitchens. On the other hand a structural renovation involves drastically changing the layout and size of a property. Quite often structural renovators keep the front end of the house and then demolish part of the house, adding extra storeys or rooms depending on the site.

Normally in a six-week cosmetic renovation your profit margin will be anywhere from \$20,000 to \$80,000. Whereas a structural renovation will take longer – at least a year – but could result in profits in the hundreds of thousands.

### In structural renovations: add more floor space!

In a structural renovation you have to add a minimum floor space of square metres for it to be even remotely viable. There are a lot more costs associated with these kinds of renovations, like council approval, architect fees and holding costs. Therefore to add massive value to the property, it has to radically change – appearance-wise and size-wise.

### Beginners should start with the basics

If you have never renovated anything before don't throw yourself straight into a structural renovation. The best thing to do is start with a couple of cosmetic renovations. By the time you go through that process of renovating a number of houses, you'll have more equity behind you, you'll feel more comfortable and you'll be in a better position to do well in a structural renovation.

### Ensure every house has that little bit of 'wow' factor to entice buyers

A 'wow' factor is something in a property that arouses emotion within buyers. It doesn't have to be the most expensive gadget or a jaw-dropping moment. It can be a series of little things that culminate to ensure the buyer loves the property. For example a television above the bath, or hanging pendant lights in the master bedroom. Basically, the more times you can get somebody walking through your property to go "Oh I like that", you are increasing your chances of a buyer becoming emotionally connected and then actually wanting to buy it. Every home regardless of the value deserves 'wow' factor whether it's a \$200,000 house in the north or a \$2million house in Artarmon.

### Think before you buy

It's vital to have a strategy in place before you start a renovation. Before you buy a property ask yourself these questions: Am I going to be a cosmetic renovator or a structural renovator? Am I going to do buy, renovate then rent? Or buy, renovate and sell? Should I buy in the inner city or regional suburbs? Will I buy it under my personal name? Each of these decisions will affect your profit margin and the amount of capital gains tax you pay. A lot of people buy and renovate without considering these aspects. They may make a substantial profit margin, but then suddenly at the end of the tax year they are forced to pay half of the profit in tax.

### Focus on a few suburbs

Rather than chasing renovated deals across the whole of Sydney it is more beneficial to zoom in and specialise on a small cluster of suburbs - especially if you are planning on renovating over and over again. This means you can become an expert about the pricing and people within a particular area and use this to your advantage when renovating.

### Get inside the mind of buyers

Renovations are really just about creating a product to meet the needs of a customer. It's important to understand the demographics of your chosen suburb, so all those questions about how you renovate and what you put inside your renovation become clearer. For example the north shore is a family area, which means a big open plan; living, din-

ing, kitchen area would be a drawcard, as parents want to cook meals at night while watching their children play. A bath and a garden would also be important for families with young children.

When you have an intimate understanding of the suburb and demographic you've got the license to print money. You become so attuned to what a buyer's needs and wants are that when they come to the open house, they will love the property so much; they think with their heart not their head.

### Use brains instead of brawn

To DIY or not to DIY This is a question every new renovator faces at the beginning of a house project. However there are so many reasons why you should be the delegator and coordinator of experts rather than the DIYer. It's really important to work out the value of your time when it comes to renovating. Most tradies range from \$40 to \$70 an hour, and it takes them four to six years to study their craft. Hiring professionals will ensure a renovation is completed within the time frame, and to a high standard. Experts will take six weeks to complete a cosmetic renovation, but if you're in the trenches yourself a six-week renovation can turn into six months.

### MORE INFO

Cherie Barber is the director of Renovating for Profit. Her company offers 3-day educational workshops that teach people how to become savvy property investors and renovators.

Cherie will be speaking live at the Zenith Theatre in Chatswood on December 3.

### GIVEAWAY

1 x Renovating for Profit Workshop  
Cherie Barber is giving away a pass to her intensive 3 day live workshop. In these sell-out workshops Cherie shares all aspects of her systemised property investment and renovation system. Workshops are designed to teach you the "nitty-gritty" tactical tasks on how to establish a successful property renovation business. Go to page 49 for competition details. More Info: [www.renovatingforprofit.com.au](http://www.renovatingforprofit.com.au)





# SCHOOLIES: EVERYTHING YOU NEED TO KNOW

THE SCHOOL YEAR HAS ENDED AND NOW IT'S TIME TO CELEBRATE. ENSURE YOU AND YOUR FRIENDS MAKE THE MOST OF YOUR SCHOOLIES TRAVEL EXPERIENCES BY TAKING SOME SMART PRECAUTIONS.

by Amelia Zhou

**IT'S THAT TIME** of the year again when thousands of school leavers are about to flock to the Queensland coast for an event many have been anticipating for the whole year: Schoolies.

Areas around the Gold Coast and Byron Bay have long been known for their wild, alcohol fuelled parties. In a survey conducted by National Schoolies Week in 2010, it was revealed that more than 50 per cent of boys and a third of girls get drunk every day of Schoolies week in the Gold Coast.

However, teenagers are increasingly seeking a different experience with many going overseas with friends to holiday or volunteer.

Whether you're taking the traditional route or opting for a more adventurous trip overseas, here are some simple actions you can take to make your holiday more safe and enjoyable.

## 1 KNOW YOUR DESTINATION

Whether it's the Gold Coast, Fiji, or Bali, always do your research before going somewhere you haven't been before. Let your family know the address and type of accommodation you'll be staying in. That way, if something goes wrong, someone will know your location.

## 2 REMEMBER TRAVEL INSURANCE

Students should always be equipped with travel insurance when they're travelling, regardless of how far they'll be travelling. If an unexpected event occurs while you're away holidaying, such as transport strikes, accidents, or missing luggage, travel insurance can compensate for your losses and hefty medical bills if they arise. Remember to check the policy first and make sure it comprehensively covers the criteria you're looking for.

## 3 SAFETY IN NUMBERS

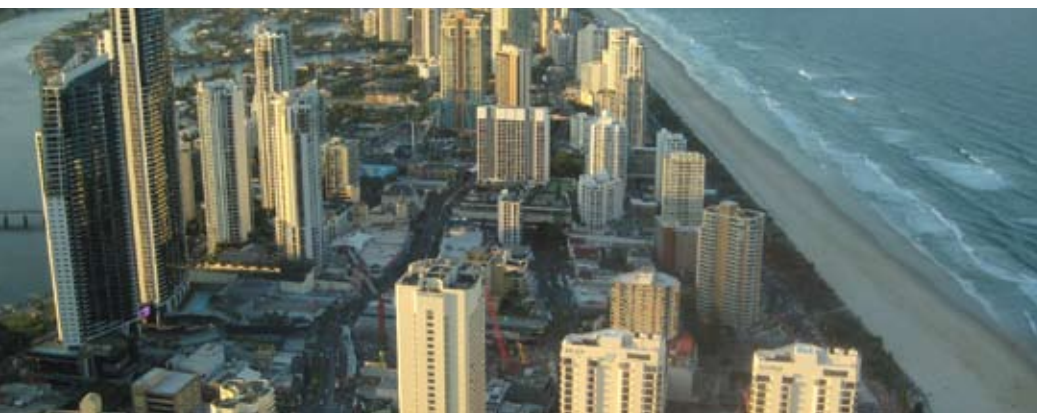
Always stay with a group of friends who you feel comfortable and who you trust. Have at least one friend who can look out for you and vice versa, especially concerning your drinks, as a designated driver, and as a companion at night. Don't hang out with anyone who you think will peer pressure you into doing something you don't want to do. Remember that if one person in your group is under 18, there are legal issues to consider regarding the supply of alcohol.

## 4 RESPECT LOCAL LAWS AND CUSTOMS

Increasingly, more and more school leavers are choosing to forgo the traditional schoolies route in favour of exotic overseas locations. If so, know and respect local laws and customs, especially concerning liquor and drugs. You should be aware that local laws and penalties may be different from Australia, and often much harsher.

## 5 REGISTER YOUR TRIP

Registering your travel plans with the Department of Foreign Affairs and Trade before travelling overseas ensures that the Australian government can contact you or find you in an emergency or pass on crucial information wherever you are. It's quick, free and easy to do and guarantees you extra security.



## HANDY TIPS TO REMEMBER IN OVERSEAS DESTINATIONS:

### BALI

- ✓ Be aware of petty crime: thieves on motorcycles, scams, credit card fraud.
- ✓ There is a risk of drink-spiking especially with methanol.
- ✓ Many Balinese people are Hindu: respect this and act accordingly.
- ✓ There are severe penalties for narcotics offences including the death penalty
- ✓ The ATM machines in Bali operate differently remember to push cancel to get back your key card after your transaction.

### THAILAND

- ✓ Consider your safety and insurance options if you hire a motorcycle or jet-ski. You can be detained and arrested if compensation isn't paid in the event of an accident.
- ✓ There have been reports of harassment and violent threats by jet-ski operators on beaches in Thailand, especially in Phuket, Pattaya, Koh Samui and Koh Phangan.
- ✓ Be wary of popular backpacker destinations and night-time entertainment areas: food and drink spiking often occurs.
- ✓ If you are found to possess even a small quantity of recreational drugs this could still result in a jail sentence.

### FIJI

- ✓ November is the start of the cyclone season in Fiji: remember to check the weather forecast.
- ✓ Tourists in the past have been targeted in violent crimes, including sexual assaults, in Suva, the nation's capital.
- ✓ There can be very dangerous currents in some swimming areas.

## More Info:

[www.smartraveller.gov.au/tips/schoolies](http://www.smartraveller.gov.au/tips/schoolies)



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# A PRIZE WINNING POEM TO REMEMBER

**FOR SOME SCHOOL** students, writing a poem is just another requirement for homework. However this wasn't the case for Benjamin Gibson, a Year 11 student at Redeemer Baptist School, when he entered the Dorothea Mackellar Poetry Awards. Instead Ben wanted to share a vision that would reawaken honour for those who have sacrificed their lives to secure freedom for us throughout history.

Ben was rewarded for his efforts when he was announced the winner of the prize earlier this year.

The judges commented on Ben's winning poem: "The imagery of the poppies staining the field red in an echo of the bloody battles fought there is powerful."

Headmaster of Redeemer Baptist School, Russell Bailey said: "Ben hopes that his poem will give Australians a new word image to honour lives that didn't have a chance to gather achievements because they wanted to secure freedom."

## BENJAMIN GIBSON'S WINNING POEM

### SALUTE TO THE FALLEN

The bravest field that's ever been  
Will wear a cloak of scarlet  
For all the blood that on her flowed  
For all the death she met.

So listen well, who've yet to hear  
The story of this flower  
Whose fame was born in war and  
strife  
In this world's darkest hour.

Petals caught the blood of heroes  
The soldiers' stories go  
Though now stained red as ruby,  
Were once as white as snow.

Just as life seeped from dead men's  
bones

Then into soil dark  
The land still cries in pain from  
wounds  
A battle's dreadful mark.

When on this poppy's bloody colour  
Next time you turn your gaze,  
Remember all those Aussie men  
Who died in smoke and haze;

For on that field there died the men  
With courage like no other.  
They were prepared to give it all  
They fought to save their brother.

We owe them then, our praise and  
honour  
To hold in high repute.  
For all of time to be remembered —  
To you, Australians salute.

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# MATHS AND SCIENCE HSC SHORTAGES

## EXPERTS CALL FOR CERTAIN SUBJECTS TO BE MADE COMPULSORY.

by Rosie Russell

**A RECENT STUDY** from the University of Sydney has revealed a fall in the number of students studying maths and science combinations for their HSC, prompting calls for these subjects to become compulsory once again.

This study has raised fears of Australia falling even further behind in international educational benchmarks unless something major is done to boost the number of students studying maths and science.

Dr Rachel Wilson is from the Faculty of Education and Social Work at Sydney University, and worked with two others on the study. She believes reintroducing

compulsory maths and science subjects is part of the solution.

“Even with the reinstatement of these subjects, we are still behind current international benchmarks in terms of the sorts of curriculum covered for high school graduation said Dr Wilson. If we remain economically competitive, we must make some tough decisions about this issue.”

In 2011, only 16.3 per cent of students went on to study HSC mathematics and science compared to 18.3 per cent in previous years.

Dr Wilson points to countries like South Korea, Finland, China and Japan, where all university entrants have to com-

plete a maths subject. These countries are also some of the top performing countries for education in the world.

Another concern is school-leavers who do not take a maths or science subject could be unprepared for university, particularly in engineering, science and maths fields. These students might choose easier subjects for the HSC in order to secure a particular ATAR, and then lack the knowledge they need for a university course.

“An ATAR by itself won’t necessarily enable you to make up the knowledge and skills gaps in these barrier first year subjects,” said honorary associate professor John Mack, co-author of the study.



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# HOW TO: SECURE A PRIVATE SCHOOL



Tips to help students and parents who are facing or considering the scholarship exams.

by Amelia Zhou

**WHILE 2015 MIGHT** seem a long way away, it's already time for parents to consider whether they would like their child to apply for private school scholarships. For many, the astronomic fees charged by some private schools places them well out of reach.

With some schools pushing their fees to over the \$30,000 mark, it comes as no surprise that parents are now preparing their children for scholarship exams months before the actual test date, often with extra tuition from specialist coaching colleges.

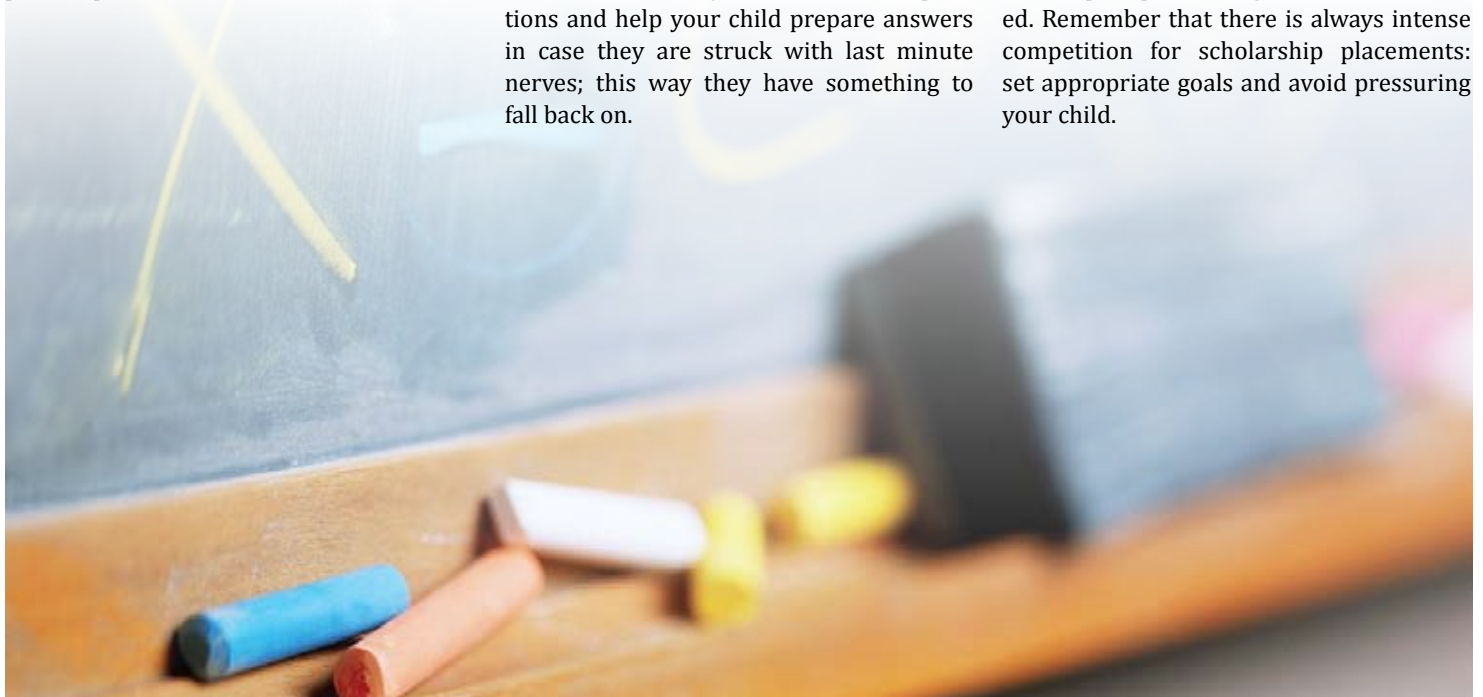
**3 Think outside the box** Scholarship exams are aptitude tests, not traditional knowledge based exams where students can just expect to learn the curriculum and regurgitate what they have remembered on the exam paper. Allowing children to read widely and develop critical thinking skills can benefit how they approach questions in the exam.

**1 Do past papers** The scholarship exam is not something students can study and cram for in a few days. The tests assess knowledge that has been learned over the candidate's lifetime rather than a particular syllabus. So the best preparation students can do is to sit numerous past papers before the final exam to familiarise themselves with the structure and types of questions that will be asked. ACER practice materials are available on its website for a fee, or there are speciality textbooks available dedicated to this subject.

**4 Brush up on interview skills** Many private school scholarship application processes now include an interview for the purposes of identifying 'well-rounded' students. For many children, this may be their first interview so prepare wisely beforehand by brainstorming questions and practising interviewing techniques. Research commonly asked interview questions and help your child prepare answers in case they are struck with last minute nerves; this way they have something to fall back on.

**2 Consider outside tuition** Often a controversial option, parents who send their children to tuition colleges or private tutoring believe that the extra help and materials available from these institutions will give them the extra edge when it comes to exam time. Tuition colleges usually offer an intensive course for scholarship and selective school test preparation, which involves english, maths and general ability coaching and mock exams to prepare students.

**5 There's always next time** Remember that if your child isn't accepted into the scholarship program this time around, there are always opportunities to apply further down the track for later school years, depending on the school. There are also non-academic scholarships that your child may be eligible for: music, sport, performing arts, or means-tested. Remember that there is always intense competition for scholarship placements: set appropriate goals and avoid pressuring your child.





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## Scholarships vs bursaries

Scholarships have an academic focus. The primary criteria for an award is the result of a competitive examination. Supporting documentation detailing interest and achievements in performing arts, sport and leadership may be taken into consideration following academic ranking.

A full scholarship allows for the

remission of tuition fees throughout a boy's secondary school career, dependant on satisfactory progress, while part scholarships are also awarded.

Bursaries are relevant to boarder applicants and assist with boarding fees to attend the school. Bursaries also demand academic standards, but take into consideration all-round interest, achievements and the financial needs of the applicant's family.

## Applying for a scholarship

Application for scholarships may be made through the Scholarships Advisor, Debbie de Belle, at any time. The majority of awards are offered in the first months of each year and are relevant to the following academic year.

Scholarship assessment examinations are held in February and are followed by interviews for short-listed applicants and subsequent advice. There are usually in excess of 250 applicants for scholarships.

The Scholarships Programme for 2015 entry will be:

- ➔ 16 February 2014 – Scholarship examinations
- ➔ March - April 2014 – Short-listed Interviews
- ➔ April                      May                      Awardees notified
- ➔ 23 February 2014 – Boarder Award Open Day and Testing

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**www.edutest.com.au**



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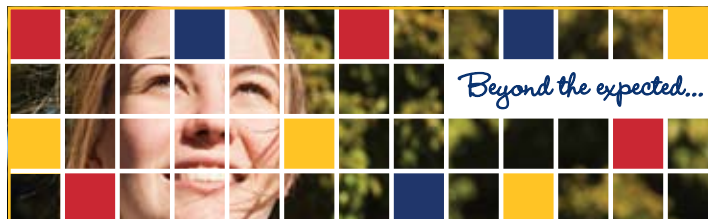
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## Ravenswood





# BECOMING LIFELONG LEARNERS

by Robert Phipps \*

I HAVE ALWAYS believed that as a teacher and principal I needed to be committed to lifelong learning. It is something I often mention in speeches to students and parents in the confidence that they will somehow know what I mean by the term. In reality, however, it appears that lifelong learning is used to refer to a variety of things, therefore making its meaning somewhat ambiguous or nebulous.

My thinking about lifelong learning was shaped by my recent studies at Said Business School, Oxford University when I came to understand more fully what it means in the context of a rapidly changing world. It was a privilege to be admitted to a class comprising a diverse group of 30 chief executives representing many cultures and different types of corporations and all with over 10 years of experience. I was the only principal in the class and I have to say the experience was amazing and very enlightening. We were all there for different reasons but the focus of our study was advanced management and leadership in the 21st century.

The learning process was rigorous and very challenging and required us to be creative inquirers and explorers and push the

limits of our knowledge. This experience led me as an educator to reflect on the skills I needed in order to be an effective lifelong learner and how schools may foster a love of learning in students that they will carry throughout their lives.

This is something that we cannot leave to chance because the future success of our young people will depend on it. I firmly believe that as the educational leader of my school I need to be thinking strategically about a student's journey through school and beyond by identifying the key processes and competencies that foster the development of lifelong learners.

As I explored this further, I discovered that there has been quite a lot of research undertaken to investigate the skills and competencies that students need to acquire. Several Australian universities have led the way and the research has illuminated generic cross-curricula skills and competencies that would provide a strong framework for developing lifelong learners and include such things as - problem solving, critical thinking, communication, democratic values, understanding of political processes, self perception and self confidence being necessary for a rapidly changing and increasingly connected world.

When I start thinking seriously about lifelong learning it was a rewarding experience and especially when I tried to envision what my aim would be for my students:

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\*Robert Phipps is the principal of The Hills Grammar School.

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# PREPARE YOUR HOME FOR SUMMER

THE LOWDOWN ON THE LITTLE THINGS YOU CAN CHANGE NOW TO GIVE YOU PEACE OF MIND OVER THE SUMMER BREAK.

by Rose Moloney & Amelia Zhou

## **HOME SECURITY: Take a holiday in peace knowing your belongings will be safe.**

Robberies tend to increase over the summer vacation period as families leave their homes and jet away to various exotic locations. Burglars will drive around suburbs and case out houses with tell-tale signs that residents have left for an extended period of time.

However Nathan Clayton, a security technician at Steady State Solutions, says there are easy ways to deter potential robbers from choosing your house as a target.

- ➔ Make sure you don't let your mail build up outside the house. This is a dead giveaway that you are on holiday. Ask neighbours or family to collect your mail while you're away. Otherwise organise for it to be redirected until you return home.
- ➔ Try and avoid letting your garden become too overgrown. Leaving your grass uncut for a week won't matter, however if you're planning a month-long trip try and organise for a gardener to visit once or twice. Burglars will be on the look out for messy gardens, which signal owners might be out of town.
- ➔ Lock away your rubbish bins. Burglars often use bins as ladders, stacking them on top of each other to give them easy access to a window. If possible lock them away in the garage or keep them out the back of the house. Security is all about minimising burglars opportunities.
- ➔ For a long-term security solution consider installing an alarm system. A system that connects back to a base station is the most effective. This way if an alarm sounds the base station can contact the owners, or send out a guard. CCTV cameras are another option – these are effective as they act as a deterrent to potential burglars even before they enter a house.

## **PERFECT YOUR POOL: Turn your green pool into a crystal clear swimmer's paradise.**

When the cold weather sets in the last thing on our minds is maintaining the pool. However as our pools come out of hibernation mode these months of neglect might be reflected in the water quality. It's pool time of year again, but many people are now being punished with green, algae-harboured pool water. Not only does this look bad, it's also unhealthy to swim in.

While the ideal solution is looking after our pools throughout winter, it's a little late for that now. So Swimart pool cleaners have provided us with some easy ways to get our pools back in pristine condition.

- ➔ The first thing to do is take a sample of your dirty pool water into a pool shop and have it tested. These tests will indicate whether you need to adjust the pH, calcium and total alkaline levels. Your local Swimart store provides this service for free.
- ➔ Check your chlorine levels. If below 0.5ppm you need to 'shock' the pool water with a large dose of chlorine to 10ppm. Ensure the filters are running and don't use the pool until the chlorine level falls below 3ppm.
- ➔ Use a quality algaecide to kill algae. If you let algae get out of control it can cause ear, nose and throat problems so it's important to get rid of any existing algae before taking a dip. Luckily it's not difficult to kill.
- ➔ Make sure your filter is working effectively. If your filter isn't working then chances are your pool is going to remain in its murky, winter condition – no matter how much chlorine you throw at it. If you think there is a problem with your filter ask a Swimart technician to check.





### **BUSHFIRE SAFETY: Make sure your home and family are fire-ready.**

With this year's bushfire season well under way it's vital to arm yourself with knowledge about how to prepare yourself, your family and your property in case anything happens.

Bushfires can still occur in suburban locations and a well prepared home will give you more protection if a fire threatens suddenly and you cannot leave.

NSW Rural Fire Service have provided some simple solutions on how to equip your property with the necessary provisions to arm it against the threat of bushfires

- ➔ Cut back overhanging trees and clear any leaves from the roof, gutter and downpipes of your property.
- ➔ Consider installing non-combustible fences as they're the most useful for withstanding intense heat.
- ➔ Make sure to store wood piles and keep mulch away from the house as much as possible.
- ➔ Close doors, windows, vents, blinds and curtains to prevent flames and smoke from entering the house
- ➔ Fill gutters with sand, and items such as baths, or sinks with water for putting out any fires that might start indoors

### **INSURING YOUR HOME: Don't let yourself get caught out in the case of an unexpected event.**

Home and contents insurance helps to provide the peace of mind that should your home suffer an unexpected event like a theft storm flood or fire you will be financially protected

However insurance or the lack thereof is a significant issue for Australians. In fact, approximately 1.8 million households have no home or contents insurance. That's 23 per cent of all Australian homes.

The recent October bushfires that occurred across the state and jumped into more suburban areas shows insurance is important no matter where you live. GIO tells us about what to consider before purchasing an insurance policy.

- ➔ When looking for a good home and contents insurance policy, there are three key things to consider: what is covered by the policy, the maximum the policy will pay-out if you need to make a claim and the cost of the policy – as well as any excess.
- ➔ Understanding what your policy covers is the key to purchasing a product that suits your needs, particularly if you live in an area that sees natural hazards like fires floods or severe storms often. This will help avoid any surprises or confusion about what you're insured for. The first thing you should do before purchasing a policy is to read the Product Disclosure Statement
- ➔ Keep your home and contents well maintained and in good condition. Failure to do so can adversely affect a claim



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# Travel down the Road Less Taken....

**ROAD LESS TAKEN** offers an exciting new shopping experience, located in the heart of Wahroonga Village. This boutique store is filled to the brim with potential Christmas presents, treasures for your home and gorgeous accessories for you to wear over summer.

The items in store are as eclectic and diverse as the skills and imagination of the artisans who hand-make them. Vibrantly coloured turban lampshades, hand-cut stone beads and natural hide overnight bags are just a few of the items from their summer collection - the range available is endless and constantly evolving.

Whether it's a treat for yourself, or a treat for a friend that you're looking for, visit Road Less Taken for a unique shopping experience, and the opportunity to discover a hidden treasure.



**MORE INFO:**

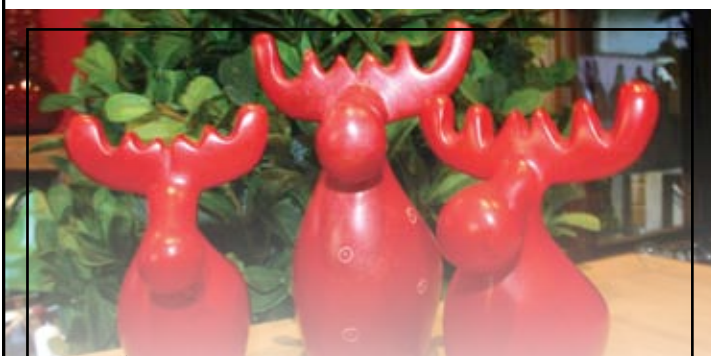
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**WITH SUMMER AROUND** the corner, Clark Rubber Brookvale is looking to continue servicing the local community by ensuring their pools are sparkling and ready for the holiday season - reinforcing Clark Rubber's reputation as Australia's one-stop pool shop.

Renowned for its rubber, foam and above-ground pool range, local owner Chris Pereira and his team are excited for the upcoming summer season where it can showcase its fantastic range of pool products and superior pool service offerings.

"We appreciate the importance of good customer service and our friendly team is committed to ensuring that our customers' pools are family and fun friendly this summer," said Chris.

Demonstrating its commitment to keeping your pool summer ready Clark Rubber Brookvale is offering customers a free quote for all their pool servicing needs as well as a discount on pool and spa chemicals until the end of November.

From replacing filters testing your water right through to cleaning your pool in preparation for summer, the team will be on hand for all your poolside needs.

You can contact the team at Clark Rubber Brookvale for all your pool and pool servicing needs.

**MORE INFO:**

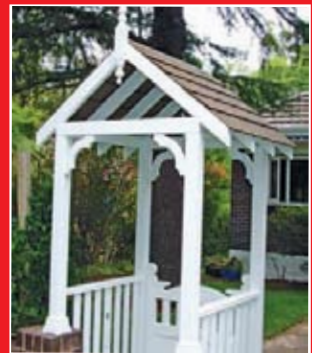
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# MAN VS WEED

A GUIDE TO KILLING WEEDS BEFORE THEY GET THE BETTER OF YOU AND YOUR GARDEN.

by Hugh Myers

**IMAGINE YOU'RE WANDERING** around your garden enjoying the sun on your back, when suddenly at your feet you see a small group of dandelions. What do you do? Do you leave them and let them grow? Or do you pick one and make a wish?

The answer is neither. The best way to maintain a weed free garden is to kill weeds as soon as you see them, so they do not have the opportunity to spread their seeds.

Last month I addressed where weeds come from, this month I will arm you with the knowledge you should have before you go into battle with the enemy:

## WHAT TOOLS DO YOU NEED?

### → A hand weeding fork:

Make sure the tines (the pointy bits), are forged and not just pressed metal, as pressed metal bends easily. At the same time make sure there is a loop of metal on the underside just behind the tines as this will give you more leverage when digging out.

### → A long bladed, pointed knife:

This can be driven into the ground around a weed to sever the roots so that the weed can be pulled out easily.

### → A narrow hand trowel:

This will be used mainly for lifting and planting bulbs. When lifting weeds like on

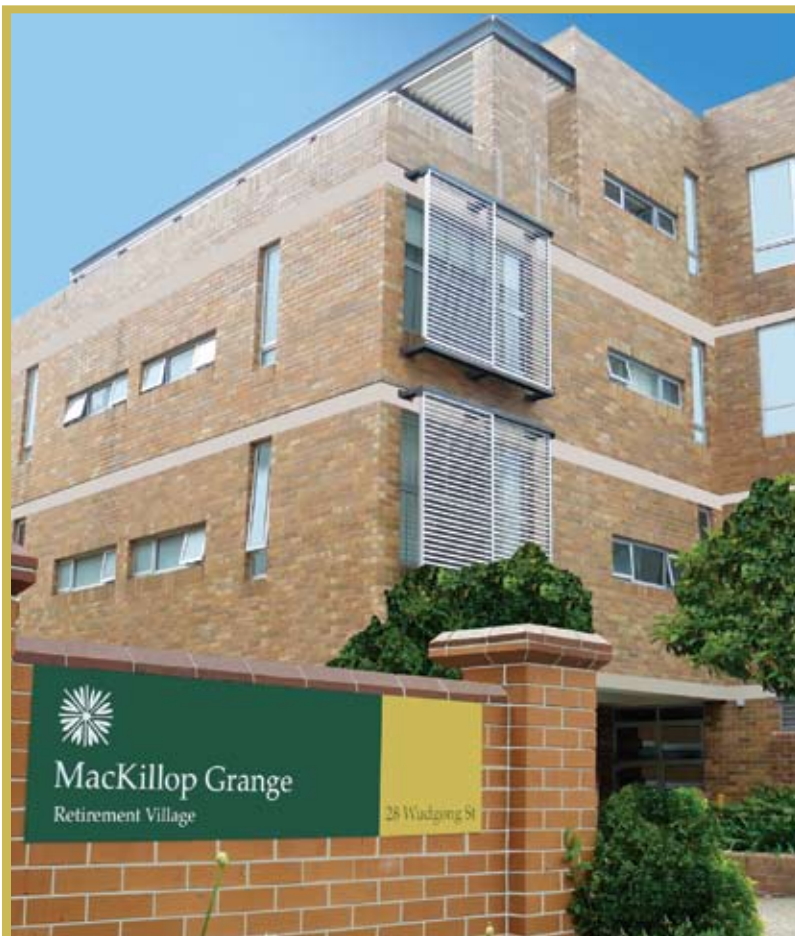
ion weed or oxalis, dig further around the edge to ensure you remove the bulbils as well.

### → A narrow paint scraper

A narrow scraper or a putty knife is also useful for lifting weeds out from between pavers. In a tight spot between pavers use a small block of wood as a pivot to get more leverage.

### → Herbicides

If you need to spray rather than dig, firstly identify the weed using books or the internet. You can then see if there is a herbicide available specific to that particular family of weeds.



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**TO DIG OR TO SPRAY?**

If you see a weed the first thing you should do is remove the buds. Then you can either dig them out or spray with a herbicide. Usually if there is only a small number of weeds it is better to dig them out carefully as sometimes a herbicide will kill the surface plant but not the tap root, which means another weed will pop up next season.

However if you have a large area of weeds sneaking through your lawn or open areas, you will have to use a spray.

**THE WORST OFFENDERS**

Some of the worst types of weeds cannot be easily dug out or sprayed. This is particularly the case with climbing weeds and parasitic weeds. For these weed groups special action will be required.

**→Ivy**

Ivy can smother a host plant and kill it if not removed properly. If ivy gets into a crack on a wall, it can cause cracks and damage the wall. However, because ivy covers a large area it cannot be sprayed in the regular way. Instead the way to deal with ivy is to find

where the pest has come out of the ground and cut through the trunk above the ground. You can then leave the weed to die and rot away, which will probably take a couple of months.

**→Dodder Vine**

Dodder vine is a parasitic weed with a fine twine-like plant that has no leaves and small cream coloured flowers. Starting from a seed, it grows up into the host plant and proceeds to attach suckers that take sap from the host. Once established on the host, the root dies. Unfortunately, a shrub infested with dodder usually needs to be destroyed as it is too hard to kill the dodder vines alone.



\*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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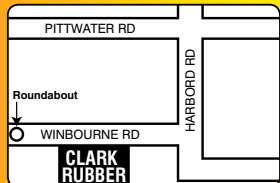
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# VITAL ASTHMA AWARENESS

AS AIR POLLUTION LEVELS RISE IN THE WAKE OF BUSHFIRES IT'S IMPORTANT TO KEEP ASTHMA UNDER CONTROL.

by Rose Moloney

**BUSHFIRES HAVE BEEN** burning across NSW for a month now, resulting in smoky conditions throughout Sydney. Along with this smog comes a new set of potential triggers for asthmatics. As the hot weather continues throughout summer, more bushfires are almost inevitable which is why the Asthma Foundation NSW has warned asthma sufferers to show caution especially those who live near bushfire zones

While fire can damage property and threaten life it can also seriously affect the health of people with medical conditions, especially those who live with asthma. Wood smoke is a prime trigger for what could be a potentially fatal asthma attack," said CEO of Asthma Foundation NSW, Michelle Goldman.

According to Goldman despite the fact that approximately 400 people die from asthma each year, many people remain unaware of the severity of the condition. "I think there is a widespread complacency around asthma. Most people underestimate how serious it can be," she says.

The foundation has issued a particular warning to schools, asking them to pay close attention to students with asthma so as to prevent an attack. In early August, an 11-year-old boy died after suffering a severe asthma attack at St Ives North Public School while at after school care.

In order to promote asthma education, Goldman shares her advice on how to minimise the risks associated with asthma at this risky time of year.

## PREVENTION IS KEY

It's important to take preventer medication as instructed by a GP. Goldman says it's common for people to become complacent about their medication when they start to feel better, however this just means it's doing its job properly.

Along with preventer medication, ensuring you have a healthy and active lifestyle is vital. While exercise can be a trigger for some asthmatics, Goldman says this isn't a reason to always avoid it. Throughout spring and summer be careful about when you choose to exercise – if smoke levels are high as a result of bushfires it is better to give it a miss and stay inside for a few days.

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**DEVELOP AN ASTHMA ACTION PLAN**

Asthma is a complex condition so there is no single approach that can help everyone avoid complications. Instead work with a doctor to develop a written Asthma Action Plan (AAP). An AAP outlines an asthmatic's signs and symptoms, the key asthma triggers and the steps that can be taken to manage it.

Goldman says: "People with a written plan have better outcomes than those who don't however still only one in five people suffering from asthma have one

**KNOW ASTHMA FIRST AID**

Even if all of the correct preventative measures are taken it's still impossible to completely eliminate the chances of a severe asthma attack. This is why all people, in particular parents and teachers, should have an understanding of asthma first aid

**IN THE EVENT OF AN ASTHMA ATTACK:**

- 1** Sit the person suffering down and reassure them - panicking will make things worse.
- 2** Give them four puffs of reliever medication through a spacer.
- 3** If they don't seem to be getting better then give them another four puffs of medication.
- 4** If they continue to exhibit worrying signs then call an ambulance. Signs a person is deteriorating include: an inability to speak in full sentences, limbs going limp, lips becoming blue and shortness of breath.
- 5** Goldman emphasises that people should never be scared to call an ambulance if they are worried.

**THE FACTS**

- in Australians suffer from asthma
- Approximately 400 people die each year from asthma attacks
- Two thirds of asthma related deaths occur in the 65 plus age group
- Among children aged 0-14 years; males have a higher rate of asthma than females, but from 15 years asthma is more common in women than men

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# ON YOUR BIKE

Cycling is a great sport for people of all ages and fitness levels, and getting started couldn't be easier!

by Jessie Goldie

**FANCY YOURSELF AS** the next Cadel Evans? Or perhaps just want to spice up your fitness routine? Whatever your goals, cycling is a fantastic way to keep fit, meet new people and get out and see our beautiful city. Getting started can seem intimidating, with loads of high tech gear on offer, so many different colours of Lycra and abuse being hurled from passing cars. Our guide to getting started will take you from training wheels to Tour de France in no time.



## Get the gear

The north shore is a hive of cycling activity, and has plenty of fantastic bicycle stores who are more than willing to help out prospective newbies. Renegade Cycles in Lane Cove has been operating for 20 years, and focuses on providing quality over quantity, making it easier for you to find a bike to suit your needs. Expect to pay at least \$500 for your first bike—this may seem expensive but a good bike can last you ten years, if properly maintained. Buy a cheap bike and you'll put yourself at risk on the roads with unreliable brakes and gears.

Riding will be uncomfortable to begin with but your body will become accustomed to the position, and after a few weeks the saddle won't feel quite so awkward. Invest in a good pair of bike shorts which have a section of padding, called a chamois, sewn into the seat to prevent chafing.

## Some other gear you will need includes:

- ✓ Helmet
- ✓ Water Bottle
- ✓ Air pump
- ✓ Bell
- ✓ Glasses
- ✓ Bike shoes
- ✓ Saddlebag



## Start pedalling

With traffic, road hazards, fatigue and your fancy new gear, riding can seem overwhelming at first. Here are a few basics:

➔ **Road etiquette:** Communicate using hand signals and leave at least a metre and a half between yourself and passing cars and cyclists.

➔ **Using gears:** To avoid getting bogged down, shift into an easier gear any time you're about to slow down—before stop signs and ahead of climbs.

➔ **Climbing:** On hills, stay seated with your arms relaxed and only stand intermittently on long climbs, or for occasional bursts of speed.

➔ **Descending:** Ride with hands in the drops to get closer to the brakes and optimize traction and steering. Look far down the road and always brake before a corner, never in it. Apply both brakes evenly to slow down or stop.

## Stick with it!

Joining a club is a great way to stay motivated and also to get some extra support on and off the road from more experienced cyclists. Find a beginners group with a "no drop" policy which means no body gets left behind. For example, Bike North organises a number of 'Social Bike Rides' a week for cyclists of varying skill levels and even caters to families, you don't have to a member to go along. The club also offers 'Cycling Skills Sessions' for adults who can ride but want to become more confident as well as courses focusing on city cycling. Have a look at their website to find out when rides and sessions are being held and while you're there have a look at their great information sheets on a number of topics, including tips on buying a new bike, using gears and climbing and descending hills.

**More Info:** [www.bikenorth.org.au](http://www.bikenorth.org.au)





## Looking after your bike

While keeping yourself motivated is important, you must also ensure you're keeping your bike in good condition. Follow these simple steps if you want to avoid nasty accidents and expensive repairs.

**1** Make a habit of checking your bike before every ride, this includes tire pressure, brakes, chain and the quick releases on wheels to make sure everything is in place.

**2** Oil the chain every 150 kms, more often in wet weather.

**3** Keep a maintenance diary and have your bike "tuned up" at least once a year.

**4** Learn to fix a flat Ask one of your new cycling buddies or your local bike store to teach you.

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On March this year Northside Dental and Implant Centre were the first practice on the north shore to be awarded Quality in Practice (QIP) accreditation. To date there are only 168 practices nationally that have achieved accreditation. While the process was both extensive and rigorous, it was well worth doing because it proved to us what we've always known - our patients can rest assured that they are receiving the best

possible quality care, with the best materials available, under the most stringent infection control procedures.

Patient care has always been paramount at Northside Dental and Implant Centre. We have always recognised the importance of maintaining systems that ensure the ongoing quality of care and infection control, which is particularly critical in today's environment. Maintaining these stringent standards requires constant, pedantic attention to detail. Everything from ensuring we know which medications patients are taking to ensuring that every instrument used is properly scrubbed; thoroughly sterilized and safely stored away every day. Each surgery is cleaned and sterilized before and af-

ter each patient and again at the end of the day when an environmental cleaning audit is completed.

There is no substitute for quality. The doctors on our team have decades of experience between them and use only the very best materials and equipment. They are supported by registered nurses and chairside assistants who are professionally capable, respectful, friendly and empathetic.

Our practice management decisions are governed by feedback obtained from our patients, whom we survey regularly. The results speak for themselves with 99 per cent of our patients reporting overall satisfaction across the board cleanliness standards, courtesy explanation of procedures, and services provided.

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During November enCore is offering a pack special which can be used for Xtend Barre Piloxing and Xtend Barre stick for

More Info:  
**Address:** 1&2, 219 Mono Vale Rd St Ives  
**Phone:** 0404 077 779  
**Website:** www.encorefitnesscentre.com.au

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# NO SPACE FOR SENIORS IN NDIS

LANDMARK DISABILITY SCHEME MAY SHUT THE DOORS ON OLDER AUSTRALIANS IN NEED OF HELP.

by Kieran Gair

**TONY ABBOTT'S COALITION** government will not reverse the 65 year age limit imposed by Labor on Disability Care continuing to restrict access to the landmark National Disability Insurance Scheme for thousands of older Australians.

Despite opposition from the lobby group, National Seniors Australia, the Coalition has opted to keep the controversial age cut-off for Disability Care introduced by the Rudd-Gillard government.

CEO of National Seniors Australia, Michael O' Neill, said the 65 year age cut-off amounted to a cruel lottery that would prevent older Australians from accessing disability support services purely on the basis of their age.

"In its current form, a woman who is suddenly blind at the age cut-off will be shunted into a user-pay aged care system that is ill-equipped to deal with disability unrelated to age." However, Mr O'Neill said if a 64-year-old person acquired the same disability they would qualify for the NDIS. A woman who is suddenly blind at will receive under the NDIS all the government-funded disability care and support she needs over her lifetime."

Earlier this year the Productivity Commission said the cut-off age is designed to avoid duplication of services between the aged care system and the NDIS. However while the NDIS will fully cover the cost of all assistive equipment, resources and services, Australians with a disability aged 65 years and over will be required to pay means tested fees

and charges to enter the aged care system.

The National Patron for Polio Australia Dr John Tierney said Australians suffering from Post Polio Syndrome would have a better chance under the NDIS than under any aged care package.

"We're almost up to the 65th anniversary of the Salk vaccine, the vaccination that virtually wiped out Polio in Australia. But by when the NDIS is scheduled to be fully rolled out and implemented across the nation, over 400,000 Polio survivors will find themselves over and locked out of the NDIS just at the time when we will need it most."

However removing the cut-off at age 65 would blow out the NDIS budget by a billion by 2014, before the trial period is even completed. Despite this a Galaxy Poll commissioned by Vision Australia earlier this year found that more than 80 per cent of people thought the cut-off at age 65 was unfair. While only three per cent of respondents were actually aware that people over the age of 65 would be excluded from the NDIS.

Bradfield MP and Parliamentary Secretary to the Minister for Communications, Paul Fletcher said the NDIS is not designed to provide support for all Australians with a disability.

"On some measures there are over four million Australians with some form of disability. The NDIS will aim to provide an entitlement for aids, equipment, personal attendant care and other non-income supports to around 460,000 Australians with significant non-age related disabilities.

The Coalition plans to lock in cross par-

ty support for the Disability scheme by expanding the responsibilities of the Joint Parliamentary Committee on the NDIS over the course of three Parliaments. Mr Fletcher said that while in government the Coalition would be able to examine the experience of the NDIS while stressing that the full implementation of the NDIS is still some way off.

"We see this joint Parliamentary Committee as having a role in examining the experience in launch sites, including eligibility issues, before progressing to full national roll out."

"It is important to understand that full implementation of the NDIS is still some way off."

CEO of the Macular Disease Foundation Julie Heraghty said there are over 8,000 people, many over the age of 65, living with macular degeneration, vision loss or blindness in the Bradfield electorate. Cutting off access to the NDIS based on an arbitrary age cut-off is not only unjust but also it puts pressure on an aged care system that isn't yet prepared to care for those with blindness or serious vision loss."

Despite the agreement between Labor and the Coalition earlier this year to restrict access to the NDIS based on age the former government and opposition both agreed that people under 65 that acquire a disability will be given a choice on their 65th birthday to either continue on the NDIS or transfer to the aged care system.

Under current plans the NDIS should cover all regions of Australia for the highest priority groups by 2015-16 and should progressively expand until the scheme covers all people by the end of 2018-19.





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# 1 SPEND AN ENTIRE DAY ON THE LAKE

The biggest attraction in Lake Como is quite obviously the lake itself. Water taxis leaving from most of the major towns offer a range of tour options – all day group tours, dinner tours, and private tours. Tour guides will point out sights on the lake – like George Clooney’s villa. Alternatively skip the guided tour and buy an all day hop on hop off ferry pass instead.



# 5 REASONS TO VISIT LAGO DI COMO

by Rose Moloney

Lago di Como, or Lake Como as we know it, is the ideal place to escape.

## VARENNA CAFFE

This town easily takes the award for the most picturesque spot on the lake. Slightly less busy than its popular neighbour Bellagio, Varenna is the perfect lunch spot. Go to the Varenna Caffè and try one of their eight different kinds of bruschetta. Look past the traditional basil and tomato, and instead try taleggio cheese and strawberry; or apricot and Brie.



# 2



# 3

## SHOP IN BELLAGIO

As your ferry pulls into Bellagio it’s easy to understand how this town inspired one of the most famous hotels in Las Vegas. Spend the day wandering up and down the spiralled cobblestone streets. Poke your head into the various jewellery shops and boutiques. By the end of the day your bag will be filled with treasures



4

## EXPLORE THE GREAT OUTDOORS

After living on a diet of pizza, pasta and gelato, fitting in some physical activity to your itinerary might not sound like a bad idea. Luckily Lake Como has no shortage of outdoor pursuits to occupy visitors. For a challenge, hike the 1700 metres up Monti di Tremezzo. If you don't want to leave the lakeside, book in for a kayaking tour of the lake at the Bellagio Water Sports Kayak Club.

## VISIT VILLA CARLOTTA IN TREMEZZO

5

If you make time to see one specific sight on Lake Como, then opt for Villa Carlotta. Stroll through the pristine gardens, and admire the magnificent architecture of the 18th century building. If you're not lucky enough to be staying there already, take a drink break at the Grand Hotel Tremezzo. This lakeside hotel lives up to its name with a pool that quite literally floats in the lake.



## TULKIYAN HERITAGE HOUSE

### A RARE TWENTIETH CENTURY KU-RING-GAI HOME.

*Tulkiyan*, Pacific Highway is situated south of the retail and commercial hub of Gordon. It is part of the 40 acres of land, which had been granted to Michael Ansell in 1823. It was purchased in 1903 by Mary Donaldson, the wife of William Donaldson. The choice of lot by Mary and William Donaldson was made because of its location: half-way between the Chatswood and Warrawee Bowling Clubs!

*Tulkiyan*, a heritage listed house, is an intact example of a large Federation arts and crafts style residence designed by BJ Waterhouse.

#### **The family**

Mary Donaldson was the daughter of Mungo Scott, a Melbourne flourmiller, who arranged

for his son-in-law, William, to move from Melbourne to Sydney in order to work as an accountant for a new mill at Darling Harbour. Mary and William, with their two children, Mary Maisie Donaldson and William Beecroft, came to Sydney in 1903. They lived in rented accommodation before buying the land and moving into their new home at Gordon in 1903. Margaret Donaldson was born at Waverley on 11 August 1903.

By the time the family had moved to Gordon, Maisie, who had attended PLC Croydon, had left school. Bill was still attending Sydney Grammar. Margaret, the youngest, started secondary school at Ravenswood School for Girls. Whereas the girls undertook

courses in homemaking, Bill enlisted as a gunner in World War I, and was badly gassed. After the war, he trained as a doctor. His parents arranged for him to buy a practice at Beecroft. His sisters took turns housekeeping for him. Not one of the children married and after Bill retired from his practice in the 1950s, the three were reunited at *Tulkiyan*, living in the family home they inherited from their mother.

#### **Deed and bequest to Council**

The piece of land on which the property *Tulkiyan* is now situated, in conjunction with the payment of one dollar, was given to Ku-ring-gai Council by a deed signed by Margaret Donaldson on 1 July

# Where to eat on a summer's day

DON'T EVER GET STUCK CHOOSING A RESTAURANT AGAIN WITH THIS GUIDE TO SOME OF SYDNEY'S FAVOURITE BREAKFAST, BRUNCH AND LUNCH SPOTS.

- The Grounds of Alexandria
- Building 7A/2 Huntley St, Alexandria
- The Grounds has developed a cult reputation amongst coffee lovers. It might take a little longer to get there, however the fresh seasonal food and picturesque garden setting is worth the trip. It is busy on weekends so visit during the week for a more relaxing experience.
- **We recommend:** Coffee and any of the delicious pastries from the bakery



- Newport Arms Hotel
- 2 Kalinya Street, Newport
- As we fast forward to the warmer months, there's just no place like the Newport Arms Beer Garden & Bistro for an afternoon beverage by the water. Sporting a reinvigorated menu just in time for summer, it's the ideal spot to relax with an cider or icy cocktail.
- **We recommend:** The quinoa, lentil and buckwheat salad

- The Garden Tap
- 272 Bobbin Head Road, North Turramurra
- North Turramurra's famous lunch spot The Cooks Garden has expanded and opened a new bar on the premises, The Garden Tap. Opt for this new venue if you're in the mood for a casual drink and some lighter shared plates rather than a hearty lunch.
- **We recommend:** Vegetarian mini burgers with grilled haloumi, red pepper, beetroot relish

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# Perfect Mix, Perfect Place

**PYMBLE'S LOUNGE 10'47** is the place to be for good food, great drinks and live entertainment on the north shore. The Italian restaurant has redesigned itself as not just a restaurant but also a Vino Antipasto Bar, with a newly styled interior that sets the tone for a laid back Italian experience. The Vino Antipasto Bar is the perfect place to lounge around with wine flowing delicious antipasti on the menu and live music to keep you entertained.

But Lounge 10'47 has not turned itself into a wine bar like many others on the north shore. Lounge still offers a chance to sit down for a proper meal in their a la carte restaurant, with BYO from Tuesdays to Thursdays and Sundays. So you can enjoy dinner and drinks in the one place.

"We wanted to combine the relaxed atmosphere of a wine bar with the sensational food and dining experience of a

restaurant. There's nothing else like it on the north shore," says Lounge 10'47's restaurateur, Sam Graziani.

Whether you're dining in the restaurant or enjoying a drink at the bar, you'll be treated to smooth jazz and classic favourites from live musicians who will be performing on Thursday, Friday and Saturday nights and Sunday afternoons.

Lounge 10'47 has everything you could want in one place, whether you're looking for after work drinks, a night out with the girls or a place to celebrate with family and friends.

**More Info:**  
**Phone:** 9449 1047  
**Address:** 1047 Pacific Hwy, Pymble  
**Website:** www.lounge1047.com.au



- **Barefoot Coffee Traders**
- **Wentworth Street, Manly**
- The original Barefoot Coffee shop in Whistler Street Manly was so good they went ahead and made another. The new one is habourside – right near the wharf. If you're looking for that quaint coffee vibe the Whistler Street shop is still up as popular as ever.
- **We recommend:** Your coffee preference of choice and the waffles with melted chocolate sauce

- **The Sailors Club**
- **594 New South Head Rd, Rose Bay**
- The Sailors Club is perfect to breeze into and enjoy a delicious meal and the extensive wine list while overlooking the bay. With the long stretches of glass, and white, turquoise and yellow decor, it feels like you're enjoying a day in a yacht.
- **We recommend:** The slow roasted lamb shoulder with artichoke puree and winter vegetables











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# NOVEMBER 2013

## 25 October – 1 December Hornsby Festival of the Arts

**(Free)**

This is an annual celebration of the local visual, performing and literary arts in Hornsby Shire. Community organisations from across the Shire host a variety of exciting events from art exhibitions and musical performances, theatre productions and workshops.

**Where:** Locations across Hornsby Shire

**Contact:** For a full list of events go to [www.hornsby.nsw.gov.au](http://www.hornsby.nsw.gov.au)

## 25 October – 30 November The Artist's Loft

**Wednesday-Friday: 10am-4pm & Saturday:  
10am-1pm (Free)**

Solve all those Christmas gift problems in one distinctive shop. Beautiful handmade, affordable bags, scarves, stitched and felted objects, wearable art, handmade papers, artists books, demonstrations of dyeing, felting and more.

**Where:** 5 Coronation Street, Hornsby

**Contact:** [atasda.org.au](http://atasda.org.au)

## November 2 - 30 Outdoor Cinema

**3pm (Free)**

Bring along the family for a beautiful Saturday afternoon and catch your favourite family classic on the outdoor Urban Screen. This month plays host to Monsters Inc., Toy Story, Fantastic Fox, Shrek and Despicable Me.

**Where:** Urban Screen on The Concourse, 409 Victoria Avenue, Chatswood.

**Contact:** 9777 1000

## November 9 Fernhill Picnic Race Day

**10am – 9pm (From \$30, kids under 14 free)**

Bring the whole family along to enjoy Sydney's only country picnic race day. Free activities for the kids are offered while you follow the races and take part in the Fashion Spotting competition.

**Where:** Fernhill Estate, 1041 Mulgoa Rd, Mulgoa.

**Contact:** 1300 857 856

## November 10, 17 & 14 & December 1

### Busking by the Beach

**2.30pm (Free)**

The Sands Annual Busking by the Beach is back this year with entries still open for aspiring musicians to win up to \$7,000 in cash. Even if you're not a busker, you can still enjoy the entertainment.

**Where:** 1260 Pittwater Rd, Narrabeen.

**Contact:** Clint Brown 9770 5700



## November 14

### Refashion your Wardrobe

**6.30 – 9.30 pm (Free, tickets available)**

Go along for a fun and free workshop and get some inspiration on how to refashion your out-of-style clothes or just to add a little sparkle to some tired outfits.

**Where:** The Coachwood Room, Willoughby City Council, Level 6, 31 Victor Street, Chatswood.

**Contact:** Tejinder Gill 9777 7730



## November 19 Nutrition Workshop

**(Free)**

Go along to a free workshop to learn about creating healthy lunchboxes from leftovers, and how to 'Love Food Hate Waste'. Includes a food demo with tasters for all!

**Where:** Gordon Library, 799 Pacific Highway, Gordon

**Contact:** 9424 0893



## November 23 Droppin' Hammers Skate and Scooter Comp

**10 am (\$8 Entry)**

Whether you're in it to win it or just happy as a spectator – go down and watch top local skateboarders and scooter riders compete for some fantastic prizes.

**Where:** St. Ives Skate Park.

**Contact:** Jordan Howe 9424 0994  
To enter visit [www.kmc.gov.au](http://www.kmc.gov.au)

## November 23 Fundraising Concert

**2pm (\$25 – includes refreshments)**

Treat yourself to an afternoon of high quality music and support Hornsby Ku-ring-gai Hospital by raising funds for a much needed digital mammography/biopsy system. This concert is being organised by the St Ives Lions Club in association with the Hornsby and Ku-ring-gai Lions Clubs.

**Where:** Turramurra Uniting Church, 10 Turramurra Ave, Turramurra.

## December 3 Cherie Barber Live

**5.30pm (Free)**

You have the opportunity to spend 2 full hours with Cherie Barber at a live event where you will get to soak up all of her years of experience on how to make money in renovating with less time and effort than anyone else in the market today.

**Where:** Zenith Theatre, Chatswood

**Contact:** Register for the free event at [www.renovatingforprofit.com.au](http://www.renovatingforprofit.com.au)





# GIVEAWAYS

## 3 X DOUBLE PASSES TO GREASE\*

GREASE is still the word, with John Frost's new multi-million dollar production of the iconic musical selling out at the Sydney Lyric Theatre. Starring musical theatre favourite Rob Mills and rising star Gretel Scarlett as Danny and Sandy, it also features Todd McKenney, Anthony Callea, Val Lehman and Bert Newton.

GREASE is the Number One Party musical, featuring all the unforgettable songs from the hit movie including You're The One That I Want, Grease Is The Word, Summer Nights, Hopelessly Devoted To You, Sandy, Greased Lightnin' and many more.

So get ready to dust off your leather jackets, pull on your bobby-socks and take a trip to a simpler time as "bad boy" Danny and "the girl next door" Sandy fall in love all over again. GREASE plays in Sydney until December 22.

\*Tickets are for December 3, 7pm.



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](mailto:editor@kamdha.com) with your name, address, and contact number by the 25th of the month.**

## PUZZLES SOLUTIONS



Novice 0759

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

PH0103 - OFF WITH A BANG

## 5 X COPIES OF LOVE TO COOK

Sharing good food with family and friends is one of life's great pleasures, but it's easy to become stuck in the daily routine. Love to Cook by Valli Litte is designed to help you discover the joy of spending time in the kitchen and at the table.

This eighth book from bestselling author and ABC delicious food director Valli Little features 140 recipes that look and taste amazing, yet are uncomplicated to prepare.

Love to Cook will take you from quick weekday dinners with a clever twist to impressive ideas for entertaining - including Christmas! Plus there are terrific suggestions for menu combinations as well as Valli's top 25 essential recipes - classics that will help you transform your dishes into something special.



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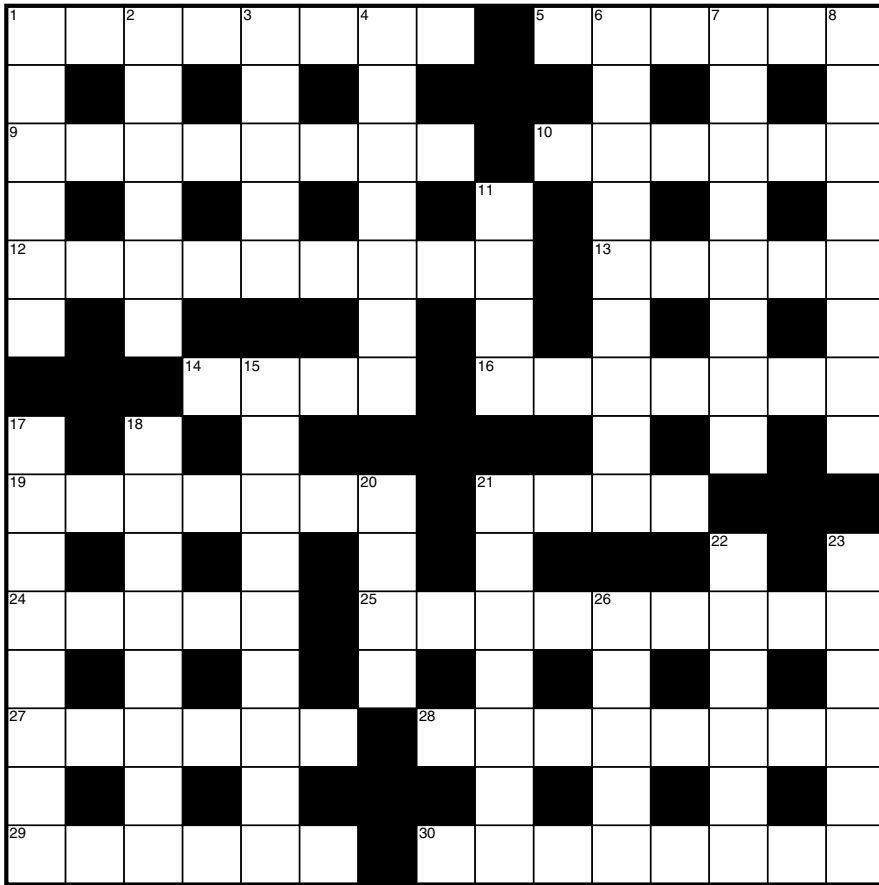
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Crosswords

HANDY 3291 (KNEADING)



Across

- 1. Massaging
- 5. Bird house
- 9. Soothed
- 10. Plead
- 12. Restless
- 13. Bake
- 14. Eras
- 16. Expel temporarily (from school)
- 19. Enviously resentful
- 21. Human frame
- 24. Wooden box
- 25. Kits
- 27. High standards
- 28. Entire
- 29. Ravenous
- 30. POWs on the run

Down

- 1. Maintained pace (4,2)
- 2. Pass (of years)
- 3. Handed out
- 4. Pine tree leaves
- 6. Turned into gas
- 7. Typically amounts to
- 8. Christmas season
- 11. Dedicatory poems
- 15. Humbled oneself
- 17. Removing (CD)
- 18. Tokyo language
- 20. Benefit
- 21. Signal fires
- 22. Conspire
- 23. Shows (to seat)
- 26. Brown film colour

Wordsearch

PX0103 - OFF WITH A BANG



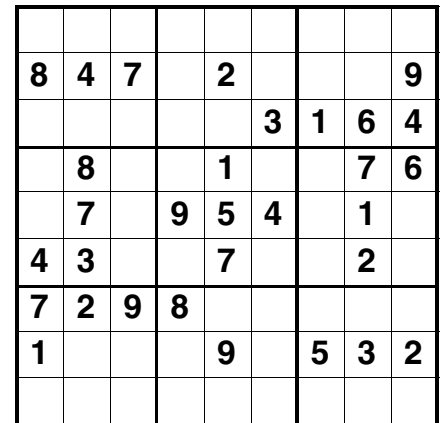
Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

- |             |           |               |
|-------------|-----------|---------------|
| BANG        | DYNAMITE  | NITROGLYCERIN |
| BLOW UP     | ENERGY    | OPEN PIT      |
| CHARGE      | ERUPT     | PRESSURE      |
| COAL MINE   | EXPLODE   | SPLIT APART   |
| COMBUSTION  | EXPLOSION | SUDDEN        |
| CRACK       | EXPLOSIVE | VIOLENT       |
| CYCLONITE   | GUNPOWDER | VOLATILE      |
| DESTROY     | INTENSE   |               |
| DESTRUCTION | MINING    |               |

SUDOKU

Rating: ★☆☆☆

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



Novice 0759

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MOSMAN
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