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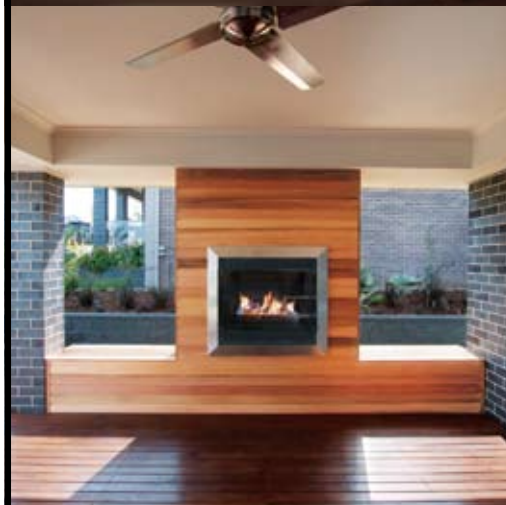
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With only one week to go until the Federal Election, we chat to the Bradfield candidates to find out what policy areas they think will have the biggest impact on Bradfield's residents. Health, education and the cost of living were just a few of the big issues (p.10).

The fifth season of MasterChef has just finished, but judge George Calombaris still has big plans for the rest of the year. He talks about the reopening of his Melbourne restaurant, The Press Club (p.18).

It's the start of spring, and the recent bout of hot weather means there's no excuse to spend your time curled up on the couch. Use our running guide to get you into shape (p.40).

Remember to embrace the warm weather, enjoy the magazine and let us know what you think!



Correction:
Solar City Enterprises' website is www.solarpowerpumps.com.au

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EDITOR: Rose Moloney
(news@kamdha.com)

CONTRIBUTORS: Kieran Gair, Tess Gibney, Jessie Goldie, Dr Tim Hawkes, Hugh Meyers, Dr Ian Sweeney, Amelia Zhou

DESIGNER: Anna Benner

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

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

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ALL FOR UNPLUGGED WEDDINGS

I entirely agree with 'Your Wedding Day: The iDos and iDon't's' (August 2013, p.28) suggestions for social media, especially the consideration to have an "unplugged wedding" with guests switching off phones and cameras. This advice should be expanded to life in general. It's more enriching to experience and savour those special moments rather than randomly recording everything indiscriminately!

Marilyn Smith, Turramurra

PAPUA NEW GUINEA : A WORTHY INITIATIVE

The article on the Redeemer Baptist School's program (August 2013, p.22) that aims to address healthcare, educational and lifestyle needs of the Barai tribe in PNG filled me with admiration for what can be achieved if people of goodwill band together in a mutually beneficial initiative. This is a win-win situation for all involved, as it demonstrates bridge-building between communities, enriching all participants in the process. The article outlined aims and achievements, which might inspire others to launch similar schemes elsewhere in disadvantaged areas. Congratulations to all concerned and to *Sydney Observer* for highlighting this worthwhile activity.

Dr Anne Sarzin, Roseville



BRIDE-TO-BE UNDERSTANDS WEDDING DRAMAS

My sister gets married soon and the wedding feature (August 2013, p.23) was very relevant to what we have been experiencing recently. An "unplugged" wedding is an interesting concept!

Jane Lucas, St Ives



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

*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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Get ready for Graffiti Removal Day

LOCAL COMMUNITIES AND the state government are teaming up to tackle graffiti vandalism on Graffiti Removal Day on 20 October.

At least three sites will be nominated for graffiti removal in the Ku-ring-gai area as part of the state government and Rotary Down Under initiative for graffiti awareness and prevention.

"The purpose of the day is to create awareness," said Turramurra and Ku-ring-gai Rotary director, Roger Norman.

Local councils, the Rotary Club of Turramurra, as well as sponsors such as Dulux and Smart Graffiti have supported and raised awareness of the campaign.

However, graffiti art will still have a place in the community if it is approved and commissioned by the council, said Mr Norman.

"It's tags and vandalism and putting it up with without other's permission that needs to be addressed."

New buses for St Ives

BUS SERVICES WILL be increased in St Ives following the addition of 200 new buses in 2013-14.

Additional peak morning and afternoon services in St Ives will occur as part of the NSW government's \$92 million funding for new buses.

"Among the services to benefit will be Route 194 between St Ives Chase and the Sydney CBD," said Member for Davidson, Jonathan O'Dea.

Stealing accusation costs Coles \$50,000

COLES SUPERMARKETS HAVE been ordered to pay out \$52,900 to a Sydney artist after workers wrongly accused him of shop-lifting at the Lane Cove branch.

In 2009, Philip Clarke was accused of stealing prawns by the Lane Cove Coles store manager, Shant Tatosian, in front of approximately 30 onlookers.

According to Mr Clarke, after realising he had not asked for enough prawns from the deli he re-opened the packet and returned to order more. At this point, Mr Tatosian and other staff members, accused him of eating and hiding some of the prawns to avoid paying for them

District Court Judge Leonard Levy found Mr Clarke had been defamed because some of the onlooking shoppers may have been neighbours and the accusation could have spread along the "grapevine".

Fabulous 50s! Rose Seidler snap shots



ON AUGUST 25 hoards of people donned their finest fifties attire and headed to Rose Seidler House, where the annual Fifties Fair was hosted by Sydney Living Museums. Rock 'n' roll music, 50s inspired food and swing dancing were enjoyed by all!



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SAN TARGETS HEALTH SHORTAGES

NEW SYDNEY ADVENTIST HOSPITAL EDUCATION CENTRE WILL PROVIDE MUCH NEEDED DOCTOR AND NURSE TRAINING FACILITIES.

by Amelia Zhou

A NEW CLINICAL Education Centre will open at the Sydney Adventist Hospital (SAN) in November as part of the second stage of the hospital's \$200 million redevelopment project.

The \$19.5 million state and federal government funded education facility will address the national health education shortfall by providing clinical training and services to doctors and nurses.

A shortage of 109,000 nurses and 2700 doctors Australia-wide by 2025 is estimated according to a report published by Health Workforce Australia last year.

"The Education Centre recognises the fact that a growing number of Australians

are cared for in private hospitals and a growing number of clinicians are employed in the private sector," said Professor Bruce Robinson, Dean of University of Sydney Medical School.

By 2016, the centre will provide over 20,000 medical student training days, 9140 nursing student training days and 2760 training days for allied health professionals.

Purpose built facilities for health education, including two auditoriums, a library, a simulation centre, an anaesthetic bay and lecture rooms, will be built in addition to the current facilities provided in the current hospital clinical and nursing schools.

Further expansion of the San's services and facilities including 200 new

beds, 12 additional operating theatres, a new cancer centre, a maternity ward and a women's health clinic, are due to be completed in mid-2014.

However, just over half of the \$20 million needed to fund the integrated cancer facility has been received by the hospital through private donations.

"The [cancer] centre will provide diagnostic services, treatment services, and medical treatment such as chemo," said Leisa O'Connor, a spokesperson for the San.

The first stage of the redevelopment; the 896 space multi-deck car park which opened in June this year, will increase the number of car parking spaces to 1900 upon the redevelopment's completion mid next year.

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FEDERAL ELECTION: ONE WEEK TO GO

IN THE LEAD UP TO THE FEDERAL ELECTION THE CANDIDATES FOR THE BRADFIELD ELECTORATE DISCUSS WHAT THEY THINK ARE THE MOST IMPORTANT ISSUES FOR LOCAL RESIDENTS.

by Rose Moloney



DEMOCRATIC LABOUR PARTY, PAUL HARROLD

For Paul Harrold politics runs in the family. His father Kevin Harrold, who died last year, was the only member of the party to be elected to NSW Parliament when he was the Gordon MP from 1973-1976. Mr Harrold has been an electrician for over 27 years,

and currently runs his own small business with his wife.

What issues do you think are important for people of Bradfield?

I do support the Liberals in their quest for getting the roads fixed, because they're absolutely hopeless, that would be one of the major things. I've also noticed how little a lot of people know about the political system. It would be good to see more engagement from politicians with various community groups. People need to actually understand the way the political process works when it comes to elections.

As a small business owner yourself, what do you think could be done to assist small businesses in Bradfield?

The carbon tax has made it very difficult for small businesses in Bradfield. It shouldn't have been brought in. It's just another tax that's really hurting civilians because there's a domino effect. For example our business install air conditioning, and our air conditioning requests have gone done because refrigerant costs have gone up. So people are putting things off. That's one way of helping small businesses – abolishing the carbon tax.



GREENS, PIPPA MCINNES

Pippa McInnes is a Thornleigh resident and has previously served on the Blue Mountains City Council as a Greens councillor. She currently teaches English as a second language to adults.

What are the key issues affecting Bradfield in this election?

For Bradfield in particular, the issues are the cuts to tertiary education. There's a huge proportion of people in Bradfield who are either tertiary educated or are attending tertiary education institutions. With the paucity of the Newstart allowance those students face a lot of difficulty in terms of being able to manage their finances and to be able to do the courses that they wish to do.

The other main issue in the area are the pockets of bushland that are vulnerable to development. There are some quite isolated areas of original forest and creek ways that need more protection than they're getting.

Why is the Greens campaign in Bradfield important?

Bradfield is one of the safest Liberal seats but it's not so much about winning; it's about what you can say as a candidate when you're in forums and out talking. You can raise the issues that you think other parties and candidates aren't covering.

It's important for the Greens to have lower house candidates as a way of bringing the Senate vote to the public. In NSW we've got a conservative government. So I think it's vitally important to have a Green's voice in the Senate, given that we're moving further and further down the conservative path. So that for me is really the critical issue in terms of the actual election.



**PALMER UNITED PARTY,
BLAKE BUCHANAN**

Blake Buchanan lived in Bradfield for the first 30 years of his life. He has worked in the finance industry for the last ten years.

What changes would you like to see for residents in the

Bradfield electorate in particular?

Better facilities, better care for our elderly, I want interest fees to be reduced. Infrastructure in general is the big one for me. You look at the Pacific Highway for example - it hasn't changed in the 30 years that I've been around; it's terrible. It's terrible for parking and our public service transports could be a lot better. I think we need a social hub, somewhere in the middle of Bradfield, along the Pacific Highway. Turrumurra could work as a focal point.

One of the other big issues we've identified in Bradfield is the cost of living; there are a lot of people sending their kids to private schools and into the public system as well, who are really struggling with their bills. So reducing their cost of living is one of the things that's important to me as well.

How do you feel about standing in an electorate that is considered one of the safest Coalition seats?

It's a really tough challenge, but I would be doing the wrong thing not standing up and representing the Palmer United Party in Bradfield. If people are happy with the current government then fine vote for one of the major parties. But all we're really seeing is much of the same - cuts and more taxes. Palmer United is fundamentally a Liberal platform, but with vision, so we've got new ideas and new views on the economy.



**CHRISTIAN DEMOCRATIC PARTY,
JOHN ARCHER**

John Archer is married with four children. He works in manufacturing and deals with people of many backgrounds and levels of education.

What issues being debated in the current election have the biggest impact on Bradfield?

Directly on Bradfield, I think the long-term impact would be if same sex marriage was legalised, I believe it would be detrimental to families and would affect education in schools. That would be number one for me.

What is your vision for Bradfield?

I desire Bradfield to gain without other electorates losing. I desire accountability and honesty in all areas of politics. I'd like to see Bradfield be an electorate that other electorates will encouraged by. That is, having an MP who is locally accountable, approachable, one who facilitates continuing security and plans for the future. Bradfield roads, amenities, development and education are high on my list of achievable goals.



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Authorised by Clive Palmer 380 Queen Street, Brisbane QLD 4000.



LIBERAL PARTY, PAUL FLETCHER

Paul Fletcher is the sitting member for the Liberal Party. He was elected to parliament in the 2009 election.

How have the current government's policies affected people in Bradfield?

There are plenty of policy issues, which have a big impact in Bradfield. For example, the Labor party has significantly reduced the availability of tax rebates for private health insurance. It turns out Bradfield has one of the highest rates of people with private health insurance of any electorate in the country.

Another example is the cutback in funding for army cadets. It turned out when we looked into it, that Bradfield has three significant army cadet units – Normanhurst, Knox and Barker cadet units. Put all that into proportion, 10,000 of the army cadets across Australia are located in Bradfield. These funding cuts to army cadets hit our area hard.

How do you think the Liberal party's Real Solutions plans would improve the lives of people in Bradfield?

We've committed to a million jobs within five years, two million within ten, through sensible economic management and through getting the burden of red tape and compliance off of businesses.

Another thing that's going to be very important to people in Bradfield is lightening the tax burden. So we've committed to removing the carbon tax but retaining the compensation and the pension increases that were introduced by the current government. We've also talked about reducing the mining tax and also getting the company tax rate down to 28.5 per cent by 2015. These are all important in terms of stimulating our economic activity, for businesses operating in Bradfield, and operated by people from Bradfield.

Thirdly, in the area of education, we've said that we'll match the financial education funding, but we've also talked about some key principals, including supporting greater local decision making for schools and hospitals.



LABOR PARTY, CHRIS HAVILAND

Chris Haviland grew up in Asquith and moved back to the area three years ago to care for his ageing grandparents. Mr Haviland is a former teacher, and now runs his own maths tutoring business.

What are the key issues affecting Bradfield in this election?

I'd like to see Bradfield students get a better deal in education, whether they go to state schools or private schools. I'd like see them have more opportunities at school, provided by funding, which will come if Labor is re-elected, with the Gonski report.

Obviously also I'd like to see our health system improved, and disability care implemented. Aged care is a pretty big issue in Bradfield, so we need to keep improving our aged care system.

How will roads and infrastructure be improved under a Labor government?

There is one important issue that will happen in Bradfield - the Labor government in the budget provided for just over \$400 million, which has been matched by the state government, to build the tunnel under Pennant Hills Road. This will link the M2 with the M3, so that will basically be a bypass from Melbourne to Brisbane if you like. It's an absolute traffic nightmare at the moment at Pennant Hills Road and hopefully when that missing link is built the situation will improve.





NURSE SUPPORT AND TEACHER REFORM

by Jonathan O'Dea*

MORE STAFF ARE being appointed to enhance patient care in NSW's public hospitals. Senior nurses will help mentor new nurses and midwives, while support staff will assist with non-clinical duties.

The appointments include 40 extra clinical nurse educators and specialists, 35 extra senior nurses and 60 new clinical support officers for community health and community mental health services.

The O'Farrell government has employed over 4000 extra nurses and midwives. A record number of over 47,500 nurses and midwives are now in our health system.

Under new reforms, permanent teachers in NSW government schools will receive increased support to develop skills in their first year; as well as access to an experienced teacher who will be given time for mentoring and support.

Public school principals will have stronger powers to support underperforming teachers and otherwise manage classroom teacher performance.

New cadetship and internship programs will employ high-achieving school-leavers and final-year teacher education students as para-professionals in schools.

All this should help to further improve vital services in NSW.



Jonathan O'Dea

Member for Davidson

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AUTHOR STEVE BISLEY TALKS AT CHATSWOOD

BISLEY REFLECTS ON THE CHILDHOOD EVENTS AND TUMULT OF THE 1960S THAT INSPIRED HIM TO WRITE HIS MEMOIR, STILLWAYS.

by Amelia Zhou

AUSTRALIAN ACTOR, STEVE Bisley, who starred alongside Mel Gibson in the cult classic film *Mad Max*, revealed his childhood upbringing in his memoir, *Stillways*, at Chatswood Library's Talks@Willoughby program earlier this month.

Bisley painted a nostalgic portrait of his teenage years growing up on his farm



on the Central Coast: a poetic set of images touching on the search for childhood identity, the tumult of the 1960s, and the tragedy of a broken family.

"I think of my younger years as a bit of a blur. Around 12, this sort of first love, the smell of things, and things changing and things that you're learning," he said.

Nevertheless, he still remembers the scene of his farm growing up with vivid detail: "I remember what the light was like in the room when I was eight, I remember what the smells were like now, of my mother's mixmaster when she turned it on."

Bisley has been a storyteller since he was a child. In his work, he reflects on a simpler time, where children made their own fun without the overwhelming distraction of entertainment today.

He read a passage aloud recalling Christmas at the Bisleys, evoking the at-

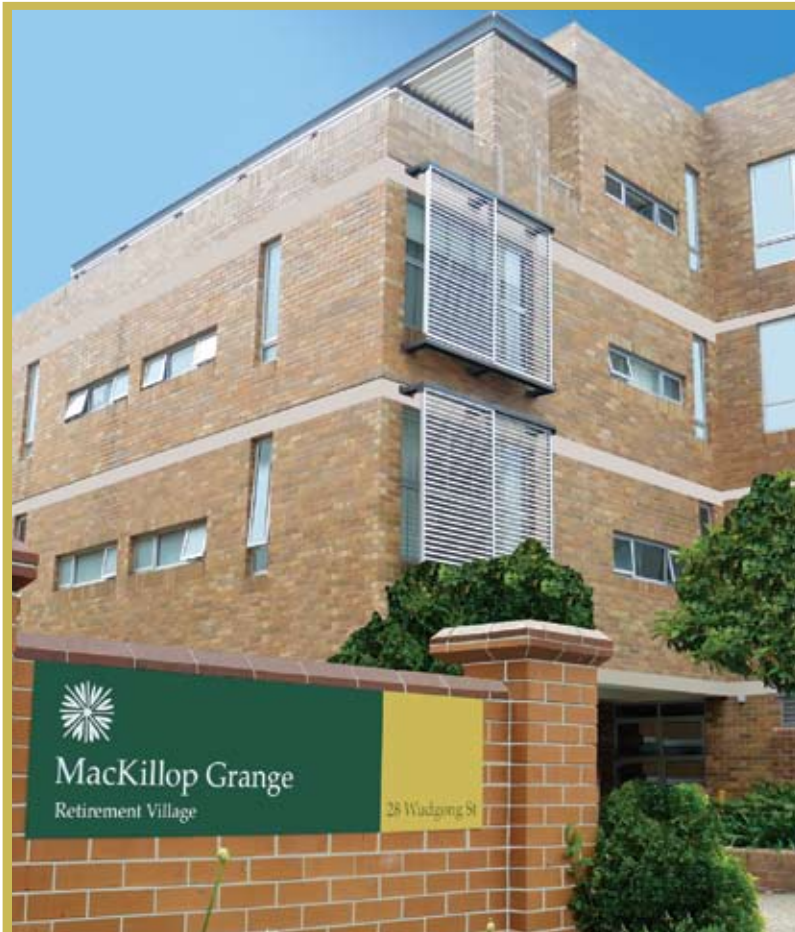
mosphere of a child celebrating, caught up in the fantasy of Santa Claus, one of the rare times his family came together.

After over thirty years of acting, Bisley spent six months last year penning his memoir. Just as Bisley's imagination and observations have inspired his previous work as an actor, he has also drawn upon them in his prose.

"As an actor I get to breathe life into other people's stories and stories kinda come through you... but with this, it's yours, it's resonant.

"I think the similarity between [actors and writers] is that they never lose their child in them," he said.

Bisley doesn't see life any differently now, as he continues to reminisce about his teenage years spent at *Stillways* farm fifty years later: "I don't see a reason to stop playing all the time either."



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LOCAL TALENT SHINES ON X FACTOR

NEW PHOENIX GIRLS PLAN TO JUGGLE THEIR SOLO AND GROUP CAREERS AFTER THEIR X FACTOR ELIMINATION.

by Rose Moloney

ST IVES RESIDENT, Bec Quinn has no plans to give up her dream of a singing career after just missing out on making it to the X Factor finals.

After being eliminated from the competition in the boot camp stage, Bec was brought back as part of a four-person girl group, One Direction style.

The group, known on television as 'Girl Group' but who actually call themselves New Phoenix, made it to the final 24.

The big question now is whether or not the girls will continue as a group or return to the solo careers they were each pursuing prior to the competition?

According to Bec, the girls aren't ruling out working together.

"We're all going to Melbourne in two

weeks just to get together and figure out some songs. We're going to give it a shot but still work on our solo careers at the same time."

After entering as a solo artist, Bec says at first she was uncertain about being placed in a group. However the four girls bonded instantly - a bond that shone through in their performances.

"It's pretty tough being there by yourself, with the pressure and everything, it was kind of nice to have people with you doing the same thing."

Since leaving the competition Bec has been in the studio almost every-day recording her EP. The pop record will have about six to eight tracks, including a ballad, a stripped back piano song and a dance track.

Asked whether she is ever tempted to



pursue another career path, she says she wouldn't mind trying her hand at presenting, as long as she gets to stay where she loves - on the stage.

"It will always be something to do with performing, I'll always do it, that's what I'm made to do."

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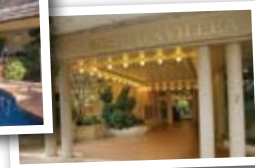
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IS ALCOHOL MORE DESTRUCTIVE THAN DRUGS?

STUDIES SHOW IT'S TIME FOR AUSTRALIANS TO RE-EXAMINE THEIR RELATIONSHIP WITH ALCOHOL.

by Tess Gibney

IT'S NO SECRET that Australians love to drink: we drink to celebrate, to commemorate and to corroborate.

Despite our supposedly jovial national relationship with booze and our humorous affectations of love for it, it's also no secret that alcohol misuse presents as one of the most serious issues facing Australian society.

The increased liberalisation of alcohol – more hours, more outlets and more places we can expect to drink – has only reinforced the substance as a crucial means of social enhancement and has further engrained potential for abuse.

An inquiry by the NSW Parliament into the effectiveness of current alcohol

and drug policies has recently found evidence to suggest that alcohol is the substance presenting the greatest challenge to public health.

Committee Chair, the Hon Marie Ficarra MLC, said: "It goes without saying that substance abuse is one of our most pressing social issues. The committee believes that as a community we must continue to think about how we can respond to the scourge of drug and alcohol abuse more effectively."

According to the inquiry, the negative social and economic effects of alcohol are irrefutably more significant than those caused by other substances. Though knowledge of this is by no means new, the uniqueness of alcohol as a substance – specifically in regards to policy development and regulation – is the potentiality of the drug to be used in both a safe and reckless manner.

A 2010 study released rated the harmfulness of 20 psychoactive substances on 16 different criteria, including harm to others as well as harm to the individual. In terms of the scope of overall harm, alcohol received the highest score of 72 out of 100. Comparatively, the score for cannabis was 20.

Michael Thorn, chief executive of the Foundation for Alcohol Research and Education (FARE), an independent charitable organisation that aims to help Australia change the way it drinks said: "Alcohol related harms are unquestionably the biggest problem we've got in public health."

"We see the fallout from alcohol misuse in the media every weekend. But that's not the whole picture and we like to think about alcohol harms as those to the drinkers and those to others. Unlike tobacco, alcohol's

harms to others are much more significant. For example, Thomas Kelly, who was hit in the head in King's Cross: he's your classic harm to others case," said Mr Thorn.

With the clearest casual relation to violence, it's evident that the burgeoning issue of alcohol misuse is in desperate need of re-address.

In a report released this week, FARE found that in the four years since the Preventative Health Taskforce released its final plan to help combat health challenges caused by tobacco, alcohol and obesity, the government has managed to complete only four of the 32 outlined alcohol-specific actions.

Mr Thorn hopes a newly elected government will yield more positive results in implementing the necessary preventative health strategies to tackle alcohol harms.

"We've written to both major parties asking them to commit to convening an alcohol summit within the first 12 months of the new government coming to power," said Mr Thorn.

"One of the main reasons is to discuss why so little has been done in terms of progress with the Preventative Health Taskforce, but also the National Alcohol strategy has fallen into disrepair. That strategy dates from 2006 and it really is another fail mark against all governments dealing with issues of alcohol in our community."

Twenty-six year old Chris Raine, a former advertising and marketing manager, is another leading pioneer in the movement to change Australian's attitude to alcohol.

He is the founder of Hello Sunday Morning – an online project that encourages users to take a short break



from alcohol, all the while blogging about their experience.

Raine's intention was never to demonise alcohol.

By simultaneously acknowledging alcohol's inherent positives and taking an intensely personal approach, Raine's goal was instead to create a platform that could help individuals to re-examine their own relationship with the drug.

Where drinking – and even the concept of drinking to get drunk – is such an accepted part of the Australian culture, he believes the first steps towards change must begin on an individual level.

"The thing we really try to encourage at Hello Sunday Morning is not to never drink again ... but for people to step back and consider the reasons why they need to drink or why they need to get drunk."

Raine said: "The tragedy of what we have in our society is that alcohol serves this purpose for many people – they use it to be confident, they use it to deal with problems that they face and they use it to fit in with their friends," he said.



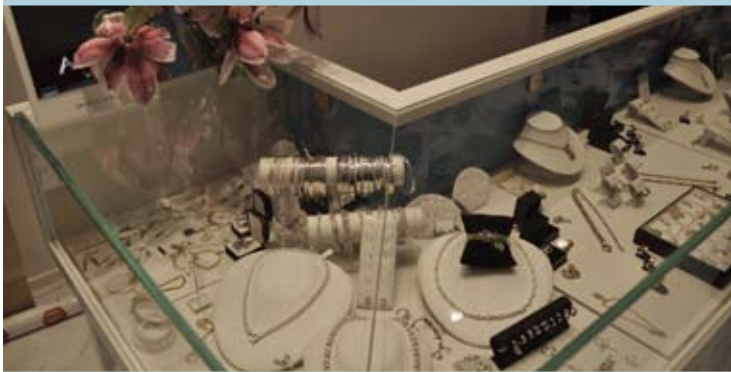
Although there is no clear-cut solution to such a nationally significant social issue, Michael Thorn asserts that fundamental societal change is difficult without involvement from all levels of government.

"What we need is leadership from our

politicians. I think most of them are in denial about the magnitude of the problem; they're not very courageous in standing up to the liquor companies... Until we get a change of attitude amongst our politicians it's going to be slow progress in dealing with this issue."

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GEORGE CALOMBARIS

Now the fifth season of masterchef has finished, judge and top chef george, plans to spend his time getting creative in the press club kitchen.

by Rose Moloney

MASTERCHEF JUDGE AND restaurateur, George Calombaris, has got his hands full at the moment – juggling his MasterChef commitments, his seven restaurants and working on the reopening of his flagship restaurant, The Press Club. Add his two young children, James and Michaela, to the mix and it's hard to see how he even finds time to make his own meals.

While he wasn't at home to celebrate Father's Day with his children this September – he has been in Amsterdam working on a fundraiser for the burns charity Plates for Mates. He was happy to catch up with *Sydney Observer* to share some of his kid's favourite meals.



What kinds of food do you like to cook for your two children?

I'm a very healthy cook when it comes to my kids at home. I cook lots of grains, and pulses; things like lentil soups. I always cook simplistic, delicious, whole foods that are full of flavour. They get lots of good olive oil, yoghurt, meats and fish. They're very lucky, my son will never know what bad fast food tastes like.

What classifies as "bad fast food"?

When I say "bad fast food" I mean places that don't use whole food and real ingredients. I just opened up a fast food place called Jimmy Grants in Melbourne, but it's all whole foods. Everything is sourced ethically - the chickens actually had feathers before they were killed.

Do you have a go-to dessert?

I love baklava you can't go past that. It's just filled with lots of beautiful nuts, filo pastry, some honey, and butter. Delicious stuff.

A lot of people have been commenting on your recent weight loss. How did you drop the kilos?

For me it was very simple and easy. I haven't changed what I'm eating; I really just readjusted my eating habits. I'm still eating the same things - lots of olive oil and good fats, but rather than coming home at 11 or 12 o'clock at night after dinner service at the restaurant and stuffing my face, I'm more conscious of eat-

ing at the right times throughout the day. We need to fuel ourselves constantly and I've just upped the amount of food that I'm eating, and how often I eat.

Has it been difficult keeping the weight off while judging all of the dishes for MasterChef?

To be honest, not really, it just takes some planning. I get a production schedule given to me months in advance so I know on Monday I'll be tasting 22 dishes between a certain time, on Tuesday I'll be tasting three dishes and then on Wednesday I won't be tasting any dishes. So what I do is, I compensate my meals with the tastings. It hasn't been hard at all. I mean you've got to remember we don't taste 22 dishes everyday.

Do you have a favourite meal that you look forward to after a long day at work?

I love a good cheese on toast, but I'm not talking about just any cheese on toast. I'm talking about good sourdough bread, great thick cheddar, and beautiful pickles - yum.

What about for breakfast?

For breakfast you can't go wrong with two poached eggs, a side of avocado, a piece of sourdough and a short macchiato. I'm a Melbournian at the end of the day - we're coffee snobs down here.

Do you still get to spend enough time in the kitchen when you're busy working on MasterChef and running your restaurants?

At the moment I do sort of spread myself around all of the restaurants. My first restaurant was the Press Club seven years ago, it has been closed for almost a year now, but it's reopening at the end of this year as my flagship. Once it opens I'll be back in there full-time, that will be the only place you'll find me and I'll have my development kitchen next door, called the Press Club Project - my creative space.

Tell us about the Press Club Project.

I've worked out one thing, George Calombaris is best when he's creating, not when he's actually in the kitchen peeling and chopping the onions. So that's what the Press Club Project is all about - creating new dishes for the menu. I've always said: Does Valentino sew the buttons on his suits? No. Valentino designs the suit and he has the right people in the right spot to make it. It's the same thing with the restaurants, I've got to be around but it's not just about cooking anymore. It's about inspiring, directing, teaching, following up and being the overall leader that my staff need.

Where can we find you when you're not in the kitchen?

Kicking a soccer ball around with my son!

BEAT SCHOOL HOLIDAY BOREDOM

FUN WAYS TO OCCUPY THE KIDS OVER THE TWO WEEK BREAK THAT BOTH PARENTS AND CHILDREN WILL ENJOY.

Active Kids: Sports school holiday program

23 September – 3 October

Get your kids active these school holidays at the Ku-ring-gai Kids sports program. Primary school children are encouraged to go along and experience the huge variety of sports, whether it's netball, football, tennis, athletics, or basketball. It's not all fun and games – valuable lessons in team work and leadership will be taught under the guidance of respected sports education industry members from Oz Sport Solutions. A great opportunity to have fun and make new friends while getting active.



Willoughby Spring Festival Throughout September

With over 80 Willoughby Spring Festival events being held in September, there are plenty of fun activities to get the kids involved these holidays. Young children can discover the magic of springtime and bush games at the Preschoolers Bush Scrambles, held at Atarmon Reserve. Get kids to put on their chef's hat and whip out their culinary skills in Kids in the Kitchen, where they are invited to make delicious treats under guidance from professional chefs.

Australian Maritime Museum

21 September – 7 October

For a boatload of fun, visit the Australian Maritime Museum this September. Their school holiday program has plenty of sea-faring activities to keep even the most adventurous happy. Learn to construct your own gingerbread ship, be a spy on the museum's own submarine, and experience what it's like to be a Viking in a comedy performance. If the parents want a chance to relax, the museum provides a free movie showing in their theatre everyday.



AFTRS film making and acting workshop

23 September – 4 October

Learn how to act, film, animate and write for screen and radio in AFTRS's special school holiday workshop. Taught by industry professionals at Moore Park's film studios, this is a great program for children wanting to get a taste of the entertainment industry. Budding screen directors are invited to use their imagination to develop, write and produce their own stop-motion, digital or clay-mation animated films, and enter the Trop Jr competition with their own original content.

13 Storey Treehouse, Sydney Opera House

September 21 – October 4

Spark your imagination with the stage adaptation of Andy Griffiths' and Terry Denton's best-selling novel, 13 Storey Treehouse, at the Sydney Opera House. The play details the story of Andy and Terry who live in a treehouse filled with everything they could ever wish for: a bowling alley, a marshmallow machine, an underground laboratory, and a vegetable vaporiser. Get carried away by their adventures these school holidays.

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Marvel Superhero Zone, Madame Tussauds

June 29 – October 6, 9am – 7pm

Kids can dress up as a superheroes, enjoy face painting, and test their strength at the 'Marvel Super Hero Zone' at Madame Tussauds. See the likes of Wolverine, Iron Man and Spiderman in their life-like glory and seize the opportunity to take a photo with these iconic characters. There's also over 70 other wax figures, including Lady Gaga and Johnny Depp, and 30 interactive experiences spread throughout the museum.

Powerhouse Museum

21 September – 7 October

Kids can get their science on with the Powerhouse Museum's jam-packed school holiday program. They can make and decorate their own kaleidosopes while learning the science of how light bounces between the kaleidoscope mirrors. In another hands-on workshop, budding scientists can discover why things glow, and take home glow-in-the-dark slime, chalk and a torch.

Sydney Moderns workshop, Art Gallery of NSW

23 September – 4 October: Weekdays

Get creative these school holidays at the Art Gallery of NSW, where kids are invited to tour through the Sydney Moderns exhibition and create their own artwork celebrating the unique structure, colour and shapes of the city landscape. Over 180 of Australia's most iconic artists from the early 20th century are shown in the exhibition, so it's an activity fit for the parents as well as the kids.

Lego Acropolis, Nicholson Museum

Until June 2014

See the Acropolis of Athens recreated in Lego alongside the Odeon of Herodes Atticus in the Nicholson Museum. Kids can also try their hand at Lego building in a designated construction site at the museum. If that's not enough, the Nicholson is also home to the largest collection of antiquities in Australia, with mummy exhibitions, sculptures from the Mediterranean and artefacts from the Near East.

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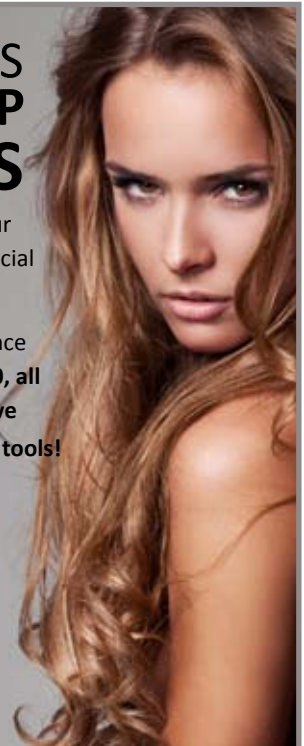


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A WEEK WITHOUT WORDS

ST LUCYS SCHOOL PLAN TO RAISE FUNDS THROUGH A TRIVIA NIGHT WITH A TWIST – IT'S COMPLETELY SILENT.

by Kieran Gair

FOR MOST YOUNG people, babysitting is a normal and routine job to make ends meet. But for 21-year-old, Hannah Kirsh, her dedicated role as babysitter to two young children from St Lucys school in Wahroonga, has sparked her inner philanthropist.

St Lucys is a school which specialises in teaching children with disabilities.

Already, Hannah has raised \$1000 for St Lucys this year so that the school could purchase an electric drum kit. Now Hannah is putting all her energy behind St Lucys annual 'Week Without Words' fundraiser by organising a silent trivia night.

For most students at St Lucys, conditions such as dyspraxia, autism and various cognitive difficulties can make speaking a chal-

lenging task. Hannah believes that fundraising initiatives like the silent trivia night are a great way to raise much needed funds, spread awareness and of course have fun.

"The proceeds from the silent trivia night go to programs at St Lucys that help the kids in so many ways. St Lucys is an incredible school and every little inch of support these kids get will benefit them greatly," says Hannah.

But how does a silent trivia night work? According to Hannah participants will be expected to communicate without talking. While answering questions, pads of paper will be provided to help teams communicate. When ordering drinks from the bar, pictures of different drinks will allow attendees to point to what they want.

St Lucys is setting the bar high during



this years 'Week Without Words'. The school is aiming to raise \$50,000 throughout the week, from September 2 to September 8. But with Hannah at the helm the \$50,000 goal is definitely within reach.

The proceeds of the night will go towards communication initiatives for the students at St Lucys. A live jazz band will also be performing throughout the evening and a number of prizes will be up for grabs, including restaurant and beauty vouchers as well as a wine bar donated by the Four Seasons hotel.

More Info:

When: September 7, 7pm

Where: Ku-ring-gai Town Hall, 1138 Pacific Highway, Pymble

Price: \$15



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ENERGY BOB VISITS RYDE PUBLIC SCHOOL!

RYDE PUBLIC SCHOOL in Ryde will receive a special visit on August 27 from Energy Bob and the Origin Energy Savers team whose mission is to create a new generation of energy smart Australians.

Ryde Public School students participated in an entertaining and informative 30 minute presentation that focused on where energy comes from and how students can be energy smart in their home.

"Our aim is to make energy education fun and interesting for our young people," said Origin's community partnerships manager, Amy Stockfeld.

"By bringing the Origin Energy Savers Program to Ryde Public School, we hope that the kids go home with a better understanding of where energy comes from and how they can be energy smart themselves," she added.

Since 2003, Origin has helped teach more than half a million Australian kids how to use energy safely and thoughtfully.

➔ Schools can register today at www.originenergy.com.au/energysavers to request their free class curriculum.



NORTH TURRAMURRA TEACHER AWARDED

THE MEMBER FOR Ku-ring-gai, Barry O'Farrell has congratulated Karin Haleblian from Turramurra North Public School as one of only 24 recipients of a prestigious 2013 Minister's Award for Excellence in Teaching.

"Teaching is widely acknowledged as being the single most significant factor in educational success," he said.

Karin Haleblian is a classroom teacher at Turramurra North Public School. Karin delivers a combination of effective differentiation and reflective practices that enables staff to professionally grow and adapt. Empowering students to celebrate their achievements and be accountable for their learning are strategies, which build confidence.

"Ms Haleblian's receipt of this award shows the depth of quality in public school teaching in the Ku-ring-gai area," Mr O'Farrell.

The Minister for Education Adrian Piccoli, when presenting the awards in Sydney this week, confirmed the government's commitment to teaching excellence in the state.

"What teachers know, do and care about has a powerful and enduring influence on student learning," Mr Piccoli said.

"Teachers in NSW do an amazing job, and the winners today have demonstrated a high degree of accomplishment and a commitment to excellence."

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September/ October
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by Dr Tim Hawkes*

LEADERSHIP SKILLS LEARNT AT YOUNG AGE

WITH A FEDERAL election in the offing, there is much talk about leadership, and the need for authentic leadership in our land.

There is a weariness with self-serving politicians whose vision for their country fails to extend beyond short-term political expediency. There is a cynicism with many in authority and a growing anger at a lack of moral fortitude to be found among some of our leaders. We must look to the next generation to show us a better way.

Leadership and followership need to be taught as compulsory subjects in our schools. Why? Because there is a desperate need to understand what true leadership is and there is a desperate need to develop those leadership skills in the young.

A study of leadership is not just a study of power and influence. It incorporates the study of accountability and responsibility. These are endangered concepts in some of our children who seek a world of growing freedom with growing age. They need to

learn that inextricably linked to the heady joys of advancing age is the chain of advancing responsibility. However, this is not just an exercise for the young. We all need to learn how to handle this responsibility both as leaders and as followers.

The time to teach the skills associated with leadership is when children are young. As the old saying goes, give me the child until he is seven, and I'll show you the man. It is in these formative years that a person may be most influenced for good or for bad. These are crucial years which must not be wasted.

The tragedy is that these years often are wasted. Development theorists have so gripped the educational agenda in the western world that many leadership skills are under-developed in our young because they are not allowed to be exercised until they are older. This practice has done some students a great deal of harm.

It is said by some that leadership skills cannot be learnt. Either you have got it or you haven't. You can't put in what God's left out. There is no question that genetics plays a great role in determining leader-

ship skills. Enough powerful dynasties exist to bear testimony to some families having rich leadership blood flowing through their veins.

However, failure to recognise the capacity to learn leadership skills, to acknowledge the influence of nurture, is to risk lapsing into the stupor of fatalism. Leadership skills can be taught, can be acquired and can be realised in the young.

Leadership is not necessarily waving a sword, charging the enemy, and hoping the cavalry will follow. It can mean a quiet conversation with a friend in the hope of guiding them to an answer to a problem. It can mean showing some initiative in a situation, be it a car accident, launching a boat, or calming an angry neighbour. These small expressions of leadership should never be underestimated, for collectively they determine the health and character of a nation.

*Dr Tim Hawkes has been the headmaster of the King's School since 1998. He regularly contributes to debates about leadership skills and how to best educate boys.

DR HAWKES BOOK GIVEAWAY!

THIS MONTH KING'S are giving away 10 copies of *Blizzard Lines* to Sydney Observer readers. To win just tell us in 25 words or more why you think teaching leadership at a young age is important.

Blizzard Lines is designed to be a good read for both teenagers and adults. The author of *Blizzard Lines* – Dr Tim Hawkes is the headmaster of the King's School.

He has set the novel in a land of ferocious winds and hostile landscapes. However, it is also a place that grows heroes and births adventure.

Blizzard Lines is written as an adventure novel but it also has another purpose. It has been written to smuggle ancient wisdom into the lives of its readers. The novel dwells on topics such as values, health, death and sex. It describes the getting of wisdom by a young man.

Copies of *Blizzard Lines* can be obtained from:

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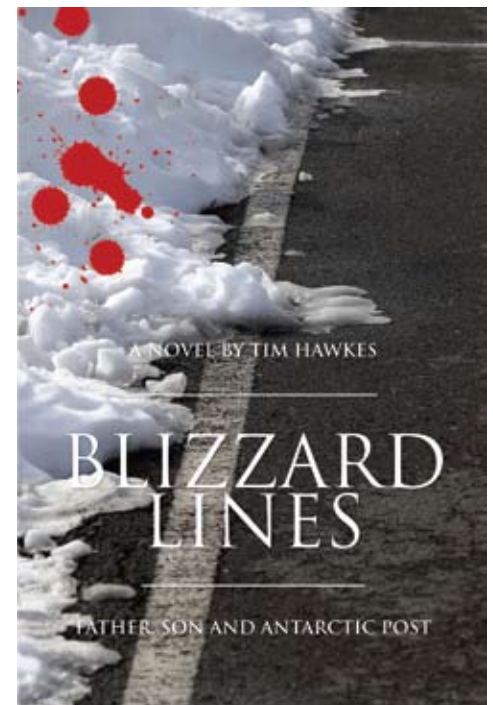
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If you would like to enter the giveaway draw, tell us in 25 words, why you think teaching leadership at a young age is important.

You will go in the running to win one copy of *Blizzard Lines*.

PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 25th of the month.





Sydney Observer

Babies and Toddlers Special

WHAT DO YOU WANNABEE?

A NEW CHILDREN'S PLAY CENTRE GIVES KIDS A CHANCE TO EXPLORE WHAT THEY WANT TO BE WHEN THEY GROW UP.

by **Jessie Goldie**

WHAT DID YOU want to be when you were a kid? A ballerina? A firefighter? A famous movie star?

Growing up we all have dreams of what we want to be, for some these dreams change daily and for others that one dream sticks with them until they make it a reality.

In an Australian first, Wannabees Family Play Town at Frenchs Forest has created a mini-city where children can experience first-hand what it's like to be a doctor, a firefighter, a hairdresser, a banker, a restaurateur, a police officer, a TV producer or a postal worker.

Tracey Spicer, a journalist and media personality, is a strong supporter and has taken on the role of ambassador.

Spicer's children love going to Wannabees and through experimenting in the doctor's surgery, fashion department and on set of the television station, have been able to explore their dream careers.

"Going to that place it's actually got them thinking on a deeper level, now they're also telling me what they don't want to be. For example my daughter is like 'Mum, it's cool what you do, but I absolutely don't want to be a journalist when I grow up it's too freaky.'"

Education experts believe that role-play is a key learning concept and engages children's emotions, cognition, language and sensory motor skills. It also helps children to discover their own leadership skills, acquire language ability, problem solve, develop empathy, explore their imagination and build social skills.

The founders of Wannabees, Yezzit and Liliana Rincon, moved to Australia from Colombia and were surprised that the playgrounds in Australia weren't like those in their home country, which are more educational.

"We wanted to raise the bar in terms of children's entertainment quality," said the owners.

"The aim is to develop children's potential and creativity and strengthen self-esteem and confidence. They can explore the complexities of the modern adult world in a simple and fun way."

More info:

Phone: 8021 6903

Website: www.wanna-bees.com.au

Address: c1/1-3 Rodborough Rd
Frenchs Forest

LUCY HAMILL: A MIRACLE BABY

EVERY SOON-TO-BE MUM HOPES THE BIRTH OF THEIR BABY WILL GO AS SMOOTHLY AS POSSIBLE. UNFORTUNATELY THIS ISN'T ALWAYS THE CASE.

by **Jessie Goldie**

LUCY HAMILL WAS born prematurely at 28 weeks and 6 days weighing only 1.29kg. Lucy is a miracle baby, part of a miracle family.

Her mother, Nikki Rodgers, had no way of knowing what herself and her family were about to go through.

"It's an experience I wouldn't wish on anyone," she says. "The first 24 hours is terrible. You're down in maternity but you don't have a baby with you, it's a bit strange."

In Australia approximately 44,000 babies each year require the help of a Neonatal Intensive Care Unit or Special Care Nursery. Every journey is unique, and no pregnancy book or birth plan can prepare you.

Lucy was born at 3.30am on a Thursday morning. Nikki was discharged the following Monday, however her baby didn't come home for another seven weeks.

Nikki describes the feeling of leaving the hospital without her baby as being the lowest point of the whole experience.

"We went to the Mater, then had to be transferred to the Royal North Shore. She was in intensive care for two weeks, then high dependency for four weeks, then

back to the Mater. She was discharged on day 51."

Nikki was lucky to have the support of her family, as well as of the Miracle Babies



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This service is amazing. In a time of family crisis we received immediate support and professional counselling. They were realistic and understood how hard it is raising teenagers.

As a new Mum I was totally overwhelmed and lost. Parent Line helped me to find my feet and get the support I needed so that I can be the best Mum for my daughter.

I've been receiving support from Parent Line over the last couple of months. I've listened to what the counsellors said and things have worked out. You guys have turned a bad situation into an amazing opportunity.

I'm so grateful for Parent Line. You've been there for me, so I could be there for my kids.

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Foundation, Australia's leading non-profit organisation that supports premature and sick newborns, their families and the hospitals that care for them.

Since 2005, Miracle Babies Foundation has been passionate in developing vital programs and resources to support and enhance a family's experience from a threatened pregnancy, the hospital journey with a premature or sick newborn, transition to home and beyond.

The foundation was formed by a group of mothers of premature and sick newborns. They shared the same common desire of wanting to support other families of miracle babies and give back to the wonderful hospitals that care for them.

Nikki says the support of the foundation was invaluable.

"It's a really trying time and they're not in your face it's just little things here and there and they're there if you need them," she says.

In particular, the foundation offers Nurture Groups, which provide an opportunity for parents and carers of premature and sick

newborns to share stories, form friendships and ease the isolation that can often be felt.

"I think mother's group is something that's great when you're a new mum but it's really hard because everyone compares. In Nurture Group it's really casual and there's no normal," says Nikki.

"It's just really, really supportive to be able to go to a place like that to talk to people who really understand and get support."

Despite her traumatic experience, Nikki maintains that she is one of the lucky ones and that she and her family are "blessed."


"They say premature babies are particularly feisty, because they have to survive, and that's definitely true of Lucy," she says.



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**SPRING CLEANING ADVICE
FROM PETER WALSH**

TIME FOR A SPRING CLEAN

THREE STEPS TOWARDS ACHIEVING A CLUTTER FREE ENVIRONMENT IN YOUR HOME.

by Rose Moloney

THE START OF September means only one thing: it's time for that dreaded annual spring clean. For many the thought of doing a thorough clean of their home can be quite daunting. It's natural for people to gather items throughout the year, and even if you're not a chronic hoarder, eventually many of the items we keep in our home become redundant and start to occupy too much space.



Organisational expert, Peter Walsh, says people with too much clutter in their homes have what he calls a "stuff" problem. Peter is used to helping people improve their lifestyles by de-cluttering their homes, and this month he shares with *Sydney Observer* three easy ways to overcome a "stuff" problem.

Step One: Determine if you have a "stuff" problem

Consider how you feel when you walk through the door of your house or apartment at the end of the day. If the first feeling you get isn't one of relaxation, calm and motivation, then the chances are you've got too much stuff.

If you still don't believe it, ask yourself these questions: Do you find it difficult to get ready in the morning because you can't find the right clothes? Do you spend more than 30 seconds finding your car keys before leaving the house? Are you often late paying bills because you lose them? Do you often buy stuff you already have? Are you too embarrassed to invite people over? These are all indicators, big or small, that you have an organisational problem within your home.



Step Two: Establish a vision and plan for your home

In order to overcome an organisational problem, it's important to have a clear idea about what feelings you want particular areas of the home to evoke.

If your primary focus from the beginning is just getting rid of clutter it can be very difficult to get organised, especially if you're in a relationship. Deciding what to throw away and what to keep can lead to arguments, and people often end up moving clutter from one room to another.

So instead, the starting point should be to ask yourself: "What do I want from this space? What is my vision for this room or for my home?"

Once you have a clear vision you can look at individual elements within a room and consider whether they are part of that vision. Take the master bedroom for example; if your vision is to have a kid-free haven here, it's quite easy to see that the piles of toys on the floor or the desk in the corner don't belong.



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Step Three: Tackle the “stuff” practically

Starting to spring clean can be overwhelming, especially if you have a big house filled to the brim with items. Rather than trying to transform a house in one weekend, spread the work out and do a little bit of tidying everyday for a month.

A practical way to do this is through the “Trash Bag Tango” technique. To do this, set aside ten minutes a day and give everyone in your home two garbage bags.

In one garbage bag place any trash items such as old magazines and broken toys. In the other bag gather anything you don't need, this means books you no longer read, clothes that don't fit you or toys the kids have outgrown. One bag you put in the garbage, the other bag you donate to a charity store.

If there are three people living in your house, at the end of the first week you will have 21 bags of trash, 21 bags of items to donate and a much cleaner space to live in.



MORE INFO:

Peter Walsh worked on the Oprah Winfrey Show for five years before it ended. He is now the star of Extreme Clutter on the Oprah Winfrey Network and recently returned to Network TEN's The Living Room. Visit his facebook page for more tips: www.facebook.com/PeterWalsh.

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TERRARIUMS: THE INDOOR PLANT SOLUTION FOR EVERYONE

CREATE A MINIATURE ECOSYSTEM WITH JUST A FEW INGREDIENTS.

by Rose Moloney

ARE YOU THE kind of person that would love to keep plants in the home but you just don't have the time to maintain them? Well then a terrarium is the perfect solution. A terrarium is a container filled with plants that thrive in humid environments. Essentially it's a miniature ecosystem that can be arranged to look like an outdoor landscape. Matt Leacy of Landart Landscapes gives us the ingredients we need to create an ideal terrarium for our homes.

1. A quirky container:

Get creative with your container choice. Large fish bowls, vases or jars make good terrarium containers, but any clear glass or plastic container will work. Whatever you choose ensure it isn't completely sealed. It needs to have some kind of opening, whether it's the size of a 50 cent piece or the top of a paint can. The general rule of thumb is the smaller the opening the better, as it will create a more humid environment for the plants. Remember you still need to be able to get your hands inside to arrange the plants!

2. A good base:

Start with a layer of gravel or pebbles at the very bottom of the container. This will stop the roots of plants going through to the bottom and sitting in the water. On top of the pebbles place a layer of activated charcoal, which will absorb any excess moisture within the container. A layer of sphagnum moss will then be needed, followed by a layer of soil about 40mm deep. The moss will ensure the soil doesn't contaminate the charcoal and moss below.

3. Pick your plants:

A terrarium enables you to grow plants that you probably wouldn't be able to grow normally. Look for plants that thrive in humidity - peperomia; hypoestes and little ferns and succulents, like echeveria and sedum will all fit the bill. Air plants like tillandsias also work well in terrariums as they don't require a lot of maintenance.

4. A bit of creativity:

Not only are terrariums more easy to maintain than traditional plants, but they often look more interesting. Experiment with the arrangement of plants within your container to create miniature landscapes. Create hills and valleys, and add extra items like driftwood to enhance the feature.

5. The correct positioning:

Terrariums have the power to lift the energy in just about any room of the house. But if you want your terrarium to live, remember not to place it in direct sunlight. Don't let this put you off placing it on a window sill, the terrarium will survive as long as the sun isn't shining straight onto it.

6. Light maintenance:

If you get the positioning right then your terrarium shouldn't need much maintenance. Keep an eye on the moisture levels by putting your finger into the terrarium about once a week. If the soil feels damp then it doesn't need to be watered just yet. The positioning of your terrarium and the size of the opening in the container will affect how often it needs to be watered. The smaller the opening the less water it will need.

More info:

Landart Landscapes Sydney

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A GUIDE TO SPRING GARDENING

SPRING YOUR GARDEN TO LIFE BY TRIALING NEW FLOWERS AND VEG.

by Hugh Meyers*

SPRING IS THE best time of year for gardens as we start to see all of that hard maintenance work we did throughout the winter finally pay off. As poppies and daffodils begin to flower, suddenly all of those cold days in the garden seem worth it. However just because your fruits and flowers are blossoming, it doesn't mean it's time to take a break. Now is the time to change things up in the garden.

Fill a boring patch with colour

Give it a good dig over using plenty of cow manure and compost, check the drainage and level the surface out. Water well with Seasol and scatter some California poppy seeds over the surface. Gently tamp the



seeds into the surface so they don't blow away. In a very short time you should have lots of little shoots. A mass of orange or yellow flowers with blue-grey foliage can be expected in early December. Californian poppies are reasonably drought tolerant, so ensure you keep the soil just damp, rather than wet.

Experiment with a new vegetable

Enrich both your kitchen and your garden by growing your own potatoes. All you need is a large garbage bin with some holes in the bottom for drainage. Build up a 10cm layer of gravel at the bottom of the bin to help with the drainage, then fill the rest of the bin with compost from your compost heap.

Buy a bag of Certified Potatoes from your nursery and follow the planting directions. All you have to do is keep the compost damp and once the plants have died back, dig up your new potatoes. You will be surprised at just how many of them there are.

Plan ahead for summer

With thoughts about next season's flowers, dead head any daffodils or jonquils but don't touch the foliage, just let it dry right back so all the goodness will be absorbed back into the bulbs. The bulbs will start to multiply and will need all the food they can get. If you



are going to leave the bulbs in the ground, give them a feed of bulb food and water it in well. Once the foliage has dried right out, remove it and put it in the compost bin.

*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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LEURA GARDENS FESTIVAL 2013

THE 2013 FESTIVAL will feature 10 of the best spring gardens in Leura including the National Trust property Everglades. Festival visitors can view magnificent springtime displays of cool climate exotics such as rhododendrons, camellias, azaleas, hellebores and many more. Many of the garden owners are on hand to meet festival visitors and offer practical advice and gardening tips. A festival nursery offers a wide range of plants for sale.

Art and music take place in some of the gardens and on the last weekend of the Festival on October 12 and October 13, the Leura Village Fair transforms the Leura Mall into a colourful selection of craft and food stalls.

A two day programme of horticultural related talks and demonstrations by well known and noted gardening experts will be held 'Under the Marquee' in one of the Festival gardens.

The Leura Gardens Festival is now in its 49th year, is a registered charity managed and run by over 300 local volunteers. All funds raised go towards the purchase of equipment for the Blue Mountains District Anzac Memorial Hospital and other local medical foundations.

For more information:

Website: www.leuragardensfestival.com

Email: leuragardensfestival@fastmail.com.au

When: Saturday October 5 to Sunday 13 October 2013

Where: Leura, Blue Mountains, 90 minutes west of Sydney

Time: 9.30am to 4.30pm daily

Cost: \$20 per person all gardens or \$5 single garden entry

Tickets: Festival ticketing in Leura Mall (near Leura station). At Festival headquarters in Fitzroy Street and at all gardens

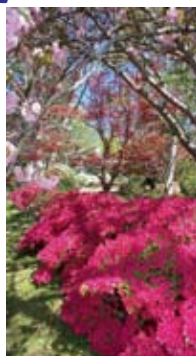
Transport: Road - M4 from Sydney. Rail - City Rail Blue Mountains line runs a regular service from Sydney Central. A hop on hop off shuttle bus runs from Leura station to all gardens on a regular schedule. Tickets \$5 per day.



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"A VERY BEAUTIFUL spring garden!" That's how visitors and local residents describe Birches of Leura; the village's very own garden centre.

Birches is filled with glorious spring blossoms including graceful weeping cherries, flowering plums and peaches. As well as providing gorgeous colour for the garden, it offers elegant homewares and gifts from brands like Papaya and Laura Ashley.

Browse to the soft music of fountains splashing in the background; purchase that special something; or just while away a few minutes in a place of calm and serenity.

"Our aim is to provide everyone with a tranquil beautiful space to enjoy as they will," say owners Christine and Piercarlo.

"And the staff at Birches are fully qualified and ready to help with all your gardening questions," adds Christine, herself a fully trained horticulturist.

"Our wide selection of quality herbs, cottage plants, potted colour and cold climate plants have a great reputation in the mountains. Fresh healthy plants, lots of stunning colour and good old-fashioned customer service with a smile. That's the secret!"

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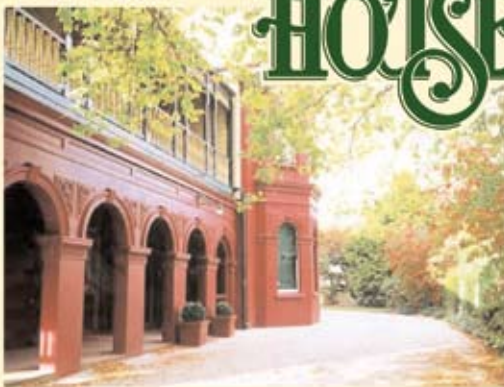
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BECOME A RUNNER IN THREE WEEKS

IT'S NEVER TOO LATE TO TURN THAT POWER WALK INTO A RUN.



by Rose Moloney

THE SYDNEY RUNNING Festival is only three weeks away, which means now is the ideal time to start a new fitness regime or kick your current one into overdrive.

If you're not already a regular runner signing up for the marathon might be a little ambitious. However if you're looking for a new challenge then why not try training for the 9km Bridge Run?

Susan Griffith, head coach at Paceline, has 28 years of running experience. This month she gives her advice on how new runners should prepare in the lead up to a running event.

THE MONTH BEFORE GET INTO A ROUTINE

If you're looking to improve your fitness in time for the race then it's important to start a regular training regime. Aim for three to four training sessions each week. This might consist of three 20 to 40 minute sessions where you mix up walking and running, and then an hour-long training session on the weekend. Your starting fitness level will determine how much you can sensibly expect to run within each session.

IMPROVE YOUR TECHNIQUE

New runners often get themselves into trouble with injuries as they put all of their energy into improving their fitness levels, and fail to consider how they actually run.

When running it's important to stand upright with a slight lean forward from the hips – imagine someone has a piece of string on the back of your neck so when you're striding it's as if someone is lifting you. As you run you should relax your hands, letting your wrists just brush against the side of your hip area. As opposed to walking, when our heels hit the ground first, when running the mid-foot should be the first area to hit the pavement.

THE DAY BEFORE STOP TRAINING

There is no need to train for the two days leading up to the race. This is the time for your muscles to relax and prepare themselves. Don't worry your fitness level won't be affected by a 48 hour break.

EAT A BALANCED DINNER

It's important to eat a balanced meal the night before – something with a mix of carbs, protein and veggies. Avoid going out for dinner or trying anything new, as you don't know how your body will react. It's also a good idea to stay away from curries or meals with high amounts of fibre. Alcohol is obviously a big no-no, as it dehydrates the brain.

THE MORNING OF THE RUN DON'T SKIP BREAKFAST

Even though it might be tempting to overlook breakfast, it's vital to eat an hour or two before the race to ensure you have

enough energy to push you through to the finish line. Eat something like an English muffin with jam, some oats or a banana. If you're feeling too nervous to eat then drink your energy instead – a protein shake or sports drink will provide you with enough sustenance.

WARM UP

Just before the race you should warm up with a 10 to 15 minute walk. Often the walk from the train station to the start line is enough. While you're waiting for the race to start try and keep moving – shrug your shoulders or jump up and down, anything to get your muscles moving.

Interestingly Griffith advises against doing "static" stretches. Static stretches include things like hamstring and arm stretches. When warming up the focus should be on gently preparing muscles and joints for the range of movement an activity requires – running is an aerobic activity so static stretching doesn't help!

DURING THE RUN REMEMBER TO DRINK

Big races usually have both water and energy drink stations throughout the course so there's no need to run with a water bottle. Alternate between which drink you choose and ensure you sip rather than guzzle to avoid suffering from a stitch. For a 9km run two water stops should be enough.

CONCENTRATE ON THE FINISH LINE

When you feel your energy levels waning, the best advice is to focus on just moving forward steadily. If this means slowing down for a few hundred metres before picking up the pace again, then do so.

Show caution if you are feeling seriously out of breath, as this could mean not enough oxygen is reaching the brain. If you start to become light-headed, then you might need to slow to a walk or stop and have a rest until the feeling goes away.





BLACKMORES SYDNEY RUNNING FESTIVAL



TOP TIP FOR BEGINNERS

Focus on having fun rather than finishing within a specific time. If you enjoy your first race you are more likely to sign up for future running events where you can start to work on improving your personal best.



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DENTAL CARE ADVICE FOR PARENTS OF CHILDREN UNDER SIX



by Dr Ian Sweeney*

When should you start taking your child to the dentist? Regular check ups for children should begin at around 12 months of age. A child's first visit to the dentist should help establish a positive dental experience for the child and encourage good oral hygiene practices. It allows for the early evaluation of dental growth and development. Dentists can also advise you if your child needs to seek early orthodontic treatment and refer you to the appropriate specialist.

How should you brush your child's teeth? Children are great imitators; if parents have good oral hygiene habits their children are more likely to copy them. Oral hygiene for infants starts just after birth.

Initially, a soft cloth or face washer may be used to wipe out a baby's mouth. Once their first primary teeth erupt, the soft cloth technique may be continued, with the added introduction of brushing. Bath time is a good opportunity to begin. Using a soft or extra soft infant's toothbrush with a circular motion, it is important to clean all tooth surfaces, inside and out.

Children below two years of age generally don't require the use of toothpaste. Low fluoride toothpastes should then be used up until the age of six. A tiny smear of toothpaste on a brush is all that is required and the child should be encouraged to "rinse and spit".

Flossing should be encouraged as soon as back teeth appear in the mouth. The Australian Dental Association recommends

parents supervise and aid brushing of teeth up until the age of 10.

Parents should avoid giving babies and young children any sugary drinks in bottles, especially at night. Refined foods or drinks containing a lot of sugar will encourage tooth decay. It is better to give children cheese and fruit as snacks and milk or water to drink. At night time use of bottles containing anything other than water will place a child at risk of decay, as will dummies dipped in sweet substances to be used as pacifiers.

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

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TURKEY – WHERE EAST MEETS WEST

TAKE A TRIP TO ISTANBUL: THE CROSSROAD BETWEEN EUROPE AND ASIA.

by Kieran Gair

BORDERED BY EIGHT countries, Turkey strikes a compelling balance between Asia, Europe and the Middle East. Blending together the most remarkable elements of the three regions' history, culture, religion and entertainment, Turkey consumes the curious traveller into a whirl of wonder, adventure and awe.

Turkey's cultural diversity is encapsulated in one of its most vibrant cities, Istanbul. From staggering historical sites and museums, to delectable dishes and a diverse nightlife, Istanbul bubbles with possibility, character and charm. Cultural and religious icons dot the horizon while the scent of simmering classical Ottoman cuisine; refined with Asian and European elements, wafts across the cobblestoned city streets.

Here are just a few of the ways you could while away your time in a visit to Istanbul, there's no doubt you will end up wishing there were more hours in the day.

THE BASILICA CISTERN

Constructed in the sixth century and long forgotten for centuries, the Basilica Cistern is a testament to the engineering feats of Istanbul's ancestors. The underground cistern once bought drinking water from Thrace to Istanbul. Aside from the cistern's historical and architectural significance, the Basilica Cistern has a mystic feel tinged with a romantic ambience.

Colourful fish swim lazily around the 336 columns that hold up the roof, gliding under the wooden walkways. Towards the back of the cistern lies the upside-down head of Medusa. Bathed in an eerie green light, Medusa's eye stares as visitors negotiate the slimy cement floor around her.

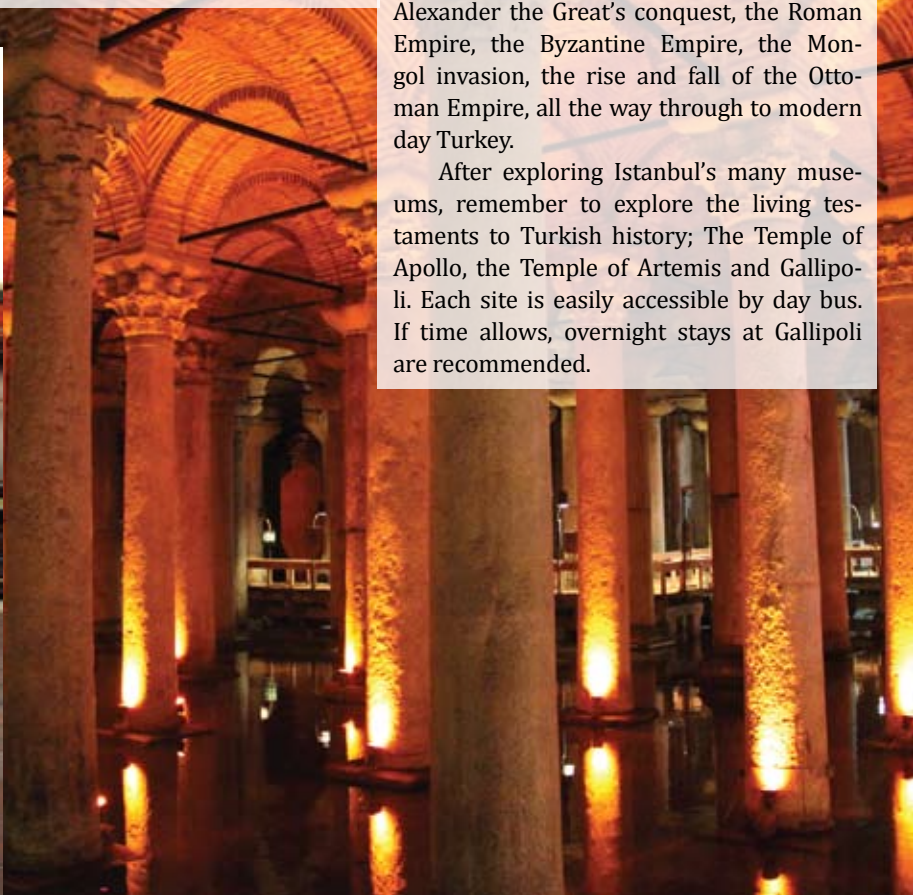
ARCHAEOLOGY MUSEUMS

Inhabited since Palaeolithic times, Turkey boasts a past that leaves even the most historically indifferent visitor gaping in amazement. Istanbul's Archaeology Museums together represent nearly every era and civilisation in world history, housing over one million objects.

The Istanbul Archaeology Museums consist of the Museum of the Ancient Orient, the Museum of Islamic Art and the main Archaeological Museum. Together these museums offer a window into the history of humanity in what is arguably one of the most pivotal locations in world history.

Follow the history of the Thracian peoples of the ancient Anatolian civilizations, Alexander the Great's conquest, the Roman Empire, the Byzantine Empire, the Mongol invasion, the rise and fall of the Ottoman Empire, all the way through to modern day Turkey.

After exploring Istanbul's many museums, remember to explore the living testaments to Turkish history; The Temple of Apollo, the Temple of Artemis and Gallipoli. Each site is easily accessible by day bus. If time allows, overnight stays at Gallipoli are recommended.



THE BLUE MOSQUE AND AYA SOFYA

With such a small distance between the two religious and cultural icons, it is easy for visitors to soak up the stirring elegance of the Blue Mosque while looking to the extraordinary Aya Sofya to view a living testament of Istanbul's history.

Reflecting the vast silhouette cast by the Blue Mosque, the Aya Sofya, a sixth century Byzantine masterpiece, has posed as a church, a mosque and now as a museum.

Mosaics glitter upstairs while the tombs of the earliest Ottoman Sultans lurk further down. While the Aya Sofya represents the earliest times in Istanbul's turbulent history, the Blue Mosque, built in the 17th-century, exemplifies the grandeur of Islamic art, culture and architecture. Tiny iznik tiles cover the inner walls and six striking minarets tower above the domed Mosque, revealing the magnificence that characterises one of Istanbul's most incredible and awe-inspiring treasures.

THE GRAND BAZAAR

No trip to Istanbul would be complete without visiting the heaving energy that characterises the monumental Grand Bazaar. Salesmen stand eagerly alongside tourists, spruiking their jewellery, carpets and antiques. The scent of hundreds of food stalls wafts throughout the Bazaar, seducing the throngs of people shuffling through. A trip to the Bazaar will fill up even the most prepared visitor's luggage. Cheap deals, intense haggling and genuine jewellery will delight the inner shopaholic in everyone.



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GORDON RESIDENTS SPOILT FOR CHOICE

THIS NORTH SHORE SUBURB OFFERS SOME OF THE BEST DINING OPTIONS - WHETHER YOU'RE LOOKING FOR BREAKFAST, A CUP OF TEA OR TAPAS.

by Rose Moloney

- Pottery Green Bakers
- 4 St Johns Ave, Gordon
- Don't quite have the time to hop on a plane and jet off to France?
- No worries, Pottery Green Bakers has got you covered. This quaint cafe is filled with mouth-watering French goodies with an Aussie twist. On the savoury side of the menu winners include the eggs benedict baguette or the Provencal plate, both served with crusty bread. Meanwhile sweet teeth won't know where to begin when they see the selection of eclairs and petit fours. It's definitely worth a visit, or two...or three.



- Two Stews and a Cockatoo
- Gordon GPO Building, 741 Pacific Highway, Gordon
- Since opening earlier this year this tapas restaurant and bar has become a favourite among locals. Two Stews and a Cockatoo offers small, but delightful morsels of food. To ensure you leave feeling satisfied the menu recommends ordering three or four dishes between two. Start with the lamb tiramisu and caramelised figs or crab snowballs. Then for dessert indulge in banana fritters, peanut butter ice cream and salted caramel.





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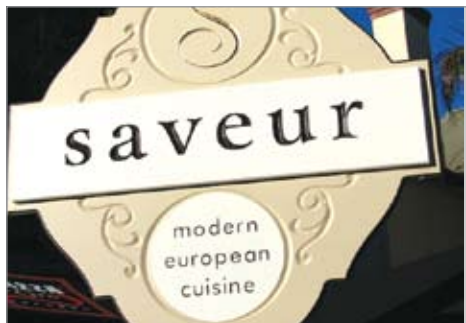


- **Tea Monkey Lounge**
- 9-11 St Johns Ave, Gordon
- The recently opened Tea Monkey Lounge brings a new concept to Gordon. In the day it acts as a quirky teashop with over 40 types of tea available – the ideal venue for a cake and a cuppa or a more sophisticated high tea. However on Friday and Saturday nights it moonlights as a BYO bar come restaurant. It's the ideal place to relax with a glass of red and some light bites - try the spanish meatballs or mauritian chicken. .



- **Little Gem**
- 1 Moree St, Gordon
- Somewhat of an institution now in Gordon, Little Gem is quite hard to find, unless you know what you're looking for. Tucked away in the back of Gordon, Little Gem provides diners with a more budget friendly option. On the menu you'll find a big breakfast for just \$9.90 or eggs on toast for \$6.90 – prices that are almost unheard of in Sydney. While you won't find alternative chia seed puddings and quinoa porridge here, its cosy atmosphere, great coffee and low prices make it well worth a visit.

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WHAT'S ON

SEPTEMBER 2013

September 6 Knox Garden Day

10am - 2pm (Adult \$15, Concession \$10)

Ten of the north shore's finest private gardens will be open to the public for Knox Grammar School's annual Garden Day. A section of the street will be closed to traffic and market stalls will sell plants, fresh flowers, craft items, food, cakes and refreshments.

Where: Gillespie Field (Bangalla Street), Warrawee

Contact: 9847 0122

September 7 Spring seedling sale

9am - 12pm (Free)

This is a great opportunity to enjoy an organic garden and learn from the volunteers. All ages are welcome and while browsing the seedlings, have a break and enjoy the homemade cakes and delicacies on offer.

Where: Lookout Park, Pacific Highway, Turramurra

Contact: info@tlcgarden.org.au

September 7 Wahroonga Public School Spring Fair

10am - 4pm (Free)

With rides, arts and crafts, games and markets, this fair has something for everyone. There will also be performances from local dance groups and bands throughout the day.

Where: 71 Burns Rd, Wahroonga

Contact: Clair Scott

clairwinifredscott@hotmail.com, 0400 771 569



September 8 Bushcare's Major Day Out

9am - 12pm (Free)

Activities throughout the day will help you get in touch with nature and find out what can be done to help the bushland in your neighbourhood. Connect with other people in your area and learn from experts and experienced volunteers.

Where: Pymble

(see www.bushcaresmajordayout.org for details)

Contact: 9424 0000 or bushcare@kmc.nsw.gov.au

September 8 Swain Gardens Open Day

10.30am - 3pm (Free)

Enjoy the spring flowers and live music as you stroll along the tree-lined paths or picnic with family and friends as you celebrate the start of spring.

Where: Swain Gardens, 77 Stanhope Road, Killara

Contact: 9424 0753

September 9 Achieve Australia's 12th Annual Golf Day

7am - 4pm (\$165 per person or \$600 for four)

Novices and enthusiasts alike are invited to play at one of Sydney's best golf courses while helping to raise money. Funds raised will go towards helping people with a disability lead independent and meaningful lives.

Where: Pymble Golf Club, Cowan Rd, St Ives

Contact: www.achieveaustralia.org.au or 9034 1600

September 11 An Irish Fantasy

12.30pm - 1.30pm (\$22)

Australia's well-loved flute player, Jane Rutter, will perform beautiful Celtic music from Ireland, accompanied by a string trio and harp.

Where: Concert Hall on The Concourse, 409 Victoria Ave, Chatswood

Contact: Ticketek 1300 795 012

September 15 Adventist Aged Care Spring Fair

10am - 4pm (Free)

Come down and enjoy the open gardens, vegetarian sausage sizzle & refreshments, guessing competition and stalls plus other great activities! All unsold items will be Auctioned off at 3pm

Where: Wahroonga Adventist Retirement Village, 79 Mount Pleasant Avenue, Wahroonga

Contact: grahamwegener@adventist.org.au



September 22 Light the Night

5.30pm - 8pm (Free)

Join others in your neighbourhood taking a walk at twilight and shining a lantern of hope to support those with leukaemia, lymphoma and myeloma.

Where: Bicentennial Park, cnr Loftberg & Yanko Rd, West Pymble

Contact: www.lightthenight.org.au

September 20 - October 10 Art and About Sydney

Various times, see website (Free)

Incredible artists from around the world will descend upon Sydney and transform the streets, parks, squares and other spaces with their artworks. The theme for this year is 'Private Lives . . . Public Spaces.' Keep an eye out for the gigantic snails.

Where: Venues across Sydney

Contact: www.artandabout.com.au

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TARONGA ZOO: 5 x family passes

There's no better way to pass a day in the school holidays than by spending it surrounded by some of the world's most exotic animals at Taronga Zoo. Spend the morning exploring the African and Asian enclosures and catch the bird show in the afternoon. At the end of the day when your feet are tired, hop on a cable car back to the entrance and take in the spectacular Harbour views.

ROSEVILLE CINEMA: 2 x double passes

Take a trip back in time with a visit to Roseville Cinema, one of the few independent cinemas left on the north shore. Enjoy a film, munch on some popcorn and support local history at the same time. Two lucky readers have the chance to win a free night at the movies!



If you would like to enter any of the giveaway draws, tell us in 25 words or more, what you liked in this month's magazine.

The best entries will be published* and go in the running for our monthly giveaway in the next issue of the magazine. **PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 25th of the month.**

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Handy 3317 (Insanitary)

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SUDOKU

Novice 0790

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WORDSEARCH

PK0113 - APPLIS

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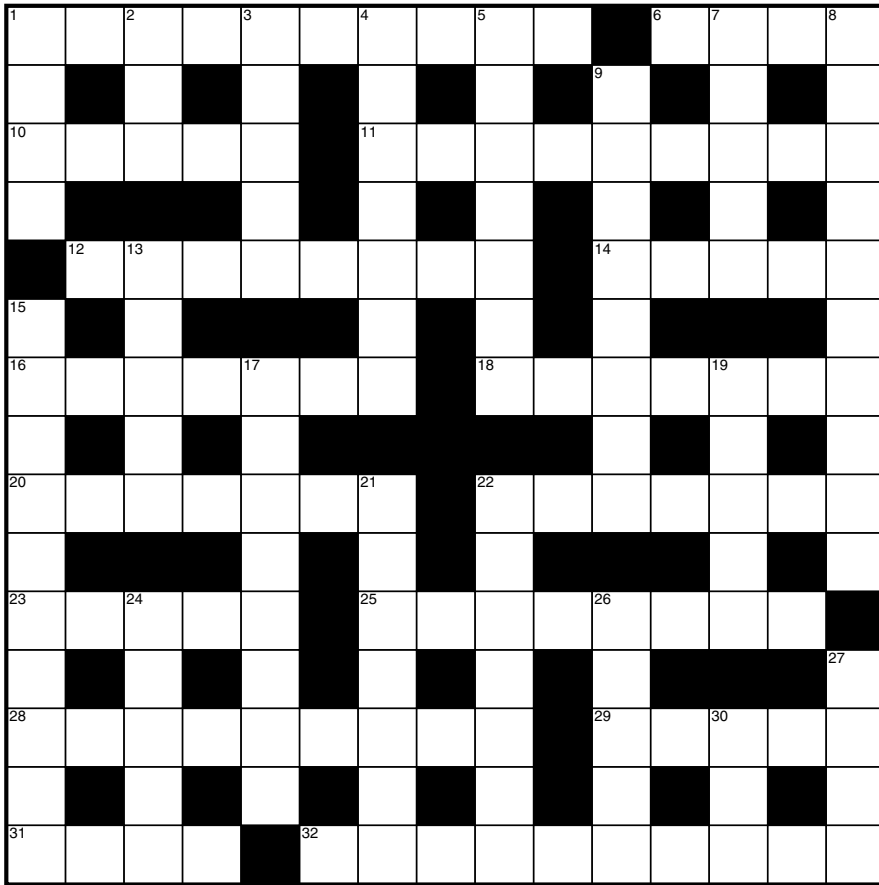
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Crosswords

HANDY 3317 (INSANITARY)



Across

- 1. Unhygienic
- 6. Hop, ... & jump
- 10. Comes towards
- 11. Keeper
- 12. Littlest
- 14. Signalling flame
- 16. Ouija sessions
- 18. Enforced (payment)
- 20. Dessert sauce
- 22. Got too big for
- 23. Data for computer
- 25. Drainage conduit
- 28. Disasters
- 29. Wine-spill spot
- 31. Hindu meditation
- 32. At a stalemate

Down

- 1. Is not (3'1)
- 2. Health resort
- 3. Of the nose
- 4. Lottery receipts
- 5. Flower-shaped award
- 7. Actress, ... Knightley
- 8. Restricted in movement (6,4)
- 9. Puffed-out (hairstyle)
- 13. The ends justify
- the ...
- 15. Mental disorders profession
- 17. Slyer
- 19. Shroud city
- 21. Take away from, ... of
- 22. Averse (to)
- 24. Collision
- 26. Lariat
- 27. Writer, ... Blyton
- 30. Biblical boat

Wordsearch

PX0113 - APPLES



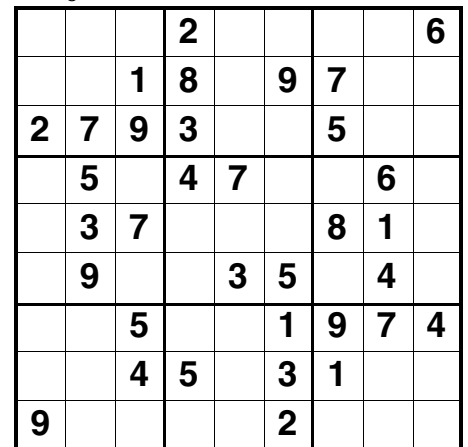
Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

- | | | |
|-------------|--------------|-----------|
| BRAEBURN | FRUIT BOWL | LEAVES |
| BRAMLEY | FRUITY | ORCHARD |
| BRANDY | GOLDEN | PINK LADY |
| BROWN BETTY | GRANNY SMITH | PRESERVE |
| CIDER | GRAVENSTEIN | ROSE |
| CROP | HARVEST | SHARP |
| DELICIOUS | JONAGOLD | TART |
| EDIBLE | JONATHON | VARIETY |

SUDOKU

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

Rating: ★☆☆☆☆



Novice 0790



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