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MARCH 2014 - FREE

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## HUMAN BODIES BATTLE AGAINST 'FAD' OF BAD NUTRITION

The silent world of eating disorders is costing much more than missed meals ..... 14



## STEADFAST WITH STYLE: NATIONAL NEWS QUEEN'S SYDNEY SOFT SPOT

ABC star Karina Carvalho talks about life as a prime-time news anchor ..... 16



## SENIORS HEALTH PROBLEMS HOLDING UP RETIREMENT

Older Australians with chronic health conditions struggle to cope with the cost of living ..... 28



## OUTDOOR KITCHENS LATEST TREND IN HOME ENTERTAINMENT

The humble barbie just got a lot more sophisticated..... 34



## TOHOKU, JAPAN: FROM BULLET TRAINS TO MT ZAO ICE MONSTERS

You don't need a pair of skis to enjoy winter in Japan ..... 44

## FROM THE TEAM

Welcome to the March edition of Sydney Observer. This month we've taken a close look at seniors' lifestyle and discovered new developments in technology and medicine can go a long way to helping Sydney's older folk keep in touch with family and stay healthy.

Younger North Shore residents also feature for Catholic Schools Week this month and, who can go past some delicious recipes as your kitchen begins to cool down this autumn. Speaking of kitchens, the latest fad is turning that unused outdoor space into a stylish outdoor kitchen area where the whole family can gather around for an al fresco meal.

Our cover story features ABC presenter Karina Carvalho who, despite her well-travelled reporting, keeps a soft spot for Sydney's stunning beaches and who can blame her.

Thanks to all readers who gave us the thumbs up for our education and technology coverage. We will keep up with developments in those areas and provide you with top notch practical information.

There is a lot happening in Sydney in March for people of all ages so make sure you get out and enjoy the change of seasons. See the What's On sections in the magazine and let us know how you go!

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### LOOKING TO THE FUTURE

I really enjoyed the article about new smart home technology. The technology is very intriguing and makes me want to look into a smart home of my own. It made me start thinking of the future and what homes will be like in 50 years. The possibilities are endless aren't they! Can't wait till I tell my home to start making dinner or do the washing up!

Rosemary Johnson, North Turramura



### BACK TO SCHOOL WITH HANDY HINTS

Thanks *Sydney Observer* for the back to school info in your last issue. Particularly the laptop and cloud storage advice. Important info for parents with kids buying or using laptops at school. I learn a lot from the laptop article and have a much better knowledge of what to look for and buy when the time comes.

Katrina Murry, St Ives

### PAT REILLY: NORTH SHORE ICON

The cover of Pat Reilly was lovely. So important to remember a North Shore Icon like Pat. We all will miss him very much. Such a shining spirit and fun loving person. He's one of a kind and your story did him justice.

Norma Jackson, Gordon



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.**

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# HEALTH CHECK: REVISITING ALCOHOL'S CANCER LINK

For both men and women alcohol is causing more cancers than first thought

Ian Olver

**ALCOHOL AND CANCER** is a topic that arouses a lot of controversy. Many Australians like the odd drink but don't want to make the connection of a good time to cancer, the world's biggest killer.

The World Health Organisation's (WHO) latest World Cancer Report 2014 shows cancer was responsible for 8.2 million deaths in 2012. And around 340,000 of those deaths were the direct result of alcohol consumption.

The link between alcohol and cancer itself is not news. Way back in 1988, the WHO's International Agency for Research on Cancer (IARC) concluded that alcohol consumption was a group one carcinogen making it a direct cause of cancer in humans.

What has evolved over the past 26 years is evidence showing alcohol caused more cancers than first thought. Alcohol has now been exclusively shown to cause breast cancer in women, bowel cancer in men, and cancers of the mouth, pharynx, larynx and oesophagus in everyone. There is increasing evidence that alcohol causes liver cancer in both women and men as well.

When it comes to cancer patterns, the IARC is the best of the best. It has the world's leading cancer scientists analysing huge population studies within an exhausting evidentiary framework to determine beyond doubt the causes of what is now the world's biggest killer.

One of the most interesting aspects of

the IARC's work is that, despite the baseless catchphrase "everything gives you cancer", the evidence shows there are only a handful of proven cancer-causing agents:

- Tobacco
- The combined effects of obesity, poor diet and physical inactivity
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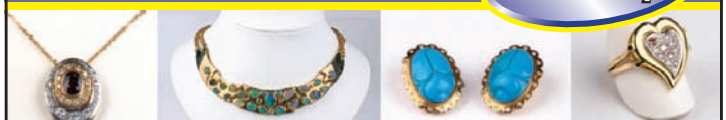
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**Where alcohol fits into the risk mix**

The new WHO report shows around 4.2 per cent of all global cancer deaths are directly attributed to alcohol consumption. In Australia, the percentage is likely to be higher (6.5% according to some analyses). The reason for that is simple: the average Australian drinks more than the average individual from most other countries.

The risk equation in terms of alcohol exposure is straightforward – the more you consume, the higher the risk. As with most carcinogens, continuous, long-term exposure to alcohol does the most damage.

To put some context around the stats, even by the most conservative estimates, more Australians die each year from an alcohol-related cancer than from melanoma.

The good news is that although alcohol is a proven cause of cancer, you can reduce your cancer risk by reducing your alcohol consumption. But it's all a matter of informed choice.

Australian guidelines recommend men and women consume no more than

two standard alcoholic drinks on any given night to reduce the lifetime risk of alcohol-related harm. If you adhere to the guidelines, you will significantly reduce your cancer risk. But even one or two drinks every day over an extended period can increase your cancer risk, especially for women.

**Regulation or public awareness?**

Increased awareness would definitely help. We've long made the case for text warnings on alcohol products, just so people can make an informed choice about that extra drink. Warning labels would remind consumers of the risks whenever they're exposed to the product.

Any potentially harmful product should carry a warning for the consumer: a box of matches does. And, while a misused match can cause death, we're not losing more than 2,000 Australians each year to match-related fires and explosions, as we are to alcohol-related cancers.

We've also long made the case that Aus-

tralia's alcohol taxation system is wrong. Harmful products should be taxed on a proportional basis and linked – where possible – to the agent that causes the harm.

With alcohol products, it's the level of alcohol (and ethanol) that causes cancer, and most of the other alcohol-related health problems so the tax component should be linked to the alcohol volume.

This approach, in addition to deterring people from purchasing the most harmful alcoholic drinks, will give the government a revenue source to help pay for the problems alcohol causes and to fund public education programs. The fact that some wines are cheaper than bottled water says it all!

Until we get better public policy settings to reduce the impact of cancer-related alcohol, it's up to you to make an informed choice.

*Ian Olver is Clinical Professor of Oncology at Cancer Council Australia*



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## Willoughby residents stand firm over proposed Channel Nine development

**MORE THAN 120** local residents rallied together in opposition to the proposed redevelopment of the Channel Nine TV studio site in Artarmon at a public meeting held late last month at Willoughby Uniting Church.

The public meeting hosted by the Planning Assessment Commission (PAC) saw more than 40 residents speak out against Channel Nine's plan to demolish its television studios to make way for up to 450 dwellings across seven new buildings.

Acting Mayor of Willoughby, Councillor Gail Giles-Gidney urged residents to speak up before the the PAC make their final decision at the end of March.

"Willoughby Council has developed an alternative proposal for the site which restricts development to a maximum of 300 dwellings, inclusion of open space as well as contribution to local public school facilities and upgrades of local roads. The community showed strong support for this proposal," Giles-Gidney said.

Representatives from Willoughby Council, three local progress associations, the Willoughby Area Action Group and the Northern Sydney Council of Parents and Citizens Association all spoke out against Channel Nine's proposed \$184 million project.

Chair of the PAC, Gabrielle Kibble, said everyone agreed that some developemnt was needed, with most people supporting Willoughby Council's proposal to limit the construction to 300 dwellings instead of 450.

"I don't think I have ever overseen a planning commission where everyone agreed," Kibble said. "There is something unique about what you have achieved here."

Giles-Gidney said if the proposal was approved against the wishes of the council and community, the state government would need to address how local schools, roads and public transport services would cope.

## Councils benefit from \$600,000 waste management grant

**MANLY, MOSMAN, PITTWATER** and Warringah councils have received a \$600,000 grant over four years to improve waste and resource recovery services for the region.

President of the Shore Regional Organisation of Councils (SHOROC) and Mayor of Pittwater, Cr Jacqueline Townsend, said the NSW Environment Protection Authority (EPA) grants support regional council groups to further develop waste and recycling infrastructure and include the appointment of regional waste coordinators and development of regional waste strategies.

"SHOROC is one of the first regional organisation of councils to appoint a regional waste coordinator - testament to the SHOROC councils' long history of collaborating on waste management, including the joint ownership of the Kimbriki Resource Recovery Centre at Terrey Hills and the adoption of a common waste collection system into the future," Townsend said.

The EPA funding will enable councils to collaborate more closely on effective waste management strategies and fund a new regional waste avoidance plan.

The latest waste data from the EPA shows that while NSW households are recycling almost four per cent more than five years ago and are sending less waste to landfill, the SHOROC region has seen a seven per cent decrease in total waste to landfill from 2007 to 2012.

Townsend believes the grant will help councils manage their waste sustainably.

"These strategies will see the region manage its own waste in a more sustainable manner to reduce waste and increase resource recovery within the region, rather than it being transported elsewhere," Townsend said.

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# HORNSBY KU-RING-GAI HOSPITAL OPENS BREAST-SCREEN NSW CENTRE

Kieran Gair

**HEALTH MINISTER JILLIAN** Skinner has officially opened the BreastScreen NSW centre at Hornsby Ku-ring-gai Hospital.

It is expected that more than 5000 women will be screened within the centre's first year of operation, a 40 per cent increase on the capacity of the former BreastScreen NSW site in Hornsby.

The purpose-built centre will give women access to an enhanced screening service while offering extended opening hours to cater for women who work.

Skinner hopes the centre will promote regular check-ups and encourage more women aged over 50 to get a mammogram.

"One in nine women in NSW will develop breast cancer in their lifetime, and we know that these women have a strong chance of survival if the cancer is detected early," Skinner said.

"I encourage all women aged over 50 to undergo a screening mammogram every two

years. A 30-minute appointment every two years can give you peace of mind."

The redevelopment of Hornsby Ku-ring-gai's breast screening centre is part of an overhaul of health services at the hospital. Following the opening of a \$33.5 million mental health unit last year, the breast screening centre will form part of the \$120 million pledge that the NSW Liberal and National coalition government made to Hornsby Ku-ring-gai Hospital in 2011.

Hornsby MP Matt Kean said the new centre will further enhance frontline health services.

"The Hornsby Ku-ring-gai Hospital campus is being transformed, not just through the major redevelopment project but through the enhancement of vital services, such as this BreastScreen NSW centre," he said.

The renovations at Hornsby Ku-ring-gai Hospital are part of the government's \$1.2 billion pledge to improve the NSW

health system.

Shadow Minister for health, Dr Andrew McDonald, welcomed the opening of the new screening centre as an example of the much needed focus on health care in northern Sydney.

"As one of the fastest growth areas in Sydney, it is important that hospitals in northern Sydney are prepared to deal with the growing population in the area," McDonald said.

"Hornsby Ku-ring-gai Hospital is a vital part of the northern Sydney health network and improving access to breast screening for women is a great thing."

The new screening centre is in the former Lindsay Madew Unit where it will be co-located with breast cancer specialists and nursing staff for patients who need additional care.

The Hornsby, Ku-ring-gai and St Ives Lions Clubs donated almost \$100,000 to equip the surgical unit of the new centre with a biopsy specimen unit and a positioning chair.

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## RIDERS TAKE TO ROAD FOR ANNUAL CHARITY CYCLE

2500 cyclists expected to take to the streets to support not one but four good causes

Kieran Gair

ON SUNDAY MARCH 23, some 2500 cyclists are expected to take to the streets of Turramurra for the Bobbin Head Classic and ride 104km through Bobbin Head Rd towards Akuna Bay all in the name of four great causes.

The race is for everyone and can be as competitive or leisurely as desired, but the cyclists all have one common goal: to raise money for the Lifeline Harbour to Hawkesbury Centre; Eagle Raps, an organisation dedicated to preventing youth suicide; KYDS, a counselling support service for children and their families; and the Bo Children's Hospital in Sierra Leone.

The event is held by the Rotary Clubs of Ku-ring-gai, St Ives and Turramurra. Last year the 1,700 cyclists managed to raise an astounding \$83,000 for Lifeline and the Bo hospital in Sierra Leone.

Director of Turramurra Rotary Club, Roger Norman said the Bobbin Head Classic is a community run family event that is designed

for everyone.

"As the kids – riding with their mums and dads, grandparents and uncles and aunts along the more leisurely 12 Kilometre family ride through the leafy streets of Turramurra and Wahroonga – will tell you, it is about having a great day out, cycling, eating and listening to great live music while doing something for those less fortunate than they are," Norman said.

While 2014 is only the third anniversary of the Bobbin Head Classic, organisers are hoping to raise upwards of \$80,000.

Chairman of Bo Children's Hospital, Laurie Facer, said he was moved to support the hospital in Sierra Leone by a speech from Sydney pediatrician, Dr Nuli Lemoh.

"As Nuli went through the health statistics and how relatively easy it was to prevent these unnecessary deaths and hardships, I knew this was a project that could really make a difference," Facer said.

Initially the project to fund the Bo hospital included the purchase of three acres of land and the construction of a 21 bed treatment area. However, Bo hospital now has diagnostic facilities, an operating theatre and a health education, training and research unit. The Rotary Clubs are now focusing on the costs of running the hospital long-term.

While Bo hospital will receive about 25 per cent of the funds raised from the cycle and Lifeline centres across northern Sydney are set to benefit from half of the donations raised.

Lifeline counsellor, David Hepworth is optimistic that the money raised will help the people who need it most.

"Some calls can be very demanding both emotionally and physically, sometimes taking up to an hour or so to work through. But we need donations to help make sure most of the callers hang up their phone feeling satisfied and are in a better place than when they first rang."

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# HUMAN BODIES BATTLE AGAINST 'FAD' OF BAD NUTRITION

The silent world of eating disorders is costing much more than missed meals

*Kieran Gair*

**EATING DISORDERS ARE** unlikely to lead to criminality, like alcoholism or drug addiction can, or render the sufferer unemployed, however, poor eating habits have crept up to become a real social problem and can even be deadly.

No one feels threatened by eating disorders in the same way people feel threatened by psychotic disorders and unlike anxiety, depression and bipolar disorder, the thoughts of an anorexic are shrouded in secrecy and the illness is easily hidden. But eating disorders are a silent killer, and those who suffer from them become experts at avoiding detection.

Some 9 per cent of Australians suffer from an eating disorder and one in five individuals with Anorexia Nervosa who die prematurely commit suicide. Eating disorders have the highest mortality rate of any mental illness, yet there are an estimated 25,000 Australians who suffer from anorexia alone.

Like many anorexics, Chloe Robson was a master at keeping quiet and hiding her disease from family and friends before being admitted to north side clinic in 2009.

"I thought I was so fat even when I had a body mass index (BMI) of 14. I starved myself for a few weeks and refused to get out of bed, until one day, mum forced me to get up

and cried when she saw how thin I was. I was admitted to north side clinic the next day. But since then I have had several hospital admissions," Robson says.

"I was lucky enough to have private health insurance. A lot of people have to rely on the public health system and that can take ages to get a bed. Unfortunately with our health system, unless you are medically unstable, it is so hard to get a bed and the help you need."

A report by Deloitte Access Economics for the Butterfly Foundation found that 1800 people died from complications arising from eating disorders in 2012. And despite the government's pledge to increase the number of adult treatment beds in NSW public hospitals from four to nine, the risk of premature death for women with anorexia is still six to twelve times higher than the general population.

However, the NSW Minister for Mental Health, Kevin Humphries says the state government will provide \$15.2 million through the NSW Service Plan for People with Eating Disorders to improve the options available for people suffering from anorexia and bulimia.

"This plan represents a giant leap forward in the treatment of eating disorders in NSW. Through it we have made a commitment to build clinical networks, public and private, to

provide a range of treatment options for those with eating disorders," Humphries says.

"We will increase access to inpatient and community-based services, build the capacity of our clinicians to treat those with eating disorders and support the ability of people with eating disorders in regional communities to get earlier and more effective treatment."

## **SOCIAL NETWORKS FUEL CULTURE OF ILL-HEALTH**

While the National Manager of Communications at the Butterfly Foundation, Sarah Spence, is optimistic about the increase in funding and services for eating disorders, she says the number of people affected by diseases like anorexia and bulimia is growing rapidly. And unlike in the past, anorexics and bulimics are turning to the internet to fuel their obsession with staying thin.

"People susceptible, or vulnerable, to eating disorders look at graphic web sites and think what is being encouraged is normal and they should also be like this. So they reinforce inappropriate and dangerous health practices," Spence says.

While the internet helped inform Chloe Robson about the dangers of her illness, it can also enable the desires of the starving to



go underground. Tight-knit online groups thrive through social networking sites like Tumblr, Facebook and LiveJournal, as well as different web forums, and they freely promote the idea that starvation is a lifestyle choice, not an illness.

The online phenomenon even has code names, Ana and Mia. Young people proudly declare they are "Pro-Ana" or "Pro-Mia" and by attaching a woman's name to their illness signal they admire anorexic and bulimic attitudes.

"These web sites encourage worse behaviour in people who are already suffering from anorexia by encouraging very dangerous behaviour, thought patterns, eating and exercise habits," Spence says.

"The spread of 'thynspo' on Instagram and sites such as 'Pro-Ana' and 'Pro-Mia' is particularly concerning given it's most popular with women under 29 - the group most vulnerable to eating disorders."

With mantras like "thinspiration" appearing on Instagram and Twitter, young people, particularly young women, take to the Internet where they are able to share

tips on how to invest in laxatives, how to induce vomiting and how to hide their thinning frames from family and friends.

Robson, who is recovering from anorexia, is well aware that falling back into the silent despair of anorexia is a real danger, especially when some online forums and social networking sites are designed to prey on the vulnerable.

However, Robson hopes the devastating toll her eating disorder has taken on her body will stop her from sinking back into the disease of anorexia.

"The damage to my body is almost irreversible. I have had heart problems and extremely low blood pressure. My sugar levels were so low that I fainted while driving, crashing my car and fracturing some of the vertebrae in my back," Robson says.

Medical Director at Westmead Hospital's Department of Adolescent Medicine, Associate Professor Dr Simon Clarke, says that an eating disorder can stunt the growth of a young woman by the equivalent of up to three years.

"Anorexia can have a severe affect on

your development. Not to mention the stress it can put on your heart, digestive system and kidneys," Clarke says.

"Starving your body is also starving your brain. Confusion, anxiety and poor coordination are all common symptoms of anorexia. In some cases anorexia can lead to an irregular heartbeat (arrhythmia), which can cause death."

Dr Clarke, who pioneered nasogastric feeding - the practice of using a feeding tube to help starving patients gain weight - believes that the medical profession needs to be better informed so patients like Chloe Robson can receive proper care.

"Most doctors are poorly trained in spotting an eating disorder and there are often no factors that point to anorexia. Medical staff need to know what an eating disorder looks like in an emergency ward."

While Clarke estimates he treated upwards of 250 patients last year, he says there are still not enough public beds in the right places.

"We don't have enough money to treat these people and the amount of beds we do have is still a drop in the bucket." ○



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## ABC star Karina Carvalho talks about life as a prime-time news anchor

Kieran Gair

**FOR THE PAST** six years Karina Carvalho has covered compelling and powerful stories for Western Australians, Sydneysiders and Melbournites alike. Now the new face of ABC Queensland's 7pm news bulletin, Carvalho is sharing her edgy style and journalistic flair with our northern neighbours.

Her striking features and steady line of questioning show that Carvalho is a news presenter at the top of her game. Nevertheless, despite the serious posture and probing gaze she adopts for national TV, Carvalho is an avid rugby fan and theatre enthusiast who loves to soak up Sydney's stunning coast whenever she can. Born in Sri Lanka, Carvalho grew up in Perth and graduated from the WA Academy of Performing Arts before taking off for London in 2004.

After a stint at the BBC, Carvalho scoured Australia's big cities and towns, travelled throughout Europe and the USA on assignment and explored the Middle East covering some of the planet's most hard-hitting stories. From flood crises, to the London terrorist attacks, a war in Lebanon and the death of Pope John Paul II, *Sydney Observer* got the rundown of what it's like to cover the issues that matter.

**From the London bombings to a war in Lebanon, you have covered many difficult stories, what was the most challenging for you personally?**

The London bombings were a real shock. When I left for work that morning by bus, the explosions were still being attributed to electrical faults, but by the time I arrived at the BBC about 30 minutes later, we knew it was a terrorist attack. Colleagues spent the day trying to reach family members who took the affected routes while working on coverage of the bombings and getting on with the job. It was remarkable and indicative of the resilience of journalists. Personally, though my family was visiting from Perth, I knew they were safe and well at my flat.

**You anchored coverage from Brisbane during the latest flood crisis, what was that like?**

Covering last year's flood crisis had its challenges because there were so many areas which were affected. From the Lockyer Valley, west of Brisbane to Bundaberg which was hardest hit, there was a lot of information to get across to the audience. Throw in the fact that we were on-air at 5am local time and I was without a field producer, we were fortunate it all went smoothly. And we all breathed a sigh of relief when Brisbane avoided being

flooded for a second consecutive year. But, of course, there were many families and businesses devastated by the floods and we're still covering their stories as they rebuild.

**Where are your favourite places to visit in Sydney? Do you have any favourite restaurants or events you always try to go to?**

I am not alone in loving Sydney. I have to say the Writers Festival is a sensational event showcasing some of the city's best spots. Unsurprisingly, a trip to Bondi is a must when I'm in Sydney – the walk to Bronte takes in the most incredible views and I never get tired of it. I was there most recently as part of the ABC's New Year's Eve program and, while I've seen Sydney's fireworks before, our vantage point from the Opera House was breathtaking. A great way to start 2014!

**You grew up in Perth, have visited Sydney, co-hosted ABC news breakfast in Melbourne and now you're in Brisbane, which is your favourite Australian city?**

Each city has its own personality and I've enjoyed living in all of them. Perth means friends and family and west coast sunsets which can't be beaten. Sydney has everything you want in a world class city and is architecturally and topographically spectacular.

Melbourne is culturally cognisant and chic. Plus it has great coffee. Brisbane is exactly where I want to be right now, there's a sense that it's growing and it's a gateway to some of the world's top tourist destinations. Australia has some of the world's best cities.

**Recently you moved to Queensland to present the 7pm news, what has that been like so far?**

I've loved being in Brisbane, getting to know the ins and outs of a new city. And I'm very much enjoying reading the 7pm news again. I certainly don't miss my alarm going off at 2:45am as it did when I worked on News Breakfast in Melbourne. We've already taken the news to Cairns, Townsville and the Gold Coast, and we would like to do that more. I love getting out of the studio, travelling to all of the wonderful corners of this state and meeting local people. In November, Brisbane will host the G20 Leaders Summit. The eyes of the world will be on the Queensland capital and I'm excited to be a part of the coverage of such a significant event.

**What is the most difficult interview you have ever conducted and why?**

I would have to say the interview I recorded with Bryce Courtenay at his Canberra home a few months before he died. Fairfax had ques-

tioned some of the details he'd written about his life, especially his early years in South Africa. We gave him an opportunity to reply and set the record straight. But as I discovered over the course of our 30 minute interview, the truth isn't always black and white, especially when the person telling it is a professional storyteller. It was quite raw with emotion so we hardly edited the interview. As one of my colleagues told me after watching the interview "it made for uncomfortable viewing". But I think those are the best interviews.

**Can you run us through a normal day in the ABC newsrooms?**

Each day is different, but my work day starts with a conference call at 8:30am where we talk through the day's assignments and how we might treat particular stories. By lunchtime more stories have been added and some that seemed important in the morning seem less so and by the late afternoon they don't make the rundown. We have an afternoon meeting with the studio director, where we run through the stories and any technical details including live crosses to a journalist or guest in the field. Of course, there's the obligatory time in makeup but I'm usually watching the news and checking twitter and emails during that time for developments. As

it gets closer to News time, the sense of urgency increases as we rush to make deadline. And once the 7pm news is over, we don't get to leave. Instead, we have a live news update at 8:30pm. So the days are long, but fun and rewarding.

**March 8 is International Women's Day and this year's theme is 'inspiring change'. What does 'inspiring change' mean to you?**

Many people have remarked to me that there is a growing sense of cynicism about the world. I feel there is a lot to celebrate, especially the expanded scope for women to contribute to public life. Australia has now had a woman Prime Minister and Governor-General. Thus it could be women inspiring further change in the coming decades. The process continues, but there are still challenges. While labour force participation for women has increased dramatically, women still tend to be underpaid relative to men. The participation of women in elite professions and universities - an overwhelmingly positive development - has generated new patterns of marriage and economic inequality, especially in the U.S. In Europe, in particular, multiculturalism has highlighted differences in values regarding sexual liberalisation and women's rights. ○





## HONOURING THE CONTRIBUTIONS OF OUR FOUNDERS

A COUPLE OF weeks ago, I had the opportunity to present the eulogy at the funeral of one of the founders of Redeemer Baptist School and thereby to reflect on the important contributions of founders towards the formation of a great school.

Arthur Marsh was born in 1925 and during his long life held positions as a leading air-craftsman in World War II, a fitter, a milkman and a motor mechanic's assistant – hardly the sort of résumé that you would expect of someone who might be interested in helping to found a school!

But Marsh always loved children. In 1966, with his friend John Randall, Marsh was one of the first to promote the newly established World Vision ministry in Australia. In 1974 – while collecting payments from a customer on his milk run – Marsh responded to a mother's cry for help which resulted in the long-term, successful extended household ministry in the newly formed Redeemer Baptist Church community. This ministry continues to combine with the ministry of Redeemer Baptist School

to provide a safe, hopeful new start for children with particular needs including children from communities suffering extreme poverty.

In 1994 Arthur and his wife Janet joined with other Redeemer members who sold their houses and gave the proceeds to Redeemer ministries. Arthur and Janet's donations provided the initial deposit for Redeemer's magnificent, heritage North Parramatta school campus.

Arthur Marsh is truly representative of the founders of Redeemer Baptist. He was not a man of great learning; he did not have a position of power; and during the founding years of the church and school he was not wealthy. But the Bible says that God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things that are mighty. Throughout his long life, God kept choosing Marsh to be a catalyst for establishing new ministries to help children – through simple, unselfconscious acts of obedience.

No doubt every school could look into

some archives and discover some great stories about the inspiring, visionary contributions of their founders. These stories help to provide the context for the great achievements of our students. And being thankful for what has been given through others may help to stimulate new feats of great social contributions from the next generations of young Australians.

But what of the students who benefit from the abundance of love in the Christian community and quality learning at Redeemer? They are winning awards in science and literacy and creative arts, and they have won University and Dean's Medals and Vice-Chancellor's scholarships. But I pray that they will not become presumptuous and sophisticated in their success. Rather, I pray that generations of Redeemer alumni will imitate those like Arthur Marsh who through simple faith and patience changed their world for the better.

*Russell Bailey, Headmaster  
Redeemer Baptist School*



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# RAVENSWOOD GIRLS' SECRET OF SUCCESS

**RAVENSWOOD HAS** A proud tradition of creating outstanding young women who make their mark on the world, and the Class of 2013 is no exception.

Three Ravenswood students from the Class of 2013 returned to the school to reflect on their education and share the next exciting stage of their journeys.

Berni Viljeon won a prestigious scholarship at Macquarie University. Only eight students in Australia were awarded this scholarship, and two of them were from Ravenswood. The scholarship focused not only on academic ability, but school involvement in extra-curricular and leadership roles. Viljeon was the 2013 Ravenswood Vice-Captain.

"Ravenswood encourages the older girls to be role models. I had a special responsibility as a Year 3 prefect. It was so much fun! It was just the best to hear the younger girls

say 'I want to be just like you!' I will miss them so much," Viljeon said.

Dux of the International Baccalaureate Katherine Chork has been awarded an Academic Scholarship to UNSW to study Arts and Law. Katherine achieved an ATAR 99.80 and said: "It was an active choice to come here, rather than a selective school. I got involved in everything and continued with my music and sport right through Year 12. I started volunteering to teach younger girls gymnastics at Ravenswood, and now I have a part-time job there!"

Dux of the HSC Jemima Cooper is taking a gap year which includes studying languages at the Sorbonne in Paris. She praised the contribution of her teachers.

"I had such a strong bond with them. For example I could never have achieved so much without my Legal Studies teacher, Ms Pitts," Cooper said. She placed fifth in NSW

for Legal Studies and achieved an ATAR of 99.70.

All of the girls acknowledged the role of their teachers. Viljeon said: "They know all of the students so well, and they are all interested in me as a person. They are such great role models as they do so much and do it so humbly. All of the staff took such great care of us."

"Success is serving others. It's not necessarily about being recognised, but knowing you've made a difference," she added.

Everyone is warmly invited to experience the Ravenswood community for themselves at Ravenswood's Open Day on Wednesday, April 2 from 9am to 12 pm.

*For more information:*

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# COALITION UNVEILS PLANS TO MAKE 1500 PUBLIC SCHOOLS INDEPENDENT BY 2017

School principals will be given greater autonomy over school management and selection of staff, a change that comes with a price tag of \$70 million

Tess Gibney

**THE FEDERAL GOVERNMENT** is facing backlash from some states over a \$70 million plan to encourage more public schools to become independent

Federal Education Minister Christopher Pyne has unveiled a plan to implement a \$70 million Independent Public Schools initiative, a policy that will see 1500 Australian schools become independent by 2017.

The plan, which purports to give school principals greater autonomy over school management and the selection of staff, is said to be based on the Western Australia model of independent schooling – where 255 such schools already exist.

Though independent public schools will still be government funded and non-selective in student intake, the way they are managed will have close similarities to the non-government sector.

At the launch of the initiative in Melbourne this month, Victorian minister for Education Martin Dixon warmly welcomed Pyne's plan, and extolled the values of a more sovereign public school system in all states.

"Victorian schools have the highest level of autonomy. The system has withstood changes in political parties leading the state,

and that's because it's the right thing to do for our schools," Dixon says.

Pyne has previously stated that giving greater freedom to public school principals and school board members will alleviate pressures of educational bureaucracy, allowing an improvement in "operational efficiency" and producing "greater student outcomes", a statement the Victorian Education Minister confirmed.

Dixon believes independent schooling means schools will be able to better serve the communities in which they're located.

"It'll mean that the parents, the governance of the school, the principals and the teachers will be better equipped to use the authority and the autonomy they do have to improve student learning. And that's what it's all about, improving student learning," he says.

## Not everyone positive about more independent public schools

However, despite the coalition's claims that independent public schools will be a welcome reform for the "struggling" public education sector in every state, there are concerns that the policy is a distraction from some of the more cogent issues.

Director of the Public Education Foundation and social commentator, Jane Caro, says there is no concrete evidence to suggest independent schools will produce better outcomes for students.

"There's absolutely no evidence that the plan will be beneficial for the public school system. In fact, in Australia we've had the best controlled experiment as to whether making public schools independent has had any effect on student outcomes for the last 20 years – Victoria is already a fully independent public school system," Caro says.

"Is there a huge difference in results after 20 years of devolution in Victoria, between students in Victorian public schools and NSW public schools? No, there is not. There is no difference."

Furthermore, allowing principal's greater autonomy over resource allocation, budget and staff hiring does not mean the Coalition's initiative will enable independent schools to have autonomy over what is taught. In a study released by the Organisation for Economic Co-operation and Development (OECD), it was found that "there is no clear relationship between autonomy in resource allocation and performance at a country level".



Caro believes that making schools independent will do nothing to alleviate severe shortages in teaching staff.

"It doesn't really give principals greater autonomy to choose the teachers they want. We have massive shortages of maths and science teachers and that is not going to change because we have independent schools," Caro says.

### NSW refuses to join Independent Public Schools Fund

NSW Education minister Adrian Piccoli has remained steadfast in his decision not to sign the initiative, making NSW the only state along with South Australia to reject the Federal Government's plans to make a quarter of all public schools independent by 2017.

Piccoli reiterated sentiments that a lack of evidence of direct student benefits was the reason NSW was reluctant to sign.

"We don't believe research supports creating either charter schools or fully independent schools [benefits students]," Piccoli says.

However, in a statement issued direct-

ly by the minister, it was revealed that NSW has been working to steadily increase school autonomy through the Local Schools, Local Decisions reform program, but the state's education policy makers have no plans to adhere to complete independence.

"We think we have the balance right in NSW between local authority for schools and maintaining the benefits of collaboration, shared information and efficient use of resources that comes from being part of one of the world's largest school systems," Piccoli says.

"While we strongly support devolving authority to local schools we have no plans to move further towards wholesale autonomy."

Differing largely from the now-abandoned Gonski review – a reform system that sought to address educational inequalities on the basis of socioeconomic disadvantage – many fear the Independent Public Schools Initiative will facilitate the creation of two-tiered public school system; effectively widening the gap in an already inequitable system.

Caro believes that middle class public

school parents are much more likely to feel confident and interested enough to get involved with school politics.

"The problem is, basically, who are the people that are likely to feel confident enough and interested enough to get on school governing boards? Middle class parents, by and large," Caro says.

"The schools that are operating in much more disadvantaged communities, that is a real problem. Who is going to go on those school governing boards? In marginalised communities, people have very little confidence around schooling [as] they're stretched already [and] if they're working to make ends meet they haven't got that extra time needed."

Shadow Education Minister Kate Ellis could not be reached for comment, however, she has affirmed her ongoing support for the Gonski review.

Caro says the allocation of \$70 million to make 25 per cent of all Australian schools by 2017 is baffling.

"Put the money against Gonski – let's give the money to kids we know need the extra help," Caro says.



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# EVERY CHILD COUNTS DURING CATHOLIC SCHOOLS WEEK

Kieran Gair

**CATHOLIC SCHOOLS ACROSS** the North Shore will celebrate Catholic Schools Week from March 9 to 15 with a host of activities and events designed to highlight the theme of 'every child counts'.

Director of Schools for the Diocese of Broken Bay, Mr Peter Hamill, said the every child counts theme lies at the core of what it means to be a Catholic school.

"Our Catholic schools are very focused on developing the whole individual – mind, body and soul," Hamill said.

"The theme of every child counts is designed to reflect the inherent dignity of every child. We believe that each child is created by God to be unique and that's a great starting point for the way we approach their individualised education."

Hamill said all Catholic schools are committed to providing individual care and attention to each student and their needs.

An example program that focuses on improving the abilities of each child is a new approach to numeracy called Extending Mathematical Understanding (EMU).

"The EMU approach focuses on identifying every student's learning needs and helping them to find new ways of understanding concepts and applying them in ways that build confidence and good learning outcomes," Hamill said.



"The every child counts theme also recognises that the number of students with special needs in our schools has been growing and we are committed to welcoming them and supporting them in every way to reach their educational potential."

Catholic Schools Week is also a time to reflect on the role Catholic schools play in Australian society and the choice they provide for parents.

"Every child does count, and we are hopeful that the federal government will continue to support Catholic school children by providing adequate and ongoing funds to our schools," Hamill said.

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## PARENTING MUST PUT A STOP TO SENSELESS VIOLENCE

John Couani

**LIKE ALL PARENTS** and educators I was shocked and horrified during the Christmas holidays when 18 year old Daniel Christie from Thornleigh died following a single punch at Kings Cross on New Year's Eve, yet another victim of alcohol-fuelled violence.

It again reinforced to me that our youth live in such troubled and challenging times. Confronted by Violence – and surrounded by opportunities to access alcohol and drugs – our youth are growing up in a culture that calls on them to make profound personal decisions.

At the public memorial service in Sydney, Daniel's father, Michael Christie, begged those present not to seek revenge, or carry hate, for his son's "inexplicable" death.

"Daniel would want us all to get on with our lives without adding the extra burden of carrying any negative feelings like hate and revenge," Christie said. "This is very important because it's a legacy to us all from Daniel."

He bravely called on all of us to take action at a personal level: "If change is to be, it's up to each and every one of us," Christie said.

Daniels' mother, Maureen Christie, told mourners: "Daniel was generous, courageous and determined. He sought to understand himself, others, and the world he lived in."

When reading Christie's eulogy for his son I was particularly moved by the powerful mantra that was Daniel's favourite saying: "If it is to be, it's up to me".

In 2013, the St Pius X College communi-

ty was confronted with the same senseless violence when one of our Year 12 students, Liam Knight was victim to a violent act when a metal rod pierced his skull. This single incident of violence significantly impacted not only Liam's life and his family, but his friends and our entire school community. We must see an end to such violence.

At the St Pius X College 2014 Commencement Mass, I addressed the College about what we stand for. In sharing with them the heart-breaking loss of Daniel Christie, and with the memory of Liam Knight in mind, I challenged them to make a positive difference in our world – to take up Daniel's mantra.

I said: "Starting with you and me – bullying stops, cyber-bullying stops, violence stops, sexism stops, homophobia stops and racism stops. Instead we care for each other, we accept each other, we recognise and appreciate difference, we give to those in need and we defend those who are marginalised in our community"

The Year 12 student leaders of all our schools are extraordinary. Their challenge is to lead by example and guidance – to make a positive difference. They have a huge influence and can make such a positive difference not only with their peer group but with younger students.

Our children need clear values taught and modelled at home. Our children listen to us and watch what we do. We need to practice what we preach. Above all, our children need to know

that their parents love them unconditionally.

At Daniel Christie's Memorial Service, the then Governor-General, Quentin Bryce, spoke emotionally outside the church for all Australians when she described Daniel's death as "devastating and unacceptable".

"As Governor-General and if I may say, as a parent, for all parents, all grandmothers, all fathers and grandfathers there can be no place, no excuse, no tolerance for gratuitous violence in our society," Bryce said.

In drawing inspiration and renewed strength from these comments, we as parents and educators, take up the challenge to reaffirm our youth and develop positive behaviours.

St Pius X College Chatswood has adopted the Touchstone of Justice and Solidarity as our theme for 2014. We have committed ourselves to justice and peace for all and to stand with those who are marginalised. For all students in all schools, through the many opportunities provided for them and in their daily actions and interactions with each other, they must have self-belief and confidence that they can make a positive difference.

We take inspiration from Daniel Christie, a young man who sought to understand himself, others and his world and to take on his own mantra as our own: "If it is to be, it is up to me."

*John Couani is principal of St Pius X College, Chatswood.*



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# CELEBRATED CONCERT PIANIST GERARD WILLEMS TO PERFORM AT RAVENSWOOD

**LOCAL MUSIC LOVERS** are in for a special treat at Ravenswood on Monday 11 March. Celebrated concert pianist Gerard Willems will be conducting a master class with gifted Ravenswood students Paula Geng, Semin Park and Elizabeth Wong, as well as Ravenswood Old Girl Paula Lu.

This will be followed by a concert commencing at 7.00 pm featuring the girls and Gerard will also be performing. The concert will feature a Wayne Stuart Concert Grand, which was generously bequeathed by Old Girl and Fidler Fellow Mrs Virginia Farley.

The concert will celebrate the re-opening of the school's 360 seat auditorium following its refurbishment in late 2013.

Gerard Willems is Australia's finest concert pianists. His love affair with the piano began in the early fifties in Holland.

There, at the age of eight, he was awarded a professorial scholarship in pianoforte shortly before migrating with his family to Australia where he spent his early life in a migrant camp south of Sydney.

He has toured extensively and given master classes across the United Kingdom, Europe and Australasia. His repertoire ranges from the Classical through to 20th-century works of Bernstein and Gershwin. He is regarded as a specialist in the first Viennese school.

In 2000 he won the inaugural Queen Elizabeth II Australian Musical Scholarship, and held the Hephzibah Menuhin Chair in Piano as Visiting Professor at the Rubin Academy in Jerusalem. The following year he researched Early Music training in Europe and the United States. In 2008 he was Guest Professor at the Hoch-

schule für Musik in Freiburg, Germany. In 2012 he was artist in residence at the Yong Siew Toh Conservatory of Music in Singapore.

Gerard Willems has been awarded a Centenary Medal and a Member of the Order of Australia (AM) for services to the arts as a concert pianist, educator and mentor to young musicians.

Principal Ms Vicki Steer said "We are delighted to share this event with the local community, and are excited about providing this opportunity for some of our most talented musicians"

*For more information:  
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# SUPERFOODS AND SUPER MYTHS BLUR NUTRITION FACTS

Are so-called superfoods really a health panacea? Or is it all just baseless marketing?

*Rosie Russell*

**HISTORY HAS SHOWN** that dieting and nutrition fads come and go, but the health craze of the moment is so-called “superfoods”. The term is thrown around so often that it’s difficult to know how much is true and how much is marketing.

A superfood is a food that is meant to have a lot of vitamins, antioxidants, minerals and nutrients in one small amount. It is essentially a “health food” in its natural, unprocessed form.

Lifestyle dietitian at the Nutrition and Wellbeing Clinic in Castle Hill, Marike Joubert, believes the current media spotlight on superfoods is both good and bad.

“Because they’re sensationalised, it helps the general public to become more aware of health foods in general,” Joubert says. “I think the downside to superfoods is that we put certain foods on a pedestal, when in fact all wholefoods are really super.”

In Joubert’s opinion, every natural food that comes from a plant has “super” nutritional benefits, but they help the body most when eaten in combination with other foods, rather than just one superfood eaten by itself.

When recommending a superfood to a client, Joubert prefers chia seeds.

“I think chia seeds are awesome, because it’s a really easy way to get omega-3 fatty acids into your body but also they’re a

great source of antioxidants and dietary fibre,” she says.

“They’re really easy to use, you can just put them on your cereal, in a tub of yoghurt, or add them in a stir fry.”

Accredited Practicing Dietitian and Spokesperson for the Dietitians Association of Australia, Milena Katz, cautions against buying into the superfoods hype.

“The things that are often labeled in the media as superfoods are not necessarily the bee’s knees, since there are many other foods that are nutritional powerhouses,” Katz says.

“People are wanting a quick fix. They think ‘if I eat superfoods, all of my transgressions with alcohol, drugs or bad food are going to be wiped out.’”

Katz believes that the term “superfoods” can be misleading for that very reason, implying images of superpowers and superheroes. The key to a healthy, ‘super’ diet is in variety – the more, the better, and Ms Joubert agrees.

“No single food can supply all the nutrients your body needs,” Joubert says.

“There’s no single fix-it-all food or ingredient or magic bullet that can just fix all our ailments and all our diseases. It’s a variety of unrefined wholefoods eaten in their natural form, which provides us with optimal health.”

Walking down any supermarket health

food aisle, it is obvious to see that the prices go up as soon as a food is labeled as organic or a superfood.

However, Katz believes that the nutritional benefits found in a superfood can easily be found in everyday fruits and vegetables.

Goji berries are full of antioxidants and can easily be found in a health food shop with an expensive price tag. But Katz advises that more antioxidants can be found in red apples, at a fraction of the price.

“They cost a lot of money and there’s actually other foods that are just as important, that have just as much of the same nutrients, and would be a lot cheaper to buy.”

Ms Joubert, on the other hand, suggests buying in bulk, especially with a family, and making sure to store them properly and effectively.

“Being clever on how you store your wholefoods is going to be important too, so the nutrients that you’re trying to get from the food is maintained and captured and not reduced over time,” Joubert says.

“I really want to emphasise that it is variety, not a sole food or ingredient, that’s going to do the trick.” ○



## WHAT DO THE PROFESSIONALS THINK?

### Milena Katz

*Accredited Practicing Dietitian and Spokesperson for the Dietitians Association of Australia*

To achieve a balanced and healthy diet, you should be eating 30 to 40 different types of food in a week. While food like sweet potato is great because of its low GI, it is better to eat a variety. Try regular potato, zucchini, corn and a whole range of vegetables.

### Marike Joubert

*Lifestyle Dietitian from the Nutrition and Wellbeing Clinic*

Instead of eating a few different superfoods alone, make a colourful salad with all different types of vegies, some roasted seeds and a splash of olive oil. All these different nutrients can provide a lot more power and protection than when eaten alone.

Beware of salmon, which has been labeled as a superfood but isn’t always one. When salmon are farmed, their omega-3 content is a lot lower than the Atlantic salmon that will have eaten the algae in the streams and rivers.



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# SENIORS HEALTH PROBLEMS HOLDING UP RETIREMENT

Older Australians with chronic health conditions struggle to cope with the cost of living

*Rosie Russell*

**NEARLY FOUR OUT** of five seniors with chronic health problems are earning less than \$500 a week and can't afford to retire, according to new research from the National Seniors Productive Ageing Centre (NSPAC).

While the federal government has toyed with the idea of working beyond the retirement age of 65, chronic illnesses and the rising costs of medical care means many older Australians are too sick to retire and will need to stay in the workforce for longer despite their health.



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NSPAC director, Dr Tim Adair, believes it's unsurprising seniors with a chronic condition are less likely to find work and therefore also earn less.

"And so that obviously has implications for people with health conditions: being able to finance their own retirement, and those people have higher medical costs as well," Adair says.

The NSPAC study found that seniors 60 and over would be able to fund their own treatments more easily if they stayed in the workforce.

It also found that while 80 per cent of 65 to 74-year-olds with chronic health problems are earning \$500 a week or less, only 2 per cent earn more than \$1500 a week.

"For a number of years, federal governments have encouraged workers to remain in the workforce for longer, both to help their own self-sufficiency in retirement, but also to overcome projected shortages in the workforce as baby boomers begin to retire," Adair says.

The Australian Bureau of Statistics predicts that by 2040, the number of people aged over 65 will double to 6.8 million, which will create an increasing demand for government spending on this age group.

"In the past there has been quite a deal of discrimination on the basis of age and there still is to some extent," Adair says.

"But I think as some of these workforce issues are becoming more prevalent with baby boomers beginning to reach their retirement age, many employers are starting to recognise that it is very important to retain older workers, and so are thinking of ways to adapt their workplaces to best accommodate them."

To keep people over 60 in the workforce, NSPAC believes workplaces need to adapt to the requirements of employees with chronic health conditions such as diabetes, back problems, high blood pressure, heart disease and arthritis.

"There have to be appropriate jobs for people aged over 65, especially if they have a health condition," Adair says. "Employers can facilitate people to work beyond 65 if they're willing to do so."

According to an earlier report from NSPAC, those who work longer, including those with chronic illnesses, can gain three to four times the wealth of those who had retired earlier.

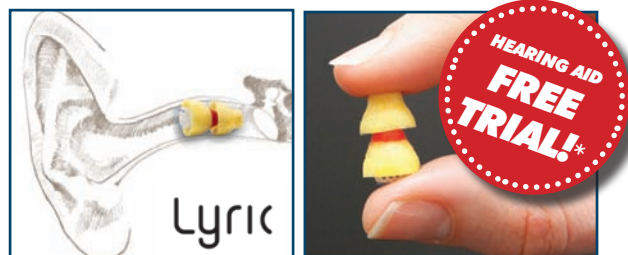
People who continued to work into their 60s also had a far higher median value of net household worth compared with those who had stopped work.

"Flexible work is important and for people who have more physically strenuous jobs perhaps some equipment that can assist them in their work," Adair says. "Health and well-being programs can be quite important, and I think we're finding that increasingly some employers are recognising there is actually a strong business case for retaining older workers." ○

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Enid from Hornsby said: "I found the program to be very informative and useful for teaching me the importance of exercise, as prior to this, I was quite sedentary. I found the team really supportive and the program was well run. The psychology sessions and consultation with the Dietitian were really beneficial and helped me manage my symptoms."

The hospital's CEO, Jude Emmer, said research has shown that rehabilitation post cancer diagnosis can improve the quality of life for people with cancer and their families. At Mt Wilga, approximately 70 per cent of patients present with secondary Lymphoedema and the Hospital is well resourced to provide expert clinical care.

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The complex is constructed of double brick and is beautifully designed with clusters comprising 89 one and two bedroom self-care units set in award-winning gardens. Each unit has its own front entrance, ensuring privacy, and the larger 2 bedroom units have a separate dining room and ensuite bathroom. The units have either a lock-up garage, carport or parking space allocated to them.

There are also 39 serviced apartments, either studio style or one bedroom, situated in the Village Centre.

The levy for the serviced apartment pays for three meals per day, the servicing of the rooms and linen change.

One advantage in buying in **The Cotswolds** is that there are **no Deferred Management fees**.

In the Village Centre, residents are able to enjoy an indoor heated swimming pool and spa and a range of recreational facilities including a library, card room, computer room, a billiard room and indoor carpet bowls. There is also a comfortable lounge area, complete with piano, and a lovely dining room. A public golf course is located opposite the village.

Separate rooms have been provided for visiting medical practitioners, health professionals and for a hairdresser who attends 4 days each week.

All units are fitted with a 24 hour emergency call system to the Registered Nurse, who is on site 24/7.

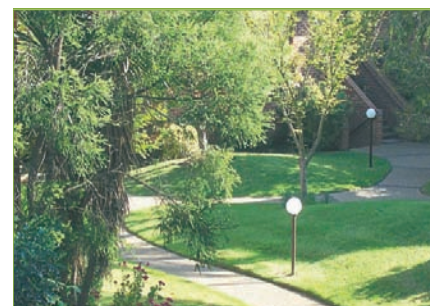
The village bus provides transport to local shopping centres, supplementing the regular bus service which runs to Turramurra Station and also has a week day direct route to the City.

Social activities are also organised on a regular basis for those who wish to participate.

Currently available:

- Studio serviced apartments from \$99,000 - 2 available
- One bedroom self-care unit at \$320,000 - 1 available
- Two bedroom self-care units from \$335,000 - 4 available

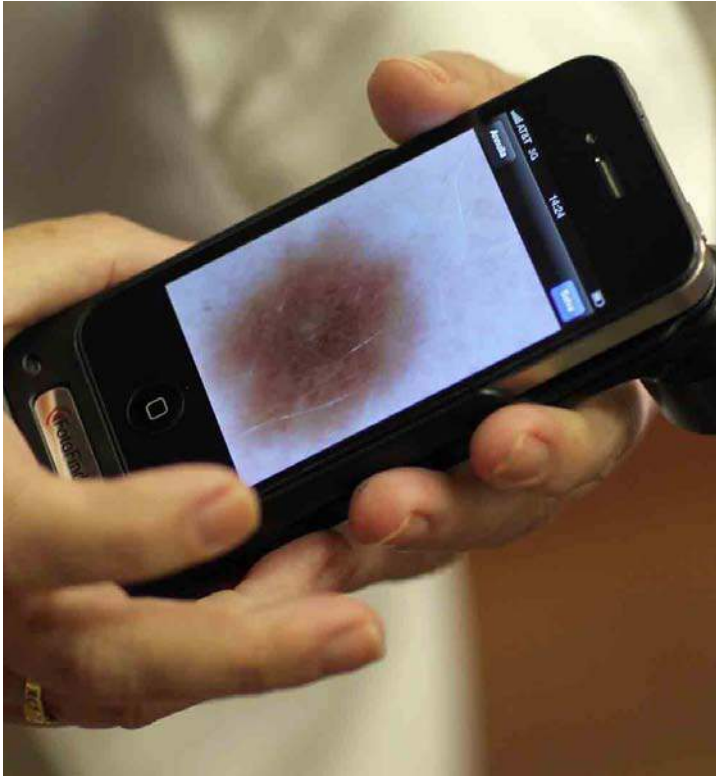
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## DIAL A DIAGNOSIS: DETECTING SKIN CANCER WITH A MOBILE PHONE

We use our phones for just about everything so why use them to diagnose cancer?

*Kieran Gair*

**SMARTPHONES TELL THE** the weather, read out traffic conditions and instantly connect people from around the world, but now app developers are claiming that mobile phones can diagnose skin cancer.

A study published in the *Medical Journal of Australia* by senior research fellow at the Queensland University School of Public Health, Monika Janda and Chair of Queensland University's Dermatology Research Centre, Dr Peter Soyer, found the accuracy and reliability of 'melanoma early detection' apps can range from 6 per cent to over 98 per cent.

"There are many different apps out there and they offer a vast variety of quality of service, so we need to be aware of these differences and people need to inform themselves of what the app can or cannot provide."

"People need to treat these apps as they would any other technology – critically reflect on the pros and cons for themselves and think about exactly how they want to use it and why," Janda says.

While government guidelines for the use of 'medical' apps are non-existent in Australia, the Dermatology Research Centre and the University of Queensland are providing research participants with a magnifying device for their smartphone as part of

a trial of the technology. The device is able to target specific lesions on the body with a polarised light that returns a clear picture and allows the app to provide a brief description of the shape, colour, development and history of the mark.

The app that had the highest level of accuracy sent the image directly to a board-certified dermatologist for analysis. However, Associate Professor Dr Stephen Schumack, President of the Australasian College of Dermatologists and consultant dermatologist at Sydney's Royal North Shore Hospital says it is too early to endorse any skin cancer detection smartphone apps.

"While there is some evidence that apps that take standardised pictures and transmit them to a dermatologist for reporting might be more accurate, there are still so many variables between actually taking the photo and a dermatologist then interpreting the information," Schumack says.

"The equipment that is used to take the photo, who the photo was taken by, which app was used and the lighting and angle of the photo may all effect the reliability of the process."

Despite a five-year survival rate of 90 per cent for men and 94 per cent for women, more than 2000 Australians died from skin cancer in 2011. While local doctors

have over 1 million consultations per year for skin cancer, Dr Janda believes skin cancer detection apps have the potential to boost patient-doctor interactions and provide more accessible ways for people to engage with their health care professionals.

"These apps could engage more people and get them to take a more active role in the health of their skin. It is likely that doctors will increasingly use apps in their practice, or will be asked about results received through such apps by their patients."

However, Skin Cancer Prevention Manager at the NSW Cancer Council, Vanessa Rock, warns against relying on apps to detect skin cancer.

"The biggest worry would be apps with low sensitivity submitting poor images for analysis. Melanoma has a high cure rate if detected and treated early. However, a melanoma that is misdiagnosed and not treated appropriately can move to other parts of the body such as the liver or brain and can become fatal," Rock says.

While there are hopes further studies will lead to more accurate and reliable skin cancer detection apps, the Therapeutic Goods Administration and the NSW Cancer Council are yet to endorse or approve any mobile app that claims to detect skin cancer. ○

# CASELOAD MIDWIFERY BEST FORM OF BEFORE BIRTH CARE

A new study shows one form of antenatal care provides the best of both worlds

Rosie Russell

**SEEING THE SAME** midwife throughout pregnancy could not only be easier on the pocket, but also cause less problems than other forms of care, according to new research from the University of Sydney.

The study compared caseload midwifery care to standard antenatal care and private obstetric care at the Royal Hospital for Women. The results revealed that pregnant women with one midwife were less likely to require an episiotomy, caesarean, or analgesia, and cost the public hospital system less.

Australian College of Midwives spokesperson, Professor Hannah Dahlen, believes that caseload midwifery is far superior to other forms of care.

"There is no model on Earth that provides more continuity and consistency

than caseload midwifery," Dahlen says.

Caseload midwifery is a system where a woman is looked after by one or a small group of midwives during pregnancy and for six weeks afterwards so they are very familiar with one another by the time the baby arrives.

Co-author of the study, Professor Sally Tracy, says the research was a cross-sectional study of around 6000 women who gave birth at the Royal Hospital for Women in Randwick.

"The latest findings help to refute misconceptions that one-to-one midwifery care is expensive or unsuitable [for] complex pregnancies," Tracy says.

Over the course of one financial year, the average woman who chose caseload midwifery care saved over \$1000 com-

pared to those that elected for private obstetric or standard hospital care.

"Childbirth is the single most important reason for hospitalisation and accounts for the highest number of occupied bed days for women, however, the current structure of our maternity system makes it challenging to deliver value for money," Tracy says.

The study found that caseload midwifery patients were 10 times less likely to have an elective caesarean and that first-time low-risk mothers were nearly 60 per cent more likely to have a spontaneous onset of labour and an unassisted vaginal birth.

This is compared to 48.2 per cent who chose standard hospital care and 30.8 per cent with private obstetric care.



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Dr Ian Sweeney

# WHY PREVENTION IS BETTER THAN CURE WITH TOOTH LOSS

**WITH MOST HEALTH** problems, prevention is almost always better than trying to find a cure and tooth loss is no exception.

## Mouthguards

Wearing a mouthguard is essential in the prevention of dental trauma whilst playing sport. Field sports including hockey, cricket and, of course, the contact football codes are all "at risk" sports for dental trauma. The simple act of wearing a custom fitted mouthguard can dramatically reduce the affect of a blow to the mouth.

Following the unfortunate event of losing a tooth, there are five options available. One option involves doing nothing; the other four involve restoring the missing tooth.

## Do Nothing

The advantage of doing nothing is that it is a simple, cost neutral, non-invasive option. Apart from the aesthetic concern of doing

nothing, the adjacent teeth may move, tilt, drift or over-erupt, potentially causing a larger problem in the future.

## Orthodontics

In some circumstances, orthodontic movement of the adjacent teeth to close the space created by the lost tooth may be the most appropriate option.

## Removable partial denture

This is a removable appliance worn in the mouth and is supported by the remaining teeth. A relatively simple option, however many people do not like the feel of having a foreign object in their mouth.

## Fixed bridgework

Bridges are supported by the adjacent teeth. The adjacent teeth are crowned and these crowns support the artificial tooth which is cemented into place. The disadvantage of a fixed bridge is the need to have three or more teeth joined together making cleaning

more difficult. If the adjacent teeth already have large restorations, they may benefit from being crowned. However, if the adjacent teeth are very heavily restored, the extra load from supporting the additional tooth may be detrimental to their long term prognosis.

## Implant supported teeth

The major advantage of this method is that no other teeth or appliances are used to replace the missing teeth. Essentially the missing tooth is replaced with a new tooth, without involving any of the remaining natural teeth. The down side of implants is that surgery is involved and the overall recovery time frame is extended.

*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 Turrumurra. Ph: 9144 4522.*





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# WHATS ON FOR SENIORS March 2014

## 14 March

### Cirque du Seniors

12pm – 1pm (free)

Roll Up, Roll Up! And get some comfy gear on! Take this lunchtime workshop and try your hand at some circus skills. We are never too old to try something new. So get your game face on for Seniors Week this year and test out your circus potential!

**Where:** Glebe Library, 186 Glebe Point Rd, Glebe

**Contact:** 9265 9333

## 15 - 22 March

### High Tea At Sea Cruise

2:30pm – 3:45pm (\$39 per person)

All aboard for High Tea at Sea. Ladies and gentlemen your tea is served with a delicious selection of hot and cold treats that will tempt both your sweet and savoury tastes.

**Where:** Captain Cook Cruises, No.6 Jetty Circular Quay, Sydney

**Contact:** 9206 1111



## 16 March

### Ticking off your Bucket List

2:00pm - 5:15pm (free)

Tick those 'Bucket List' aspirations off and realise your dreams in retirement. Listen to this inspirational group of panellists discussing how not to lose your Mojo as you age!

**Where:** Council Chambers, Civic Centre, Civic Drive, Dee Why

**Contact:** Jessica Hagen - 9942 2354

## 16 March - 23 March

### Willoughby Seniors Film Afternoons

3:30pm - 5:45pm (free)

Enjoy an afternoon or two at the movies on the giant outdoor screen. Screening High Society and Calendar Girls, we invite you to bring families and friends and delight in these wonderful movies.

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

**Contact:** Kathy Whale - 9777 7581

## 18 March

### Never Too Old To Learn

10:30am - 1:30pm (free)

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**Contact:** 9868 4056

## 19 March

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**Where:** Centre for Seniors Gilroy Lane, Turrumurra

**Contact:** 9418 1228



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# LEARNING AND LOYALTY KEY TO LONG-TERM BUSINESS SUCCESS

**IN MEETING WITH** Alan Thomson of Thomson's Outdoor Pine in Thornleigh it's interesting to learn how Alan's business has evolved over the past 22 years. He now heads up a staff of fourteen permanent employees.

Alan grew up in Sydney and went on to university completing a civil engineering degree. During his early work experience he developed an interest in pine timber. Thomson's now sell a large range of hardwoods in addition to pine and hardware items to both trades people and the general public.

In 1991 Thomson's Outdoor Pine was launched. Thomson's relocated from its initial site to a large site at 5 Chilvers Road, Thornleigh. The timber yard and warehouse is the heart of the business and here they perform much of the building and assembling for jobs prior to installation.

Thomson's sell direct to the general public as well as trades. The major part of business is in the installation of pergolas, decks, carports, timber privacy screens, gates and

custom built timber structures.

Thomson believes as a business owner his greatest challenge has been scheduling work and meeting customer's timeframes and expectations. And keeping a hands-on approach in business is essential. He is involved in all aspects of his business and believes customer loyalty is the key to success.

Many employers find taking on apprentices a challenge in today's environment. Alan believes it's both a social and an industry responsibility to develop young people's skills, and while it is a significant investment in employing and equipping staff, Alan believes his employees are "a major asset of the business".

Alan is also a very keen and competitive ocean swimmer and swims most days, meeting at 7am with a large group of swimmers at Manly Beach.

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# OUTDOOR KITCHENS LATEST TREND IN HOME ENTERTAINING

The humble barbie just got a lot more sophisticated

*Kieran Gair*



**LONG SUMMERS, ICE** cold beers and plenty of sausages is all we usually need to enjoy the outdoors, but times are changing, and Australia is facing an outdoor dining revolution. Today more and more suburban Australians are investing in the pinnacle of home entertaining – turning your kitchen into a spectacular outdoor living space.

Sales and marketing manager at Sydney Outdoor Kitchens, John McGran, says outdoor kitchens allow you to utilise so much more of your home and take advantage of Australia’s climate.

“When you’re entertaining you can turn what can be a chore for some people into part of the celebration,” McGran says.

“The beauty of an outdoor kitchen is that you have all of your utensils right with you. The fridge is filled with drinks and salads, the cabinets take care of the cutlery and plates and people can hover around the barbeque. Outdoor kitchens keep everyone together.”

Outdoor kitchens are also changing the way we entertain and cook. In the past the barbeque was something left off to the side, but by making the barbeque the centre of your outdoor experience and surrounding it with the luxury look of a kitchen, everybody gets involved during meal preparation.

## KEEPING YOUR KITCHEN STYLISH

Outdoor kitchens can be very comprehensive and include a barbeque, sink, cabinets and a fridge. McGran says many people extend beyond this and include everything from a dishwasher and fireplace to a TV and teppanyaki bar.

“People want to make the most of their outdoor kitchen so it is not unusual for the kitchen to extend to an outdoor lounge as people want to experience everything that an outdoor lifestyle has to offer,” McGran says.

“The latest trends are granite or caesar-style stone bench tops, and glass cupboards have taken off. We have also seen a gradual move to the more traditional European charcoal barbeque.”

Managing director of Kastell Kitchens, Vince Monteverde, says Teppanyaki and Wok bars are a new take on outdoor cooking.

“A lot of people are stuck in their ways and always buy barbeques and don’t like to use the hot plate. But teppanyaki bars are quite streamlined and look ultra sleek. You [can] have two different looks and two different styles of cooking,” Monteverde says.

## PLANNING YOUR OUTDOOR KITCHEN

There are many things to consider while planning an outdoor kitchen and there are experi-

enced designers available for help.

What do you need to consider before building an outdoor kitchen? Monteverde says you need to ask yourself: “How big is the family? What is the average number of people coming to your barbeques? How much dining space is sufficient? And, how much paved and deck area will be enough?”

Style wise, outdoor kitchens will usually complement the architectural style of your home. If you have a contemporary home, a more minimalist look is recommended. If you have a federation style home, some of the cabinetry and tabletops should match the flavour by using timber and heritage colours.

## BALANCING THE BUDGET

When planning your outdoor kitchen you have to think of your budget. Expect to spend around \$20,000 on an outdoor kitchen with a fridge, sink, teppanyaki bar and cabinets, not including floor tiling. However, an all-inclusive package can go up to \$40,000 depending on how much you are going to use it. This will determine how much you want to spend.

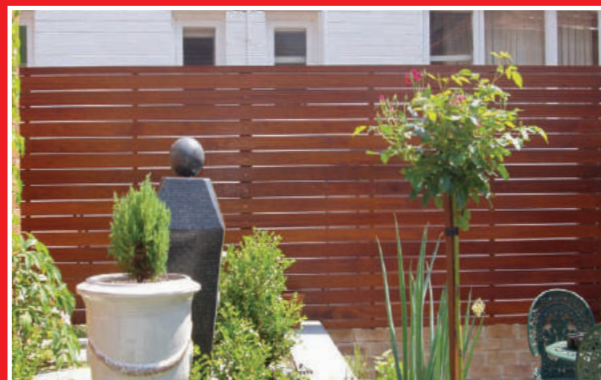
While it may not be a necessity quite yet, an outdoor kitchen is undoubtedly a game-changer for your entertaining options. It adds just that little bit more luxury and relaxation to your lifestyle. ○



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# GO A BIT PALMY TO RELAX THIS AUTUMN

*Karla Davies*

**PALMS CONJURE UP** many feelings, mostly a sense of well-being, relaxation and beauty – so why not go palmy yourself? Palms are a great option for the home garden and grow well in Sydney as long as you choose the right type for your location.

Senior Horticulturist at Sydney's Royal Botanic Gardens, Paul Nicholson, says palms range in size from giants such as Majestic Palm (*ravenea rivularis*) to small growing understorey plants well suited to pots like Parlour Palm (*chamaedorea elegans*) and picking the right palm for your location is vital to the longevity and success of the planting.

Nicholson says palms are low maintenance plants that require regular moisture, good drainage and consistent application of a fertiliser.



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**PLAN FOR A PALM GROVE**

A good option for a home garden is to make your own palm grove.

“A palm grove creates a tropical look to a landscape and can provide vertical scale without blocking vistas,” Nicholson says.

It is worth visiting the Royal Botanic Gardens to see its palm grove which is currently being restored following the successful relocation of flying-foxes, which, at their peak, reached 22,000. The flying-foxes killed 30 palms, 28 mature trees and many understorey plants. The garden commenced the relocation program in 2012 and now there are no flying foxes roosting there.

The restoration of the palm grove is supported by Illawarra businessman Colin Wilson who donated more than 1300 palms towards its restoration after he saw the damage flying-foxes caused.

“Something I really must stress is if you grow palms in your own home-garden, find out what species they are, as they could be

rare and endangered in their natural habitat. If so, we need to be very careful that the rare species in our collections do not die with us,” Wilson says.

**AUTUMN VIBES AN AFRICAN PALM PARADE**

Another way to find out more about palms is by attending Autumn Vibes on March 9 at the Royal Botanic Gardens. The theme this year is Africa which includes a fascinating walk and talk titled ‘Palms of Africa & Madagascar’ to be given by Paul Nicholson.

“Africa itself isn’t a world hot-spot for palms – there are around 50 species of palm that occur there, but on the nearby island of Madagascar there are around 195 species of palms,” Nicholson says.

“The two most famous palms – and extensively planted worldwide, excluding the coconut – occur naturally in Africa. The date palm (Phoenix dactylifera) and the palm oil palm, (Elaeis guineensis) both come from

the African continent. Madagascar, by contrast, has a great diversity of palms due to the unique geology and ecology of the island which has resulted in many unique habitats which has led to a high degree of speciation.”

According to Nicholson, there are around 50 African palm species growing at the Royal Botanic Gardens and many of the Madagascan palms are well suited to cultivation in coastal Sydney, particularly the genera *Dyopsis* and *Ravenea*.

Some of the key features of the Autumn Vibes walk/talk that Paul Nicholson will give include viewing the recently discovered self destructive palm (*Tahinia spectabilis*) and the palm oil palm; a walk through the palm grove to see some African palms; and a lesson the palm grove rejuvenation project. ○

*Karla Davies is the Public Relations Manager at the Royal Botanic Gardens and Domain Trust, Sydney*

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# MOBILE TAPESTRY GETS SENIORS CONNECTED

New mobile apps help seniors connect like never before

Kieran Gair



**WHILE THE DAYS** of rifling through address books and fiddling with dial-up internet connections are long gone, staying in touch with family and friends can still be a challenge, especially for older Australians who may not be as tech-savvy as the rest of the family.

However a new mobile app, called Tapestry, is an easy way for seniors and their families to stay connected across multiple generations. The app gives seniors access to their email, family photos and Facebook account. Users can also get access to popular social media networks like Instagram and Google+ by tapping the Tapestry icon on their iPhone, Android handset or tablet.

Founder Andrew Dowling has made the app available to all after first trialling it with seniors last year.

"Tapestry is about integrating all technologies for users in the one place," Dowling says.

Tapestry's private social network is designed specifically for seniors and their families. It works by one family member opening a family account and inviting other members to join the group. Family members can start adding photos to the page that everyone in the group can look at and interact with.

The app is designed to make interaction between family members easy and Dowling says even his grandmother is a fan of the app.

"Her room is smaller than the one I'm in now and her only social interaction is with family members when we come to visit. She had a digital photo frame but it's always turned off. With Tapestry, the tablet will tell you when a new photo arrives," Dowling says.

"What's amazed us is the impact its had on her feeling connected with the family. If she sees a photo of someone's birthday party she'll give them a call."

In 2012 Dowling tested Tapestry at an aged care facility in southern Sydney. All the people involved in the trial, who had never so much as touched a tablet before, became regular users of the app after the trial ended.

After raising \$600,000 and securing a federal government grant of nearly half a million dollars, Dowling is now targeting the US market and aged care facilities.

"Because of increasing competition big aged care facilities want to differentiate themselves," he says. "The idea is that Tapestry will be a place where people can order services like meals and a taxi from their facility." ○



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## GIVE BOWLS A GO AT GORDON



"GIVE BOWLS A GO" is the message the Gordon Bowling Club is endeavouring to give to the men and women of the North Shore.

On Sunday, April 6 Gordon Bowling Club is having an open day from 10am to 2pm for all to come and try your hand at bowls. Bowls is a great social activity, not only for our seniors, but also very much for the young. Some have the perception that bowls is an old folk's activity, but all the top men's and women's bowls champions are in their 20s and 30s. At Gordon Bowling Club our age range is from 30 to over 90.

Bowling helps to build, and retain, a freshness in mind and body.

There are various types of games that are played. The main social games are played as team events with either two, three or four players. The men play on Wednesdays and Saturdays and the women on Tuesdays and Thursdays. There are also many in-house competitions throughout the year. Our bowling greens are also hired out to various groups for "barefoot bowling" as seen in the photo below.

We have many social events throughout the year and many great friendships are made within the club. Come along on Sunday, April 6 and try your hand at bowls. We have many of our members eagerly waiting to coach you in this rewarding and enjoyable game. Complimentary refreshments and light lunch will be available. If rained out, the open day will be on Sunday, April 13. See our website at [www.gordonbowlingclub.org.au](http://www.gordonbowlingclub.org.au) or phone 0414 785 050.

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# TOHOKU, JAPAN: FROM BULLET TRAINS TO MT ZAO ICE MONSTERS

Geeta Kumria

**FOR SOMEONE TRAVELLING** to Japan without skis in the middle of her coldest winter in more than 30 years the first questions everyone asks are why are you going and where is Tohoku?

Tohoku is the north eastern area of the Honshu Island (Japan's largest island) and it is divided in seven prefectures. It prides itself on being the heartbeat of Japan as this is the area which has the rice paddies, the salmon farms and is also the traditional snow skiing region of Japan.

Mount Zao is an active volcano and is located on the border of Yamagata and Miyagi prefectures. It has spectacular Ice Monsters of the Zao Mountains – the mysterious winter phenomenon created by a unique climate meeting of Russia and Japan. Dry winds from Siberia combine with the moisture over the Sea of Japan and when these winds collide with the Maries' Fir trees on the mountain and freeze, it creates a work of natural art which looks like an Ice Monster, or some surreal beast, sculpted from snow. A forest full of Fir trees covered in snow and looking like Ice Monsters attracts people to Tohoku region from around the world in winter.

Another great attraction on the Zao Mountain is the statue of a meditating Buddha, which was covered up to its neck under the snow in February. It is striking statue on top of the snow covered Mt Zao and gives visitors a purpose to venture out in minus 13 degrees.

## IWATE PREFECTURE

### ‡ Iwate Snow Festival at Koiwai Farms

In winter you have to expect snow festivals in almost every country, but to visit the Snow Festival of Iwate is awe inspiring. They had transported more than 1400 truckloads of snow to make huge and inspiring sculptures to entertain both young and old. The maze was brilliant and restaurants in the igloos were a real novelty. A family rents an igloo for an hour or so and have their hot meal inside – amazing since there is a stove used to make the hot pot and the igloo does not melt. They are also private rooms for meals in a very public place so I must book an igloo for dinner next time.

All the ice sculptures are lighted at night creating a sight to behold. What does one need when the temperature is below zero? Ice cream, of course. There is a long queue for the Softie Ice Cream, but Koiwai Farm has THE BEST ice cream in the world and visitors cannot leave Iwate without tasting it.





## NIIGATA PREFECTURE

### ‡ Salmon museum and historic houses

A place where a humble fish has a museum dedicated to it says a lot about the Japanese and seafood. Murakami Salmon Museum displays information about the salmon species, growing method and the history of salmon breeding in captivity. And the museum guide is so enthusiastic it rubs off onto the visitors.

Murakami is a peaceful country town and the salmon preservation house, sake house and the old teahouse coupled with snow-covered historic houses creates a beautiful street scrape and very little traffic makes strolling in this town a real pleasure.

## FUKUSHIMA PREFECTURE

### ‡ Tsuruga Castle home to the Samurai

Tsuruga Castle at Aizu-Wakamatsu Town in the Fukushima prefecture was originally built in 1368 but was destroyed after changing hands over the centuries amongst the warring Samurai clans. It has a long and proud Samurai history. The castle was rebuilt in the 1960s and is surrounded by a beautiful park. In winter there is a candle festival at this castle and this year there were more than 7000 art candles used. The night was so beautiful and dreamy you forget about the cold and queue to get your photos taken with the fierce-looking Samurai warriors.

### ‡ Aizu Sake Museum holds smooth skin secret

Aizu contains three ingredients needed to brew good quality sake: high quality rice, pure water and cold weather. The best by-product of these three ingredients has not only been the great tasting sake of the Aizu

region, but the perfect smooth hands of the sake brewers, as was discovered by Proctor and Gamble (P&G). P&G launched a skin care range based on the special yeast Pitera which is present in the yeast fermentation process for sake. Since Aizu's sake brewers could avail themselves to these three things before the advent of modern technology, the region has had a long tradition of sake brewing and very smooth hands of the sake brewers.

The Aizu Sake Museum offers visitors a look at both Aizu's sake brewing history and the sake making process. Both modern and traditional sake making equipment is on display. Adding to the enjoyment of a visit, some sake sampling opportunities are available.

### ‡ Hanamaki Wanko Soba all Japan noodle eating competition

Some of the funniest moments came when watching the Soba noodle eating competition. As many as 100 bowls of Soba noodles were sculled down in three minutes by children as young as 10. At the ringing of the bell on completion of the three minutes the audience was feeling quite sorry for the participants, but it was a hilarious sight to see the faces and the last bowl of noodles kept in the mouth instead of being swallowed.

For a nation which is so healthy and fitness-conscious seeing this all you can eat competition brought the smiles on the visitors' faces and lasting memories.

*Writer travelled to Japan at the invitation of Tohoku Tourism.  
For more information: [www.en.tohokukanko.jp](http://www.en.tohokukanko.jp)*





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# FAMILY FAVOURITE AUTUMN RECIPES SET TO WARM COOLING SYDNEY KITCHENS



Tess Gibney

**SORRY TO BE** brash, but summer is officially over. It's March, and though daylight savings still keeps the sun high in the sky for another month, there is now a creeping, albeit tangible, chill to the early mornings and late evenings. As we start to welcome the comforting homeliness of a wintry mindset, it's only natural to want to leave behind the total lightness of summer dessert. Sorbet suddenly doesn't seem so right. What, exactly, is one to eat as we wave goodbye to the last whiffs of summer?

We've compiled these two dessert, snack or breakfast recipes to get you through the coming months. They're super easy to make and most of the ingredients are things you'll have lying about in the pantry. Just in time too, as the last of the February heat waves wane, it's safe to finally turn that oven on.



## THE BEST BANANA AND BERRY MUFFINS

This is a fantastic, satisfying recipe that is free of both processed sugar and fats.

It's tempting to abandon fresh ingredients in favour of rich, creamy, sugary ones as the months get colder – but treats don't have to be so heavy. These autumnal breakfast muffins are sourced from popular Instagram feed and blog; George Eats ([georgeats.blogspot.com.au](http://georgeats.blogspot.com.au)) and are satisfyingly dense, rich and zesty at the same time – the perfect meld of flavours for the seasonal straddle.

### Ingredients

- 2 well ripened bananas
- 1/2 cup berries (I used frozen mixed berries)
- 1 cup almond meal
- 2 eggs
- 1/2 gluten free rolled oats
- 2 tsp cinnamon
- 1 tsp chia seeds
- 1 1/2 tbs maple syrup
- 1 tsp baking powder
- good squeeze of lemon juice
- 1/2 cup Greek yoghurt

### Method

- ➔ Start by preheating your oven to 180 degrees.
- ➔ Mash up the ripened bananas in a large mixing bowl – follow with the rest of the ingredients (aside from the lemon and the baking powder). Mix well until combined.
- ➔ Add the baking powder and then squeeze the lemon on top (watch it fizzle!).
- ➔ Grease and line six muffin tin holes and fill to the brim.
- ➔ Bake for 30 minutes (give or take – make sure to test them first to make sure they're cooked through).
- ➔ Garnish the top with pumpkin seeds, a drizzle of honey and a pinch of brown sugar. Serve warm with creamy Greek yoghurt and organic maple syrup.

## OATMEAL CHOCOLATE CHIP COOKIES

There's nothing like curling up with a cup of tea and a biscuit on a grey afternoon in March. Maybe we're embracing the forthcoming weather too excitedly, but cold snaps do have some perks. These oatmeal cookies are comforting and decadent – what more does one need to accompany an afternoon brew? (sourced from Teresa Cutter – "The Healthy Chef")

### Ingredients

200 g (2 cups/7 oz) organic rolled oats  
 50 g (1 3/4 oz) flaked or desiccated coconut  
 60 g (2 oz) macadamia nut oil or your choice cold pressed coconut oil or butter (melted)  
 60 g (2 oz) manuka honey or organic maple syrup  
 1 organic egg  
 100 g (3 1/2 oz) block good quality dark eating chocolate 85% – 90% based on your taste

### Method

- Preheat your oven to 150 C / 300 F. Combine oats, coconut, oil or melted butter, honey and egg into a mixing bowl. Mix through with your hands for a few minutes – squishing the ingredients together until the cookie starts to come together.
- I often like to rest the mixture for five minutes after mixing so the oats soften a little more and hold together when squished.
- Chop up the chocolate with a large knife. Add chocolate to the oats and mix through.
- Form into 12 cookies – I love using a small ice cream scoop for this.
- Place onto a prepared baking tray and flatten slightly.
- Bake for approximately 20 minutes, or until golden. Check half way through the cooking, they are delicate so you need to watch them.
- Remove from the oven and cool completely. Enjoy any time.



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## WHAT'S ON March 2014

**12 March**

### Keep calm and start blogging!

**10:30am - 12:30pm (free)**

Learn from Ku-ring-gai Historical Society member and one of Australia's foremost bloggers, Geniaus (aka Jill Ball) how you can use blogs to preserve your stories, record your travels, share your recipes, or as a journal. Examples of different types of blogs will be provided. Morning tea included - bookings essential Part of KHS Seniors Week program

**Where:** Gordon Library Meeting Room 1, 799

Pacific Hwy, Gordon

**Contact:** 9499 4568

**17 March**

### How to research your family history

**10:30am - 12:30pm (free)**

Vice President of Ku-ring-gai Historical Society (KHS) and leader of the Family History Group, local identity Jo Harris will give a highly entertaining presentation on getting started with researching your family history. Morning tea provided. Bookings essential. Part of the Seniors Week program.

**Where:** Gordon Library Meeting Room 2, 799

Pacific Hwy, Gordon

**Contact:** 9499 4568



**16 March**

### Twilight Croquet For Seniors

**3:30pm - 6pm (free)**

Want to try croquet? Come along and enjoy this free event with some afternoon tea, followed by a lesson and game.

**Where:** Strathfield Croquet Club Inc, 50 Redmyre Road, Strathfield

**Contact:** 9736 3410

**17 March**

### NSW Seniors Week – Golf Open

**1:30pm - 4pm (\$20)**

Dust off your golf clubs or borrow a mates and take part our 9 hole golf open. Prizes on offer for longest drive, straightest drive, nearest the pins and best scores on the day. To keep the field moving maximum score per hole will apply.

**Where:** Ryde-Parramatta Golf Club, 1156 Victoria Road, West Ryde

**Contact:** 9874 1204



**18 – 20 March**

### 2014 Premier's Seniors Week Gala Concerts

**(60 and overs are for free)**

The theme is: You Make Me Feel Like Dancing - A Tribute to the Music of the '70s. The show will feature some of Australia's finest entertainers, celebrating the music of Leo Sayer, Neil Diamond, Carole King, ABBA, The Village People, Cat Stevens, The Carpenters, Elton John, The Beatles, The Bee Gees, Barbra Streisand, Barry White, Skyhooks, The Jackson 5 and Stevie Wonder.

**Where:** Qantas Credit Union Arena

**Contact:** 1300 855 501

**19 March**

### Creating an Australian garden

**10am - 12:30pm**

Join celebrity garden guru Angus Stewart for a celebration of native plants and gardens! The Ku-ring-gai Wildflower Garden is home to over 500 species of native plants and a diversity of fauna. Learn about the unique Sydney Sandstone habitat and get expert advice on how to create or improve a native garden on your property.

Each participant will receive a native plant to take home and a complimentary morning tea will be served.

**Where:** Ku-ring-gai Wildflower Garden, 420 Mona Vale Rd, St Ives

**Contact:** 9424 0353

**19 March**

### Computer Pals Open Day

**10am - 2pm (free)**

Want help with your computer skills? Computer Pals are holding an open day! Come along and chat with their like minded computer experts and find out how they can help you.

**Where:** Centre for Seniors Gilroy Lane, Turramurra

**Contact:** 9418 1228

**21 March**

### Golf Clinic for Beginners

**9am - 12pm (free)**

Free golf clinic for beginners. Discover the basics of the golf swing. Learn stance and posture. Have fun driving, chipping and putting. Enjoy the golfing experience. The clinics will be followed by a few holes of golf on the course.

**Where:** Marrickville Golf Sporting & Community Club, Wharf street, Marrickville

**Contact:** 9558 1876

**29 March**

### Earth hour at Hux dining

**7:30pm - 9:30pm (\$40 pp)**

Join former Masterchef contestant and local chef Jay Huxley in a candlelit sustainable feast, as we celebrate going 'beyond the hour'. A delicious 4 course meal with biodynamic wine will be served to the soothing sounds of an acoustic guitar. All ingredients on the menu are locally sourced and a vegetarian option is available.

**Where:** Hux Grill, 108 Pacific Highway, Roseville

**Contact:** 9424 0844



**30 March**

### Dogs day out

**10am - 3pm (free)**

There will be lots of interactive stalls, dog sport demonstrations, fashions on leash, competitions, and informative talks and games for you, your dog and your whole family. Ku-ring-gai Council is currently accepting expressions of interest for stallholders.

**Where:** St Ives Showground, 450 Mona Vale Rd, St Ives

**Contact:** 9424 0000

# SYDNEY ROYAL EASTER SHOW GIVEAWAY

## SYDNEY ROYAL EASTER SHOW - 10X DOUBLE PASSES TO GIVEAWAY

It's time to let your senses run wild at the biggest celebration of the country coming to the city – the Sydney Royal Easter Show.

There's loads of new entertainment that's sure to "wow" showgoers, including Dinosaur Adventures – an interactive walk-through exhibition featuring 29 life-sized animated creatures with reptilian skin that roar, breathe and stomp.

Making its debut in Sydney is Goin' Ape – Gorillas in your midst. Performed all around the world, showgoers will be entertained by the antics of a family of four naturalistic mountain gorilla performers and their intrepid explorer friend.

But it's the brand new, evening entertainment on the Main Arena, featuring a spectacular 12-minute fireworks finale that will surely get the kids fired up!



## SYDNEY COMEDY FESTIVAL CRACKER NIGHT - 3X DOUBLE PASSES

Over two huge nights and five different venues, it's quite simply Sydney's biggest night of comedy! Featuring a dazzling line up of the biggest and best Australian legends, international stars and next big things of comedy, Sydney Comedy Festival's Cracker Night kicks the festival off with a bang!



## HOW TO ENTER

If you would like to enter any of the giveaway draws, tell us in 50 words or less, 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

CROSSWORDS

HANDY 3413 (BOARD GAMES)

B	O	A	R	D	G	A	M	E	S	C	L	A	M	
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SUDOKU

Novice 1023

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

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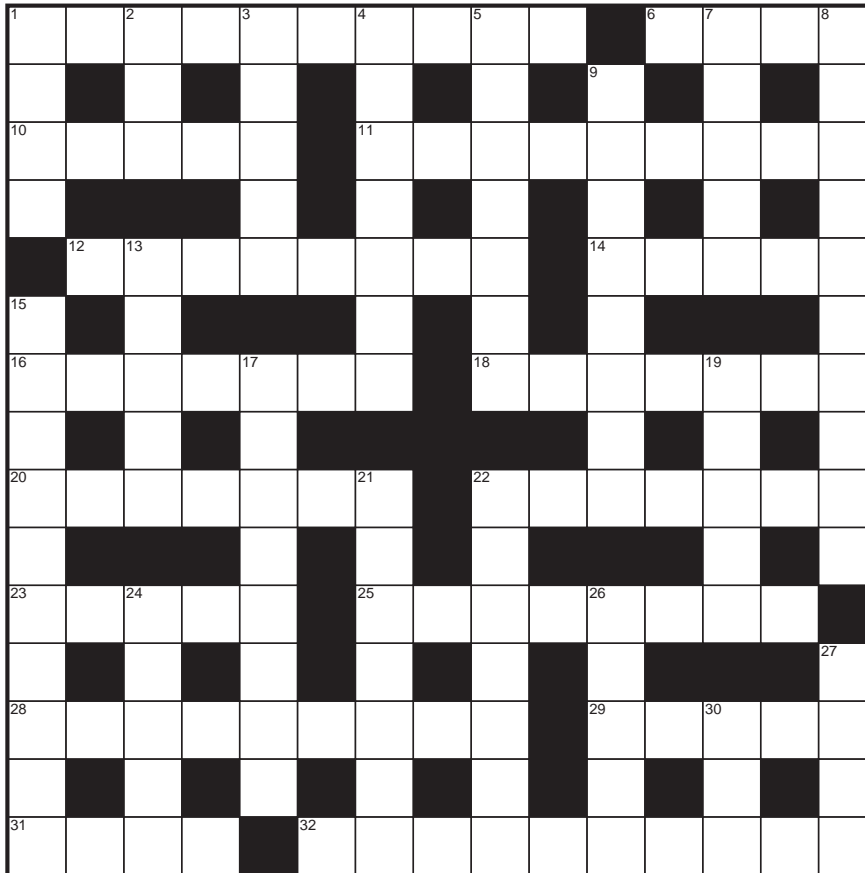
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Crosswords

HANDY 3413 (BOARD GAMES)



Across

- 1. Chess & Scrabble (5,5)
- 6. Large shellfish
- 10. Ran
- 11. Medical centres
- 12. Nursery rhyme, Polly Put The ... (6,2)
- 14. Flush with water
- 16. Bureaucratic restrictions (3,4)
- 18. Executed (law)
- 20. Dress tops
- 22. Go without alcohol
- 23. Rocky Mountains state
- 25. Thick, tangled mops of hair
- 28. Free from blame
- 29. Domain
- 31. Smack
- 32. Melees

Down

- 1. Entomb
- 2. Alphabet (1,1,1)
- 3. Chose not to (4'1)
- 4. Gain
- 5. Inherent nature
- 7. Acquire skills
- 8. Deceiving
- 9. Incorrectly assesses (situation)
- 13. Terminated
- 15. Untidiness
- 17. Moored
- 19. Deal
- 21. Unforeseen complication
- 22. Hobbyist
- 24. Fragrance
- 26. Royal dog
- 27. Iconic Aussie birds
- 30. Fire remains

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[www.kuringgaiyoga.com.au](http://www.kuringgaiyoga.com.au)

**SUDOKU**

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

Rating: ★☆☆☆

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

Novice 1023

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- **GLENGARRY**  
MOSMAN
- **HORTON HOUSE**  
GORDON
- **JAMIESON HOUSE**  
BEECROFT

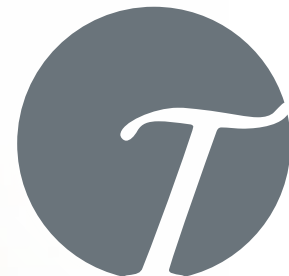
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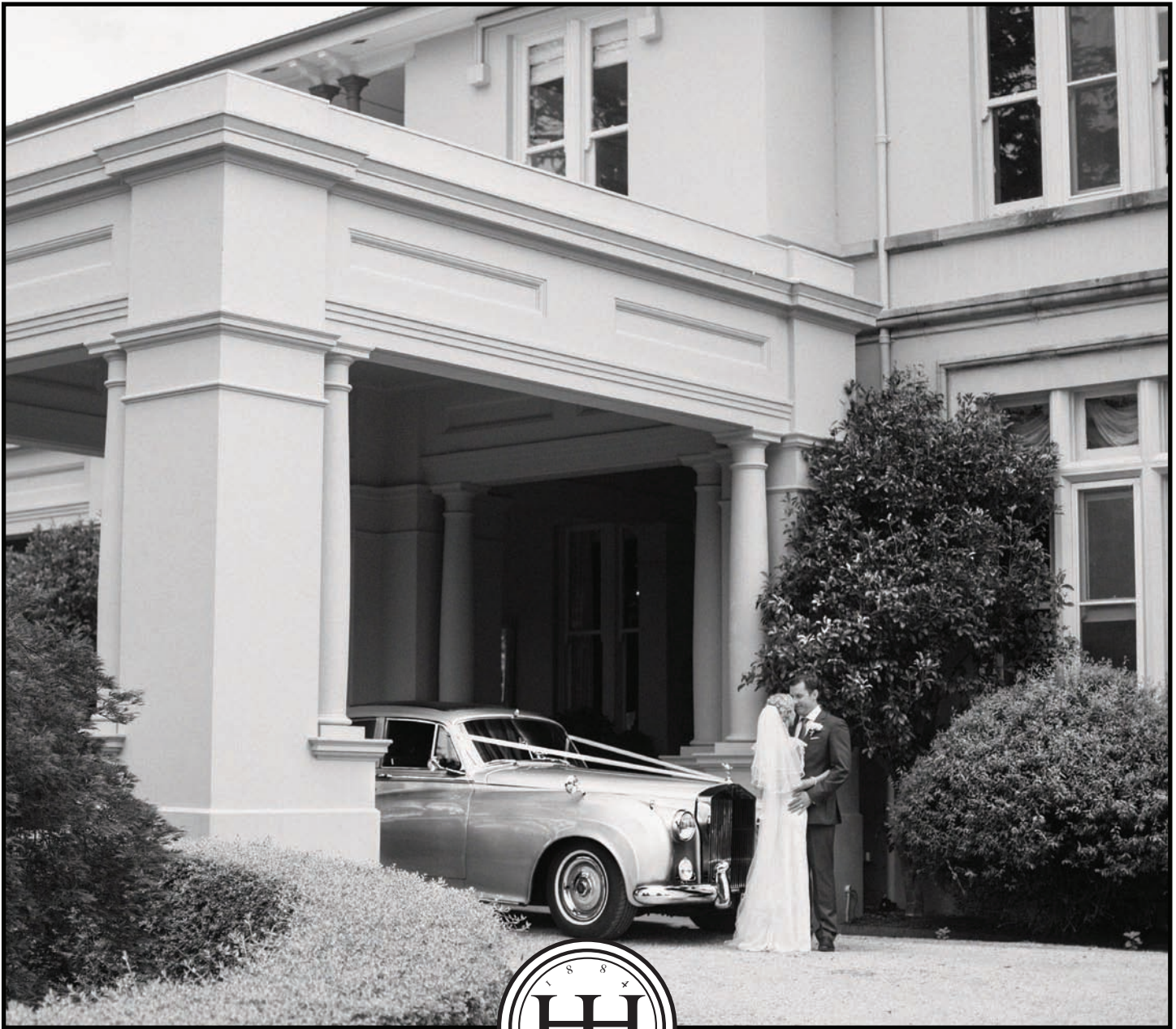
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# TIMELESS

WEDDINGS & EVENTS

Come back often and take hold of me, sensation that I love come back and take hold of me  
when the body's memory revives and an old longing again passes through the blood,  
when lips and skin remember and hands feel as though they touch again.  
Come back often, take hold of me in the night when lips and skin remember.

CP Cavafy 1863-1933

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