

Sydney Observer

FEBRUARY 2014 - FREE

WWW.SYDNEYOBSERVER.COM.AU

SYDNEY GIRLS GO FOR OLYMPIC GLORY IN SOCHI

Bobsleigh duo on track for speed show

BACK TO SCHOOL ESSENTIALS

Sydney's top students share their secrets

PAT REILLY

Paying tribute to a Sydney legend

NEW: SMART HOME AND TECHNOLOGY

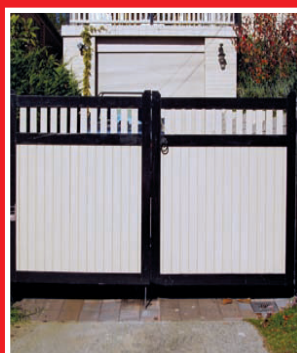
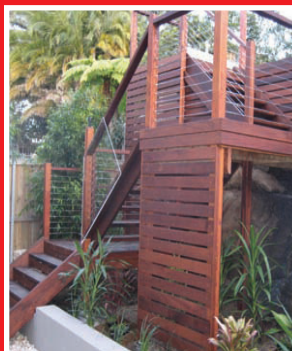
Automate your house and cloud data storage

WELLBEING • TRAVEL • HOME & GARDEN • FOOD & WINE • EDUCATION

THOMSONS

Outdoor Pine

Design and Construction of:
Decks • Pergolas • Carports
Handrails • Stainless Steel Wire
Lattice panels • Privacy Screens
Lychgates • Picket Fences and Gates
FULL RANGE OF SERVICES FOR THE
DIY HANDYMAN AND TRADESMAN



SHOWROOM AND TIMBER SALES AT
5 Chilvers Road, Thornleigh
OPEN Mon – Fri 7.30am – 5pm
Saturday – 8.00am – 3.00pm
FREE Measure and Quote
FREE LOCAL DELIVERY
Phone 9980 7611

Email: thomsonspine@optusnet.com.au
www.thomsonsoverdoorpine.com.au

On now

BATHROOMWARE HOUSE

SUPER SALE



33% OFF*

Platine stone baths



30% OFF*

Fluid and Blade accessory ranges



25% OFF*

Vista basins



25% OFF*

Freestanding baths



20% OFF*

All tapware



20% OFF*

All toilet suites



15% OFF*

All vanities



15% OFF*

Gala by Roca basins

Balmain – 565 Darling Street, Rozelle, tel 9555 2284
Brookvale – 764 Pittwater Road, tel 9939 2284
Crows Nest – 188 Willoughby Road, tel 9437 5001
Waverley – 263 Bronte Road, tel 9387 4334

*Conditions apply

Australia-wide delivery
bathroomwarehouse.com.au



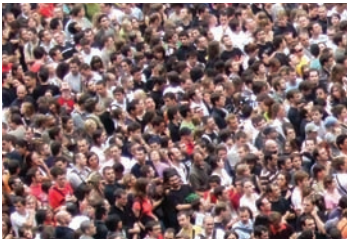
IN MEMORY OF MAYOR PAT REILLY

Sydney Observer pays tribute to the late Willoughby Mayor Pat Reilly 13



SHOOTING BOBSLEIGH STARS TAKE AIM AT SOCHI

Bobsleigh star Astrid Radjenovic talks about landing the dream run at the 2014 Sochi Winter Olympic Games 16



NORTH SHORE SCHOOLS STAVE OFF CAPACITY CRISIS

Overcrowded public schools on the North Shore are nearing capacity and struggling to cope with increasing enrolment pressure 18



BACKUP TO SCHOOL WITH CLOUD-BASED DATA STORAGE SERVICES

Along with new shoes, stationery and school timetable, take a look at the latest in cloud-based backup services this February to keep assignments and homework safe across multiple devices 28



MYSTICAL MOROCCO: THE RUGGED GATEWAY TO AFRICA

Prepare to immerse yourself in the sun-drenched capital of North African culture 36

FROM THE TEAM

Welcome to the new look *Sydney Observer*. It's February 2014 and for most of us it's back to work and school. We have been busy over the summer planning and creating a new design and focus for the magazine and this year is set to be a huge one for *Sydney Observer* online and social media news and information. This will allow you to receive Sydney's foremost lifestyle and current affairs information when you need it.

In response to a growing audience and reader requests, we've broadened our editorial focus to include more Sydney-wide content and general information on education and technology, all while staying true to our home in the North Shore. Speaking of education, this issue will help parents and students make the back-to-school transition easy.

We hope you enjoy reading the new *Sydney Observer*, and, as always, we welcome your feedback to ensure our coverage remains insightful.

We look forward to hearing from you in 2014. Follow us on twitter and find us on facebook.

The Sydney Observer editorial team
editor@sydneyobserver.com



PUBLISHED BY: Kamdha Pty. Ltd.

EDITORIAL CONSULTANT: Rodney Gedda

SENIOR JOURNALIST: Kieran Gair
news@kamdha.com

CONTRIBUTORS: Rosie Russell, Tess Gibney, Mike Fairbairn, Madhu Manohar, Dr Ian Sweeney, Jane Curran, Karla Davies, Prof. Raewyn Connell and Jonathan O'Dea

DESIGNER: Anna Benner

ADVERTISING EXECUTIVE: Kaye Willatt
advertising@kamdha.com

BOOKING DEADLINE: 20th of the month

P (02) 9884 8699 • **F** (02) 9884 8799

ADDRESS: PO Box 420, Killara NSW 2071



SYDNEY OBSERVER is a monthly magazine published by Kamdha Pty Ltd (ABN 97 098 661 959). **Sydney Observer** magazine, its Publisher and Editor, hereby expressly **disclaim** to the full extent permitted by the law, all and any liability arising from any negligence whatsoever of the Publishers including damage, consequential damages, liability, expenses, costs to any person and/or business/company arising from any action or inaction by any person in connection with any copy or arising from reliance on any copy which is published or failed to be published by the Publishers. The **copyright** of all material published in the **Sydney Observer** magazine is owned by the Publisher, Kamdha Pty Ltd, and must not be used in any form without the written permission of the publisher. This copyright includes all advertisements unless photo-ready material is provided by the advertiser.

www.kamdha.com

DISTRIBUTION by PMP Distribution

Sydney Observer is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

HOME, COMMERCIAL AND BULK DELIVERY

- Chatswood
- East Killara
- East Lindfield
- Gordon
- Killara
- Lindfield
- North Turramurra
- North Wahroonga
- Pymble
- Roseville
- Roseville Chase
- South Turramurra
- St Ives
- St Ives Chase
- Turramurra
- Wahroonga
- Waitara
- Warrawee
- West Pymble
- Willoughby

COMMERCIAL AND BULK DROP

- Beecroft
- Epping
- Hornsby
- Normanhurst
- North Epping
- St Leonards
- Pennant Hills
- Thornleigh

Taste Living

the home of home renovations

Best value & quality German kitchens at amazing prices
Fully installed with stone benchtops from \$19,990

Bathroom custom design and installation from \$18,990*

*subject to existing plumbing



DESIGN



RENOVATE



STYLE

Taste Living

9917 7000

0402 815 662

150 Mowbray Rd, Willoughby

Open 7 days a week!



FROM THE READERS

SUMMER PARTY ARTICLE HOME RUN

To identify what I 'loved' about the Sydney Observer I can't just pick one. The article on Anna Bamford was second to none. It inspired my daughter and taught her drama can be fun. The Summer Party article was also a home run! It energised me to think about having one in the warm sun!

Leah Rigney, Turramurra

THE REAL SANTA'S HELPERS

I loved reading about "Santa's Real Helpers" in your latest issue. While most of us are spending Christmas Day celebrating and thinking only about food and presents, there is a dedicated group of doctors, nurses, firefighters, lifeguards, police and care staff who will be working on Christmas Day. I truly commend them on their sacrifice and selflessness. They are indeed "Santa's Real Helpers". Merry Christmas to you all!

Katrina Chen, Pymble

PRINCES STREET STILL A HIT WITH THE LOCALS

I loved your focus on Princes Street. I have lived around the corner for 27 years. It has seen many changes but the shops still maintain that community spirit welcoming locals and visitors alike. Shame the article did not mention all the shops there. The vets are lovely, butcher fabulous, hairdressers stylish and a gluten free shop.

Sheila Bowditch, Turramurra



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 with your name, address, and contact number by the 25th of the month.**

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

Wards Pharmacy 4 U
"because we care"

**OPEN 7 DAYS
FREE DELIVERIES**
Phone orders welcome
Friendly personalised customer service

- DIABETES SUB-AGENT
- FREE WEBSTER PACKING
- SURGICAL AIDS
- CRUTCHES/ NEBULISERS/ BREAST PUMPS FOR HIRE
- COMPLIMENTARY GIFT BAGS WITH ALL GIFT PURCHASES
- SCENTED CANDLES
- BIODERMA-NUXE (exclusive affordable skincare from France)
- BIOGLAN
- SUKIN SKIN CARE
- BLOOMS VITAMINS
- CARUSO'S NATURAL HEALTH
- BIOCEUTICALS
- ETHICAL NUTRIENTS

 **Catherine Ward**
B.Pharm.M.P.S

Shop 5, 176 Fox Valley Road, Wahroonga NSW 2076
Phone 9489 6566 Fax 9487 2674
wardspharmacy4u@gmail.com

KURT & DANIEL SEIFERT JEWELLERS

Local family owned and run

**Alterations • Remodelling • Repair
Engagements • Weddings • Anniversaries**

Together we can design an original piece of jewellery and quote while you wait. If you have your own gold

- Whether to save or sentimental we can reuse.
- Also buy unwanted gold and jewellery.





1A William St, Hornsby • ph: 9476 4711
e-mail: kurtsfrt@primus.com.au

NORTHSIDE DENTAL AND IMPLANT CENTRE



- General & Family Dentistry
- Tooth Whitening
- Dental Implants
- Surgical Dental Procedures
- Conscious or Intravenous Sedation
- General Anaesthesia at the SAN
- Patients with Special Needs
- Wheelchair Access & Hoist Available
- Car Park & Entrance at rear

1253 PACIFIC HIGHWAY, TURRAMURRA 2074
PHONE: 02 9144 4522 FAX: 02 9440 7087



TACKLING ALCOHOL AND DRUG-RELATED VIOLENCE

Jonathon O'Dea

AS THE MEMBER for Davidson and father of teenage boys, I welcome the strong new measures introduced by the NSW O'Farrell Government to tackle the problem of alcohol and drug-related violence on Sydney streets.

The measures include eight-year mandatory minimum sentences for those convicted under new one punch laws where the offender is intoxicated by drugs or alcohol, plus new mandatory minimum sentences for violent assaults where the offender is similarly intoxicated.

A new risk-based licensing scheme will apply to venues and outlets, including 1:30 am lockouts and 3:00 am 'last drinks' rules will be introduced across an expanded Sydney CBD. A new state-wide 10:00 pm closing time will apply to all bottle shops and liquor stores.

As part of a range of increased fines and penalties, illegal supply and possession of steroids will attract up to 25 years jail.

Complementing recently enhanced police numbers and powers, police will be able to impose immediate, temporary CBD precinct bans on trouble makers, while improved public transport will operate from Kings Cross.

Furthermore, a community awareness and media campaign will address the culture of binge drinking. Everyone can play a part to help stop unacceptable behaviour.



Jonathon O'Dea is the Liberal member for Davidson. He lives in Lindfield with his wife and four children.

Jorian Blanch & Co With Richard Fischer

- Conveyancing
- Guardianship
- Powers of Attorney
- Wills and Probate
- Aged Care Law



Proudly servicing the local community for over 40 years

Telephone **9144 1102** at Turramurra or **9449 4422** at Pymble Office

1269 Pacific Hwy, Turramurra. 2074
Email: richardfischer@bigpond.com



Jonathan O'Dea Member for Davidson

As the local MP for the Davidson electorate it is my pleasure to serve constituents and our community, including by:

- Representing **your interests** in NSW Parliament
- Taking **concerns** directly to appropriate Ministers for responses
- Advising about **rights** and further **action** people can take
- Advocating for more **resources** for local groups and communities
- Organising **congratulatory messages** for 50th and 60th wedding anniversaries as well as for 90th and 100th birthdays

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

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

Authorised by Jonathan O'Dea MP using parliamentary entitlements



CONFRONTING SYDNEY'S TOXIC MIX OF MASCULINITY, ALCOHOL AND VIOLENCE

Professor Raewyn Connell

THE ONGOING PUBLIC outcry in Sydney about “alcohol-fuelled violence” has many people asking whether the city’s young men are out of control. Violence between men in Australia is concerning, however, the half-hidden epidemics of family violence, sexual harassment and rape are wider problems than street bashings by strangers. But the street violence is worrying and has caught more media attention than other serious offences.

Is this spate of violence really alcohol-fuelled? Drinking is often part of the lead-up to violent episodes, but alcohol can’t meaningfully be called a “fuel” of any particular behaviour. It is sometimes a depressant and sometimes a stimulant. In many situations it’s more likely to make you feel sleepy or ill than encourage you to hit out with someone. It’s the circumstances of drinking, rather than the chemical itself, that we need to understand.

Can we blame the “male brain”, testosterone, or genetics? Are young men hangovers from a primitive world where males used to fight cave bears? Those are bed-time stories. More than 100 years of research looking for broad psychological differences between men and women has

found remarkably few. Studies involving millions of people show that men and women as sexes are psychologically very similar. This finding goes against many of our stereotypes, but the evidence is strong, so we cannot explain male involvement in severe violence by generalised differences between the mentalities of the sexes.

Furthermore, we can’t blame a “criminal

Is this spate of violence really alcohol-fuelled?

type” of human being. Criminologists have, however, identified social circumstances where patterns of violent behaviour might be learned. These circumstances include high levels of social inequality, situations in which there is cultural emphasis on male dominance and confrontations with authority.

Is the the media contributing to the problem? There is no direct correlation from what people see on a television screen to how they act on the street, but there is a relentless flow of images in “action” movies, body-contact sports, crime

shows, movie thrillers and the like. This type of content makes up a large part of popular entertainment and it draws a large audience. So the media is feeding narratives about how young men can gain excitement, success and respect through aggression, confrontation and dominance. But what makes young men take up such stories in real life?

Alcohol-fuelled violence often involves some kind of masculinity challenge. For instance, when a group of young men confront bouncers at a social venue. Masculinity is a pattern of conduct that must be learned. There are multiple forms of masculinity and some are more honoured than others. For young men, masculinity is often in question or challenged and the presence of an audience is important. Some of Sydney’s recent violent episodes are in so-called “zones of exception” – places and times in which ordinary social rules are supposed to not apply.

As a community we need to look hard at the social situations in which violence is happening. And we need to ask what else is happening in these young mens’ lives.

Professor Raewyn Connell holds a University Chair at the faculty of education, University of Sydney



HAVE SOMETHING ON YOUR MIND? TELL US IN 300 WORDS AND SEND IT TO EDITOR@KAMDHA.COM

PRINTACALL
COMMUNICATIONS TECHNOLOGY

We can help you hear the...

(02) 9809 2392
www.printacall.com.au

Fashion Design & Dressmaking Courses

in2Mode
Fashion College

Full-time Courses
Short Courses
Workshops
HSC Mentoring
Sewing Classes

ALL SKILL LEVELS WELCOME!

02 9449 1450
www.in2mode.com.au
info@in2mode.com.au

Suite 7, Harvard House - 859 Pacific Highway
Pymble NSW 2073

KU-RING-GAI FITNESS AND AQUATIC CENTRE SET TO REOPEN IN 2014

AFTER ENDURING A third summer without their local pool, Pymble residents have welcomed council's announcement Ku-ring-gai Fitness and Aquatic Centre will reopen in August.

Closed since January 2012, the former West Pymble pool has undergone a significant facelift. In addition to the 50m pool, the new Fitness and Aquatic Centre will have an indoor pool, gym, water play equipment, an indoor and outdoor toddlers pool, a cafe, more carparking and meeting rooms.

Despite initial plans to have the pool completed by Christmas 2012, wet weather during demolition and excavation, the availability of subcontractors and design clashes along the way hindered the construction progress of the multi-purpose sports facility.

The pool can be accessed all year round and with both internal pools finished and the specialist pool nearly completed, Ku-ring-gai council is confident of avoiding any further setbacks.

The YMCA has been appointed to manage the pool and provide a range of water-based and non-water activities.

Fees for the programs and multi-visit passes are yet to be determined.

WILLOUGHBY BY-ELECTION TO COST UP TO \$300,000

WILLOUGHBY COUNCIL IS considering the options for a by-election to fill Pat Reilly's position as Mayor, however, everyone in the municipality will be required to vote, which could cost up to \$300,000.

Councillor Reilly died late last month after a short illness and a by-election is required to determine who will take over his position. According to the Electoral Commission, a vote must be held within three months.

Willoughby Council General Manager, Nick Tobin, can decide whether the election should be administered by the council or by the Electoral Commission. However, the 2012 local election was administered by the Electoral Commission and cost Willoughby council \$305,000.

But with only a three month period to organise a by-election, it is likely the Electoral Commission will administer the next Mayoral vote which will again come at a significant cost for Willoughby Council.

WOOLWORTHS TO CONVERT CROWS NEST SUPERMARKET INTO \$40 MILLION RETAIL HUB

CROWS NEST WOOLWORTHS is set to be demolished by June this year and replaced by a five-storey shopping centre double its current size.

The new Woolworths will include a basement carpark with an extra 164 car spaces, six speciality stores and a sushi counter and pizza bar.

Regional Development Manager Richard Armitage said the first stage of construction would begin in the first half of this year.

This would see the carpark and existing store bounded by Falcon St, Alexander St, Burlington St and Willoughby Lane, closed and demolished.

Armitage said customers would still be able to shop at nearby Woolworths stores while construction was underway.

"With everything going to plan, we hope that the new public car park, supermarket and shops will open in mid- to late-2015," Armitage said.

About 300 jobs are expected to be created during the construction period and 120 jobs will be added to the new Woolworths once it opens.

The Joint Regional Planning Panel approved the development on December 10 last year.

Renovating your kitchen?
Need to update it on a budget?

Just replace the DOORS!
Saving you thousand\$

Ph: 9725 4444 • DIY Measure & Install
Wardrobe doors too!

Get a Quote at www.sydneydoors.com.au

100% Australian Made

Sydney Doors

Knowing you've made the right choice

■ **GLADES BAY GARDENS**
GLADESVILLE

■ **GLENGARRY**
MOSMAN

■ **HORTON HOUSE**
GORDON

■ **JAMIESON HOUSE**
BEECROFT

Twilight Aged Care is at the forefront of ageing in place – providing a variety of care options for every stage of ageing, including dementia-specific and end of life care. We offer activity programs, lovely gardens and elegantly designed accommodation including spacious rooms with en-suites. Call us today to find out more about our home-like facilities, services and outstanding care.

FOR MORE INFORMATION

(02) 9414 4400

info@twilight.org.au

www.twilight.org.au



Twilight
AGED CARE



COUNCIL PLANS A SELL-OUT FOR KU-RING-GAI'S LARGEST PLAYGROUP

Kieran Gair

THE FUTURE OF Ku-ring-gai's largest playgroup will be in doubt if a planned sale of Pymble House goes ahead.

Despite a \$21,000 state government grant for the renovation of Pymble House, Ku-ring-gai council has voted to reclassify the land, effectively paving the way for developers to buy the building.

Acting CEO of Playgroup NSW, Cris Townley said the grant Pymble House Playgroup received was used to improve the facilities and to extend the bike track used by families and the local community.

"There will be a great sense of loss if Ku-ring-gai council decides to sell Pymble House. The kids and families will no longer have a safe environment to meet and play every week," Townley said.

Previously, Pymble House could not

be sold as the area was classified as 'Community Land'. However, the council voted to change the classification to 'Operational Land' so that Pymble House could be sold to fund new council chambers.

Secretary Justine Clements said 120 families are registered with the playgroup and given the size of Pymble House, there are no other suitable venues.

"We are the biggest playgroup in the zone and need a facility we can use every day," Clements said.

"There aren't any community halls or other places we could hold our playgroup and certainly not one set up for under five year olds."

Some 19 other council properties have also been earmarked for sale, including the Lifeline support service, Ku-ring-gai Town

Hall and five parks and reserves.

A council spokeswoman said the council purchased the chamber building in December 2012 with a loan of \$22.4 million.

However, Justine Clements said parents and the community are very disappointed with council's decision to sell off community assets.

"It's disappointing it is counting on selling community assets to pay for the new council building," Clements said.

Cris Townley is hoping Ku-ring-gai council will be open to finding an alternative venue to house the 120 families registered with Pymble House Playgroup.

"If the council does decide to sell, we look forward to working with them to find a new suitable location for Pymble House Playgroup," Townley said.

spa emerge

Spoil the one you love this Valentine's Day!

Valentine's Ritual \$99
includes TEA & SWEETHEART CHOCOLATE ON ARRIVAL
CLASSIC FACIAL & REFRESH PEDICURE

Couple's Ritual* \$176
includes TEA & SWEETHEART CHOCOLATES ON ARRIVAL
CLASSIC FACIAL & 30min RELAX MASSAGE FOR TWO
*Couple must come in together.

www.emerse.com.au

Gladesville Ph: 9879 3211 15, 225-227 Victoria Rd, Gladesville. **St Ives Ph: 9488 9788** Shop 134 St Ives Shopping Village, 166 Mona Vale Road

Gift Vouchers
Available Now!
Instore or Online

Follow us on Facebook Spa Emerse

IN MEMORY OF MAYOR PAT REILLY

Sydney Observer pays tribute to the late Willoughby Mayor Pat Reilly

Kieran Gair



PAT REILLY, ONE of Australia's longest serving Mayors, was farewelled late last month by hundreds of mourners at Our Lady of Dolours Church in Chatswood.

Reilly was remembered as the quintessential Australian larrikin – a local champion who would dress up as Elvis and impersonate the occasional Prime Minister. But the larger-than-life Mayor of Willoughby was remembered most for his commitment to his family and local community.

Willoughby Council General Manager,

Nick Tobin said the passing of Reilly was an incredible loss for the local community.

"No words can describe the immense contribution he made to the City of Willoughby and to its people," Tobin said.

"Pat was the type of person you meet once in a lifetime, and we are all so fortunate to have shared him in our lives."

He served on Willoughby Council for three decades, was elected as Mayor in 1997 and nearly snatched the safe Liberal seat of Willoughby from Gladys Berejiklian in 2003.

However, Reilly's nephew, best-selling fiction writer, Matthew Reilly, said the development of the Concourse and Chatswood's civic centre, home to a library, concert hall, theatre and studios were among his uncle's most significant achievements.

A champion of community-building projects, Reilly referred to himself as the "Minister for Footpaths". With an eye for practicality, he worked to ensure that Willoughby residents had access to world-class community resources.

Matthew Reilly believes his uncle's devotion to Willoughby was so strong that when his aunt Beth married Pat: "She also got the city of Willoughby as her in-laws."

A musician at heart, Reilly would perform as Elvis at retirement homes, charity events and school fund-raisers. At last year's community Christmas party on the Concourse, local families and friends were treated to Reilly's last performance, his rendition of When You're Smiling (The Whole World Smiles With You).

Reilly is survived by his wife Beth and daughter Sophie.



People caring for people



Mt Wilga Private Hospital

Day Program

We're here to help you get back on your feet!

Our Day Programs suit any person who requires ongoing treatment to promote their recovery following illness, injury or surgery.

Programs individually tailored to suit your needs may include:

- Physiotherapy
- Occupational Therapy
- Psychology
- Dietetics
- Speech Pathology
- Hydrotherapy
- Exercise Physiology

With group sessions such as:

- Spine Care Class;
- Nutrition; and
- Falls Prevention

Programs available:

- Orthopaedic
- Neurological (any condition)
- Spinal Cord injury
- Reconditioning
- Cardiac Rehab
- Falls Prevention
- Lymphoedema
- Driver Assessment Education

Transport options are available. Health Funds often cover the costs of the program.

66 ROSAMOND STREET, HORNSBY NSW 2077

Over 60yrs of commitment – people caring for people!

For more information, please call:

02 9847 5086

www.mtwilgaprivate.com.au

MT WILGA PRIVATE HOSPITAL

A referral from your GP is required.



YOUNG SKIN SECRETS: SCIENCE MEETS BIG BUSINESS

Are anti-ageing creams the path to youthful skin or clever pseudo-science?

Kieran Gair

ANTI-AGEING IS BIG business. With images of models parading through magazines and saturating our television screens, the billion dollar beauty and cosmetic industry is built on what seems to be our biggest fear – growing old. But do any of the products that promise to smooth wrinkles, remove lines and make sun spots evaporate actually work?

From non-surgical face lifts and anti-wrinkle fillers to treatments that are used for sexual dysfunction and heart disease, the marketplace dedicated to making people appear younger continues to grow. However, Associate Professor Dr Stephen Schumack, president of the Australasian College of Dermatologists and consultant dermatologist at Sydney's Royal North Shore Hospital, argues the claims made by the creators of anti-ageing creams are not backed up by reliable scientific evidence.

"There's no evidence from any large peer-reviewed study to back up the anti-ageing claims made by skin cream manufacturers," Schumack says. "Of those studies that have been done, they are almost always sponsored by the skin cream companies themselves, and this makes it difficult for experts to take these results seriously."

Australians spend more than \$300 million each year on anti-ageing creams and the world's leading cosmetic and beauty company, L'Oreal, recorded sales of over \$5 billion in the Asia-Pacific region for 2012 and its global profits exceeded \$3 billion. However, despite these lucrative profits, Professor Schumack argues there is only one skin cream that is proven to slow down the effects of ageing – sunscreen.

"Although some products will slightly improve texture and colour with regular use so that the skin feels smoother and soft-

er, using sunscreen products, wearing hats and trying to avoid the sun where possible will all reduce the Sun's ability to age your skin. In the short-term you may even get some slight recovery from the visible effects of ageing."

"In Sydney, in the middle of the day in summer it only takes about 10 minutes to burn non-tanned skin. So if you do a five minute walk to the bank and back again at lunch time in the Sun without sunscreen you've effectively almost been sunburnt," Shumack says.

However, while some skin creams may make the skin appear fresher and feel smoother, a study conducted by the Queensland Institute of Medical Research late last year proves that applying sunscreen daily is the only way to keep skin looking younger. The study, held over the course of four and a half years, concluded that no detectable age-

ing of the skin could be seen among the 900 men and women who applied sunscreen almost every day.

The participants were all aged between 30 and 55 and, on average, those who did apply sunscreen most days had 24 per cent less skin ageing than people who used sunscreen only occasionally or not at all.

Senior Scientist, Professor Adele Green, who led the study, said the team finally had the evidence to back up the claim that sunscreen protects skin from ageing.

"This has been one of those beauty tips you often hear quoted, but for the first time we can back it up with science: protecting yourself from skin cancer by using sunscreen regularly has the added bonus of keeping you looking younger. And the study has shown that up to [a person's] middle age, so it's not too late to make a difference."

While sunscreen remains the easiest and cheapest anti-ageing cream, some products containing peptides can potentially stimulate the development of collagen and elastin. Creams containing antioxidants and vitamin A, particularly Tretinoin, found in the

prescription-only RETIN-A and RETRIEVE creams may help restore normal functioning of damaged cells. However, Schumack still believes most anti-ageing skin creams will only ever work temporarily and are not designed to actually reverse skin ageing.

"Sun exposure, age and genetics contribute to ageing skin. So it's a big leap to go from your skin looking and feeling a little better to say that I've got some definite anti-ageing activity from product a b or c," Schumack says.

However, while the scientific evidence for anti-ageing products may be lacking, the effectiveness of advertising campaigns has proved to be highly persuasive. In 2007 the Therapeutic Goods Administration (TGA) ordered several cosmetic manufacturers, including Clinique, Estee Lauder, Payot and Lancôme, to stop advertising products that claimed to have wrinkle removal capabilities.

The TGA determined the five beauty manufacturers were advertising creams, serums and peels that misled consumers into believing they were therapeutic formulations able to make a physiological difference.

The TGA established the products were cosmetic and would at best mask the appearance of wrinkles, but not make them disappear.

Professor of Media and Communications at the University of Sydney, Dr Olaf Werder, argues that although advertising can influence consumers expectations of anti-ageing products, it is society's obsession with youth that makes anti-ageing such a big industry.

"You cannot really blame an industry for jumping on a societal trend if money can be made in the process. As long as people want to pretend they do not get older, an industry that seemingly can facilitate in that endeavour will do very well," Werder says.

"I tend to believe that in a more and more youth-obsessed culture we wish things on products more so than they really suggest on their own."

While the anti-ageing business is booming without much scientific evidence in favour of anti-ageing creams, experts advise using sunscreen and shade instead of expecting to turn back time with the next anti-wrinkle "miracle" cream. ○



Explore the world

in free public lectures hosted by Australians Studying Abroad. All lectures are illustrated. For all lectures, places are limited and people wishing to attend are advised to book well in advance.

Lecture Theatre, The Australian Museum, Cnr College & William St, Sydney

Sunday 23 February 2014

- 1.00-1.50pm Christians and Muslims: Shaping the Uniqueness of Spain - *Christopher Wood*
- 2.20-3.10pm Woven Treasures: Oriental Carpets in European Paintings, from Henry VIII to Matisse - *Dr Susan Scollay*
- 3.20-4.10pm Romanian Cultural Identity: Where many Worlds Meet - *Christopher Wood*

Sunday 2 March 2014

- 1.00-1.50pm Over the Alps to Rome and Naples: The Italy of the Grand Tourist - *Dr Lisa Beaven*
- 2.20-3.10pm Secret Places of Rome: Piazzas and Palaces, Gardens and Churches - *Dr David Marshall*
- 3.20-4.10pm In the Footsteps of Odysseus: The Greeks in the West - *Prof. Frank Sear*

Sydney Sunday 23 March 2014

- 1.00-1.50pm Châteaux, Villas and Gardens of France and Italy - *John Patrick*
- 2.20-3.10pm The Rise of the English Country House - *Richard Heathcote*
- 3.20-4.10pm Great Royal Collections and Palace Museums of Europe - *Kenneth W. Park*

Bookings: Tel 03 9822 6899
email: info@asatours.com.au



AUSTRALIANS STUDYING ABROAD

www.asatours.com.au

SHOOTING BOBSLEIGH STARS TAKE AIM AT SOCHI

Bobsleigh star Astrid Radjenovic talks about landing the dream run at the 2014 Sochi Winter Olympic Games



Kieran Gair

ON FEBRUARY 18 world class teams will hit the bobsleigh track in Sochi, Russia for a shot at Olympic glory. Northern Sydney girl Astrid Radjenovic and her team mate Jana Pittman will be lining up alongside the bobsleigh track with the best of them and *Sydney Observer* got the run down on what it's like to take the plunge down the icy course.

With no track coach, no home circuit and nowhere near the financial backing that teams like the USA and Germany get, it seems the two local girls are facing off against an insurmountable challenge. But with a new \$20,000 sled (paid for through a public appeal) and the gritty determination that saw the team take seventh place at a world contest last year, Radjenovic, the team's pilot, will be measuring up the icy track that could lead her and Pittman to victory.

Known as the "Formula One on ice", the bobsleigh is one of the highest profile sports at the Winter Olympics. Descending down a mountain steering a sled through a twisting, narrow track hitting sharp turns at the mind-altering speed of 130km/h is undoubtedly a rush that would curdle the blood of any hardened thrill seeker. But for Radjenovic, shooting down the bobsleigh track is as peaceful as it is sensational.

You're looking at your third Winter Olympics, do you feel more prepared and experienced this time?

I have definitely had a much better preparation and lead up this time than for any other games. However, saying that, the field in women's bobsleigh is stronger than ever so it never gets easier! Being the smallest nation in the world cup field with the least funding and support, every year is a battle to just be here competing, but I am definitely feeling happy with what I have done over the last four years since Vancouver.

What sacrifices do you have to make to ensure you're prepared for a Winter Olympics and how grueling is your training regime?

Bobsleigh training is all power-based, so it does take a toll on the body to be constantly lifting heavy weights, doing jumps and throws, pushing a heavy sled and sprinting – all at a heavier bodyweight than is natural for me. The last month of racing here was the first time ever I've had a physiotherapist travel with our team, so that has made a huge difference with backing up each week. Before that it was hard to get out of bed every morning!

What do you enjoy most about your sport and what do you find most challenging?

The one minute, twice a day that I'm actually going down the bobsleigh track is the most peaceful and enjoyable part of my sport. For that one minute I'm not having to think about logistics, flights, accommodation, equipment, managing the team, cooking dinner or training. The most challenging part is having to manage the team. It's a huge job and not fun when you are trying to perform as an athlete.

Is it difficult having to travel so often for training?

As much as spending five months a year overseas is enjoyable and a great experience, it also takes a toll on family, social life and your career. After Sochi I intend to make up for the last 11 years and try and spend more time with my family. It's also a drag sometimes to have to pack up your suitcase, bobsleigh and tools every week and drive to the next venue, it's draining!

What were the benefits, or disadvantages, of growing up so far away from decent snowfields?

The main problem is access to a bobsleigh track. Not having your own home track can make things harder and more expensive, to

always be paying to take runs overseas on the tracks. Luckily the German Bobsleigh Federation has helped me out in the last 3 years and let me train together with their program.

What are your goals for the 2014 Olympics?

With the field so competitive this year, we will have to be happy with a top 12 result, if we make it. The first 17 teams in the field are all strong, so really we can only do our best and be proud that with such a disadvantage we have been competitive against all big nations in winter sports.

To date, what has been your biggest achievement?

Being here every season! Three Olympics in a non-funded winter sport is a huge task, and every time I step on the start block I feel lucky that I've persisted so long in making the team happen. I am also proud that I've gone almost every season (eight now) with no track coach and still feel that I drive a bobsleigh as good as the top pilots in the field.

You grew up in Northern Sydney and went to school in Wahroonga, do you still live in the area?

I lived in northern Sydney for 24 years.

I love the place and have really missed it since I left six years ago. I'm currently living in Brisbane to stay close to my parents who have retired on the Gold Coast, but I hope to move back to the northern suburbs of Sydney eventually!

How did your upbringing influence your sporting career - did you always want to be an Olympian?

I was always sports mad and sport has taken my attention day in and day out since I was six years old. I lived right next to a soccer club and always had great encouragement and support to pursue being an athlete, from both my parents and the local schools and clubs. I always loved the Olympics and having an opportunity to take up a winter sport was something I jumped at, as I love travelling and trying new and dangerous things!

Who inspires you and what would you say to children who dream of following in your footsteps?

I generally took inspiration from anyone who worked hard to achieve a goal. After 11 years on and off in bobsleigh I now understand how important it is to "follow a dream" and what that means. No matter the odds, if you keep at it for long enough you can find your way to your dream. ○



Australian women's bobsleigh super duo Astrid Radjenovic and Jana Pittman (right) going for gold in Sochi.



NORTH SHORE SCHOOLS STAVE OFF CAPACITY CRISIS

Overcrowded public schools on the North Shore are nearing capacity and struggling to cope with increasing enrolment pressure

Tess Gibney

EARLY LAST YEAR vice president of the Northern Sydney Regional Council of Parents and Citizens Associations, Steph Croft, declared public schools on the lower to mid-North Shore to be in “crisis” and experiencing some of the “worst overcrowding and lack of capacity in the state”.

According to the Northern Sydney Regional Council of Parents and Citizens Association, there has been a 23 per cent growth in student numbers in the past six years at 26 of the most affected North Shore public schools.

With an increase of more than 5000 students in just five years, Croft says the previous allotment of one new building a year for the North Shore area was the primary catalyst for the association’s lobbying.

“The main reason we started lobbying was because Northern Sydney – an area which includes 167 public schools – was only being allocated one new building a year, and that was if we were lucky,” Croft says. “To have that enormous growth and only one new building is just not enough.”

Overflowing Chatswood Public School, situated on the lower North Shore, has undertaken an emergency respite development at neighbouring Chatswood High School to alleviate the pressure of overcrowding due to a surge in enrolments.

A long awaited relief for the school, the new Chatswood primary bush campus is set to be open on the first day of Term one, 2014. Built on an unused piece of land at the far side of the Chatswood High School oval, the campus will host 16 demountable classrooms for students in years three and four.

“This is great news for Chatswood Public School,” Croft says. “It just did not have enough room for all the enrolments it was getting this year, and so it has worked really hard to get it underway.”

Last year’s state budget was a welcome announcement for North Shore schools, with Education Minister Adrian Piccoli introducing a \$70 million dollar Northern Sydney Schools plan to specifically address the stress of over-enrolment.

The plan includes a new high school at Crows Nest (previously home to Bradfield College), a new primary school for the lower North Shore, a major upgrade of Mowbray Public School and extra classrooms at Chatswood Public School, Artamon Public School, Harbord Public School and Lane Cove West Public School.

Parts of the plan will commence this year, with the goal to have the new high school at Crows Nest completed and ready for students in 2015.

State Liberal member for the seat of Davidson, Jonathan O’Dea,

says the government has dedicated substantial money to the development of new school buildings.

"There's a real commitment to it," O'Dea says. "In my electorate, Davidson, we have seen major capital works [get] underway."

At capacity, and in demand due to consistently excellent academic results, Killara High School is set to receive \$7,900,000 as part of a multi-million dollar upgrade of the school's facilities.

Consisting of a new block and school-wide refurbishments, O'Dea says that although it is an outstanding improvement, one building is unlikely to be enough for the barrage of enrolment requests at the popular high school.

"A school like Killara is under high demand, and the number of people in the area is just continuing to grow and grow. The new building alone will not be sufficient to tackle enrolment pressures in the area. The school has amassed a huge amount of demountable classrooms over several years and it needs substantial funding allocation for new capital works," O'Dea says.

"There are a hundred more students at

Killara than it was originally planned for."

With support from the NSW Premier, O'Dea recently secured the go-ahead for another new building on the site, access to land across the road from the high school that was used for informal parking and the establishment of a new senior high school on the former site of UTS Ku-ring-gai.

"Hopefully these initiatives will help to further relieve ongoing enrolment pressures and issues of overcrowding at schools throughout the lower North Shore," O'Dea says.

Steph Croft says that despite some fantastic outcomes in the second half of last year, the Parents and Citizens Association is still working closely alongside the Department of Education to ensure "better systems are in place".

With anecdotal evidence suggesting overcrowding in schools can result in increased playground injuries, Croft and her colleagues are committed to making sure proper planning of demountable class installations is established.

Though schools on the North Shore con-

tinue to maintain excellent standards in education, some primary and high schools are jam packed – leaving little room for vigorous activity and necessary playground space.

"Killara High School currently has 23 demountable classrooms on its oval. I've seen evidence of more playground injuries," Croft says. "It is hard because kids do need space to run around, and that's why it's really critical that we have good planning for where the demountable classes are going to go."

As numbers continue to swell, North Shore parents and citizens are crossing their fingers for additional developments in 2014.

In 2013 alone there was an increase of 661 students in the area – what Croft says is "a school in its own right".

"A standard primary school is around 600 students... so that's more than one primary school in just one year."

"We're delighted that once the government was made aware of the problem, it responded promptly to that problem," she says. "But we still need more because the growth is just so massive. I'm hoping we get some more good announcements in the next budget." ○

NEW COLLEGE CRAFTS CAREERS IN FASHION

Gain job-ready skills for a fashion career at in2Mode Fashion Design College

SYDNEY HAS A brand new couture and fashion design college. Located in Pymble, in2Mode combines classical techniques used in the French couture houses with cutting-edge design methods. Its unique draping program enables students to produce beautiful, well-fitted garments including evening wear, bridal wear and women's tailoring.

In2Mode's Professional Design Course and short courses are delivered flexibly as full-time and part-time courses, run on weekdays, Saturdays and in the evenings. Skills-based workshops are also available for sewers who would like to perfect particular garments, as well as HSC Mentoring for students undertaking major works.

MORE INFO:

Call 9449 1450 or visit www.in2mode.com.au.

MICHAEL EDGLEY'S GREAT MOSCOW CIRCUS

FOR THE FIRST TIME ON TOUR IN OZ
5 MOTORBIKES 1 GLOBE SPLITTING IN HALF

BEAUTIFUL STATE OF THE ART TENT, FULLY AIR CONDITIONED & ALL CHAIR SEATING

GET YOUR TICKETS NOW !!

ST IVES SHOWGROUNDS
19TH FEBRUARY - 9 MARCH

FOR SHOW TIMES AND INFORMATION
0429 MOSCOW (0429 667 269) TICKET DIRECT 1300 798 550
ONLINE MoscowCircus.com.au TicketDirect.com.au

FAMILY PASS \$130'A' RESERVE (2 Adults 2 Children)
From \$16 child \$25 Adult 'B' RESERVE LIMITED SEATS
only available 1 hour prior to show times. Service fees apply. Programme subject to change.

CLASS ACT: 2013 SCHOOL ACADEMIC ACHIEVERS SHARE THEIR SECRETS

Students of the class of 2013 spoke with *Sydney Observer* about what it takes to succeed in the HSC



ALEXANDRA MCHUGH
WENONA, NORTH SYDNEY

99.70

Alex McHugh initially found English to be a very tedious subject, however, by year 10 McHugh, who came first in the state in Advanced English, had come to love the subject she once found frustrating. She credits her teachers for her success in English and her ability to secure a scholarship to study Advanced Science at the University of Sydney as part of the Talented Student Program.

“The teachers I have had at Wenona are incredibly dedicated and passionate and that is contagious,” McHugh says. “That passion passes on to the students.”

McHugh stresses that feedback is an integral part of preparing for the HSC exams. The practice essays, the meetings before school, after school and at lunch times with her teachers were what kept her mind sharp and notes organised.



SUSAN KEIGHERY
BRIGIDINE COLLEGE, ST IVES

98.90

Susan Keighery chose Drama, Visual Arts and Design and Technology over subjects she viewed as the ‘traditional’ choices. While friends, parents or teachers might expect you to choose subjects like mathematics, Keighery decided to focus on the creative and performing arts.

“It is not the subject that paves the pathway to academic success, it is an individual’s genuine interest in a subject which inspires dedication to their studies and does not make learning a chore,” Keighery says.

While Keighery chose the subjects that mirrored her interests and passions, stress was still a constant part of the HSC experience. However, she found that friends provided a crucial support network during the most stressful periods throughout the year.

“Friends were undoubtedly the main stress-reliever. Having friends to call in those moments of panic or to go out with to celebrate the small milestones along the way, served as a constant reminder that we were all pushing through the HSC together,” she says.



**ANTHONY SPITERI,
ST ALOYSIUS COLLEGE, MILSONS POINT**

99.90

For Anthony Spiteri keeping a clear mind during year 12 was a matter of balancing his studies with sporting commitments and spending time with friends. He says the key to his success was keeping everything in perspective and maintaining a consistent work ethic throughout the year.

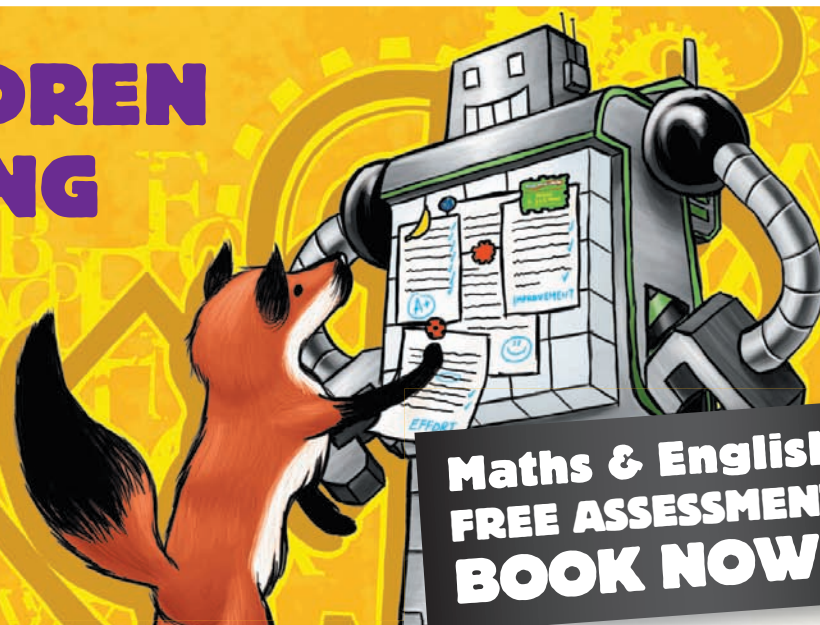
"It is important not to be daunted by the challenges and demands of the HSC year. You must take one step at a time as you progress through year 12," Spiteri says.

An aspiring actuarial student, Spiteri focused on his strengths to ensure he would be prepared for his chosen course at University. Studying Extension two Mathematics, Advanced English and Economics allowed him to pursue his interests while also focusing on his talents.

The key to achieving your goals, Spiteri says, is to always seek feedback from your teachers.

"Remember that your teachers are your most important resource in year 12," he says. "Don't be afraid to always ask questions and send in draft responses to gain their valuable feedback."

**YOUR CHILDREN
ARE AMAZING
ALREADY.
WE JUST
HELP THEM
PROVE IT.**



**Maths & English
FREE ASSESSMENT
BOOK NOW!**

From Kindy to Year 10, NumberWorks'nWords after-school tuition brings out the best in Aussie students by:

- tailoring lessons according to each individual's needs
- setting achievable goals and monitoring their progress
- developing our own programmes using only qualified Maths and English experts

numberworksnnwords.com
St Ives Ph 9440 3030

NumberWorks'nWords

**Specialist Maths tuition
and English tuition**

ALEX GAN
ST PIUS X COLLEGE,
CHATSWOOD

99.70

As a self declared 'maths-science' guy, Alex Gan studied Physics, Chemistry and Extension two Mathematics for his HSC. While many people may cringe at the sound of studying the most difficult mathematics course and the two most difficult science courses, for Gan, it was a matter of studying what he enjoyed most.

"I loved mathematics and physics, however, I had great teachers for all my subjects so I enjoyed them all in different ways," Gan says.

Gan believes that the best way to clear your mind is to exercise and keep up any sports you are involved in.

"Even if you feel like you need to do a lot of study, sport helps clear your mind and puts things into perspective as well as keeping your body fit and healthy," he says.

MADELIN
STRUPITIS-HADDRICK
BRIGIDINE COLLEGE, ST IVES

99.45

While other students might have focused solely on the academic aspect of year 12, Madelin Strupitis-Haddrick spent her last year of school as the editor of Brigidine's student newspaper, captain of the debating team and performed as a singer in the school musical. Strupitis-Haddrick believes that the reason for her success in the HSC was due to early preparation.

"Any revision you do throughout the year ends up being extremely useful and when you start getting desperate towards the end, you will be thanking your past self for the work you have already done," Strupitis-Haddrick says.

But whether it was learning about different cultures or religions, challenging herself with math problems or studying the romantic era of literature, Strupitis-Haddrick believes that to do well in your HSC you have to enjoy the subjects you choose.

JESSICA WOODHOUSE
ROSEVILLE COLLEGE,

99.40

With an aspiration to make it as a lawyer, Jessica Woodhouse believes that preparation is the key to academic success.

"I found that it was far less stressful when you felt extremely prepared, so I tried to continually keep on top of my homework, study notes and practice papers," Woodhouse says.

Woodhouse is undoubtedly an all-rounder. While she remembers Legal Studies as her favourite subject, she also studied Extension two Mathematics, Ancient History and Chemistry. With such a heavy workload Woodhouse found reading and extracurricular activities, like debating, kept her relaxed and focused.

"I participated in school sport and debating throughout years 11 and 12, as well as plenty of reading, and I'm extremely glad I did because it allowed me to take my mind of studying," Woodhouse says.



Roseville College | An Anglican School For Girls

From Kindergarten to Year 12, Roseville girls engage in enriching learning experiences that challenge and empower them to pursue their personal best across the spectrum of College life – both within the classroom and beyond.

Inspiring and Involved
Girls

27 Bancroft Avenue, Roseville
 ☎ 9884 1100 www.rosevillecollege.com

A school within the Anglican Schools Corporation

Our graduates are typically confident, articulate and independent young women who embrace life's array of opportunities with enthusiasm and passion. More than 50% of our Class of 2013 attained ATARs over 90. We congratulate all of our girls on their exceptional results.

A non-selective school, Roseville has educated and transformed the lives of girls and young women for more than 105 years. Contact our Registrar to book a personalised tour, tailored to your interests, by calling **9884 1109** or by emailing registrar@roseville.nsw.edu.au.



*Large enough for choice,
small enough to care*

*Quality teaching and
quality learning*

*A co-educational environment
that fosters healthy
relationships in a Catholic
environment*

OPEN DAY

Friday 7 March, 9.15am – 11.45am

Enter via Yardley Avenue or Unwin Road

- Visit our school on a normal school day
- View our grounds and facilities
- Experience open classrooms & learning centres in action
- Meet our Principal, students, teachers and parents

PROSPECTIVE PARENT INFORMATION EVENING

Tuesday 11 March, 7pm

Light of Christ Centre, Enter via Unwin Road

For further information regarding enrolments please contact the College Registrar or Phone: 02 9487 3555 or

Email: stleos@dbb.catholic.edu.au | www.stleos.nsw.edu.au

CONGRATULATIONS TO YEAR 12 2013 ON YOUR OUTSTANDING HSC RESULTS

- College Dux: Angus Berg 98.05 ATAR
- 222 Band 5's Awarded
- 51 mentions in BOS Distinguished Achiever's List
- 36% received ATAR above 80
- 10% above 90
- 24 HSC subjects above state mean
- 78 students accepted into their first choice university course
- 4 nominations for Art Express and InTech
- 14 First Places in the Diocese



REMEMBERING THE KING'S SCHOOL

With an ATAR of 99.95, Matthew Jacob reflects on his years at The King's School, Parramatta, one of Australia's oldest educational institutions



FOR ME KING'S is an institution where the only limits to what you can achieve are those which you place on yourself. It is a close-knit community of staff and students which everybody is proud to be a part of.

For example, the Cadet Corps is one of the most well-known programs the school offers. Serving as the Adjutant of the unit in 2013 was truly the most incredible experience. In particular, the Passing Out Parade held at the end of second term is something I will never forget, in addition to fond memories of Corps Camps in years gone by.

While I was by no means a gifted athlete by any measure, sport formed a critical part of my life at King's. The opportunity to train twice a week with a game on the weekend provided a perfect opportunity to strengthen relationships with friends and put aside the pressures of school life – and gain the inherent health benefits.

What extra-curricular activities did you get involved in?

My other co-curricular achievements at the school included: School Monitor; House

Captain (Dalmas House); Captain of Debating; Mock Trial; Piano (Grade 8); Basketball (5ths); Football (4ths); Twelve Club membership; and Honour Colours in Academics and Debating.

Some other fond memories of King's include the annual Head of the River and GPS athletics carnivals in which made you feel incredibly proud to be a part of this great school.

Another key attribute at King's is the depth of extraordinary talent in all areas, which you are constantly surrounded by.





Wenona

Join our global learning community, educating and empowering young women to serve and shape their world.

Tour Morning

Find out about Wenona's scholarships, caring community, global outlook, impressive HSC results and vibrant learning environment.

Join us on Tuesday 25 March

Visit www.wenona.nsw.edu.au for details, email registrar@wenona.nsw.edu.au or phone **+61 (02) 9409 4440**.

Wenona School, 176 Walker Street, North Sydney.

 @Wenona_School

LEARN ITALIAN AND TRAVEL TO ITALY

Fun classes in small groups for adults and kids at all levels.



Naati accredited translations and linguistic consulting

ONE-OFF SEMINARS: The essential Travellers Seminar which focuses on language, customs, itineraries and practical useful information.

STUDY TRIPS: Our next destination is stunning Taormina, Sicily. Explore Sicily and learn Italian. Lots of social activities and cooking classes included.

CONTACT US!
 M: 0401 627 665
info@italianconnections.com.au
www.italianconnections.com.au
[Facebook/italianconnections](https://www.facebook.com/italianconnections)



Italian Connections

Whether it is the familiar names which decorate the walls or the outstanding musicians, athletes and thespians all around you, there are no shortage of role models and sources of inspiration.

How does it feel to have achieved your ATAR?

It is an incredibly rewarding feeling to have achieved all my goals and to see how all the hard work from my teachers, parents and other staff has paid off. It is also great to see the school as a whole perform so well academically and I have no doubt this will only continue to improve further into the future.

How did your parents feel about your achievement?

My parents were thrilled with the result and I know they are both extremely happy for me. They also feel immensely grateful to the school for providing me with every opportunity and to all the support from staff I received along the way.

What are you planning on doing in 2014?

I will be studying a vertical double degree at the Australian National University – Politics/Philosophy/Economics & Juris Doctor (PPE/JD) – having been awarded a Tuckwell Scholarship to study there.

What are your career aspirations?

After completing my degree at ANU, I would love the opportunity to pursue further study opportunities overseas. In regards to a career, I aspire to take up a role in public office, whether it is parliamentary or serving in the judiciary.

How did King's help you to achieve your HSC success?

I truly believe that the student is really

one aspect in HSC success and it is something that cannot be done alone. In Years' 11 and 12 especially, the relationships I formed with my teachers played a critical role in achieving my HSC goals. For me they were not only mentors inside the classroom but outside it and helped to foster the close-knit sense of community that is unique to King's. In the lead up to my final exams, I knew I could send work to my teacher to mark at any time of day and night and receive a prompt reply. The school also provides amazing opportunities through daytime and after-school tutors in the CLL and the extra-curricular programs through the Old Boys' networks all play an integral role in creating an environment which promotes achievement in all areas.

THE KING'S SCHOOL
ACADEMIC EXCELLENCE WITH CHARACTER DEVELOPMENT



www.kings.edu.au, (02 9683 8555)
Pennant Hills Road, North Parramatta NSW
PO Box 1 Parramatta NSW 2124
CrICOS No: 02326F ABN: 24 481 364 152

Atkinson's Dance Academy

Lindfield, Killara, Gordon, Turramurra

Classes Available:

- R.A.D Ballet, all ages
- Adult tap, jazz & ballet
- C.D.A Jazz/Contemporary
- Hip Hop
- Tap
- Jazz Funk
- Stretch & Technique
- Tiny Tots 3-4 Years
- Eisteddfod Groups - Solos
- Annual Concert




Enquiries Contact: 9948 1015

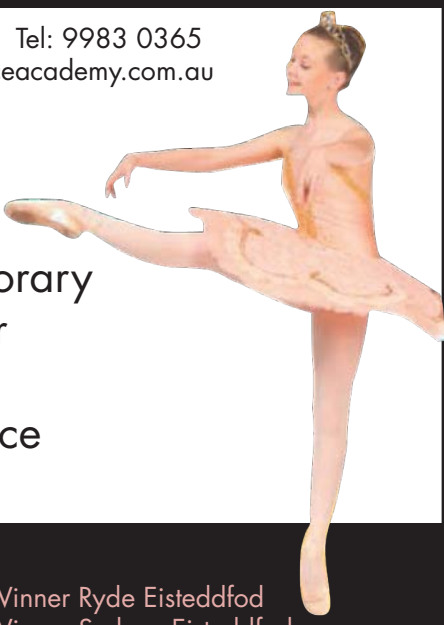
Principal: L. Atkinson A.R.A.D, R.A.D teachers diploma, C.D.A Reg. Teacher

www.atkinsonsdanceacademy.com.au

NORTH SHORE DANCE ACADEMY

Principal: Anne Gray Tel: 9983 0365
www.northshoredanceacademy.com.au

- Ballet
- Jazz
- Contemporary
- Character
- Pilates
- HSC Dance



DANCER
INES HARGREAVES

Winner Ryde Eisteddfod
Winner Sydney Eisteddfod
Winner Northern Beaches Eisteddfod

BACK TO SCHOOL AND THIS YEAR IT'S BYO COMPUTER



Scores of laptops are available, but which is best for your child?

Rosie Russell

WITH THE END of the state government's student laptop program, many schools are asking students to bring their own laptop, or even smartphone, to school.

Schools have different policies concerning computer devices, so it is best to check first before heading to the store. A term regularly used in the workplace is BOYD (Bring Your Own Device), which means people can bring in any type of device they like.

Some schools have more detailed requirements, while others supply their students with their own device. It also depends on if your school supports Mac OS X or Windows, however, many schools that were ready for the government's Digital Education Revolution (DER) program set students up to use Windows.

Harvey Norman Broadway store manager, Josh Keen, recommends staying away from the "extra frills" many computers offer.

"You need something that's going to handle all the applications students need for school, like Office and any image editing software," Keen says. "You only need a pretty basic machine for school use."

CHOICE Australia, a consumer interests magazine, gives some great buying advice to parents. Firstly, before you go out looking, give yourself a price range and stick to it. Secondly, shop around to smaller shops and online, although stick to the bigger brand names. And finally, be aware that extended warranties don't offer much more protection over standard Australian consumer rights.

There is a huge range of laptops that fit many of the above criteria, but Keen recommends the ASUS Ultrabook with an i3 processor as one of the best value for money. ○

WHAT TO LOOK FOR

Portability

More than likely, the computer will be carted to and from school everyday, so it's essential that it doesn't weigh too much and is durable. Laptops come in a range of sizes, but under two kilograms and around 12-inches is recommended if it is being carried around a lot.

Wi-fi connectivity

Many schools are now set up with wireless connectivity, which is now standard in all notebooks. Check with your school for the exact Wi-Fi specifications required to get the most out of the wireless network.

Battery life

Power outlets aren't always easily accessible, so having a good battery life is key. A battery that can last the whole school day is best, and if you're not sure about a model, many Web sites have done their own experiments and reviews on this.

Memory and RAM

For RAM, Keen recommends a minimum of 4GB to keep the computer running smoothly and a minimum of 250GB hard disk drive for data storage.

Notebook type

There are many different subcategories of laptops, including ultraportables (or "ultrabooks"), netbooks, Chromebooks running Google Chrome OS and Macbooks from Apple. Keen says the decision depends heavily on what the school is using. "I wouldn't recommend a netbook or a tablet for school. Either a Windows or Mac laptop – it's really up to the people using it."

Accessories

A laptop case is essential to keep it safe, and Keen recommends also investing in antivirus software, a USB thumb drive or external harddrive for easy data transportation, a printer and Microsoft Office.



BACK TO SCHOOL A TIME FOR POSITIVE RETURN

Jane Curran

SCHOOL CAN BE a little daunting for many children as it represents a major change in their daily lives. It might seem confronting for a child to begin school at five years of age, but children adapt and are supported by a teacher whose day is dedicated to one class and who makes adjustments for each individual student to foster their emotional and psychological wellbeing.

Secondary school often provides the greatest challenge to a child about to embark on an adolescent journey – with all the speed humps. Suddenly a student faces different teachers for different subjects, navigates multiple classrooms and, often, experiences new transport methods. School bags are heavier and student responsibilities increase.

Amid these changes, however, the single greatest issue facing many young people is forging new friendships. Many are frightened that no-one will sit with them or speak to them and, girls especially, are very relational which can have a significant impact on the way they perceive school.

When a student arrives at secondary school it is important for parents to maintain communication with them at a time when their friends can replace parents as confidantes. Students also need to develop the capacity to thrive in spite of occasional

setbacks and this is where parents play a pivotal role in guiding their thinking.

There is a lot of research to suggest that a positive environment will provide optimal functioning and optimal learning. Questions which call for a judgement such as “what was school like today?” need to be replaced by questions which guide the child into a positive mindset. Questions like “what did you like best about today?” And “what were the three best moments you had today?”

These questions distract adolescents and children from the negative thoughts that block development and learning. They turn around their perceptions and, with the use of positive language, encourage students to use positive language that changes their understanding.

Many theorists use different ways of expressing this such as “dolphin-shark thoughts” and “warm fuzzies, cold pricklies”, but they come down to that simple division between being happy and content with life or being reduced by it. Each parent wants the best for their child and this cannot be achieved by encouraging them to focus on the negative aspects of their day. Teachers are keenly aware of this and it is an easy way to work in partnership with your child’s teachers to ensure optimal learning.

It would be naïve to assume that life can always be positive so parents need to

arm themselves with the right language to guide their children forward in the event of a setback. Children can fend off negativity in their life if they have a healthy ratio of three parts positive to one part negative. When they share with parents the disappointments of their day, or the difficulties they have with friends, it is important that they are guided towards a solution with language around how the child might have acted differently, what choices they made, and would they make the same choices now they have experienced the disappointment.

These discussions allow adolescents to develop a new understanding and help them deal with problems. Parents should not simply fly to their defence as there may be nothing worth defending. Parents might also find that they are denying their children the chance to develop the skills that help them “fight their own battles”. Children will become adults and they need to reason and act as adults and there will be no better models for them than their parents and their teachers, the central adults in their developing lives.

Jane Curran is Principal at Brigidine College, St Ives. Curran has worked in both state and independent schools throughout NSW and in girls’ education for the past 15 years



The ideal (learning) environment

- ✓ Furniture that grows with children and fits like a glove
- ✓ From Pre-school to university and beyond
- ✓ Height adjustable desks and fully adjustable chairs
- ✓ Supports children’s posture, promotes a healthy back
- ✓ An investment in children’s health and education
- ✓ See the full range of study desks and chairs in store



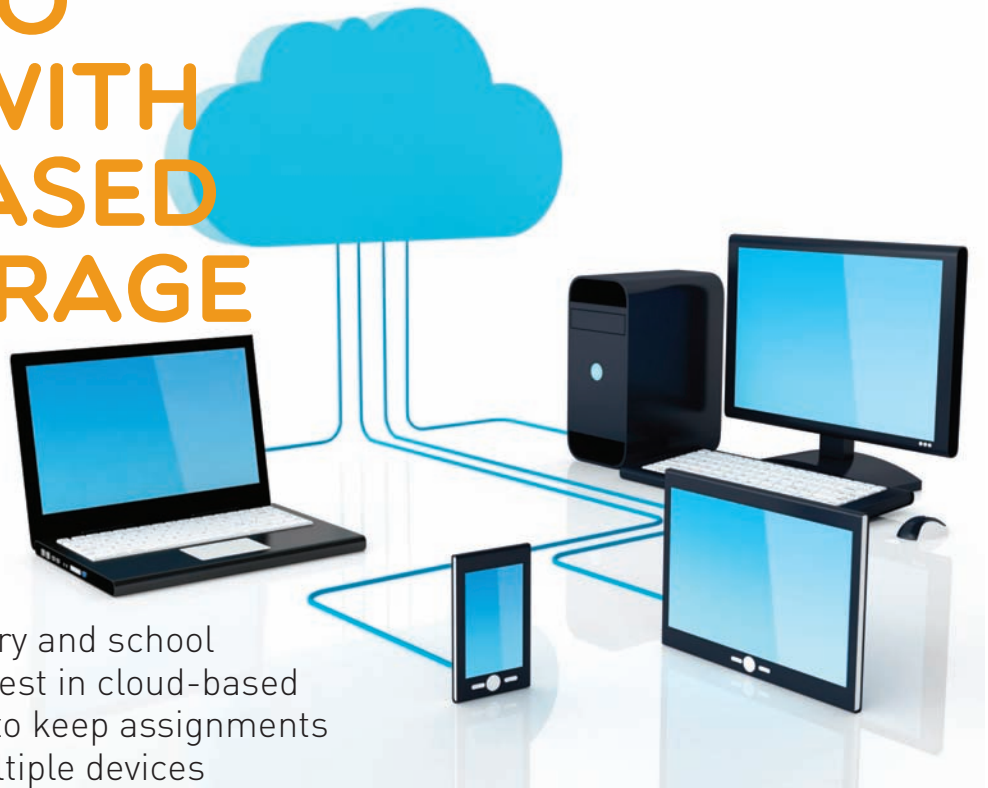
esd[®]

Ergonomic Solutions
Australia

Posture for life
Tel: 1300 455 767
ergostore.com.au

**84 Pacific Highway,
Roseville NSW 2069**

BACKUP TO SCHOOL WITH CLOUD-BASED DATA STORAGE SERVICES



Along with new shoes, stationery and school timetable, take a look at the latest in cloud-based backup services this February to keep assignments and homework safe across multiple devices

Rodney Gedda

PC BACKUPS HAVE traditionally been performed with removable media like CDs, DVDs and external storage devices. Today's mix of desktops, notebooks, tablet computers and smartphones calls for a more modern approach to data backups and the many cloud-based storage services provide a simple way to keep files safe and accessible in the event of a problem.

Cloud-based backup services work by transmitting the data over the Internet to the "cloud" where it is stored on server equipment managed by the service provider.

In this first edition of the *Sydney Observer* technology section, we take a look at five cloud storage services that help backup and share files without the need for external media.

Dropbox



Pricing: From \$US9.99/month for 100GB

Free option: 2GB, up to 16GB with referrals

Operating systems: Windows, Mac, Linux, iOS, Android

Business support: Yes

URL: www.dropbox.com

Dropbox is one of the better known cloud storage services and has made a name of itself as one of the pioneers of the industry since launching in 2008. Dropbox is available for a wide range of client operating systems, including Windows, Mac, iOS, Android and Linux. This compatibility makes Dropbox ideal for people with a range of devices. Dropbox also has a number of applications available for it in addition to the regular backup service.

SkyDrive



Pricing: From \$US25/yr for 50GB

Free option: Yes, 7GB

Operating systems: Windows (including Phone), Mac, iOS, Android

Business support: Yes

URL: www.skydrive.com

SkyDrive is Microsoft's cloud backup service and can be used with Windows, Mac OS X, iOS, Android and its own Windows Phone mobile operating system. SkyDrive is accessed with a standard Microsoft account and is also part of the Office365 suite of products. SkyDrive, like most of the other file hosting services, can be accessed via a regular Web browser. Ability to work with Office documents is also a feature.

Note: Microsoft has recently rebranded SkyDrive as OneDrive." to the end of the SkyDrive summary text.

OwnCloud



Pricing: Free, you pay for storage

Operating systems: Windows, Mac, Linux, Android

Business support: Yes

URL: www.owncloud.org

OwnCloud is a file storage application that is free and open source (you can get the source code). You can subscribe to it through an OwnCloud service provider or run the application yourself at your home, school or business. OwnCloud offers file synchronisation and a number of other applications like a calendar and address book. OwnCloud was created to address privacy concerns about having personal data stored in public cloud services.

iCloud



Pricing: \$AUD21 for 10GB

Free option: Yes, 5GB

Operating systems: Mac, iOS, Windows

Business support: No

URL: www.icloud.com

Apple has unified its storage and app access services under the iCloud banner and gets you started with 5GB of storage for your documents with iTunes purchases not counting against the free storage quota. iCloud is not just for file storage as it unifies Apple's cloud services including content, settings, Web browsing and passwords. While the service does support Windows, to get the most out of it you want to be using a Mac or iOS device.

Google Drive



Pricing: From \$US2.49 for 25GB

Free option: Yes, 5GB

Operating systems: Windows, Mac, iOS, Android, Chrome OS

Business support: Yes

URL: drive.google.com

Google is the giant of online services like Internet search and email, but it only released a cloud backup service in the form of Google Drive in mid-2012. Google Drive offers 5GB free and 15GB of cloud storage space shared across a number of Google services, including Google Drive, Gmail and Google+ (Google's social network) photos. Google Drive clients are available for most operating systems including Windows, Mac, iOS, Android and Google's own Chrome OS.



Your local Computer store in Gordon offering reliable, affordable & friendly Services

Computer problems? Please call us for:

- ☛ On-Site service for Internet, Network issues
- ☛ Data Recovery for PC or Mac
- ☛ Data Transfer from old computers
- ☛ Check, Clean up Spyware & Virus
- ☛ Computer Hardware problems



**SPECIALS ON
DESKTOPS,
NOTEBOOKS,
PRINTERS....**

Open: Mon~Fri 9:00am~6:00pm, Sat 10:00am~4:00pm

**We've moved to Low Ground (same building)
793-795 Pacific Hwy. Gordon NSW 2072
Entry via Park Ave.**

Ingenuity Computer Systems Pty. Ltd.

• Sales • Upgrade • Repair • Services

Email: sales@ingesys.com.au

Phone: 02-94182945 Mobile: 0430210332



MAKE YOUR HOUSE 'SEXY' WITH A MODERN SMART HOME SYSTEM

Is it time to buy into the smart home phenomenon?

Mike Fairbairn

A SMART HOME is a house that embraces the benefits of twenty first century technology. When you're looking for the right TV remote or flicking several light switches to turn the house into a disco, a smart home starts thinking for you.

Wired from the ground up, a smart home allows you to control most technological aspects of your house from a single device. The wiring converges onto a central hub allowing you to add and remove components easily. The price tag for a smart home can seem over the top but the benefits are there in the long run. Smart homes save you money in water and electricity bill reductions and they add value to your home creating a serious selling point when the time comes to move on.

Smart homes are no longer reserved for those living in the newest and most expensive pads. Smart homes have come a long way since we first started seeing them 20 years ago – only at the highest end of the property market.

WHAT CONSTITUTES A SMART HOME?

Principal of Smart Home Works, Guy Holden, shed some light on what smart homes are, where they have come from and where they are going.

When Holden says he wants to “rid people’s houses of wall acne”, he is referring to the multitude of switches we have on our walls. Rather than turning the living room into a mini light show while you try to remember which switch does what, Holden says the first step towards a smart home is connecting the lighting to a central system.

“Getting an electrician to connect fancy digital dimmers to your lights means you are just creating an expensive light switch. Integration is what a smart home is really all about [and] connecting everything to a central system is what we do,” Holden says.

“Once you have the central system you can start to hook everything up to it, that is when things start getting really sexy.”

THE COST IS IN THE CABLING

The price of a smart home lies in the cabling and the central system. So the ideal time to make your home smart is during a renovation.

Holden points out that while you can use a wireless system, it is more cost effective and reliable with wired technology.

“Anyone doing a renovation at the moment should consider laying their house with the cabling,” Holden says.

He estimates to completely integrate an

averaged size house will cost around \$40,000 to \$50,000, however, this is including all the lighting and audio components many people put in anyway. “So why not have it all integrated?”

PICTURE THE POSSIBILITIES

You arrive home late from work, having stopped by the shops on the way. Your smart home system can be controlled from your smart phone allowing you to press ‘open house’ from the driveway. The front door unlocks, the hallway to the kitchen is illuminated and the front porch light comes on and you are now free to walk straight from the car to the kitchen with your shopping.

You are in the study working and listening to some music. It’s time for a snack so instead of turning everything off you shift what you are working on to the television and the music you are listening to into the kitchen.

IS A SMART HOME WORTH THE INVESTMENT?

Holden believes investing in a smart home is a cost-effective and beneficial exercise that will make life easier for years to come.

“People are spending that extra \$10,000 on a bath that you will only use once a year. Why not spend that extra \$10,000 on doing your lighting and audio properly? Suddenly your house is so much more accessible,” Holden says.

He also points out that if you are not putting a smart system into your house someone down the track will be.

Real estate specialist at Belle Property Mosman, Brad Rogan, says: “If you compare two identical houses, one with a smart system and one without, we would expect the smart home to sell much faster.”

So while smart homes may not be adding value to your house yet, it does increase your selling power. Smart homes are undoubtedly the future, and as Holden says, “it is just plain sexy”.

CONTROL YOUR HOME FROM YOUR SMARTPHONE

The central system for your house is controlled via an app on your smartphone. Different levels of security can be given to different users, so the kids can work the TV but not surprise you with blasting music in the middle of the night.

Your phone connects directly to the central system so if a delivery from your latest online shopping splurge has arrived and you are at work, the home intercom is connected to your phone, so you can see who is at the front door no matter where you are.

You can unlock the front door or even have a security box put in which can be unlocked, all from your phone. The more you connect to the system the more you can control. From lighting and audio all the way to floor heating and the dishwasher. ○

MORE INFO:

Go to www.smarthomeworks.com.au to find out how you can make your home smart.

WAHROONGA OPTOMETRIST

We offer:

- Professional eyecare advice
- A full range of fashion spectacle frames
- Many brand names

The practice also arranges to send used spectacles to developing countries. If you have any unwanted spectacles that you do not use please leave them with us for disbursement.

OPTOMETRISTS
ASSOCIATION AUSTRALIA



Mark Hornitzky, B.Optom. (UNSW)
3/2 Redleaf Ave. Wahroonga Phone 9487 3551

NORTH SHORE DentureClinic

Smiles by Design



- Natural looking dentures
- Deal directly with the maker
- We use the latest techniques
- You'll have well-fitting dentures & a great smile!

9418 4922

7/2 ST JOHN'S AVE, GORDON
(Opposite train station)



CAPTURE THE SPIRIT OF A FEBRUARY ROSE GARDEN

Homeotic mutants are red, violets are blue

Karla Davies
Photos: Simone Cottrell and Jaime Plaza

ROSES ARE IN FACT HOMEOTIC MUTANTS

With the romantic month of February upon us, the notion of giving your partner roses as a sign of your love would not quite hit the spot if you described your gift as a bunch of "homeotic mutants", but horticulturally speaking, that's exactly what they are.

The rose itself is a double-rose and is in fact a mutant. If you look at a rose you can see that all or most of the stamens (the pollen-bearing male part of the flower) in the middle of the flower have been replaced by petals and such a thing is referred to as a homeotic mutant!

Clark RUBBER Brookvale

CUSHION CLEARANCE*
ON NOW!

35% OFF

SELECTED OUTDOOR CUSHIONS!

We have a huge range of cushions to clear.
Update your outdoors today.

*This offer is only valid until 28/2/14 on presenting the original copy of the advertisement to Clark Rubber Brookvale for redemption. Not to be used in conjunction with any other offer. FS08137

Clark RUBBER Brookvale

SUMMER FUN IN THE POOL

20% OFF*

POOL INFLATABLES

*This offer is only valid until 28/2/14 on presenting the original copy of the advertisement to Clark Rubber Brookvale for redemption. Not to be used in conjunction with any other offer. FS08137



Brookvale 9907 3377
59 Winbourne Rd
clarkrubber.com.au



IDEAL CONDITIONS, AND TIPS, FOR GROWING A ROMANTIC ROSE GARDEN

You can take some tips from the Royal Botanic Garden, Sydney because the roses that grow there can be grown in most places around Australia except for the tropics.

The conditions in Sydney mirror the Australian environment in general where, except for a few locations, traditional roses do not do well, especially those from the northern hemisphere. There are many hybrid roses grown in Australia and produced here to suit our climate. In most Australian cities the climate is warm and humid, especially over summer, and this also favours a number of pests and diseases.

Like horticulturists at the Royal Botanic Gardens, if you are planning to grow your own roses, it is important to select cultivars that are appropriate for the location. The next key element is soil preparation. You need to make sure the soil is well draining

and that the appropriate nutrition is provided. Roses also need to be watered well and pests and diseases must be controlled effectively.

Roses are not difficult to maintain but fungal diseases such as black spot, rust and powdery mildew must be kept under control. The Royal Botanic Gardens uses effective non-chemical methods and employs sustainable horticultural practices. The parasitic rose aphid wasp, spiders, lady birds and their larvae, saw fly larvae and lace wings help to control insects. Horticulturists also spray fortnightly with Eco-Oil, a non-toxic plant oil based insecticide and Eco-Carb, a non-toxic, bicarbonate-soda based fungicide. Caterpillars are controlled by spraying with Success Neo, a non-toxic insecticide. It is also vitally important to clean your tools to prevent disease transmission and take diseased leaves away to reduce re-infection.

TAKE TIME TO SMELL THE ROSES AS THE END OF SUMMER DRAWS NEAR

Summer is an amazing time to visit the Palace Rose Garden at the Royal Botanic Garden, Sydney where 1800 roses take centre stage with a backdrop view of the Harbour Bridge. The Palace Rose Garden opened in November 2006 and was re-established just over seven years ago. The new Garden is set in part of the old Palace Gardens.

The Palace Rose Garden features approximately 90 cultivars which were chosen for their sustainability in Sydney's warm, humid and wet coastal conditions. July is the best time to plant roses in Sydney and this is when they are the best value.

Roses flower throughout the year in Sydney with the main peaks in the warmer seasons of spring, summer and autumn. ○

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



AVAILABLE NOW
 ONLY 2 x TWO BEDROOM AVAILABLE

For Sale

MacKillop Grange Retirement Village is situated in Mosman, on Sydney's beautiful North Shore.

Our modern self-care apartments offer complete privacy whilst providing the advantage of living in a caring community environment. MacKillop Grange offers on-site management and a 24 hour medical alert.

Secure your chance today to live at this exclusive address in the heart of Mosman.

Be quick, only 2x two bedroom apartments available. Call our office for an inspection.



28 Wudgong Street, Mosman

Phone: (02) 8969 3240
 Email: info@mackillopgrange.com.au

www.mackillopgrange.com.au



MacKillop Grange

INITIAL PLANNING KEY TO TOOTH LOSS TREATMENT

Ian Sweeney

THE EFFECT OF losing a tooth has many far reaching consequences. Research has shown that up to 30 per cent of the volume of supporting bone may be lost within the first three to four months following the extraction of a tooth.

Teeth are supported by bone. Once a tooth is lost, the supporting bone will shrink as the extraction socket heals and remodels. As the bone shrinks, the amount of gum overlying the bone also shrinks, potentially affecting a person's smile (fig 2).

A loss of supporting bone and gum may be compensated for if the final outcome is the construction of a denture. However, if a patient does not wish to wear a denture, the issue of tissue loss needs to be addressed.

Prior to a tooth being removed thought must be given to what will replace the missing tooth. If a patient does not wish to wear a denture to replace the missing tooth, a procedure known as 'Ridge Preservation'

may be performed.

Ridge Preservation involves packing the extraction socket with a bio-compatible material that will help to maintain as much bone volume as possible. A protective membrane may also be placed to cover the material, prior to suturing the gum. The socket is then left for a number of months while the bio-compatible material either becomes replaced by new bone or becomes incorporated into the new bone that forms (fig 3).

Following a suitable healing time, a 3-dimensional scan of the site may be taken to determine the exact amount of bone that has formed. Dental implants may then be placed into the new bone, allowing the

lost tooth to be replaced without interfering with the surrounding teeth.

Occasionally it is possible to place an implant at the time of tooth extraction; however this depends on many factors. In these cases, ridge preservation will not be required; however initial planning still remains the key to long term functional and aesthetic success.

Ridge preservation is not always required as occasionally dental implants may be able to be placed at the time of tooth extraction. Many factors will determine whether this is possible, however the key to long term functional and aesthetic success remains the initial planning.

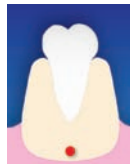


FIG 1



FIG 2

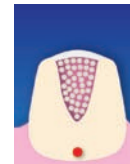


FIG 3

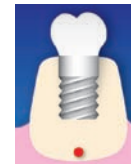


FIG 4

Sydney Observer proudly supports

COMPUTER PALS FOR SENIORS Turrumurra

**Helping Seniors
to keep up
with the kids**

for:

- Beginners & Advanced
- Internet, Email, iPads
- Understanding Your Computer
- Photos and Slides to Disc and More...

OPEN DAY
Wed 19th March, 2014
10am - 2pm
Centre for Seniors
Gilroy Lane, Turrumurra

Ph: 9418 1228

1958 - 2014

56

YEARS

PRICE'S
pharmacy
— WEST PYMBLE —

Price's Pharmacy is proud to offer a number of special services including:

- **FREE BABY CLINIC** with Sister Edwina every Tuesday 9.30am to 1pm
- Preparation of **Webster-Packs** for daily medication regime
- Sub-agent for **Diabetes Australia**
- **FREE** local-area home delivery by "Delivery Boy" with over 50 years experience
- Justice of the Peace usually available but please ring first

Our happy, dedicated staff giving caring, family friendly attention to your pharmaceutical needs.

PRICE'S PHARMACY 2 PHILIP MALL, WEST PYMBLE, 2073. PH: 9498 5552 - FAX: 9498 7537

A HEARING DEVICE THAT CAN DO IT ALL



WITH THE NEW Lyric hearing device you get a hearing aid that CAN do what everyone wants it to do.

- A hearing aid that CAN disappear.
- A hearing aid that CAN win a popularity contest.
- A hearing aid that CAN be lived with, not lived around.
- A hearing aid that CAN improve relationships with you as well as others.
- A hearing aid that CAN be worn all day every day and every night as well.
- A hearing device that CAN stay in the ear for up to four months at a time.

John Magee, director of the innovative family practice AUDiO-HEALTH says he is very pleased that he is able to offer this device as it is so readily accepted by people wanting ultimate discretion, comfort and convenience. "We are offering a free trial of the device to anyone who is a candidate", says John. So with the proof of the pudding being in the eating and nothing to lose but your hearing loss now is an excellent time to take up this special offer.

Statistics show the main reason people delay taking action to improve their hearing is the belief that they will be perceived as being less than normal if they are seen using a hearing device. The Lyric overcomes this obstacle as no one will be aware that you are wearing it.

The other lovely feature, explains John is that as you subscribe to this device rather than purchasing it outright we are able to upgrade your device when new technology becomes available.

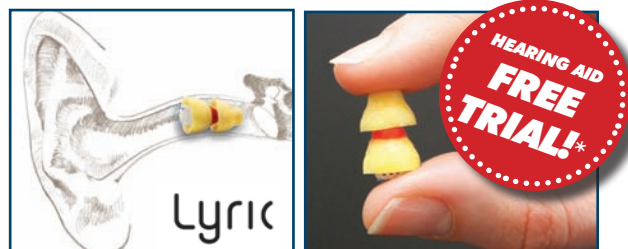
AUDIHEALTH have also had some surprises with age being no barrier to the uptake of the device and with people citing reasons such as convenience for their desire to have it, that is, you wear it and forget it and don't need to fiddle at all or even change a battery.

So if your new year's resolution is to improve your quality of life then improving your hearing will certainly do this. Contact the friendly team at the clinic on 9418 1622 or visit them at the Gordon Village Arcade.

ENJOY HASSLE FREE CLEAR HEARING!



AUDIHEALTH are offering you a **FREE TRIAL*** of the long wear invisible Lyric hearing device.



All the benefits of outstanding sound quality... but with no hearing aid in sight!
The Lyric hearing aid can remain in the ear for up to four months requiring no handling at all. AUDiOHEALTH can help find a hearing solution that suits your lifestyle.

Call 9418 1622
Initial Consultation FREE

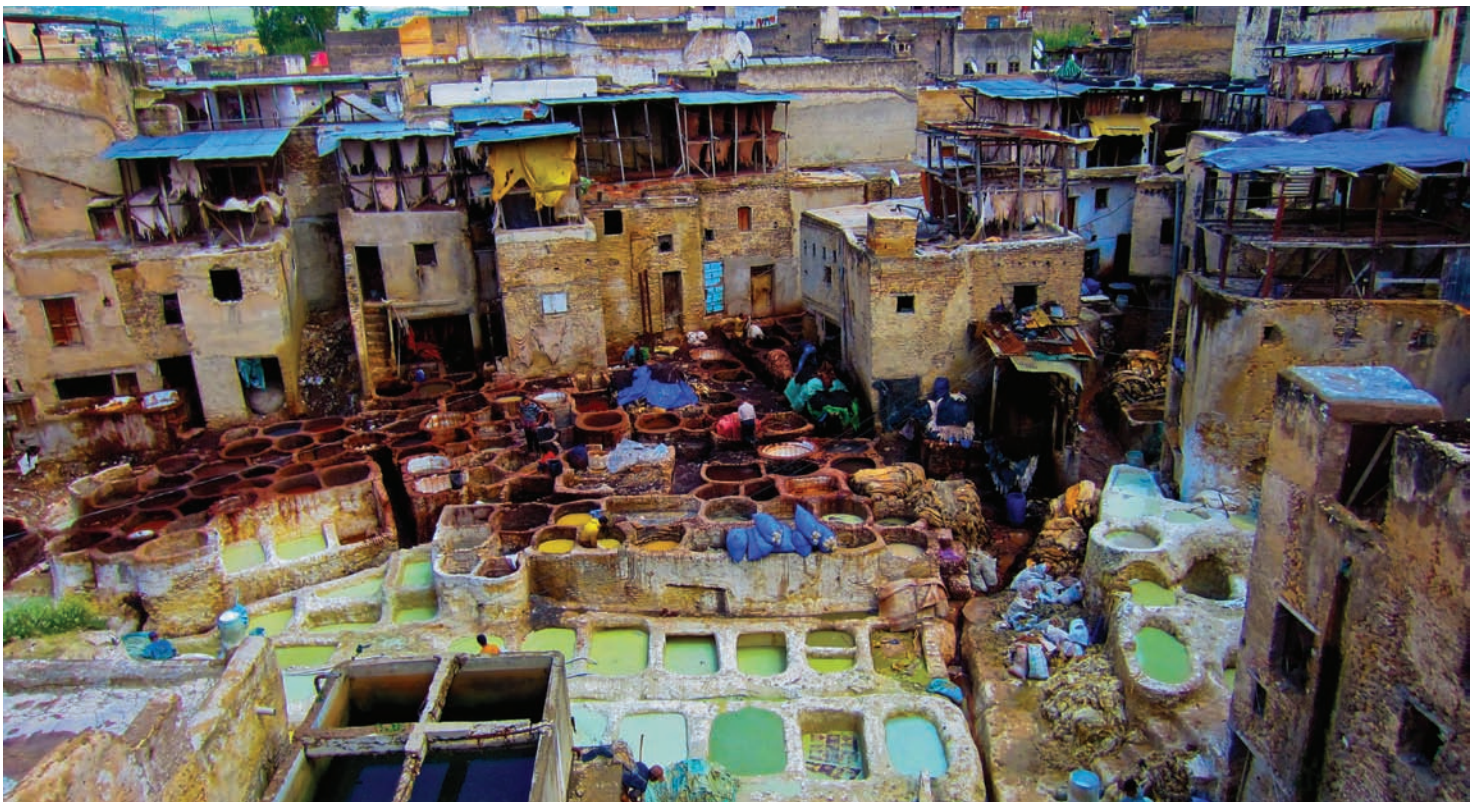
*Conditions Apply

BOOK BEFORE 1ST MARCH 2014

AUDIHEALTH
hear well, live well

PHONAK
life is on

Suite 26/767 Pacific Highway
GORDON VILLAGE ARCADE
www.audiohealth.com.au



MYSTICAL MOROCCO: THE RUGGED GATEWAY TO AFRICA

Prepare to immerse yourself in the sun-drenched capital of North African culture

Tess Gibney

FRENETIC, SWEATY AND disarmingly foreign, it's hard to comprehend the bustling port city of Tangier in Morocco's North is less than a 45 minute ferry ride from mainland Europe. Though similar in climate to the southernmost coast of Spain, the likeness ends abruptly there. Tangier is the tantalising, assaulting entry to Africa, and a prelude of sorts to the vast cultural differences that lie ahead in awe-inspiring, mystical Morocco. Whether you arrive from Europe via boat over the Strait of Gibraltar or fly directly into the tourist hub of Marrakesh, your experience in the country will undoubtedly be rich, stimulating and, at times, unpredictable.

WHERE TO GO:

MARRAKESH

Situated at the foothills of the Atlas Mountains, Marrakesh is best known for the chaotic and overwhelming souks bordering Jemaa el-Fnaa (the commercial centre of Marrakesh's old city). Peppered with tiny, vibrant shops, the city's market sells everything from silver laden with glistening stones to woven rugs and worn, embroidered leather.

Narrow and intricate alleyways take you deeper into the heart of the musty, bamboo covered souks to reveal exotic spices and Middle Eastern glassware. Be sure to thoroughly explore the centre of the UNESCO world heritage listed Jemaa el-Fnaa too, where sleepy snakes bob to the rhythm of their charmers and identical stalls selling fresh orange juice abound. You could happily pass a whole day – or days, even – in the fortified old city (medina), simply wandering and absorbing the chaos.

CHEFCHAOUEN

Aptly nicknamed the blue pearl, gorgeous Chefchaouen is a popular destination for European tourists and backpackers in the balmy summer months. Nestled in the shadow of the arching Rif Mountains, the traditional medina houses and blue-washed buildings climb steadily upwards. Significantly less frantic than other Moroccan cities such as Tangier, Marrakesh and Fes, Chefchaouen is an ideal destination for people wanting to take a break from the at-times exhausting rigour of travel.

Like much of Morocco, Chefchaouen is a sensory experience; an explosion of colour and sound that both soothes and excites the soul. The Plaza Uta el Hamam, at the centre of the medina, is a spirited mix of Spanish and Arabian influences, and offers an impressive view of the majestic mountains which are most beautiful at sunset. Though you could easily spend your days idly exploring the narrow and intertwining blue streets, try to conquer the sprawling mountains and their miniature villages – on your own or with a guide. Similarly, the Ras El Ma (literally the "head of water") – a waterfall to the east of the medina – is a picturesque place to watch the residents of Chefchaouen converge.

WHAT TO DO:

ATLAS MOUNTAIN DRIVE

The Tizi N'tichka pass in the High Atlas Mountains is one of the most spectacular (albeit challenging) roads in North Africa. Hairpin corners weave steadily up wards as if into the sky; with kilometres separating the vehicle from the arid land below. If you're heading to the Sahara from Marrakesh, this is the way you'll travel – and it's well worth it. The majestic views are interspersed by quirky roadside stalls selling moon rocks and Moroccan trinkets, effervescent locals unfazed by both the dizzying height and heat.

CAMPING IN THE SAHARA

If you're going to visit the Sahara, you may as well go ahead and sleep in it. A wonderful way to immerse yourself totally in the decidedly other worldly desert, there aren't really any words to describe the magic of falling asleep under a perfect sky and waking up at sunrise to an expansive sea of orange. Not to mention the ride to the camp – on a camel. It's just something you have to do, and most hotels in the major cities offer packages that include transportation to and from the desert.

HAMMAM

No authentic Moroccan experience is complete without a trip to a traditional 'hammam'. Similar to ancient Turkish bathhouses, a visit to a Moroccan hammam is both cultural, cleansing and perhaps the best way to meet and interact with locals. A ritual component of Moroccan life, most Moroccans generally go once a week to rejuvenate and unwind. But don't go expecting anything fancy, as many of the local hammams are sparse and basic – it's more about the social nature of the bathhouse than anything else. Nonetheless, it's always a refreshing respite from the relentless heat and chaos of Moroccan cities. Go, relent and let yourself be scrubbed until your skin is raw. Just remember to take your own soap and shampoo!



SUMMER IS JUST AROUND THE CORNER!



BEFORE

Lose those **unwanted kilos** 2 shakes a day and still enjoy your favourite healthy foods. Plus more energy everyday.



AFTER

Full support available.
Call today to get started
 Full 30 day money back guarantee

Ros Dodd **0412 957 557**
 Independent Consultant



HERBALIFE
 Independent Distributor

Healthier wellbeing through nutrition!

GORDON MARKETS

2nd Sunday of every month



Gordon Station Council Park (middle level)
9 Feb, 9th Mar & 13 April
8.30am to 3pm

UNDERCOVER
 Protected from heat and rain!

Information: www.gordonmarkets.com.au
 Bookings: Message Service (02) 9418 2373





An elegant retreat,
a night to remember

The beautiful Southern Highlands sets the scene for a celebration of regional food and wine, with guest chef for the night Frank Comorra from MoVida, joining Executive Chef Warrick Brook at one of the region's favourite restaurants.

Montfort's Restaurant, Peppers Craigieburn is already known for its passion for local growers and seasonal produce, as the night's menu reflects. Guests will enjoy a degustation dinner with matched wines by Gourmet Traveller WINE writer, Nick Stock, who will be in attendance along with Gourmet Traveller WINE editor Judy Sarris.

A Gourmet Traveller Reader Dinner

Friday 21 March 2014

Pre-dinner drinks at 7pm, Dinner at 7.30pm. \$125 per person including five-course degustation dinner and matched wines.

Experience Peppers Gourmet Food Trail. Call 02 4862 8000 or email craigieburn.reception@peppers.com.au Peppers Craigieburn. Centennial Road, Bowral, 2576, NSW.

We're all
about
you



AN ELEGANT RETREAT, IN
THE HEART OF THE
SOUTHERN HIGHLANDS



A STUNNING RURAL property nestled on the outskirts of Bowral in the New South Wales Southern Highlands, Peppers Craigieburn possesses a reputation as one of the regions premier venues for accommodation, leisure stays, conferencing, weddings and retreats.

Reflecting the style and elegance of the original homestead, Peppers Craigieburn was originally built in 1887 and welcomed its first guests in 1910. Memorable stays, service and food has been entrenched in Peppers Craigieburn's history for over 100 years.

Within easy reach of Sydney, Canberra and the South Coast, Peppers Craigieburn is set in the beautiful Southern Highlands, an area renowned for its national parks, antique shopping and cool climate wines ultimately offering an idyllic and relaxing escape.

MORE INFO:

Call 02 4862 8000 or

email craigieburn.reception@peppers.com.au

Peppers Craigieburn. Centennial Road, Bowral, 2576, NSW.



PH: 9997 8888

THE RUG CLEANING
SPECIALISTS

- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service
- Quality Second Hand Rugs for Sale

For our other services, visit our website:
www.agicarpetservices.com.au

A.G.I Carpet Services
2/45 Bassett Street Mona Vale

Need help with Web sites and online IT services?

LINUXPEAK

- Domain name management
- DNS hosting
- Web site design and hosting
- Email hosting and archiving
- SSL encryption & security
- Project management software
- IT problem solving



www.linuxpeak.com 02 9499 3080 hello@linuxpeak.com

TREAT YOURSELF TO SUMMER BREAKFAST ON SYDNEY'S NORTHERN BEACHES

Thirty minutes from the city, but a mile away from care, we look at places you have to visit for a mind-blowing breakfast before the end of summer

Rosie Russell

SUMMER IS COMING to a close, but the clear, sunny mornings and beautiful Sydney days aren't stopping any time soon. The Northern Beaches is famous for some of the best beaches in Sydney and with their relaxed, leisurely reputation, there's no better place for a long breakfast while enjoying the quintessential Australian beach-bound summer.

The Northern Beaches has a lot to offer with attractions for every age, so start your day with a good breakfast before you go exploring the many walking trails, beaches, markets and views on offer.

Many things make a cafe great, and it's hard to find that perfect combination of food, atmosphere, location and coffee, however, we have scoured the Northern Beaches for some of the best places to start your day.

THE BOATHOUSE

Situated right on the water, The Boathouse gives a fantastic view no matter where you sit in the rustic-themed cafe. Serving fresh produce and modern Australian cuisine, the breakfast menu is varied and delicious. Not only do they create a unique dining experience, but they also sell local produce like flowers, bread and fruit. The only trick is to snag a table early and to avoid peak times, like Sunday brunch, as the order line can get long. Although the menu can be pricey, it's worth it for the panorama views and food that is both unique and incredibly fresh.

We recommend: the organic quinoa with yoghurt, grated apple, mango, fresh dates and toasted nuts.

Location: 1151 Barrenjoey Rd, Palm Beach

Opening times: 7:30am to 4pm daily

ARMCHAIR COLLECTIVE

This place was made for breakfasts, whether you want a quick coffee from the commuter-stop window, or a long, relaxing meal of fresh food with a great atmosphere. It's not only a cafe, but a florist and lifestyle home ware store as well. Sitting at one of the communal tables, the surrounds are a bit hectic, but they only add to the eccentricity and charm of the place. The menu isn't overly expensive, but everything looks so fantastic that you'll want to keep adding on to your order. With quick service and an outside area to take full advantage of the premier location, this cafe is the ultimate way to spend a summer morning.

We recommend: wild mushroom bruschetta with balsamic reduction, fetta cheese and pine nuts on rye toast.

Location: 9 Darley Street East, Mona Vale

Opening times: 7:30am to 4pm daily



SEACHANGE CAFE

If you want to get a true experience of the Northern Beaches lifestyle, you can't go past SeaChange. The atmosphere is somehow energetic and laid back at the same time, with Bob Marley filtering through the speakers and friendly staff that seem to know all the locals. It's a small business with an eclectic mix of regulars and is always busy. The food is great value for money and you have the option of picking something from the menu or making your own meal from the variety of food on display. This cafe is a breath of fresh air, with quick and fantastic service, as well as a great 'locals' atmosphere.

We recommend: Fisherman's omelette with fresh salmon, red onion, capers, eggs, potato and Swiss cheese.

Location: 20 The Strand, Dee Why

Opening times: Sunday & Monday 6:30am to 5pm; Tuesday to Saturday 6:30am to 9:30pm



WHATS ON FEBRUARY 2014

1 February - 1 March Month of Love

Varying times

Lots-a-love themed events happening in Darling Harbour. Eat your heart out with dinner for two deals, loved up cocktails and dreamy desserts. Play around with cheeky photo booths and old school dance moves. There is an open air cinema too!

Where: Darling Harbour

Contact: events.gigs@shfa.nsw.gov.au



1 February - 1 March The Cool Hunter Pop-up Store

10am - 6pm (free)

The Cool Hunter founder Bill Tikos is curating a pop-up store in Sydney's CBD. The store will stock a rotating collection of desirable art, fashion and homewares from local and international designers.

Where: Martin Place, CBD

Contact: www.thecoolhunter.com.au

4 - 25 February Gym Without Walls

6am - 7am (\$10)

Start the working day on the right foot and get your heart pumping in the great outdoors! Where: Bicentennial Park - Golden Grove area

Where: West Pymble

Contact: recreationbookings@kmc.nsw.gov.au

6 February - 27 March Salt Meats Cheese Pop-Up

9am - 5:30am (free)

The food-shopping wonderland exclusive to Alexandria is setting up shop in the CBD for all to enjoy. Salt Meats Cheese will be serving breakfast and lunch on Martin Place alongside a shop full of their best imported goods, and on Thursday nights the pop-up will become a cooking school.

Where: Martin Place, CBD

Contact: 9224 8333



8 February - 1 March Snow White

(\$20 - \$24)

Well-known children's author Helen Martin has adapted one of the Brothers Grimm's most popular and enduring fairy tales. The production, which is suitable for children from 3 to 10 years old, will run twice daily in the summer school holidays and then on Saturdays until mid March.

Where: Macquarie University, Gate 2, Gymnasium Road, North Ryde

Contact: www.mstyp.org.au



7 February Food Truck Fridays

5pm (free)

New in 2014! Streetfest Food Trucks United - a monthly celebration of the food truck initiative. The trucks will gather and trade from 5pm at Belmore Park near Central station, in a bid to liven up Sydney after dark.

Where: Belmore Park, Eddy Ave, Haymarket

Contact: www.foodtrucksunited.com.au

7 February - 28 February Twilight at Taronga

7:30pm (\$35 - \$69)

The hugely popular open-air summer concert series returns to Taronga Zoo this February. Bring your own picnic, rug or chair for a wild night out under the stars. There will be a different performance every week.

Where: Taronga Zoo, Mosman

Contact: 131 500

8 - 16 Feb Australian Open of Surfing 2014

7:30am (free)

An action-packed nine days of surfing, skating, art and music is set to hit Manly this summer, with the Australian Open of Surfing 2014.

Where: Manly Beach

Contact: www.australianopenofsurfing.com

1 February - 22 March Poetry Competition: Don't be Afraid of the Dark

(free)

City of Sydney Library and Sydney Observatory are running an all ages Poetry Competition in the lead-up to Earth Hour (29 March). Compose a 'don't be afraid of the dark' themed poem and submit your entries to the State Library.

Where: www.sydneyobservatory.com.au

Contact: library@cityofsydney.nsw.gov.au

14 February The Notebook for V Day

8.30pm (\$13 - \$20)

It's Valentine's Day, so why fight it? Take your loved one to see the Notebook. A special \$60 package includes two tickets, two glasses of bubbles and a red rose, but normally priced tickets are also available.

Where: Hayden Orpheum Picture Palace, 380

Military Rd, Cremorne

Contact: 9908 4344



19 February Toddlers and Tadpoles

10am - 11:30am (\$10 child, \$5 adult)

Join experienced Rangers for a fun morning of play-based investigation and discovery. Each Wednesday kids can explore a different bush theme and incorporate story telling, craft, bush walks and gardening activities.

Where: Ku-ring-gai Wildflower Garden, St Ives

Contact: Rosemary Forbes-Smith 9424 0353



GIVE AWAY

3X DOUBLE PASSES

With bats flying languidly overhead and the Summer sun setting in the background, a night out at the Moonlight Cinema is a quintessential Sydney experience. From contemporary to cult, to classic or blockbuster films, the Moonlight Cinema invites everyone to come and watch some of the greatest films beneath the stars.

The newly renovated Beveledere Amphitheatre in Centennial Park is undoubtedly Australia's best location for an open air cinema. You can lose yourself in the drama of theatre while the natural world hums around you. Prepare to stretch out under the stars and enjoy watching films in a whole new atmosphere.



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 with your name, address, and contact number by the 25th of the month.**

Wonderful classes since 1978
Yoga! Everyone welcome! Beginners - Advanced
 Experienced & qualified Teachers. Stretch and Strengthen your body. Improve your energy levels and feel truly fit. Join us in 2014 our 35rd year of providing quality yoga classes to the local community.
 Enquiries and Bookings: **9144 7622**
www.kuringgaiyoga.com.au

PUZZLES SOLUTIONS

Handy 3363 (Glancing)

CROSSWORDS

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

SUDOKU

Novice 0988

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

NORTHSIDE WASHER SERVICE



WASHING MACHINE & DRYERS, REPAIRS & SALES

- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

Graeme Shepherdson
 Ph: 9457 9162 / 9481 8505
 Mob: 0418 679 596

SCOOTERS?

Power Chairs & Scooters
TEST DRIVE ONE TODAY!

Comfort Discovered

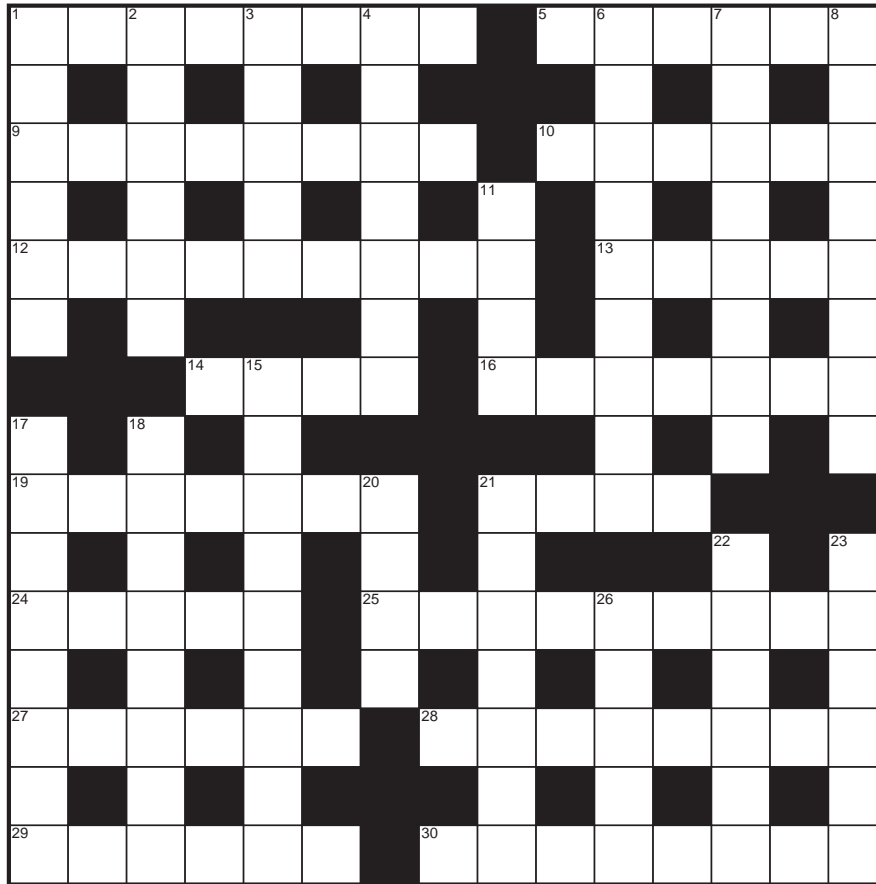
OPEN 7 DAYS
 Phone 9987 4500
 511 Pacific Hwy Mt Colah
 (Next to McDonalds. Easy Parking)
www.comfortdiscovered.com.au

511 PACIFIC HIGHWAY, MT. COLAH PH: 9987 4500

Visit our new website!

Crosswords

HANDY 3363 (GLANCING)



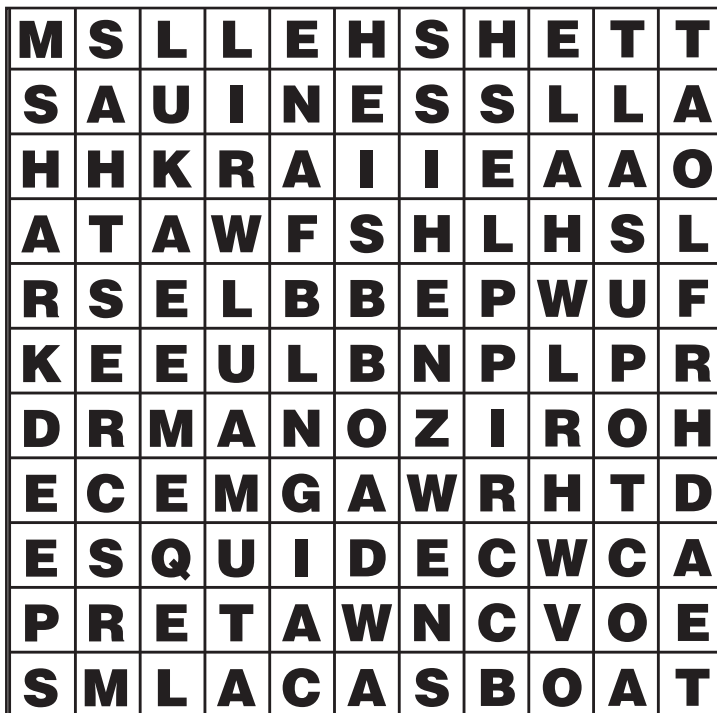
Across

- 1. Looking quickly
- 5. Plot
- 9. Parents' mums
- 10. Ontario city
- 12. Walking ponderously
- 13. Favourite retreat
- 14. Work team
- 16. Curtain
- 19. Most expensive
- 21. The pair
- 24. Applauds
- 25. Tailless ape (5-4)
- 27. Beverage server
- 28. Agreeable
- 29. Least moist
- 30. Cul-de-sacs (4,4)

Down

- 1. Chuckle
- 2. Wake-up clocks
- 3. Obtain by begging
- 4. Approaching
- 6. Fierce (competition) (3-6)
- 7. Withdraw to safe place
- 8. Executing (law)
- 11. Years
- 15. Intense dislikes
- 17. Schooled
- 18. Squid
- 20. Trampled (on)
- 21. Raised writing
- 22. Exert
- 23. Brings together
- 26. Sentry duty

Wordsearch



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

- | | | |
|---------|---------|---------|
| ANCHOR | HORIZON | SHALLOW |
| BLUE | OCEAN | SHARK |
| BOAT | OCTOPUS | SHELLS |
| CALM | PEBBLES | SQUID |
| CREST | RIPPLES | SURF |
| DEEP | SAIL | SWIMMER |
| DOLPHIN | SALT | WATER |
| FISH | SEAL | WHALE |
| FLOAT | SEAWEED | |

SUDOKU

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

Rating: ★☆☆☆☆

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

Novice 0988



There comes a time . . .

when age can no longer compete

Take charge of your life so that you will not lose control when it is too late. Know the time to plan for retirement and beyond?

Adventist Aged Care can assist you with integrated planning for the challenges of getting older.

Villas ~ Apartments ~ Assisted Accommodation ~ Nursing Care

Care with Love and Dignity



Adventist Aged Care

9847 0600 (Wahroonga)

8834 6100 (Kings Langley)

www.aacsyd.org.au

Wahroonga, Kings Langley, Hornsby

PYMBLE HI-FI

Quality audio & home cinema

Servicing the Northern Suburbs & Northern Beaches



At Pymble Hi-Fi, we have the time and patience to assess your home entertainment needs and identify the best solution for your environment. Our team has over 30 years experience and can provide you with helpful, professional advice on a variety of projects including:

- **HiFi and Home Theatre Systems**
- **Prewire of New or Existing Homes**
- **Multiroom Audio-Visual Setups**
- **Home Automation**



We invite you to re-discover the excitement that the best of the world of movies and music has to offer!

Phone Kyle Fairhall: 02-9983 9273 or email: sales@pymblehifi.com.au

Visit our Showrooms: 69 Grandview Street, Pymble (opposite railway station)