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FROM THE TEAM

Welcome to May! With Easter over, we're bunking down for the onset of wintry weather. In this month's *Sydney Observer*, On The Agenda explores the topical issue of housing affordability on the North Shore. With real estate prices skyrocketing, North Shore residents are increasingly more likely to renovate than buy.

Sydney residents aren't the only people getting busy with renovation: in the spirit of change, we've revamped our monthly Sydney Home section in order to keep things fun and fresh.

Gorgeous Channel Nine presenter Erin Molan graces our cover this month. The motivated young sports journalist and Canberra native stopped by to speak to us about scoring her dream job and settling into frenetic Sydney life after growing up in the nation's capital.

And don't forget, May means one major thing - it's Mother's Day and time to celebrate the most important woman in your life. *Sydney Observer* has gathered some tips and suggestions to make your Mum feel absolutely adored on her special day.

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: Tess Gibney, Steph Nash, Stella Gray, Louis Djoniski, Madhu Manohar, Jonathon O'Dea, Mike Beck, Barbara Yee, Russell Bailey, Megan Krimmer, Frances Jackson, Peter Vickers, Ian Sweeney and Thomas Clarke

DESIGNER: Jessica Liu

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

SALES CONSULTANT: Steve Brandon
 (advertising@kamdha.com)

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P (02) 9884 8699 • F (02) 9884 8799

ADDRESS: PO Box 420, Killara NSW 2071



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I have particularly enjoyed two of the April edition's cover stories. I loved the feature on The King's School, including the Future Project – a wonderful development for research and teaching. It was also great reading about Keegan Joyce, actor in the marvellous Australian television series Rake. Well done Sydney Observer!

Prue Thompson, Killara

I enjoy reading all the interesting and informative articles, but the Anzac special was my pick for April. It is the day when we can give public thanks and show respect for those who sacrificed so much for the freedom we enjoy today.

Pat Phillips, Roseville

The children were kept entertained in the school holidays with 'what's on.' Also a big thank you, Sydney Observer – 'school holiday boredom busters' was worth the read, the whole family enjoyed Mowbray Park Farm.

Simon, Lindfield



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

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POLICE CONTINUE SEARCH FOR PYMBLE ANTIQUES THIEVES



PYMBLE ANTIQUES ON the Pacific Highway, Pymble, was robbed at around 3am on Tuesday, April 1.

Shop owner, Karma Watson, says the thieves broke in through a window early on Tuesday morning after failing to prise open the door.

“They made two or three trips. They stole a big suitcase, and put everything in that,” Watson said.

A huge portion of her valuables are now missing, including a crystal lamp, a large

amount of sterling silver and crystal jewellery, a cane pram and a black mantel clock.

“The cost of damages is in the thousands. It’s really going to set me back,” Watson said.

According to Watson, the police have confirmed the two suspects are a male and female.

If you have any information regarding the robbery, please contact Crimestoppers on 1800 333 000.

KILLARA STATION CARPARK TO BE SOLD OFF TO FUND NEW COUNCIL CHAMBERS

A **COMMUNITY ACTION** group has urged local residents to speak out against a planned sell-off of Killara Railway Station car park to make space for residential apartments.

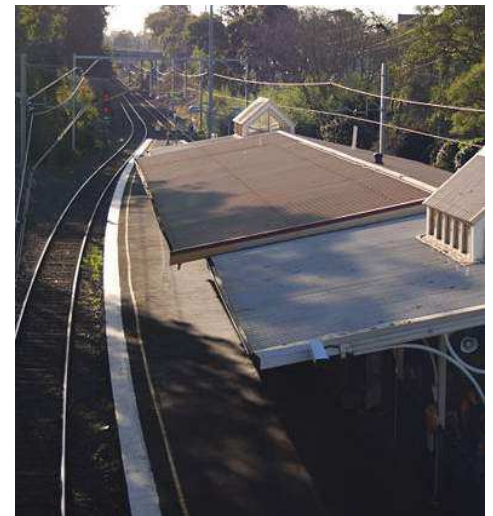
Citizens Against Reduced Parking at Railway Killara (CARPARK) distributed a flyer encouraging residents to sign a petition and to send submissions to Ku-ring-gai council to halt the sale of 174 carpark spaces on Culworth Avenue.

In an October 2013 submission, the council stated its reason for selling off the parking site was to raise funds for its new headquarters in Gordon, which will reportedly cost over \$22 million. The council also argued that the Culworth Avenue carpark is “often underutilised”.

CARPARK said local community responses were noted in an independent review chaired by Peter Walsh, but the report was overlooked.

“Council has ignored the outcome of last year’s public hearing and is proceeding with the sale of the Killara Station Carpark regardless, despite thousands of signatures on a petition,” a spokesperson for CARPARK said.

A valuation report provided to council estimates that the carpark land is worth between \$12 million to over \$16 million, depending on whether it is located within or without a heritage conservation area and the unit density.



NEW TOASTMASTERS CHAMPIONS CROWNED



International Speech Contest Winner Pauline Gilchrist - Division Governor [left], Ray O’Brien [middle], Rejimon Punchayil - Area 16 Governor [right]

LOCAL RESIDENTS Ray O’Brien and Andrew Gomes both emerged as champions from the Toastmasters Area 16 contest and will proceed to the Hawkesbury division contest.

The Toastmasters Area 16 International Speech and Evaluation Contest was conducted in Turramurra in early March, with club champions from five local Toastmasters clubs competing in two categories.

In the speech contest, Ray O’Brien from Berowra Toastmasters delivered a motivational speech titled “If you don’t change” and secured the title against his four competitors.

The contest required each contestant to draw on their own speaking and

leadership skills to analyse a live speech. Andrew Gomes from the St Ives Toastmasters was composed and insightful and the judging panel selected him as the contest winner.

Both Ray O’Brien and Andrew Gomes proceeded to the Hawkesbury division contest and will represent the Area 16 clubs; St Ives, Turramurra, Bon Appetit, Hornsby and Berowra. The division contest will take place in Terry Hills.

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Opal Card Rollout Welcomed

Jonathan O'Dea

I WELCOME THE continued rollout of the new Opal electronic ticketing system. The North Shore is the first area in Sydney to generally accept Opal cards on local buses. All routes between 556 and 590, covering services from Chatswood to Brooklyn, now offer the benefits of the Opal card, including daily travel caps and free travel on any mode of public transport after eight paid journeys a week. The Opal card is already available on all trains and ferries.

What a contrast to the former Labor government, which originally promised its failed T-Card system would be up and running for the Sydney 2000 Olympics.

The popularity of the Opal card is clear, with over seven million journeys taken and over 170,000 cards registered since its introduction. Around 5,000 more people each

day are registering for the card.

Advantages include an end to lining up for tickets while fumbling for cash as well as most journeys being cheaper. Customers can now also register for the new Child/Youth Opal card, with half price fares. A Senior/Pensioner Opal card will be available later this year.

The rollout of the Opal card on buses is complemented by more local services. Since the Liberal Government was elected in March 2011, 1,548 extra weekly bus services have been introduced to the Northern Sydney area. The government has also introduced real-time phone apps to help keep customers more fully informed.

New public transport infrastructure is being delivered through construction of the North West and South West Rail Links, as well as the extension of light rail.

The government needs to consider a second Sydney Harbour crossing to include an extra rail line to the north, especially as the Epping to Chatswood line has meant fewer services north of Chatswood on the North Shore line. This need will become even greater when services on the North West Rail link join with the North Shore line at Chatswood.

Whatever the mode of transport, we need an efficient and convenient fare system for all public transport customers. In this regard the Opal card delivers by bringing Sydney in line with other major cities offering a convenient one card system for all modes of public transport.

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

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O'FARRELL FELL SHORT OF BASIC STANDARDS IN BUSINESS AND PUBLIC LIFE

Thomas Clarke

IT IS TRAGIC that NSW has lost an able and dedicated Premier apparently over a bottle of wine, even if it is a \$3000 bottle of 1959 Penfolds Grange. Many will be sad to see Barry O'Farrell go. He is one of the most skilled politicians in the recent history of a state not well endowed with people of his capability and determination.

ICAC REVELATION

But what this ICAC revelation demonstrates once more is the tawdry state of the NSW government and Parliament. Single-handedly Geoffrey Watson SC, the counsel assisting the Independent Commission Against Corruption (ICAC), is apparently clearing out an Augean stables of greed, graft, bribery, and deceit.

In the catalogue of alleged influence peddling, misdemeanours, fraud and theft revealed in successive ICAC hearings concerning Australia Water Holdings, this bottle of wine incident might appear fairly trivial. Especially when you consider the corrupt coal licences at Doyles Creek, Mount Penny and Glendon Brook, all allegedly revolving around the financial interests of Eddie Obeid.

Nor should O'Farrell be pilloried for forgetting that he received the gift, if we grant him the benefit of a considerable doubt and assume he's telling the truth. Premier O'Farrell has put himself forward as a defender of honesty, integrity and fair-dealing in the NSW Government. He even took the brave step of cancelling the mining licences awarded in dubious circumstances. But in accepting that bottle of wine he broke a fundamental rule in public or business life: do not accept gifts or favours in any

circumstances (other than as a substitute for a fee for a service, such as a conference speech).

It was a career-ending mistake to accept an expensive bottle of wine from AWH chief executive Nick Di Girolamo, a man whose company stood to receive extraordinary benefits from a badly drafted contract with

Partnership deal.

In many leading businesses there is a simple rule not to accept gifts of any kind from anyone in the course of business. It's really not worth the hassle of imputations of potential corruption. In other companies and organisations small gifts may be allowed (less than \$100) and anything larger must be handed over to the company, or handed back to the giver. Once Alan Greenspan, the Chair of the US Federal Reserve was asked to give the annual address at Enron. He was offered a cheque for US\$30,000 and a gold statue after the speech. He left both on the Enron board table when he walked out.

"THE ALTERNATIVE TO STRICT ADHERENCE TO SUCH RULES IS THAT THOSE WITH THE DEEPEST POCKETS AND WORST INTENTIONS CAN EXERT UNDUE INFLUENCE OVER DECISION MAKERS."

DECLARE GIFTS

In public life gifts have to be recorded, and large gifts handed over. In NSW parliament gifts over \$500 have to be declared on the register of pecuniary interests. According to a report in *The Daily Telegraph* no such declaration was made.

The alternative to strict adherence to such rules is that those with the deepest pockets and worst intentions can exert undue influence over decision makers. These systems of graft are often prevalent in developing economies, and undermine and divert economic growth and development. But as the ICAC inquiries have shockingly revealed, they can also occur right here and now.

Australian government and Australian business has to set higher standards. Barry O'Farrell has done the right thing in resigning.

Sydney Water that allegedly allowed him to rort NSW taxpayers at will. To make matters worse at the time AWH was also bidding for a potentially lucrative new Public Private

Thomas Clarke is Professor of Management and Director of the Key University Research Centre for Corporate Governance at the University of Technology, Sydney



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NSW FOOD AUTHORITY NAMES AND SHAMES: WILLOUGHBY PERFORMS POORLY

Steph Nash

WILLOUGHBY LOCAL GOVERNMENT AREA (LGA) has the second highest rate of food hygiene offences, having copped almost \$30,000 worth of fines in the last six years.

In the latest data pull from the Food Authority's Name and Shame Register, Willoughby Council reported just over 500 high risk category food businesses in the period between July 2012 and June 2013. Out of the 155 local government areas assessed in the last year, Willoughby came in as the 19th worst performer in the state.

However, Willoughby Mayor Gail Giles-Gidney believes residents should take the rating with a grain of salt. Giles-Gidney insists that the LGA's high number of high risk outlets only indicates council's dedication to protocol, hinting that lower ranking areas are probably not scrutinising their establishments hard enough.

"Willoughby's ranking is high compared to other areas due to the high number of premises and the rigorous inspection regime that Willoughby undertakes of all food and supermarket premises," Giles-Gidney said.

"The ranking does not reflect the standard



Jonathan O'Dea Member for Davidson

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of the food and supermarket premises in Willoughby but rather the thoroughness of the enforcement procedures initiated by council to maintain the prescribed food-safety standards."

A spokesperson from the NSW Food Authority said ensuring all food is fit for human consumption is a shared responsibility between councils and the Food Authority.

"The NSW Food Authority works in conjunction with 152 NSW councils and two other bodies to ensure the food sold in NSW is safe for human consumption and correctly labelled," the spokesperson said.

"Under the Food Regulation Partnership of 2008, these 154 enforcement agencies are required to annually report on their food regulatory activities."

Giles-Gidney believes Willoughby's food retailers are being marked harshly, suggesting that most of the council's grievances lie in clerical errors, like food labelling and dating.

"The areas where there are likely to be non-compliance and requiring further action are normally in relation to inadequate labelling, out of date products and cleaning

"THE RANKING DOES NOT REFLECT THE STANDARD OF THE FOOD AND SUPERMARKET PREMISES IN WILLOUGHBY BUT RATHER THE THOROUGHNESS OF THE ENFORCEMENT PROCEDURES INITIATED BY COUNCIL."

GAIL GILES-GIDNEY

issues in areas like loading docks, storage areas and fruit and vegetable preparation areas," Giles-Gidney said.

"Council officers are diligent in making sure the premises comply with the regulations and do follow up inspections to ensure compliance has been maintained."

This stress-less attitude is reiterated by the NSW Food Authority. It believes NSW is performing well and consistently been performing well for a long time.

"The overall rate of retail food business compliance with obligations under the NSW Food Act and the Food Standards Code has remained at 94 per cent for the third consecutive year," the spokesperson said.

According to the six year analysis of data IGA Plus Liquor at East Lindfield was the worst offending retailer, with 11 offences accumulated and fined over \$5000 in charges. Its most recent penalties include the sale of steak, feta cheese and quince paste that was past its use-by date, and displaying items on sale without a date mark.

One of Willoughby's more recent food safety offenders is Persian restaurant, Cyrus the Great, in Castlecrag. The venue was fined a total of \$880 in December last year for concerns regarding the cleanliness of food contact surfaces and food storage. Flaming Tandoori in Willoughby was penalised in January, with one \$880 charge listed for having uncovered food stored in an unclean fridge.

The NSW Food Authority's website regularly publishes lists of businesses that have breached or are alleged to have breached NSW food safety laws. ○

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NURSING HOMES STALL ON LIFE-SAVING FIRE SPRINKLERS

Stella Gray

NURSING HOMES IN Northern Sydney face an increased fire risk by not having fire sprinklers installed, despite a campaign to have every facility fire-safe after a fire at Quakers Hill killed eleven residents in 2011.

A report published by the NSW Department of Planning and Infrastructure reveals that just half of NSW nursing homes are protected by fire sprinklers.

Manager of research and advocacy at the Combined Pensioners and Superannuants Association of NSW, Amelia Christie, said nursing homes are putting lives at risk by stalling on fire sprinklers.

“CPSA is appalled that nursing homes continue to lag on installing fire sprinklers in nursing homes despite their proven benefit,” Christie said.

Currently, nursing homes in Chatswood, Killara, Gordon, Turrumurra, Wahroonga, Roseville, St Ives, Waitara and Warrawee are still in the design and project planning phase for adding fire sprinklers. None have yet begun installation.

The majority of nursing homes across the state have been granted extensions to March

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2016 for installation of fire sprinklers, which presently equates to 448 facilities without fire sprinklers installed.

The most commonly cited delay is lack of supply of contractors, according to the Department of Planning and Infrastructure.

CEO of the Aged and Community Services Association of NSW & ACT, Illana Halliday, said the current rate of sprinkler installations is appropriate, given the work involved.

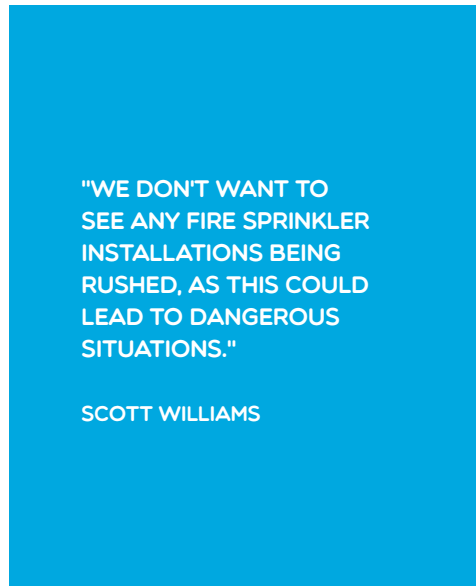
"It could not happen any faster. Some contractors are reporting they have reached capacity for the work program, so in order to ensure that qualified experienced people are working on site, we need this time," Halliday said.

However, Ms Christie said cost issues are not necessarily to blame.

The CEO of the Fire Protection Association of Australia, Scott Williams, is pleased with the progress of the installation rollout.

"While it is important that these systems are promptly installed in order to meet the required deadlines and ensure the safety of residents, it is equally important that each system is properly designed, installed, commissioned and certified;

which requires a measured and thoughtful approach," Williams said.



"WE DON'T WANT TO SEE ANY FIRE SPRINKLER INSTALLATIONS BEING RUSHED, AS THIS COULD LEAD TO DANGEROUS SITUATIONS."

SCOTT WILLIAMS

"We don't want to see any fire sprinkler installations being rushed, as this could lead to dangerous situations for sprinkler installers and residents during installation and could cause

systems to fail to operate correctly once they are installed."

In February, amendments were introduced to hasten the installation process. Non-residential areas situated under sprinkler protected resident areas were given the option of not installing further fire sprinklers. However, high-risk non-residential areas such as car parks will still be required to have sprinklers.

Fire and Rescue NSW Commissioner, Greg Mullins, said the amendments will not compromise the safety of residents.

"Residents and employees of aged care facilities can be confident that these amendments do not reduce protection," Mullins said.

While the Department of Planning and Infrastructure has a system in place to monitor progress of sprinkler installations, the report notes: "The total number of facilities that have installed sprinklers since March 2013 may be underestimated as providers are not required to submit completion documentation to the committee until their required completion dates."

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RESIDENTIAL RENOVATIONS RISE AS HOUSING AFFORDABILITY PLUMMETS IN SYDNEY

Steph Nash

THE HOUSING BUBBLE of 2012 was a scary time for Sydneysiders: property prices rose to unreachable highs, and drove many first-time home buyers out of the market.

In an attempt to encourage spending in the economy, the Reserve Bank of Australia (RBA) kept interest rates down to 2.5 per cent. As a result, Sydney's property prices have soared, causing many financial experts to speculate over the housing bubble's dreaded return in 2014.

The latest data from property information provider, RP Data, shows that Sydney's housing prices have increased by about 20 per cent in the last 12 months. With property prices having risen steadily since January, it looks as if the growth is going to continue. Those looking to buy better hold their hats, because those looking to sell will be seeing a tremendous amount of dollar signs.

Chief Economist at the Housing Industry Association (HIA), Harley Dale, says that those already on the market are in a great position, and should thank the low interest rates for soaring residential prices.

"For those that have a property and have a growing family, who would be wanting to try and move into another home, or downsize, housing affordability is actually close to a record high. That's because extremely low interest rates have been offsetting the rising prices we've been seeing in Sydney," Dale says.

Yet, at the other end of the scale, first time buyers are predicted to face a really rough road

ahead. The deposit price for market entry has soared significantly, positioning the Australian dream a little out of reach for lower and middle income earners.

"Those who might've grown up on the North Shore and feel inclined to want to stay living in their local area face the high hurdle of chasing a rising market," Dale says.

"We do have a very serious affordability issue on our hands."

The overall decrease in housing affordability will affect some areas of Sydney much worse than others. In the last ten years, prices of residential properties on the North Shore have grown at a much quicker rate to most of the state, meaning that most on the market in the area will benefit from the low interest rates. Although the North Shore can boast a wealthier demographic than outer-Sydney, we've been warned not to get too comfortable, as already expensive prices are expected to rise even higher.

On a lighter note, it seems discouraged buyers may be making the best of a bad situation.

In a movement that can be attributed to overall growth in the economy (or possibly, a nationwide addiction to Channel Nine's *The Block*), the rate of residential renovations in NSW is tipped to rise by four per cent by the end of the financial year. This is a great outcome for the state, driving up industry for tradespeople and building material suppliers. According to the HIA, NSW takes the title as

the country's worst state for renovation rates, and it is only now with Sydney's rising housing prices, that residents are eager to maximise the value of their properties.

Ku-ring-gai Council released an electronic development proposal system mid last year, hoping to prevent potential renovators from being discouraged by the idea of a lengthy application. The Electronic Housing Code (EHC) is a gateway of information for anyone thinking about renovating, allowing residents to lodge their interest with no more effort than a click of a button.

Ku-ring-gai Mayor, Jennifer Anderson, says that her area has definitely seen a rise in the number of home renovation projects, remarking that, as a wealthier area of Sydney, this should have been expected.

"There has been an increase in building activity," Anderson says. "There is a strong correlation between property values and the propensity for property improvements. The higher value suburbs generally see more renovation activity both in terms of numbers and their dollar value."

So what of the housing bubble? It may be all well and good that Sydney residents are investing more in their own homes, but is it all enough to prevent the dreaded return of the bubble?

"I don't think we're there yet," Dale says. "I think in the 12 months to come we're going to find that the rate of price growth slowed." ○

TOO MUCH SUGAR ON SCHOOL CANTEEN MENUS

Steph Nash

NUTRITIONISTS FROM THE University of Sydney have started an online campaign to promote an overhaul of state and federal healthy canteen guidelines.

Senior lecturer in nutrition at the University of Sydney and organiser of the campaign, Dr Kieron Rooney, is calling for a parliamentary review into the national guidelines for healthy food and drinks supplied in school canteens.

Rooney believes the guidelines for school canteens have become too lenient as far as added sugar is concerned.

"The amount of sugar per serve is recorded on the nutrition panel of food and drinks," Rooney said.

"But canteens don't need to heed this information because they're not penalised for selling products with lots of added sugar."

The guidelines are meant to be based on the 2013 Australian Dietary Guidelines, which labels fats and sugars as 'discretionary' food items, and suggests they should be limited in a child's diet.

The national guidelines for canteens break down food items into three categories: the green category includes nutritionally rich foods that are to be sold everyday; the yellow category includes foods and drinks that are both nutritionally rich and high in fat, salt or sugar – these are only to be sold occasionally; and the red category includes high fat, high salt and high sugar products that are not endorsed to be sold at all.

Foods are then placed in a tabulated guide for public canteen managers, assessing various food and drink items based on levels of kilojoules, fat and salt content.

Rooney argues that this system allows canteen supervisors to add otherwise discretionary items to the yellow category, and sell them to children on a regular basis.

"Australia's canteen rules are outdated and need an urgent check-up, because many compliant foods are high in added sugar," Rooney said.


NSW canteens were once following the

2003 Dietary Guidelines for Children and Adolescents, whose views on added sugar could retrospectively be considered concerning.

The guidelines advised 'moderate' amounts of sugar to be included in the Australian diet, since small amounts of sugar make otherwise nutritional sound foods more palatable. The new guidelines compare much better to the old ones, but Rooney stresses that this is not enough.

"The World Health Organisation recommends children's sugar intake to be less than 10 per cent," Rooney said.

"Excess sugar is associated with type two diabetes and obesity."

Rooney's campaign calls for a parliamentary review of the national guidelines, suggesting that stricter policies need to be upheld in all states and territories to protect the health of children. 

To get involved, visit

iquitsugar.com/get-sugar-out-of-your-school-canteen/

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TIME FOR A CHAT?

Barbara Yee

FROM THE BEGINNING of life a very young baby responds to the facial expressions and 'baby talk' from loving parents. This is the start of 'conversation' and from this the fundamentals of human interaction and the development of language are underway.

Conversation satisfies emotional and social needs in us all as well as being a pathway for human growth and development. However, children must have good doses of both speaking and listening. Conversation provides children with the opportunities to practice both in a meaningful and realistic context based on mutual respect for what each other is saying.

Literacy underpins all areas of formal learning achievement and if we want our children to excel academically, mastering conversational skills is not a bad place to start! At Corpus Christi, we believe the skills of speaking and listening are intrinsic to whole language development and we strive to provide a range of opportunities for children to be explicitly taught these skills.

So if good conversation is the start of the communication process, how can parents help?

The art of conversation is one area that can be neglected in the business of everyday family life. As busy parents we can fall into the trap of allowing our communication to mostly

be comprised of instructional language – you know how it happens: unpack your bag, finish your homework, turn of the TV, brush your teeth. Instructional communication runs the risk of not requiring a response, being ignored, or turned into a less-than-friendly exchange. Don't get me wrong, households need good management and instructional interaction achieves that. However, if that comprises the majority of all the interaction children have with their caregivers, there is little added to their overall language development.

Good conversation may not be happening because of the distractors that prevent good conversation getting underway. Those distractors may include a range of technological devices, particularly the mobile phone. It is ironic that an era where it is easy to keep in touch with anyone everywhere, we have less time for quality interaction and good conversation than ever!

Intrinsic to good conversation is the art of listening. Today this is often termed 'active listening'. Another way of describing that is when you make a conscious effort to listen and then to keep on listening. Children know instantly when that stops – and you become a distracted listener. They too, will disengage from the process. Intentional

or deliberate listening, when modelled by parents, ensures children value being listened to and they in turn are more likely to become good at listening. It is the aspect of conversation that requires the most practice.

The car trip home after school may seem for many an opportunity to start a conversation about the events of the day but with weary children and many potential distractions, it is no wonder that the attempts at conversation are not that fulfilling. Consider a quiet conversation after the children are fed and relaxed that starts with a simple 'tell me about something in your day today'. This approach opens the possibilities for the children to take some control of the conversation, allows parents to buy in, reduces the pressure on children and is more likely to involve both sides speaking and listening.

If you want to know what your children are thinking, you have to encourage good talking time to be part of everyday life. So try to find the time or make the time for a chat.

Barbara Yee is the Principal of Corpus Christi Catholic Primary School, St Ives
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SCHOOL CELEBRATES DIAMOND JUBILEE

Kieran Gair

ON WEDNESDAY MARCH 26 students from Corpus Christi Catholic School, St Ives, held a 'Back to the 50s day' to celebrate the school's Diamond Jubilee.

Corpus Christi Catholic Primary School was opened in 1954 by the Brigidine Sisters and continues to be a thriving school community to this day.

Students excitedly prepared for their Diamond Jubilee day by dressing up in a whole range of great outfits from the 50s, some of the teachers even decided to dress up as nuns.

Each grade was able to choose one area of the 1950s and got to present their show to the entire school at a special assembly.

Corpus Christi lies in the heart of Sydney's northern suburbs, between the Pacific Highway and the beachside suburb of Mona Vale. Corpus Christi is a small school community with under 300 students. The school aims to foster a friendly, trusting collaboration between the principal, teachers and the parish where the ongoing development of each child is paramount.

The school provides a dynamic learning environment, focusing



on developing each child into a happy, healthy and confident young person.

Principal of Corpus Christi, Barbara Yee, says Christ is central to the Corpus Christi mission.

"We educate children so that they can be witnesses of Christ's love to others. We educate the whole person that is the child – so they grow to adulthood, confident, capable and committed to making a difference in their world. We expect children to strive to do their best and we acknowledge their achievements in all their endeavours," Yee said.

While the festivities of Corpus Christi's Diamond Jubilee have passed, the children are already looking forward to the next dress up day.



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OVERSUPPLY OF NSW TEACHERS SET TO WORSE

Kieran Gair

UNIVERSITIES ARE CONTINUING to graduate upwards of 16,000 new teachers every year across the country, despite nearly 90 per cent of teaching graduates failing to secure a job.

According to the Department of Education more than 40,000 teachers are on departmental waiting lists for permanent jobs in NSW, an oversupply expected to last until the end of the decade.

In an effort to curb the oversupply of teachers in NSW, Education Minister Adrian Piccoli is urging the federal government to consider a cap on the number of students enrolling in teaching degrees.

"What we want to do is to take out some of the lower achieving students who go into teaching by setting that high standard," Piccoli says. "We want students with an ATAR of at least 70 and higher."

While the state government can determine entry requirements for teaching degrees, only the federal government has the ability to implement a cap on the number of students allowed to study education at university.

However, despite the state government's inability to cap numbers, Piccoli is planning to

increase the entry score for teaching degrees. Currently the average ATAR to be accepted into a primary school teaching degree is 71. However, from 2015 school leavers will have to score at least 80 per cent in three HSC subjects to be considered for a place in a teaching degree.

Every year 5500 new teachers graduate from NSW universities, however, only 450 are offered jobs in government schools and about 300 obtain jobs in Catholic and independent schools.

The President of the NSW Teachers Federation, Maurie Mulheron, believes the state government's 'Great Teaching Inspired Learning' plan will improve workforce planning and better address shortages in rural areas and western Sydney.

"The plan will help us better regulate the teaching workforce and target areas where teachers are most needed. We need proper incentives for graduates to teach in areas where there are shortages and appropriate restrictions in place to curb the oversupply of teachers in certain subject areas and at the primary school level," Mulheron says.

However, Mulheron believes universities are against better workforce planning.

"Universities enrol without any regard for the workforce. The university is given about \$15,000 for every student teacher, it is a financial incentive to keep entry scores low and some universities will let students in on ATARs of less than 60, that is when an oversupply will occur," Mulheron says.

"Vice-chancellor's have always seen education as a cash cow. Only about \$5,000 of the money goes to the education faculty with the rest getting siphoned off into other faculties like law."

However, Australian Catholic University vice-chancellor, Greg Craven says new teachers are increasingly being offered casual or temporary positions which can often equate to full-time work.

"The reason that's happening is not because universities are producing too many teachers, it's because employers of teachers obviously find certain cost and flexibility advantages in hiring teachers that way," Craven says.

While the oversupply of primary school teachers is expected to last until the end of the decade, even if resignations and retirements double, there is still a significant shortage of teachers in rural areas. ○

ARTIST SHARES IN \$120,000 GRANT

Stella Gray

WILLOUGHBY ARTIST AND performer Kevin Meagher has been recognised for his work with a \$10,000 government grant for his project *Curatio Viscus: An Artist Exchange*, mentored by renowned artist David Capra.

Thirteen NSW-based artists with disabilities will share in a total of \$120,202 of funding provided by the NSW Government through its Amplify your art program, an initiative to promote inclusion in the arts and cultural sector for people with a disability.

Meagher, who has been creating art for 10 years, said: "It has come when I needed it most. It will be a turning point in my professional career, a step up!"

The grant has also created an opportunity for Meagher to form a relationship with the Museum of Contemporary Art's Bella Program through the National Centre for Creative Learning.

"I'm really excited about this because I love teaching in arts disability contexts . . . it's an area I want to move into," Meagher said.

Meagher said the grant will enable him to develop a new process of acting out or performing his creative ideas.

"It's a chance to meet new people in the arts community and develop working relationships."

Meagher works in ceramics and illustration and says his creations are inspired by mythology and religion. "Hindu[ism] holds some of my favourite stories and I base a lot of my works on these ideas."

Former NSW Minister for the Arts, George Souris, said the grants will foster a lively arts culture in NSW.

"This funding will support a range of professional development opportunities for the artists including mentoring, residencies and training in new skills," Souris said.

Souris believes the artists will also be able to participate in a forum at Accessible Arts, which will help them to make the most out of their chosen professional development activity.



Kevin Meagher at work in his studio in Willoughby

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SELECTIVE PUBLIC SCHOOLS ENROL SYDNEY'S MOST ADVANTAGED STUDENTS

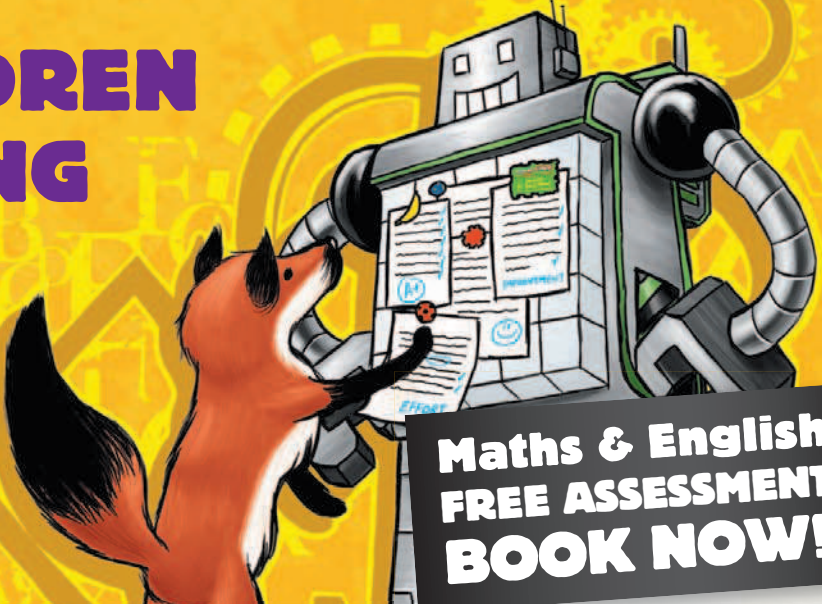
Tess Gibney

SELECTIVE SCHOOLS ARE steadily contributing to growing inequalities in the NSW education system, with less than four per cent of North Shore selective school students coming from the lowest socio-economic bracket.

The disproportionate number of affluent students at selective schools across Sydney – and specifically in the Northern Sydney region – has re-sparked debate as to whether or not selective schooling is as egalitarian as it purports to be.

Former president of the NSW Secondary Principals Council, Chris Bonnor, said there is an overrepresentation of significantly advantaged students in selective schools.

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CHRIS BONNOR

"There is a really, really close link between socio-economic status of a family and the achievement of their children. In fact, 55 per cent of what kids across Australia achieve at school comes from the family they belong to," Bonnor said.

"And, according to the My School website, we can see that selective schools enrol an extremely advantaged population."

School fees at Sydney's top selective schools are up to five times the amount of those at comprehensive public high schools.

However, while fees at public schools – regardless of whether they are comprehensive or

selective – are not compulsory, selective schools such as Sydney Boys, North Sydney Girls and James Ruse Agricultural High School ask parents to contribute \$500 on average per student.

This is in stark contrast to the median fee of \$50 a student in outer suburban Sydney public schools, according to data collected by the Department of Education and Communities.

Bonnor believes that like private fee paying schools, selective schools – through the setting of an entry requirement test – are a manifestation of a social class selection mechanism, attracting only the best students from the most well off families.

"It's a zero sum game. If you crowd advantaged kids into advantaged schools, you're creating a deficit somewhere else. For schools, for teachers and for communities somewhere else. It doesn't even out and it doesn't benefit everybody. It only benefits those with choice," Bonnor said.

"Those that are able to sit for and pass the test or those that are able to pay the fees for non government schools. There's nothing equal about this."

The ability of affluent parents of selective schools students to contribute generously to

school fees only exacerbates existing inequalities in the public school system, making it even harder for average students at comprehensive schools to get ahead.

Current president of the NSW Secondary Principals Council and Principal of Merrylands High School, Lila Mularczyk, said fees as low as \$40 sometimes had to be paid partially by families.

Both Mularczyk and Bonnor agree that such uncontrollable disparity in discretionary funding makes it even harder for struggling comprehensive schools to keep up.

"It really underscores the need for the recommendations made by Gonski, where it was advised that the bulk of funding of schools should be based on need. And not need on the basis of material resources, but the need of the students for a quality education," Bonnor said.

"If it's clear that the students of the school have multiple disadvantages – they may be indigenous kids, they might be recent migrants – their needs for quality teachers and education is much higher than those that are already advantaged. It is that alone that should drive funding." ○



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SHOULD SCHOOLS GIVE STUDENTS FACTS ABOUT RIGHT CHOICES?

Russell Bailey

RECENTLY, THE PRESIDENT of the NSW Board of Studies said “focusing on generic skills without teaching students the facts in discipline-based subjects such as english, maths, history or geography was akin to teaching students how to think without teaching them anything to think about.”

I agree that a core curriculum including facts is essential for critical thinking in the changing contexts that our students will occupy throughout their lives. But an equally important outcome of school education is enabling our students to make right choices that nurture a good life.

What distinguishes right from wrong?

A recent award-winning Australian novel includes adult Australians still experimenting with drugs, addicted to tobacco and alcohol, engaging in physical union with a variety of partners like animals subject to drives, unfulfilled in their vocations, and clueless about how to raise their children. This is a picture of adult Australia drifting through an ambiguous sea of random choices.

I believe that—just as teaching generic skills is inadequate without a knowledge base of facts—it is a postmodern mistake to expect right choices from children without providing them with some clear facts about

right and wrong.

We and our children are sometimes subject to the painful consequences of our own wrong choices in a culture that lacks moral restraint. Perhaps that is why many in our culture believe that it is still important for schools to provide students with an opportunity to access Christian thought about human accountability to a creator and hope from a redeemer.

Russell Bailey is the Headmaster of Redeemer Baptist School

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Megan Krimmer

MY MOTHER IS a fabulous cook, and I vividly remember coming home from school on Monday afternoons when I was in primary school to be greeted at the front door by the aroma of delicious apple pies and mum's famous chocolate cake that had just been freshly baked. It was comforting, predictable and exciting all at the same time. Comforting because, let's face it, sugar and carbohydrates are the basis of all comfort food, predictable, because it happened every Monday, and exciting, because we knew that we would sit at the kitchen table with a piece of chocolate cake and a drink, and talk with mum.

Mum was a great listener, and she always asked about our day at school. I realise now that by listening to us, she was helping to reinforce the learning we had undertaken – her questions were more than just, 'How was your day dear?' They were more like - 'What did you learn, what was really interesting about that? Who did you play with? What happened?' All were important questions that she would then use to teach us about learning and about life.

When we spoke about our scrapes at school, whether we had been punished for doing the wrong thing, or we had had a falling

out with our friends, mum listened, often counselled, but she never rescued. This too, was so important. Mum was definitely a firm believer in if you did the wrong thing, then you had to face the consequences. She also believed that the worst thing she could do for us was to interfere in our battles.

Indeed, I continue to be impressed by my mother's commitment to listen and not to become involved in the small battles. It must have been tempting to rescue me on many occasions and, as a parent myself, nothing hurts more than to see my children struggle or suffer in some way. Yet, my mother's self-restraint was actually protecting me from being "bubble wrapped" and, therefore, breakable when I encountered bigger, more difficult and more complex situations as an adult.

Sometimes, I know that to get through the day being a mum does feel as if it amounts to just telling your children what to do, it is of course, much more than this.

So how, as mothers, do we avoid just telling our children what to do and how do we be the counsellor, nurse, educator and mother to our children in our frenetic and quite time poor worlds?

I would say, capture the priceless moments - like travel time in your car listening and asking questions (aim for one on one time where possible), pausing for a 10 minute hot chocolate break when shopping, or even scheduling a few sit-down family meals.

I would also say, work with the teachers at your children's school. Despite our time poor world, mothers (and fathers) play a very important role in the education of children. This very positive three-way partnership between teachers, parents and our girls is something which we foster at Roseville College.

Being a mother is a great privilege and a great challenge; it is also very fulfilling and fantastic fun. I encourage you to seize the priceless teaching moments with each of your children. These moments may become some of yours and their most treasured memories in the years to come. They certainly have done for my mother and I.

I wish all mothers a happy Mother's Day.

Megan Krimmer is the principal of Roseville College



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ERIN MOLAN

HOW SYDNEY'S WOMAN IN A MAN'S WORLD KEEPS ON TOP OF HER GAME

Kieran Gair

ERIN MOLAN LIGHTS up Sydney screens six days a week, anchoring the daily sports report for Nine News, appearing weekly as the only female panellist on Nine's *The Footy Show* and conducting interviews with the world's biggest sports stars, from Roger Federer to Ian Thorpe.

However, Erin Molan is much more than a pretty face. Molan can speak fluent Indonesian, has a keen interest in foreign affairs and one day wants to join the coveted group of Australia's most renowned war correspondents. While she brushes off her bilinguality and meteoric rise through the ranks of Channel Nine, she acknowledges her passion for reporting on one of Australia's most physical contact sports isn't the standard career choice for most young women.

Q. How does it feel to become the first woman to join Channel Nine's *The Footy Show* as a full-time panellist?

It's a great privilege. It's my third year on the show but first season full-time on the panel, so it was nice to be eased into it rather than getting thrown into the deep end, so to speak.

It's nice to have a bit of security and feel like I belong and am part of the team. The boys have been absolute legends – and I feel very comfortable on the panel.

Q. You have covered rugby league for over 10 years as a television, radio and print reporter; why did you choose to report on Australia's roughest game?

I'm not sure if it's the roughest – but it's certainly one of the most physical. The physicality is one of the things I love most about rugby league. It has the perfect mix of brute and flair. I love how exciting it is and I love that so many women are fans of the game.

NRL has become a powerful force off the field too. Clubs have a greater moral conscience and are very community focused. Nevertheless, it



"MY FAVOURITE STORIES TO DO ARE ABOUT REGULAR PEOPLE WHO ARE STRUGGLING TO OVERCOME DIFFICULT SITUATIONS. I LOVE THE POWERFUL ROLE THAT SPORT CAN PLAY IN PEOPLE'S LIVES. "

ERIN MOLAN



has been a powerful few weeks for the NRL. The tackle on Alex McKinnon sparked an intense discussion. Lots of changes will come from that tackle. It will undoubtedly be a significant year for rugby league.

Q. How do you balance your role as a reporter for National Nine News, columnist for the NRL website and sportsbet.com.au and your position as the ambassador for Bowel Cancer Australia?

Getting the balance right is something I've struggled with for a long time – and continue to struggle with – but I'm a lot better than what I was. I've learned that it is ok to sometimes say 'no' to things.

I rarely do it but when I need to I now have enough confidence to say 'no'. It's hard to turn down fantastic opportunities and I love mixing news with getting to write columns and taking part in radio shows.

I'm an ambassador for Bowel Cancer Australia and Save Our Sons (SOS). My sister, Sarah, was diagnosed with bowel cancer a couple of years ago at 28. She had her entire bowel removed and her youngest, Angus, was only one when she was diagnosed. So I'm passionate about raising awareness of this disease as many people prefer not to talk about it and the consequences of sweeping the issue under the rug can be devastating.

Q. What is your most memorable interview?

This is such a hard one! Roger Federer, Ian Thorpe, Mark Webber are all legends I've loved interviewing. To be honest though my favourite stories to do are about regular people who are struggling to overcome incredibly difficult situations or illnesses. I love how each story shows the powerful role that sport can play in people's lives.



PROFILE



Q. Can you explain why you decided to take on the role of ambassador for Save Our Sons, an organisation dedicated to finding a cure for Duchenne Muscular Dystrophy (DMD)?

I was approached by the charity a few years ago and didn't even have to think about it. SOS aims to find a cure for DMD. It's a form of muscular dystrophy characterised by aggressive muscle degeneration which leads to an inability to walk and eventual death. It is a horrific disease and there's no cure.

SOS is basically made up of a group of family and friends who are doing all they can to save the lives of their sons and the lives of all children affected. It is one of the most incredible and moving organisations I have ever encountered and I am proud to be associated with such passionate people working hard to find a cure.

Q. You're originally from Canberra but now call Sydney home, what do you like most about Australia's largest city?

Sydney has definitely grown on me. It took me a while to settle in, I was pretty homesick for Canberra to be honest (hard to believe I know), but now that I've settled in I absolutely love Sydney.

I get to fly quite often and whenever I come in over the harbour I'm blown away by Sydney's beauty. I love the beaches, the pubs and of course the food. I think Crows Nest has some of the best food in Sydney. I love going out there for lunch or dinner. While getting to see a lot of Australia is one of the perks of the job, Sydney is just such a great place to live.



Q. You used to work in the speech writing department for the Governor-General of Australia, did you ever consider a career in politics?

I definitely did and still do. I really enjoyed my time there. I have always been fascinated by politics and the different political systems around the world. I lived in Indonesia for six years and learnt the language and have a real interest particularly in regards to their political situation and history. I was there in 1998 when Suharto fell and watching the riots and turmoil and having to be evacuated and flee the country was something I'll never forget.

Q. Mother's Day is just around the corner, how do you plan to celebrate the special day?

I'll definitely be giving my mum and granny a call. I speak to them daily anyway but an extra long call is a must on Mother's Day! Not to mention I'll be expecting a call and present from my boyfriend's dog, Killa, he's my baby too!





home

Sydney

How To:
Tend to an Autumn Garden
keep it green this season

Bold and Beautiful
Adding exotic colours to
your home

Dollar Savvy
Bathrooms
Create a stylish
bathroom renovation



HOW TO: TEND TO AN AUTUMN GARDEN

Frances Jackson

SMALL TREES LESS than 10 metres tall are terrific in small gardens where space is at a premium. One of the biggest issues when choosing a small tree is deciding on which one, because there is a great range of trees suitable for Sydney's climate. Options to consider include flower colour, size and shape of the tree, whether the flowers attract birds and insects, deciduous or evergreen, and the tree's weed potential.

DECIDUOUS TREES

Deciduous trees are a great choice where winter sunlight is desirable. Consider a *Cercis Canadensis* 'Forest Pansy' for its spectacular pink flowers in early spring, followed by purple tinged leaves. This tree is ideal for small spaces where a splash of colour is required. If the lolly-pink flowers of the *Cercis* are a bit too bright, then the range of colours of the crepe myrtle cultivars (*Lagerstroemia indica*), including white, through to mauve, pink and crimson might prove to be more appealing.

TIBOUCHINAS TREES

If Jacaranda flowers announce that summer has arrived in Sydney, then Tibouchinas

proclaim autumn's arrival! Consider *Tibouchina* 'Alstonville' for its spectacular autumn flowers, evergreen foliage and a height of around six metres. The Cape Chestnut (*Calodendron capense*) from South Africa, another autumn flowering beauty, briefly loses its leaves in the 'dry season', usually early spring in Sydney. Its spectacular pale pink flowers cloak the tree in early autumn, contrasting beautifully with its attractive, shiny dark green foliage.

AUTUMN IS THE PERFECT TIME TO START GARDENING

Plant trees in early spring or early autumn; this allows roots to establish well before the hottest part of summer. To give the tree a greater chance of establishing, it's worthwhile spending some time getting the planting hole right. I prefer to allow for about 10cm of backfilled soil under the rootball. Make sure you rough up the sides and base of the hole with a spade or crowbar before planting and backfilling. The trick to backfilling is to resist the temptation to use compost or other organic material.

If the soil is particularly water repellent, apply wetting agent as directed when planting

is completed, and incorporate a suitable slow release fertiliser into the top 10 centimetres of the planting hole, usually a small handful for a 300ml pot is more than adequate. For best results, I always form the soil into a raised 'saucer edge' around the tree when I've backfilled it, this helps retain water long enough to soak into the soil. It's also a good idea to mulch the tree, ensuring the mulch doesn't contact the trunk; also make sure the mulch is no deeper than about 7cm.

MAINTAIN A BEAUTIFUL GARDEN WITH THE THREE Ds

Some formative pruning of your new small tree may be required, this is as simple as getting in early and removing any branches that are growing in any direction you don't want them to. From then on, just follow the 'Three D's of pruning - and remove any dead, diseased or damaged wood as required. Once established, trees benefit from deep watering during dry spells, rather than shallow and frequent watering. Always maintain a layer of mulch to keep the roots cool and prevent excessive evaporation. ○



DOLLAR SAVVY BATHROOMS

Want to create a stylish bathroom renovation but have more dash than cash?

Tess Gibney

ACCORDING TO HOME interior experts, turning an old or bare bathroom into a stylish one need not be an undertaking that breaks the bank. When it comes to renovating your bathroom, quite often less is more. There are many ways to add space, style and utility without having to dig deep into your pockets.

Creating space in your bathroom is especially important if you don't have much room to work with, yet at the same time, it's also essential to ensure that any attempt to emphasise space also puts emphasis on style.

An easy way to add the illusion of space while also adding a stylish dimension to your bathroom is with toughened glass shower panels. Clear toughened glass shower panels can easily convert an old fashioned tired shower into a modern style, and because they are clear toughened glass, they create a feeling of openness.

INVEST IN A STYLISH BATHROOM BASIN

There are so many different styles of basins out there that it's hard to know which one suits your bathroom. Semi-recessed basins are mostly utilised when the bathroom is narrow. They create a feeling of more space and mirrors in a small bathroom give the illusion of space as well. Most people opt for the round or oval style basins.

With basins come taps – the jewellery of the bathroom – the bits that sparkle. Shower heads are now becoming a design feature but take care not to end up having to pay extra plumbing costs for the high-maintenance fitted styles that are popular.

BE CREATIVE WITH CABINETS

Next on the agenda are storage cabinets. These often use up a great deal of your bathroom's space, compromising on its openness. Space promoting installations such as a cabinet with mirror doors are ideal, creating extra space where seemingly none can be found. If extra storage is required, there is a range of floor standing storage cabinets available with a variety of features. Another practical innovation is a privacy cupboard with storage for towels and toilet accessories. This unit is positioned next to the toilet and acts as a form of separation from the remainder of the bathroom while also acting as a privacy division.

While you may have meticulously decided on your combination of bathroom installations and accessories in an effort to maximise your bathroom's space and maintain a certain style, it's also important to choose a colour and pattern theme to complement your set-up.



CONSIDER YOUR COLOURS

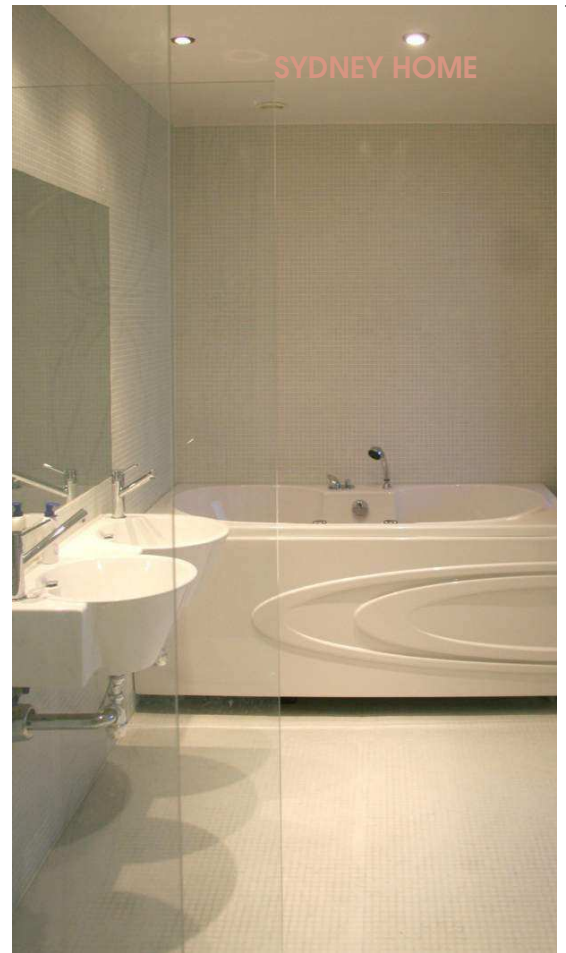
For small bathroom areas, it's better to use light colours in paint and tiles as dark colours often have an effect of closing the room in. Although it might be tempting to go with contemporary styles and choose colours that are trendy, one drawback to this is that such colours that are in vogue now often fall out of favour very quickly. In the long run, it will prove best to choose more traditional colours that offer a timeless, classic appeal.

RETHINK BEFORE YOU RENOVATE

When undertaking a transformation of your bathroom, or any room for that matter, foresight must always direct what your renovations will entail. Renovators need to consider, when

designing a bathroom, functionality, aesthetics and at the same time, think of future house buyers if re-sale could be on the agenda. Although a black toilet and matching tapware might look spectacular, future house buyers may find the finished look a little extreme.

A successful bathroom renovation should also take the rest of the house into consideration. The updated bathroom should always relate to the rest of the house, and you can do this by carrying through some of the existing elements. For example, if you have a Victorian-style house you could furnish your new bathroom with traditional tapware to maintain the feel. Working with what you have is the key, even if you're going for a trendy bathroom look. ○



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BOLD AND THE BEAUTIFUL

Japanese and Moroccan themes add exotic touches to the home

Tess Gibney

HAVING BEEN 'the look' for some time now, minimalism continues to be a popular choice this year. With the main appeal being simplicity, the look is easy to achieve for those wanting a quick and inexpensive revamp of their homes.

This year, grey perfectly accents the natural tones of the minimalist look. But Sydney's designers also suggest introducing some brighter shades to freshen the look.

Insert bursts of colour – bright greens, pinks and blues – to rooms through curtains, rather than via feature walls that have been popular in years past. Having the occasional bright coloured curtain will make more of an impact than having them on every window and drowning out the room.

Styles that are currently in vogue include those with striking colour, sheer and double lined, with the latter being particularly effective for climate control, blocking out heat in summer and keeping your home insulated in winter.

THE JAPANESE LOOK

For those who want an exotic take on

the minimalist look, Japanese is the way to go this year. This style complements minimalism with a clean look that accentuates open living space, perfect for the Australian lifestyle.

The look is usually achieved with standard blacks, whites and greys, but this year some chocolate and deep green colours, which highlight the natural element of the Japanese style, will be equally stylish.

The natural look can be achieved using natural resources, such as timber, stones, bamboo and plants. A bonsai in a stone pot is the perfect accessory to provide a natural tone within a room.

To really set the room off, use natural and sophisticated Japanese style ornaments, such as bamboo mats and a shoji screen (rice paper screen).

THE MOROCCAN LOOK

The perfect theme for the cooler months ahead, the Moroccan colour scheme will bring warmth and cosiness to living areas, as well as a sense of opulence.



The Moroccan theme is all about colour and texture. It's fun, bright and layered, so use plenty of silks, satins and chiffons. A good way to add texture is to find a wall tapestry with a geometric pattern. Use lots of geometric shapes and patterns with gold detailing, especially on ceramics.

When it comes to colour, almost anything goes, as long as it's rich and vibrant. Think sugar and spice - use rustic terracotta reds and hot pinks. Then team these with cool colours like purples, deep blues and emerald greens, which offer a contrast to the warmth of the pinks and reds.

To decorate, use plenty of beaded accessories and incorporate some metallics: gold, silver and bronze. Candles and lanterns will help create the Moroccan feel. ○



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HI-RESOLUTION MUSIC DOWNLOADS



Mike Beck

FOR SEVERAL YEARS, music has been available to download in MP3 files from sources such as iTunes and Amazon. MP3 uses lossy compression which means that data is lost in the encoding process. Resolution is sacrificed for the sake of smaller file sizes. For example, the highest quality MP3 file streams music at a bitrate of 320 kilobytes per second (kbps) compared with 1411 kbps for CDs.

Recently, music files have become available in high resolution formats. The most common formats are FLAC (Free Lossless Audio Codec) and ALAC (Apple Lossless Audio Codec), WAV and DSD. While FLAC and ALAC are compressed files they do not lose information but rather behave like a zip file. WAV and DSD are uncompressed audio files.

High resolution audio files have a sampling frequency and/or bit depth higher than CD. Sampling frequency means the number of times samples are taken per second when the analogue sound waves are converted into digital. The more bits there are the more accurately the signal can be measured. CD has 16 bits with a sampling frequency of 44.1 kHz. High resolution files (except DSD) have 24 bits and sampling frequencies that range from 44.1 to 192 kHz. The most common sampling frequency is 96 kHz.

DSD has a bit rate of only one but uses a much higher sampling rate, namely 2,822,400 samples per second. It closely follows the analogue waveform and is, arguably, the most musical audio format. DSD was developed to archive analogue studio masters tapes. Subsequently, it has been used as the

mastering process for SACD discs.

The sound quality of high resolution audio files is vastly superior to CDs and MP3 files. We can now enjoy sound quality that closely replicates that recorded in the studio or concert hall. A 24 bit/ 96 kHz file streams music at three times the resolution of CD and at least 14 times that of MP3. In practical terms, the music comes alive with greater detail and imaging. It's as though the artists are performing in your room.

There are several sites where you can download high resolution audio files. (Go to www.aurender.com/music-sites for a comprehensive list). A popular site is HD Tracks.

The most popular format for high resolution audio files is FLAC. This format provides the best support for including album information (artist, title, tracks) and artwork. However, if you wish to use iTunes as your music player, then the files have to be ALAC. You can use a program called DB Poweramp Music Converter (www.dbpoweramp.com) to convert files from one format to another. It is also an excellent program to rip CDs and to edit album information.

FLAC and ALAC files typically reduced file size by about 40 per cent compared to WAV files, without loss of sound quality. Also, some music servers and players cannot read the album information embedded in WAV files.

There are many options for storing and playing music files. However, there are a number of pitfalls to be avoided if the quality of playback is not to be compromised. Firstly, streaming music from hard disk drives introduces jitter

(timing errors) into the music, reducing clarity and imaging. Secondly, streaming music over long runs of Ethernet cable or via Wi-Fi has the same effect. Ideally, music files should be stored on a dedicated music server and streamed via a solid state drive to a high quality digital to analogue converter (DAC). Streaming from a solid state drive does not introduce jitter.

One company which produces excellent music servers is Aurender. They have two models: the S10 which has a hard disk storage capacity of four terabytes; and the W20 which has eight terabytes. Both products have solid state drives that act as a cache. When you select the music, it is transferred from the hard disk drive to the solid state drive with the former shutting down to minimise noise.

The Aurender music servers have an iPad application which reads the album information stored on the server. The music can be sorted and selected by artist, composer, genre and so forth. The music files need to incorporate the relevant information. This is where the DB Poweramp program can be very useful in editing files.

For the music lover, the availability of high resolution music files is an exciting development. We can now listen to music that closely replicates the studio master. Hopefully, a generation bred on listening to compressed music will soon discover the excitement and passion that properly reproduced music can elicit. ○

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THE BEST OF NORTHERN SUBURB LIVING AT CROWN GROUP'S TOP RYDE CITY LIVING

THE URBAN DEVELOPMENT Institute of Australia (UDIA) has named Crown Group's Top Ryde City Living project Australia's 'best high density' residential development.

The development is perched atop one of Australia's largest and newest shopping centres in Sydney's northern suburbs, Top Ryde City Shopping Centre.

The \$500 million development boasts 653 apartments across seven buildings and is already home to 450 residents. The generous facilities include a music room, library, media theatres, indoor and outdoor function areas and a children's playground and a pool.

Crown Group's Project Sales Manager, Roy Marcellus, believes Crown's latest offering appeals to all demographics with everyone from young families, first-home buyers and older couples taking an interest in the award-winning development.

"Top Ryde City Living is a modern, easy,

relaxed place to live. It ticks all the right boxes for a sound investment," Marcellus said.

"Our new residents tell us they are attracted to Top Ryde's good public transport links, shops and schools and the added convenience of living in a new apartment at Viva."

Viva by Crown is currently leasing a range of apartments and one bedroom and two bedroom apartments are also available to buy.

While apartment living continues to grow in popularity across Sydney, Crown Group has set Top Ryde City Living apart from the Sydney market by offering tenants and residents the opportunity to live in a brand new, premium apartment atop one of Australia's premier shopping centres.

The integrated development takes advantage of retail and transport access and brings the charm of lifestyle convenience to the Northern suburbs.

The Viva by Crown display suite is located at



shop 3019, Top Ryde City Shopping Centre, and is open during business hours from Monday to Friday and on the weekends.

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MANAGING THE FINANCES OF AGEING PARENTS

Peter Vickers

YOUR AGEING PARENTS may still be enjoying their retirement in their own home but there will come a time when they need carers to assist them in their day to day lives. Whilst a carer can help them remain in their own home, the carer can't help them to manage their finances and someone needs to ensure the bills get paid, money and investments are managed, and that the carer is also paid.

When children are born the parents are in control. It's very hard for them to relinquish that control as the roles become reversed. This can cause tensions to arise when the adult children want to control the activities of their parents and is complicated further by sibling rivalry which may stem from the time one child stole the cherry from the cupcake.


Many adults find it difficult to talk to their families about who should take responsibility for

parents' finances and often the subject is taboo. Parents are sometimes secretive about their money and feel they're losing control of their lives if their children become involved. However, often the children are actually too busy themselves with their own families or live overseas and so just can't be of practical assistance, all causing undue pressure and stress on already stretched family dynamics.

Don't wait until there's a crisis: it can be very stressful and time consuming trying to unravel finances, find documents and key contacts after an 'event' has occurred and emotions are involved.

If you're worrying about your parents' and their ability to continue to manage their finances, forgetting to pay bills or paying them twice and being taken in by scammers and telephone sales calls (ID thieves and scammers target retirees

who generally answer the phone and are less likely to hang up), make a plan now. I have even broken into a home for a client when she locked herself out. We then of course had to arrange to have the glass window fixed.

With internet banking, cloud accounting, emails and cloud storage of documents you can now set up a system that is transparent, secure and ensures that both parents and children are all kept informed of all activity and transactions to avert suspicion and avoid family conflict. Yes, it does cost money for a service that the parents previously did themselves for free. However, they saved for retirement just so they could afford these services that become essential. 

Peter Vickers is a Chartered Accountant and Director of the Peter Vickers Business Group

THE FINANCES OF AGEING PARENTS

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DETECTING A PERSON'S RISK OF STROKE WITH A CLICK OF AN IPHONE

Kieran Gair

UNIVERSITY OF SYDNEY researchers have found a unique way to identify the thousands of people at risk of stroke every year, using an ECG (Electrocardiogram) test delivered over an iPhone by pharmacists.

The test is quick and accurate, and can cheaply diagnose unknown atrial fibrillation (AF), a common abnormal heart rhythm that causes a third of all strokes and doubles the chances of premature death.

Lead author of the study published in the journal *Thrombosis and Haemostasis*, Nicole Lowres, predicts that if the test was rolled out to Australians aged between 65 and 84, it could prevent 1228 strokes over ten years, or 122 strokes each year.

"Strokes caused by atrial fibrillation are more deadly and can result in greater disability. Unfortunately, many who have the condition are unaware and have no symptoms that would lead them to visit their doctor," Lowres says.

Atrial fibrillation often goes undetected and may have no symptoms before causing

a stroke, which can be fatal. It is particularly common in people aged over 65, and is largely preventable by blood thinning medication.

"The iPhone ECG is 98 per cent accurate and it allows us to look at the rhythm of the heart and see whether it is beating correctly or irregularly," Lowres says.

The iPhone ECG test is simple to conduct. The person just needs to hold the iPhone (which has a special case containing a miniaturised ECG recorder) for 30 seconds, and almost instantly the ECG is able to accurately detect a diagnosis for an abnormal heart rhythm.

However, a spokesperson for the National Stroke Foundation warned the iPhone ECG screening program is still in its testing phase.

"While this is an exciting development in the screening of atrial fibrillation it is still in the testing phase," the spokesperson says.

"If people do have concerns it is important they see their doctor. Your doctor is best placed to monitor your health, your heart and take your pulse regularly."

The study was carried out across 10 pharmacies in NSW all of which used the test on 100 participants.

The research team who carried out the study believe ECG screening for people over 65 could become a part of regular health checks. Along with blood pressure monitoring or blood sugar testing, local pharmacies could include ECG screening as part of a combined health check-up.

While ECG screening using an iPhone in pharmacies has only passed the trial stage, the National Communications Director of the Pharmacy Guild, Greg Turnbull, believes pharmacies are well equipped to facilitate ECG tests and reduce the levels of stroke in communities.

"We support any expansion of the preventative health and screening role for pharmacies. Pharmacies add value to the health system and take pressure off doctors offices and hospital waiting rooms," Turnbull says.

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LOWER BACK PAIN CAUSING A THIRD OF WORK-RELATED DISABILITY

Steph Nash

LOWER BACK PAIN is responsible for a third of work-related disability, according to a study led by the University of Sydney and published in the *Annals of Rheumatic Diseases*.

Lead author of the study, Professor Tim Driscoll, said lower back pain arising from ergonomic exposure at work is a major cause of disability.

"Lower back pain arising from ergonomic exposures at work is a major cause of disability worldwide," Driscoll said.

"The people most at risk are those aged between 35 and 65 and those who work in the agricultural sector, who are almost four times as likely to develop lower back pain and disability when compared to people working in other occupations."

Lower back pain in Australia sends more people to the doctor than any condition other than the common cold. At any one time, 26

per cent of Australians have lower back pain and around 80 per cent of young to middle-aged adults will experience lower back pain in their lifetime.

It is the highest cause of work loss days in the workforce, with a quarter of lower back pain sufferers taking 10 or more days off a year. This costs the economy \$4.8 billion in annual health care costs – a clear example of how the burden of lower back pain extends far beyond the physical pain of an individual.

Ergonomic risk factors associated with lower back pain include heavy lifting, forceful movements, awkward body positioning and exposure to frequent vibrations. As much as these factors are obviously common to the agricultural sector, the sedentary workplace conditions of office workers can be just as bad for your back. Chronic back pain is widely attributed to bad posture, with health experts



urging office workers to exercise regularly and take frequent breaks at work.

"Lower back pain arising from ergonomic exposures at work is a major cause of disability worldwide. There is a need for improved information on exposure risks ... to help better understand the burden," Driscoll said.

"This should lead to better prevention of back pain and injury, as well as decreased lost work time due to back pain."

MANAGING BACKPAIN

A MESSAGE FROM COMFORT DISCOVERED

IS THERE ANYONE among us who is not dependent on a car for mobility? Or is there anyone who is not spending a few hours sitting in front of their computer? There are many among us whose livelihood is dependent on driving around for hours or working on a computer all day long. In these circumstances if we do not provide adequate support for our back, it can lead to discomfort or pain. One easy step to prevent a potential problem is to use the correct back support at work or at home.

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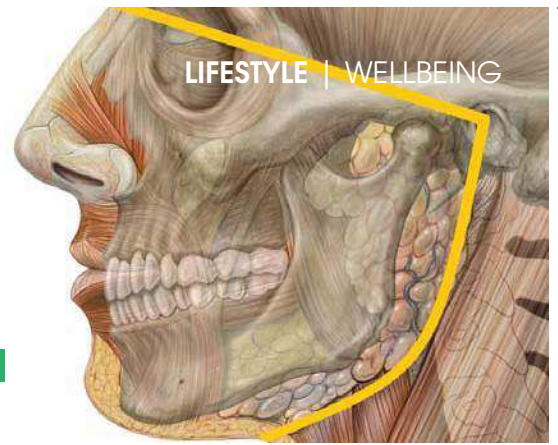
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OROFACIAL PAIN: NOT JUST A PAIN IN THE NECK



Dr Ian Sweeney

PAIN IN THE region of the mouth, jaws, face, side of head and behind the ears is broadly classed as orofacial pain. Orofacial may also include tooth pain that is not associated with decay or abscessed teeth.

Orofacial pain may be associated with a specific cause or part of a disorder where pain constitutes the major presenting feature. Examples of these are; TMJ disorder (pain and dysfunction of the muscles that move the jaw and joints that connect the mandible to the skull), neuropathic pain, headaches and migraines.

The diagnosis of painful syndromes relies on interpretation of a patient's history, review of x-rays and appropriate imaging, as well as a

behavioural, social, and occupational assessment.

Treatment of orofacial pain may involve various modalities, such as direct treatment, prescribing medication, prescribing rehabilitative services, performing pain relieving procedures, counselling of patients and families, assessment by a multidisciplinary team, as well as coordination of care with other healthcare providers in order to achieve optimal treatment for a patient suffering from a painful disorder.

Common causes of orofacial pain include everything from tooth grinding, tooth clenching cracked teeth, muscle pain from jaw muscles, muscle pain from neck muscles, and referred

pain such as sinus congestion, headache and migraine as well as salivary gland blockages.

In a recent UK study, seven per cent of the interviewed population reported some degree of chronic orofacial pain and up to 15 per cent of respondents reported having TMJ disorder. While in the US, a study reported 22 per cent of the population suffered from some form of orofacial pain in the year leading up to the survey. Of these patients, 12 per cent were suffering pain of a dental origin.

Should you be experiencing pain of the face, neck or mouth area, your dentist may be able to assess the type and cause of the pain and help with the ongoing management.



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CELEBRATING YOUR MUM ON HER SPECIAL DAY

Tess Gibney & Steph Nash

LET ME GUESS, mum does most of the cooking around the place? Thought so. I know it might be obvious, but simple gestures such as making your mum feel appreciated on Mother's Day go a long way – and are actually just as likely to be as memorable as buying her something ritzy. Instead of taking her out for brunch and getting someone else to do all the work, why not start off her day with breakfast in bed? She'll definitely appreciate the effort.

The *Sydney Observer* suggests 'The Healthy Chef's' ricotta and oatmeal pancakes with raspberry coulis (recipe below). After a spectacular homemade breakfast, round off the morning by taking her out for a picnic lunch somewhere scenic: such as the picturesque Basin on Pittwater. Middle Eastern food is great homemade and goes well at a picnic – think homemade falafels, tabouli and hommus. Get yourself some pita bread and you're good to go!



FRESH STRAWBERRY SCONES

(Makes between 8 and 12 scrumptious scones)

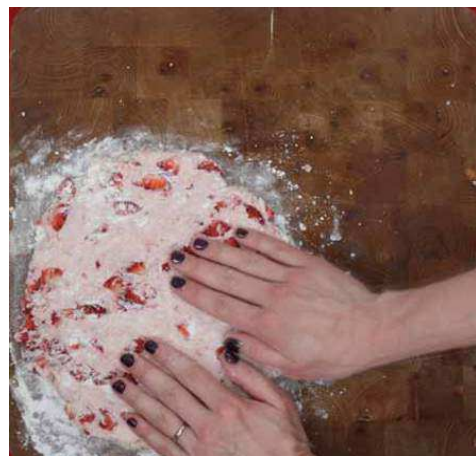
Ingredients

- 1 cup (150g) fresh strawberries (or other fruit), chopped
- 3 tablespoons of sugar
- 2 cups (250g) of all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 6 tablespoons (85g) butter, cubed, softened
- 2/3 cup (160ml) cream or buttermilk
- 1 extra tablespoon of sugar to garnish

Method

Preheat oven to 200°C, making sure to line an oven tray with baking paper.

- Cut fruit into small chunks. If using fresh fruit, toss with 1/2 tablespoon sugar and set aside to soften.
- Combine dry ingredients in a large bowl. Add butter and combine using your hands.
- Add fruit and cream or buttermilk, and stir until it all dry combinents are well combined.
- For small round scones: Scoop 1/4 cup size mounds onto the baking tray with an icecream soop.
- For traditional triangular scones: Turn dough onto a lightly floured surface and knead a few times to combine wet and dry ingredients. Sprinkle with extra flour if necessary. Roll dough into a circle about 2cm thick. Cut into wedges with a knife and transfer to baking tray.
- Bake scones for 15 minutes. Garnish scones with left over sugar and bake for additional 5-10 minutes until golden brown and tender.



ROSE AND BERRY HOMEMADE ICED TEA

(Makes 5-6 glasses)

Ingredients

- 2 rosehip tea bags
- 2 berry flavoured tea bags
- 1 small bucket of ice
- 4 cups hot water
- 1 lemon
- 1 lime
- Large teapot
- Large glass pitcher or beverage dispenser

Method

- Boil 4 cups of water from the kettle. Line large teapot with all four teabags.
- Wait for water to cool slightly before pouring into the teapot. Allow tea to steep for about 5 minutes.
- Remove teabags and place teapot in the fridge overnight.
- Line bottom of glass pitcher with ice. Cut lemon and lime into rounds. Layer ice with a few lemon and lime slices. Cover layer of fruit with another layer of ice. Continue layering fruit and ice until you reach the top of the pitcher.
- Remove tea from fridge. Pour cooled tea into pitcher.
- Serve in tall glasses and garnish the side of the glass with a slice of lemon.



THE HEALTHY CHEF PANCAKES

(Makes 8 delicious pancakes)

Ingredients

3 whole organic / free range eggs or 6 egg whites
 1 tablespoon flaxseed or chia seed
 1 cup (100 g/3 1/2 oz) rolled oats (see notes for variations)
 1 teaspoon baking powder
 1/2 teaspoon ground cinnamon
 150 g (3/4 cup / 5 oz) good quality deli style ricotta (see notes)
 1/2 cup (125 ml/4 1/2 fl oz) your choice of milk (almond, rice, seed, coconut, dairy)

Method

- Combine eggs, milk, oats, cinnamon, baking powder and chia – rest for 15 minutes to soften the chia and oats.
- Give it a mix half way through resting. Add ricotta and break it up into the pancake mixture. Heat a non-stick pan over a low medium heat with a little macadamia nut oil, olive or coconut oil and spoon in the pancake mix, 2 tbsp of mix per person.
- Flatten the top out slightly from each pancake. Turn down the heat and cook over a low heat so that it cooks through. Flip over and cook the other side. Serve with blueberries, thick organic natural yoghurt, banana and a little raw honey.



For more information and a step-by-step guide go to <http://www.instructables.com>

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WHAT'S ON THIS MOTHER'S DAY

WE ALL CHERISH our mothers; who else is there to unconditionally love us and look after us? That being said, finding something brilliant to do for the most special woman in our life is not always an easy task. At the *Sydney Observer*, we've gathered together a few simple suggestions to make this Mother's Day fresh and fun: whatever your budget may be!

TREAT YOUR MUM TO HIGH TEA

Mums generally spend the majority of their time taking care of everyone else. As such, feeling special and important can become a rarity. Want to make your mum feel like a queen? Why not try high tea – personal preference of your Majesty herself. If you're feeling crafty (and aren't looking to spend too much money) you could host your own; simply drape a luxurious tablecloth over your dining table and set to work preparing delicious snacks. Think bite sized cucumber and cream cheese sandwiches, vanilla cupcakes with angel wings and whipped cream and pastel macaroons, served with a side of tea – in china cups of course.

If you want to go all out and have the money to spare, the stately Boronia House in Mosman offers a Mother's Day High Tea on Saturday May 10 and on Mother's Day, May 11. The elaborate colonial-era Gunner's Barracks in Mosman is also renowned for their morning and afternoon tea spreads – you can purchase gift cards for Mum on their website.

Where:

Boronia House (Boronia Tea Room), 624 Military Road, Mosman

Contact: (02) 9188 2085

Gunner's Barracks, End of Suakin Drive, Off Middle Head Road, Georges Heights NSW 2088

Contact: (02) 8962 5900



TAKE PART IN THE MOTHER'S DAY CLASSIC

Want to spend some quality time with your mum for a good cause? Why not take part in the Mother's Day Classic, an annual Mother's Day fun run and walk aimed at raising funds for breast cancer research. Held on May 11 every year, the event has been operating since 1998 – with all money raised going to the National Breast Cancer Foundation. The Sydney event begins early (6:00 am) and involves a 4km and 8km run and walk around the Domain. Registration starts at \$50 for an adult walker, \$20 for a child under 16 and \$25 for a concession. What's better than spending time with your Mum whilst supporting women the world over?

Where:

The Domain, Art Gallery Road, Sydney

Contact: 1300 762 241

When: Sunday May 11 6:00 am – 12:00 pm



GO ON AN ADVENTURE WITH MUM

Sydney – and just out of Sydney for that matter – is full of places of resplendent natural beauty. Autumn weather in May is often gorgeous, and presents the opportune time to take a trip somewhere exciting. You really don't need to spend much money to have a beautiful day. Why not get up early and take the train out of Sydney to the coastal town of Kiama, where you can eat fish and chips in front of the Kiama blowhole? Or how about taking a trip across the harbour to the idyllic Watson's Bay, where you can either choose to indulge at the Watson's Bay Boutique Hotel or saunter down the track to the isolated Camp Cove harbour beach.

Where: Watsons Bay Hotel, 1 Military Road, Watsons Bay

Contact: (02) 93375444

WHAT'S ON MAY

3 MAY**CITY OF SYDNEY DOG OBEDIENCE TRAINING PROGRAMME****8.30am-1.00pm (free)**

Basic obedience covers working with your dog to get him to sit, sit/stay, drop, drop/stay, release, recall and socialisation.

Where: Sydney Park, Sydney Park Road St Peters 2044

Contact: Dianne on 0404 603 950

**11 MAY****KIRRIBILLI MARKETS****9am - 3pm**

Kirribilli's markets rotate between general and art, fashion and design, and every second Sunday you'll find stalls dedicated to artists and designers who sell their original paintings, glass, ceramics, fashion and accessories, homewares, millinery and fresh flowers.

Where: Burton Street Tunnel, Cnr Alfred & Burton St

Contact: 02 9922 4428

**15-18 MAY****FASHION WEEKEND 2014****Various times**

Calling all fashion addicts! Get a glimpse of Australia's top and up-and-coming designers at Sydney's Fashion Weekend. Whether you're there to see a catwalk show, or just there to spend a mint on our nation's most loved brands, Fashion Weekend will satisfy each and every shopaholic.

Where: Royal Hall of Industries, Entertainment Quarter, Moore Park

Contact: Ticketek for tickets (ticketek.com.au)

**19-25 MAY****SYDNEY WRITERS' FESTIVAL****Various times**

Unleash your inner-poet at the 17th annual Sydney Writer's Festival. Highlights this year include talks from Vince Gilligan, the creator of popular American series Breaking Bad, and Alice Walker, Pulitzer Prize winner of The Colour Purple.

Where: Pier 4/5 and Pier 2/3, Walsh Bay; Sydney Theatre, Walsh Bay.

Contact: swf.org.au

**9-11 MAY****REAL FOOD REVOLUTION****Various times**

Foodies and fitness buffs will love this three day health and wellbeing workshop in Potts Point this month. Celebrity chef Pete Evans joins a list of motivational speakers aiming to get you thinking green and feeling clean.

Where: Mercure Sydney Potts Point Hotel, 226 Victoria St, Sydney

Contact: www.therealfoodrevolution.com.au (1300887331)

10 MAY**NO DIG GARDENING WORKSHOP****10pm-12pm**

Learn how to make productive use of urban space using the 'no dig' gardening method to grow food in containers, on balconies and in small backyard plots.

Where: Tom Foster Community Centre, 1-11 Darley St Newtown 2042

Contact: Youth Services on 9424 0981

21 March - 9 June**ARTIST COLONY: DRAWING SYDNEY'S NATURE****10am - 5pm**

Artist Colony draws from the TAL & Dai-ichi Life Derby collection comprising 745 exquisite drawings and watercolours.

Where: Art Gallery of New South Wales, Art Gallery Road, Sydney

Contact: 8484 8700



COMPETITIONS



GIVEAWAYS

REVITALISE AND REJUVENATE AT CHI, THE SPA AT SHANGRI-LA WITH 2 X COUPLES TREATMENT VOUCHERS

The *Sydney Observer* is offering 2 x vouchers valued at over \$800 for a 1.5 hour couples treatment (four treatments in total) at CHI, The Spa at Shangri-La. Prepare for a muscle mending massage and allow yourself to be spoiled at Sydney's finest spa. The spa boasts the most luxurious private spa suites in Sydney. Treatments at CHI, The Spa at Shagri-La are inspired by traditional Asian healing philosophies. This serene spaces enables you to indulge your senses, soothe your body and revitalise your spirit.

The spa is a place of personal peace, enchantment and wellbeing, offering a respite from Sydney's frenetic streets right in the heart of the city.

SYDNEY FILM FESTIVAL 2 X DOUBLE PASSES

The *Sydney Observer* is offering 2 x double passes to the 61st Sydney Film Festival. After the successful return to the Hayden Orpheum Picture Palace Cremorne in 2013, this year the Sydney Film Festival will bring an even larger curated program of films to this beautifully restored art deco cinema on the North Shore.

Sydney Film Festival Director Nashen Moodley is excited to bring back Sydney's premier celebration of film to the Hayden Orpheum in Cremorne.

"It is a beautiful cinema with a smart, savvy film audience and a natural fit for the festival. We look forward to presenting even more films across even more nights this June."

During 4-15 June the Hayden Orpheum Cremorne's program will feature a line-up of 26 screenings. Full film details will be announced on Wednesday May 7.



HOW TO ENTER

If you would like to enter any of the giveaway draws, tell us in 50 words or less, what you liked in this month's magazine. The best entries will be published* and go in the running for our monthly giveaway in the next issue of the magazine.

PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 20th of the month.

POWERHOUSE MUSEUM 5 X FAMILY PASSES

The Powerhouse museum is one of the world's leading museums of science and design, acclaimed internationally and loved locally.

The kids will get the chance to Step into the world of Zelda, Super Mario Bros, Sonic the Hedgehog and many more much loved characters at the blockbuster exhibition Game Masters. Featuring over 100 playable games, this highly interactive exhibition celebrates the work of the world's most influential videogame designers and showcases some of the most groundbreaking games ever made across arcades, consoles, PC and mobile platforms

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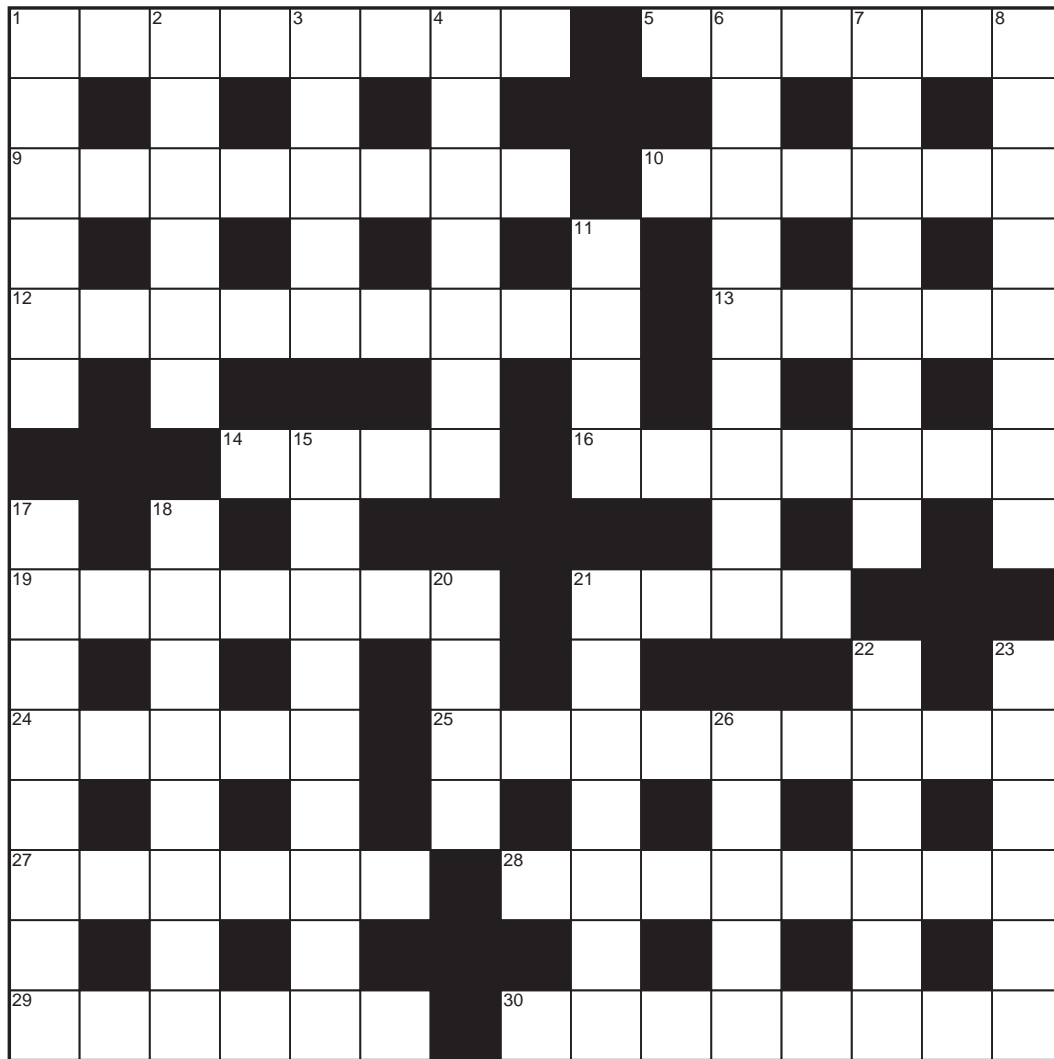
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Crosswords

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Across

- 1. Musical troupe
- 5. Beneficial
- 9. Tidied up
- 10. Overseas student nanny (2,4)
- 12. Vital thing
- 13. Drainage trench
- 14. Gangster
- 16. Betrayal of country
- 19. Post-war decade, the ...
- 21. Seed outer coating
- 24. Knowledge tests
- 25. Year-old animals
- 27. Situated inside
- 28. Supplied funds for
- 29. Spicy candied root
- 30. Suffers torment (over decision)

Down

- 1. Disruptive weather feature (2,4)
- 2. Disappear, make oneself ...
- 3. Fulfils (demand)
- 4. Staring
- 6. Silent
- 7. Most even
- 8. Staggering
- 11. Body fluid lump
- 15. Frozen raindrop
- 17. Bidding
- 18. Intermittently (3,3,2)
- 20. Eyelid inflammation
- 21. Getting news (from)
- 22. Executes (law)
- 23. Stage whispers
- 26. Discover

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