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JUNE 2014 - FREE

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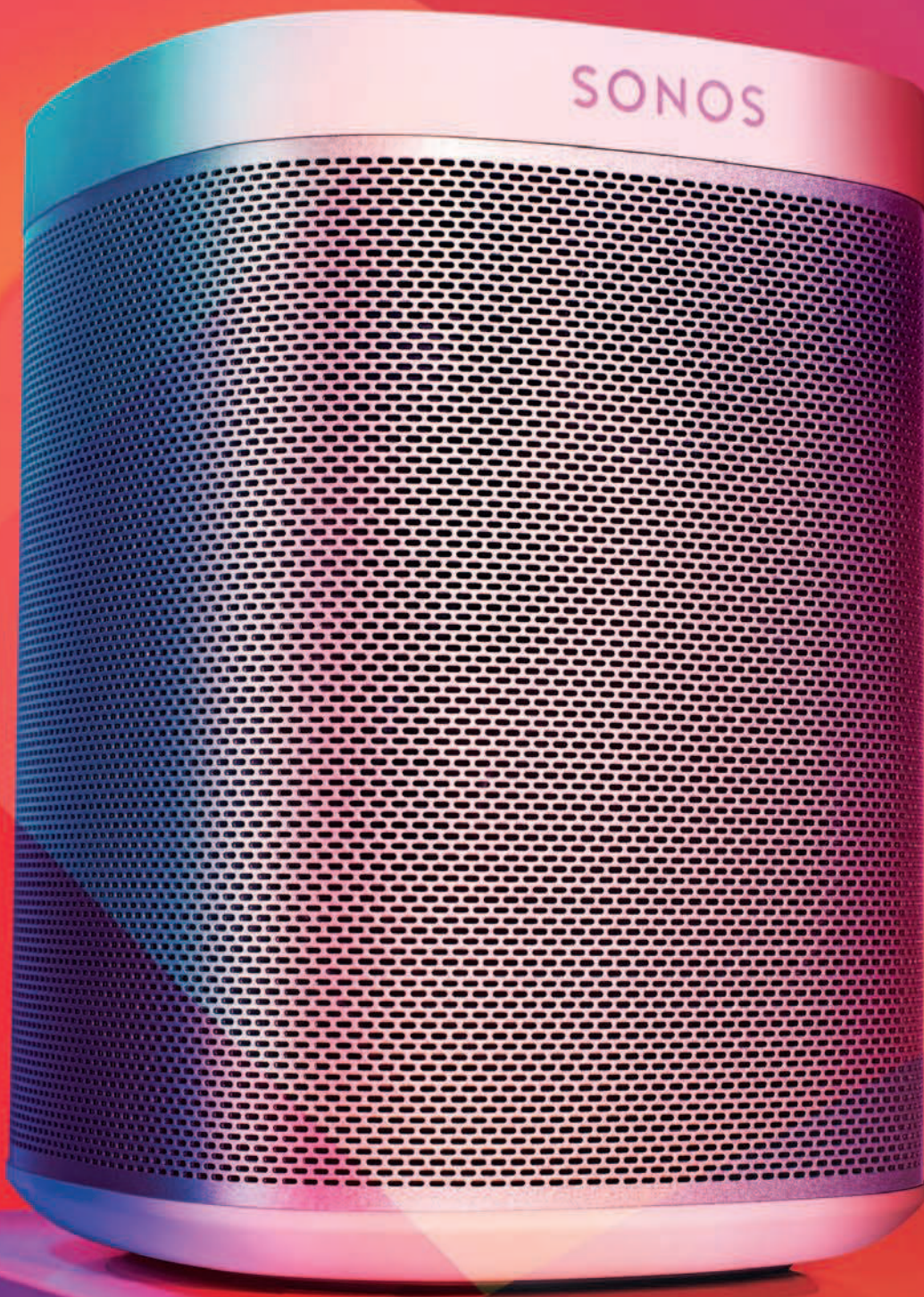


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FROM THE TEAM

We've got our jumpers ready for June here at *Sydney Observer* HQ. Stocks in tea bags are predicted to rise exponentially this month, and electricity bills expected to soar due to the flogging of electric heaters. We've pulled together a hard-hitting issue for you this month, with enough juicy content for you to sit back and enjoy with your steaming hot cup. From science to television, our cover Amanda Keller spoke to us about motherhood, comedy and the mad balancing act that is the life of a careerwoman.

If you've never thought a toddler could develop an addiction, think again! Our On the Agenda special looks at toddlers tackling technology addiction, which revealed some incredible insights that not even we could've imagined.

We hope you enjoy our June edition of *Sydney Observer*, and hope you bundle up and take care this winter.

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FROM THE READERS



VARIETY IS THE SPICE OF THE SYDNEY OBSERVER

I liked the May issue for its great recipe of a cupful of wonderfully informative stories, the tablespoon of enticing local business reminders nicely infused with a big splash of colour and seasoned with a cheeky pinch of giveaways.

Lauren Mund, Berowra Heights

SOMETHING FOR EVERYONE

I love the Sydney Observer as there is always something for everyone! Interesting and informative articles, an update of what's on each month, great recipes and of course the crossword and Sudoku. Its also great that the ads are relevant to the local area - keep up the good work!

Lee Stokes, Roseville

SYDNEY OBSERVER KEEPS OUR MINDS IN GOOD REPAIR

Open the magazine, straight to Competitions, Then Recipes and health tips and advice on nutrition. Travel and What's On and who is doing what For us these pages have the lot! Don't forget the puzzles are there to keep our minds in good repair And provide a moment or two to relax and enjoy a nice sunny spot.

Sandy Wingrove, North Turramurra



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

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

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COMMUNITY PUSHES BACK AGAINST WOOLWORTHS

WOOLWORTHS IS PUSHING ahead with a proposal for a supermarket, liquor store and warehouse to be built at Smith Street, East Chatswood.

Local business owners welcomed the decision by Willoughby Council and the Joint Regional Planning Panel to reject Woolworths' proposal earlier this year.

However, Woolworths has appealed to the state government and has applied to have its industrial land on Smith Street rezoned for retail purposes, paving the way for a new supermarket to be built.

The competition Woolworths would bring

to Chatswood could effectively put smaller businesses out of operation.

Bray's IGA Castlecrag owner, Andrew Bray, said if the state government approved the development, businesses at the Quadrangle Shopping Centre and the shopping strips in Castle Cove and Willoughby would be hurt.

"The community benefits from small business more than they do from big business," Bray said.

"The council didn't want it, the Joint Regional Planning Panel didn't want it, the Local Environment plan has been set. When does 'no' mean 'no'?"



A petition has been started against the development and it has already recorded 212 signatures in one week.

Butcher at Castle Cove Butchery, John Widera said Woolworths shouldn't be able to cheaply buy land and then push to have it changed from industrial to retail.

"It's wrong that a company can buy a cheap site and then change the laws," Widera said.

MAYOR LOSES GRIP ON POWER

NORTH SYDNEY MAYOR Jilly Gibson is fast losing her hold on power following the resignation of two councillors and allies, Cr Danielle Butcher and Cr Tom Robertson of the Liberty Group Party.

While the councillors have cited family and personal reasons for leaving North Sydney Council, The Mosman Daily has claimed it was a lack of transparency and infighting that led to the resignation of two of Gibson's most loyal allies.

Following the departure of Butcher and Robertson, Gibson has been left with just four of the 10 remaining votes on council with two and half years to go before the next election.

Former Councillor, Danielle Butcher, said she was disillusioned by the infighting going on

behind council doors.

"I leave disappointed with the amount of infighting on council," Butcher said.

"It made my experience extremely unpleasant and it leaves me feeling very disillusioned by local government."

In 2012 70 per cent of the electorate voted to cut the number of councillors from 12 to nine. State laws governing councils do not allow for casual vacancies to be filled if a cut in the number of councillors was voted for in a referendum.

This means Gibson has been left with little room to move and her position has been significantly weakened. However, Gibson has pledged to follow through with her signature



policies of revitalising the North Sydney CBD and bringing the VIVID festival to the lower North Shore.

Currently, the council is split into two blocs - Cr Gibson, Sarah Burke, Ginny Bevan and Veronique Marchandau on one side and the remaining councillors on the other.

RENOVATIONS REVITALISE NEXTRA



NEXTRA ST IVES in the St Ives Shopping Village has downsized after recent renovations. The store remained open during the few weeks of renovations to ensure their customers did not miss out on their daily news, stationery and gift cards.

Nextra St Ives now have their full range of stock available to customers, with a wide range of products, despite the reduction in space, including partyware, a new gift wall and over 3000 greeting cards to choose from.

Nextra St Ives is a family-run newsagency. The owners of the business, sisters Emma Thurlow and Karen Scott and their father Bill

Scott, purchased the newsagency 22 years ago.

"The shop that we have now is wonderful as it's still big enough to stock a huge range of products whilst providing the same personal service we always have to our customers," Thurlow said.

Though the shop may look different, Thurlow said customers can expect to see the same familiar faces behind the counter.

"We also have a fantastic customer base at the centre and are thrilled to welcome our long term customers, as well as new clientele from the ever expanding St Ives area, in to our updated and enhanced store."



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FUN WITH FLAIR: HOW AMANDA KELLER KEEPS UP A COMEDY LIFESTYLE

After 30 years in the media, Amanda Keller knows a thing or two about entertainment. Nowadays she finds her calling with comedy and lifestyle.

A GRADUATE OF Carlingford High School, Amanda Keller is a regular on some of Australia's best known comedy shows – from Talking 'bout your generation to SBS comedy Swift and Shift Couriers. Australia's first lady of laughter says most situations can be saved with humour, however, she is quick to say she would rather poke her own eyes out than do stand-up comedy.

With an impressive array of titles under her belt, including a Michael Daley Award for Science Journalism and a United Nations Media Peace Award, the 52-year-old mother of two is showing no signs of slowing down.

Sydney Observer caught up with Amanda Keller between her regular gigs as WSFM breakfast radio presenter and anchor of Channel 10's hit lifestyle program, *The Living Room*.

Q. What keeps you coming back to comedy?

I think comedy and light entertainment shows are just what I enjoy doing most. Even *The Living Room* has a comedic flair to it. After spending time as a serious reporter it was great to fall into comedy. It's always good fun to have a crack at making people laugh. As long as people

want to laugh along with me (or at me) I think I'll continue to choose those types of shows again and again.

Q. What is your most memorable on-air experience?

The day that still stands out over any other was the morning where Andrew Denton and I were on radio after September 11, 2001. I had a new born baby so I was up at midnight feeding my son and I watched the world change when those planes crashed into the World Trade Centre towers.

Radio is an intimate experience. We were there with people in their bedrooms, in their kitchens or on their way to work. We listened as people turned on their radios to share their fears, discuss what it all might mean and join in the conversation. It was an extraordinary morning.

Q. In 1989 you won the Michael Daley Award for Science Journalism, what was it that attracted you to science?

I got that job by sheer luck! I was offered a job on *Beyond 2000* and I was terrified at the idea of working on a science program – I

thought 'I don't know a thing about science'. Nevertheless, it was the most fantastic career move. I travelled the world for six years doing all these incredible stories that really showed me what science was truly about. I won the Michael Daley Award for a series of stories I did in Brazil on the destruction of the rainforests there and the efforts by scientists to preserve and protect one of the world's richest ecosystems.

Q. How has the media landscape changed since you became a reporter on Ray Martin's *Middy Show* in 1985?

It is much harder to break into TV and radio now than it ever was back then. I didn't look like your regular TV person when I started out. I used to wear ping pong ball earrings and my hair made me look like I was from the band A Flock of Seagulls. There is a need to look a certain way on TV these days that I don't think applied as much when I started out. These days it seems as if you have to be some sort of celebrity or sports star before you get a crack at TV. My look was all over the place and I was lucky when Ray Martin put me in front of the camera and decided to give me a shot.



"MY BIGGEST ACHIEVEMENT IS THAT AT 52 I'M STILL WORKING AT THIS PACE AND LOVING EVERY MINUTE OF IT. I ALWAYS WORK EVERYTHING AROUND MY FAMILY COMMITMENTS AND I LOVE BEING BUSY."

AMANDA KELLER

PROFILE

Q. How do you balance the demands of breakfast radio with prime time TV?

To be honest I look much busier than I am. Breakfast radio can be exhausting when you're up at four in the morning, but I'm usually home by lunchtime and get a chance to relax and just sloth out and read a book. As for TV, we record two episodes of *The Living Room* once every fortnight so it's really just one day every two weeks where everything is completely jam-packed and I'm run of my feet.

Q. What do you enjoy most about *The Living Room*?

I love everything about the show. I'm very lucky to work with such a great team and it's awesome to work with three very good men – Miguel, Barry and Chris. We've become such a tight unit so going to work is like hanging out with a bunch of good mates and we all love what we do. I've always been lucky with the people I've worked with. Jonesy on WFSM is just about my best friend in the universe and every place I've ever worked at has always had that perfect mix of fun and work.

Q. What is your biggest achievement to date?

I would say my biggest achievement is that at 52 I'm still working at this pace and loving every minute of it. I always work everything around my family commitments and I love being busy.

Spending time with my two boys and my husband is the most important thing and the fact that there are still people who want to employ me makes me a very lucky person.

I actually still have a diary that I wrote in when I was a teenager. Back then, the idea of being 52 when I was 14 made me think I may as well be the world's oldest woman. My life now is so much more fulfilling and rewarding than I ever imagined it would be.

Q. What do you think is the most enjoyable program you have ever worked on?

Well I've definitely never worked on a show I didn't like. Funnily enough though I get more comments on my role in *Swift and Shift Couriers* on SBS than on any other show.

I think people really connected with that program as it was about the clash between blue collar and white collar workers. I played a university educated marketing manager who was routinely sent into the factory to work out how to be more efficient. My character, Amanda Doyle, would waltz into the factory having absolutely no idea how a factory floor worked and it was my responsibility to be cost effective. ○



"SPENDING TIME WITH MY TWO BOYS AND MY HUSBAND IS THE MOST IMPORTANT THING AND THE FACT THAT THERE ARE STILL PEOPLE WHO WANT TO EMPLOY ME MAKES ME A VERY LUCKY PERSON."

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BUDGET WIELDS BIG STICKS AND OFFERS FEW CARROTS TO YOUNG PEOPLE

Lucas Walsh

IN THE LEAD up to the 2014-15 budget, Australians heard the federal government's mantra that the "adults are back in charge". However, the government's approach to young people has been vague since its immediate abolition of the position of Minister for Youth. It is now possible to get a sense of the Abbott government's approach to youth through key policy signals you can count on one hand.

For young people, these signals are generally not good. They suggest an approach to encouraging job-seeking through financial deprivation and potentially inhibit entry to higher education for those experiencing disadvantage. And they will have an impact on regional communities, which young people are already leaving in droves.

'LEARN OR EARN' RULES

The first signal comes from the "learn or earn" rules announced in the budget. Unemployed people under the age of 25 will no longer qualify for the Newstart allowance of \$510 a fortnight, currently available to people after they turn 22. People under 25 will have to apply for the lower Youth Allowance, worth \$414 a fortnight at the full rate.

In addition, jobseekers under the age of 30 will have to wait six months before receiving unemployment benefits, depending on their work history. For every year of work, a month will be discounted from their waiting period.

Furthermore, young people who return to school or take up full-time vocational education or university study will not be subject to the six month waiting period. Encouraging young people to study is beneficial, but for the rest, finding jobs costs money, so those young people without family support could lack the basic means to find jobs.

REGIONS' DEPLETING YOUTH

Secondly, this may impact on regional and remote areas, where youth disengagement from earning and learning has been consistently high

because of lack of access to jobs, training and higher education.

Young people may be forced to leave family and support networks to "suit up" and search for scarce jobs in unfamiliar cities on a paltry (or no) allowance. It will be barely enough to cover affordable housing, let alone transport and other necessities required to find a job. The Abbott government's policy direction could exacerbate the drain of young people from rural communities.

WHERE ARE THE JOBS?

Following the six-month waiting period, income support will be provided for six months in a 12 month period if the young person participates in a Work for the Dole program for at least 25 hours a week. This may keep young people busy, but without purpose.

Evidence from previous schemes in Australia and the US suggests this approach may actually reduce the job searching activities of participants or stigmatise them in the eyes of some employers.

Treasurer Joe Hockey acknowledged that 700,000 Australians are looking for a job and said:

"to build a workforce for the future, those who can work should work."

Recent figures published by the Brotherhood of St Laurence show that youth unemployment represents just under 40 per cent of all unemployment in Australia. More than one in three unemployed Australians is aged between 15 and 24. Large numbers of underemployed young people want to work more but can't. A deeper problem is whether the jobs are there for young people, skilled or otherwise.

TRAINING AND STUDY SUPPORT, AT A COST

For trainees, concessional trade support loans of up to \$20,000 over a four-year apprenticeship will be offered in an effort to

provide the same support as for those in higher education. This is welcome to the extent that supporting multiple pathways to earning and learning is a good thing. But again, the efficacy of this scheme depends on jobs being available at the end.

The Commonwealth will provide direct assistance to studying for diploma and some bachelor degrees, which on face value is positive. In addition, echoing the American university system, scholarships will be provided to students from disadvantaged backgrounds. The scholarships will be funded by 20 per cent of the extra tuition revenue generated by universities.

However, these reforms may have a social cost. Arguing that "the higher education system is being held back", Hockey announced that higher education institutions will be able to set their own tuition fees from 2016. For students already studying, the current system will remain until 2020.

PUTTING A GENERATION AT RISK

So what does the Coalition's five-finger policy agenda add up to? It's a confusing mix of carrot and stick that, in a worst case scenario, will mean young people end up unemployed, demoralised and out of work for the long haul. The government risks entrenching the very problems it seeks to redress.

For Australia's young people, having "the adults back in charge" is replete with irony as many face less support in this new landscape of earning and learning. What is missing here is a sense of equity and a fair go. The Abbott government's policy directions risk severely undermining Australia's long-term prospects for prosperity.

Hockey has announced that "the age of entitlement is over" and that "the age of opportunity" has begun. But for whom? ○

Lucas Walsh is the Associate Professor and Associate Dean of Education at Monash University.

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THE CURSE OF THE BOOMERANG CHILD

Amelia Crawford

SELLERS POPPED THE bubbly, vendors flew off to Hawaii and some sold their home for half a million dollars above the reserve price. But you missed tickets to Sydney's record breaking auction weekend. In fact, you couldn't even get to the box office, because you were too busy making your 25-year-old son a sandwich.

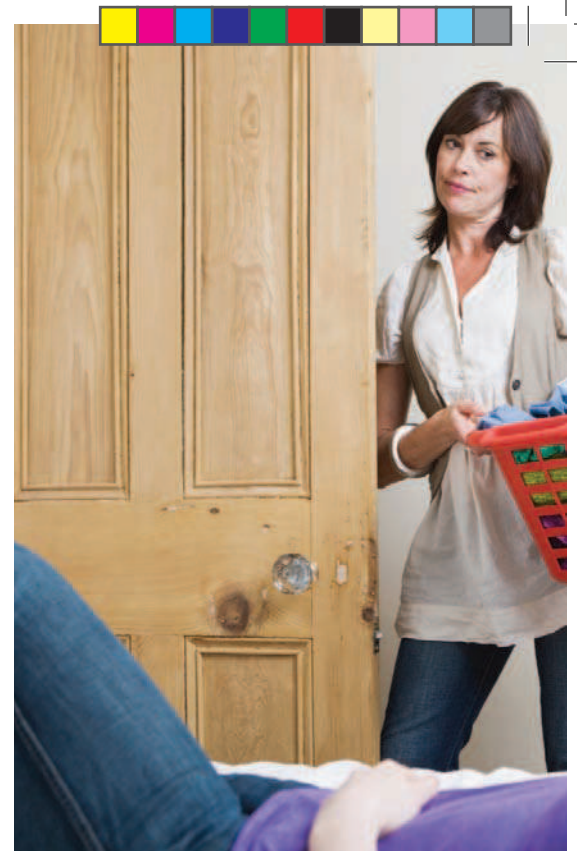
You could have sold your property 10 times this week but the current trend for children to return to the nest and for some, never spread their wings in the first place, has meant that selling the family home is no longer an option.

Soaring rent prices and a soft job market have seen an end to the right of passage for children to move out of home and learn that mould grows on food. As they revert back to their

family dwellings, they relish in clean clothes, eating fruit and an effortless attempt to save money so they can spend more of it (and some of yours too).

Without the intention of sounding patronising, on the one hand I feel a lot of sympathy for mothers who are undergoing the effects of a boomerang child. For lack of a more honest term, I am one. While I may have learnt the value of a helping hand at an early age, this was not and unfortunately still isn't the case for many of my kind. However, on the other hand it wouldn't be wrong to say that staying at home saves mothers from a sense of deep loss and even loneliness at the worst of times.

But going back to the other hand (for want



of having more hands), staying at home for longer (regardless of its effect) is not completely our fault. During my interactions as a boomerang child, I have never seen or felt the indignation of



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OPINION



Quite honestly, this automated compliance is foolish, for both mothers and children involved.

It's not psychology to decrypt the effects of giving kids too much praise. Responding positively at first, after too much they will collapse at the first experience of difficulty. This concept is no different when your kids enter adulthood. If your son knows he will automatically get rewarded when he asks for a sandwich, then what is the impetus for improvement? Why bother learning problem solving skills like how to work the dishwasher or iron the collar of a shirt, when there are never obstacles to begin with?

Mothers might ponder why their own parents had it so much easier and assume it was because simpler times demanded far less of parents, but maybe it was just that they had a better sense of what their job was and when to say 'I quit.'

Impromptu dates with your husband and spending time painting, are all luxuries that can still be had, but take it from a boomerang herself, it's not us, it's you, and I mean this in the most genuine and heart felt way.

An increasing number of mothers possess

the ability to have fulfilling careers whilst providing and caring for a family; but the latter of the two should not be a job that you hold indeterminately.

As we struggle to find our way we should have to do what every other person did before us and find it on our own. It is not your job to make us happy. I'm pretty sure if you had figured out the key to happiness, you would have sold it and bought us a separate house to live in by now.

Life decisions like downsizing, taking the holiday of a lifetime or having time to write the novel you've always dreamed of, should not be subject to young adults with the characteristics of a boomerang.

If a sale is what you need to achieve one of the above, then you can be assured that all hope is not lost. Prices won't collapse in the following weeks and while the market will remain solid, winter will see the beginning of a slow-down, so act now or forever hold your peace.

And, if you think kicking your children out to sell the family home will ruin any chance of enticing them to an occasional dinner, I can assure you, no matter how hard you throw us, we will always come back.

my being around.

Sadly, truly and almost inevitably, mothers (and of course occasionally fathers) will return to their roll of 'mothering', no questions asked.



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COUNCIL SELL OFF A CONCERN FOR PRESCHOOL'S FUTURE

Kieran Gair

SOME 5 PER cent of council owned properties, including a preschool, playgroup, counselling service and the town hall will be reclassified in a bid to fund the new \$22 million council chambers in Gordon.

Ku-ring-gai Council's \$22 million acquisition of the 828 Pacific Highway property could come at the cost of Gordon Community Preschool, Lifeline crisis support service, Culworth Ave carpark in Killara and Ku-ring-gai's largest playgroup at Pymble House. These sites have been described as "under-utilised council assets".

In 2013 former Ku-ring-gai Mayor, Elaine Malicki, broke the voting deadlock by wielding her Mayoral casting vote to overrule five councillors who opposed the reclassification of 23 parcels of community land to operational land.

Ku-ring-gai Mayor, Jennifer Anderson, herself a councillor in 2013, voted in favour of the reclassification and stands by Malicki's decision to push through the vote last year.

"The council voted the current course of action, which is to sell council assets to fully fund the purchase rather than increasing council's debt liability or reducing the levels of services provided to the broader community," Anderson said.

"The council is not selling off preschools or counselling services, it is in the process of reclassifying a number of council owned sites from community land to operational land. Reclassification is a lengthy and detailed process that involves a public exhibition and a public hearing with an independent chair."

The reclassification process does not automatically mean the properties listed would be sold for development.

However, the site of Gordon Community Preschool in Park Avenue, Gordon, which has 148 students and employs 10 staff, has been earmarked for high-density residential development.



ON THE AGENDA

Preschool director, Felicity Barclay, said the preschool currently has a lease expected to expire in 2016. While it appears the preschool may be living off borrowed time, Barclay said the council has promised to notify her at least six months prior to a move.

"Before the lease was granted we were working in absolute uncertainty. After a long community supported campaign the council told us that if we did have to relocate they would definitely find us a suitable, alternative premises," Barclay said.

While Barclay has pledged to work with the council if her community preschool is relocated she said the council's updates concerning the future of her preschool are irregular at best.

"We haven't heard anything else this year in relation to our campaign to keep our preschool at its current location. But we would still want to be intimately involved with the council if a move was to happen," Barclay said.

"We want to stay where we are and we've been overwhelmed by all of the community support."

However, a report released in 2010 by the Division of Local Government said staff

amenities and the council's office environment was not up to standard.

"The need to replace or renew ageing infrastructure is a key issue to be addressed by council, particularly given the prospect of having to serve a larger population with different needs ... some work areas appear to be very crowded and staff amenities we observed are old and not of a standard one might expect to see in a modern office environment," the report states.

Anderson believes the current Ku-ring-gai Council administration building is falling into disrepair.

"The current chambers site is at full capacity and due to its age and poor condition it is costly to maintain and in need of significant upgrading. The building has become a financial liability and it would not be economically viable to spend money upgrading it," Anderson said.

"The building leaks when it rains, the air conditioning and lifts require replacement and it lacks disability access."

While some members of the community want to see improved council facilities, others have vowed to fight the reclassification of council owned land.

After a long running campaign by Citizens Against Reduced Parking at Killara Railway (CARPARK), the group won a small victory last week when, under significant community pressure, the council unanimously decided to sell a portion of the site to Transport for NSW.

Following a petition which collected over a thousand signatures and a valuation report that estimated the carpark to be worth between \$12 million and \$16 million, the council's decision means the land will continue to operate as a carpark, albeit under different ownership.

"This will mean guaranteed parking for residents and commuters at Killara station, which residents consistently tell us they want," Anderson said.

However, with 23 parcels of community land set aside for reclassification, parents and staff at Gordon Community Preschool are worried about whether their children's preschool will survive the reclassification.

"A lot of parents are concerned about what is happening. Parents are looking ahead three or four years so they need to know what will happen," Barclay said. "We hope the council has a change of heart in relation to our future." ○

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ON THE AGENDA

TODDLERS TACKLE TECHNOLOGY ADDICTION

Parents warned to monitor their children's screen time

Charmaine Hui

22 JUNE 2014 | sydneyobserver.com.au

FOUR-YEAR-OLD Jack is sitting in his playroom, still and quiet. Dozens of toys are scattered everywhere. Miniature cars, trains and trucks in every colour cover a huge roadmap rug placed in the centre of the room. None of this interests him. Seated at a small, blue table in a corner of the room, Jack is transfixed by a word matching game on an iPad.

It is not unusual to see toddlers captivated by the bright colours and lights of an iPad screen. Their ability to intuitively tap, swipe and scroll means touchscreen technology can be a convenient tool for busy parents to entertain their kids.

"It does help my life," says Jack's mother Helen Lee, a music teacher and mother of two.

"Sometimes in a desperate situation, when you want to keep the kids occupied so you can do some work, an iPad or smartphone will keep them quiet for a short while."

However, psychologists are warning that even young children can become addicted to technology, with Internet use disorder set to be recognised as a mental disorder.

For the first time 'Internet gaming disorder' will be included in the American Psychiatric Association's newly revised Diagnostic and Statistical Manual of Mental Disorders (DSM-V) as a condition requiring further research. In Britain, children as young as four are receiving psychiatric treatment for compulsive behaviour towards technology.

Psychologist specialising in media and technology, Danya Braunstein, says problematic technology use with young children is becoming more common.

"In my research with families and young children, I often notice that children as young as 12 months old are reaching for their parents' phones and tablets"

Braunstein says using technology to settle an upset child can work in the short term, but parents who rely on it to distract or calm down children should use other strategies.

"If technology is the only method a parent can use to settle an upset child and they continue to rely on this, the child will grow up only ever being able to soothe their distress with technology," Braunstein says.

"This will create dependence and this is one of the criteria for a psychiatric disorder"

"I try to use other things first," says Helen Lee, as she helps Jack match the word 'cat' to the correct picture on the iPad.

"Technology is a last resort. But it's also a very good educational tool. Some of the software is very well developed."



Engineer and father of three, Cristian Martinez, agrees that iPads can help educate, often using reading and counting applications with his children.

“They’ve also got a lot of links to their school [on the iPad] to help with homework and at school they have some iPads they use for reading, counting and other activities.”

Martinez says the technology habits of other children can also influence his kids.

“They see other kids, whether it’s school kids or family members, spending time playing iPad games and apps, so they also want to do the same thing.”

However, Braunstein believes young children’s use of technology may seem innocent at first, but parents might notice problems later on when their behaviour becomes more extreme.

Principal psychologist at the Sydney Child Psychology Centre, Dr Fiona Martin, says she has observed children having difficulties coping without technology. She says parents need to set

time restrictions and supervise their children’s technology use.

“Kids could be quietly sitting in a room using their iPhone or iPad, but parents may not know about them, so it’s important for them to be used in a public place so parents can monitor what their children are accessing, especially with younger children,” says Martin.

However, while parents need to be aware of their children’s technology use, parents need not worry excessively about the potential for addiction.

“We all participate in virtual worlds now,” Martin says. “I think that’s a fact of life. Technology is a part of our lives and we just need to use it in moderation and appropriately.”

Helen Lee slowly drags the iPad away from her son.

“It’s time to go Jack.”

He holds on tight with a pleading gaze, his little fingers clutching onto the sides of the screen.

“Okay, one more game. Just one more.”



NEW FLAGSHIP AGED CARE FACILITY FOR NORTHERN SYDNEY

ON SATURDAY JUNE 21 Glades Bay Gardens in Gladesville will be open to the public as part of the Aged and Community Services Open Day Scheme.

Twilight Aged Care acquired Glades Bay Gardens in 2010 and has invested more than \$3 million, transforming it into a state of the art aged care facility.

Glades Bay Gardens is focused on the new aged care principle of living your twilight years in luxury. With 41 spacious self-contained apartments, each with an en-suite bathroom, kitchenette and balcony, Glades Bay Gardens offers a community feel in the heart of Sydney’s bustling northern suburbs.

With everything free on the open day, including face painting, a fun photo booth, balloons, food, fresh coffee and entertainment, this is a great opportunity to bring the family along and see what 21st Century aged care is all about. Gone are the days of bored looking residents lining the walls of a dreary sitting room.

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alternative to ageing in place with a media room, library, sitting rooms, action packed lifestyle and activity program for those who want it, hair and beauty salon, bus for day trips and much more. A few suites are still available for respite care, ageing place and, for existing residents, palliative care. Join the team at Twilight Aged Care on June 21 and find out more about beautiful Glades Bay Gardens or just take the family for a fun day out.

For more information, visit: www.twilight.org.au



'PRICELESS' TERTIARY EDUCATION PREPS FOR MORE DEREGULATION

Steph Nash

Earlier this month, an episode of the ABC's Q&A was gatecrashed by loud protesters from a variety of universities. They chanted so loudly host Tony Jones was forced to announce a sudden end to the show, with the ABC cutting to a short music video by Katie Noonan.

Two weeks later, and the streets of Sydney were filled with students participating in one of the biggest rallies since the Hawke government introduced university fees back in 1989.

What's all the fuss about? One of the biggest debates sparked by last month's federal budget is the government's decision to deregulate tertiary education. Praised for being one of the top four export earners for the Australian economy, tertiary education is being privatised to improve the 'diversity, innovation and quality' of the education sector.

The lucrative value of international students is detailed in a paper from the Australian International Education Conference in Canberra in late 2013, which states that \$14.35 billion was made last year from 'educational exports'.

The majority of this growth is constituted by the fees of international students, with around half a million international students currently enrolled in Australian universities.

UNESCO predicts this number to increase by over 100,000 by 2020, which the government expects will add an extra \$7 billion to the economy. The deregulation of higher education not only allows universities to charge students whatever they want, but it also allows them to increase or decrease the amount of places offered to students for individual courses.

This is rationalised to be for the betterment of students – not specifically Australian students, but for students in general. The federal member for Bradfield and Parliamentary Secretary to the Minister for Communications, Paul Fletcher, said the changes will also help the government, saving large amounts of time managing the business affairs of universities.

"Tertiary education is an important export for Australia," Fletcher said.

"The Abbott government's reforms will



EDUCATION

mean less Canberra micromanagement of universities which will leave them better able to respond to the needs of students, be they domestic or international students.”

Fletcher also stressed the need for a more competitive education sector, arguing the current system is outdated in comparison to the rest of the world. He claims that in deregulating higher education, the government is aiming to push universities to perform better, with competition motivating each institution to fight for students.

“Australia’s universities cannot compete with the best in the world within the current constraints of an outdated funding system,” he said.

“By freeing universities to set their own fees, they will compete for students. Competition will enhance quality and make higher education providers more responsive to the needs of students and the job market.”

With university fees expected to rise, and student loans now covering less of the costs, many students worry about how they are supposed to afford an education.

Indigenous Officer for the University of Sydney’s representative council, Kyo Blakeney,

spoke at the UTS student rally last month about how the proposed education cuts will affect Aboriginal students.

Blakeney believes the cost of education is misrepresented by the 2014 budget, arguing that increased costs and less government support will deter many Aboriginal students from seeking higher education.

“In our culture, and for our people, education is a very important thing,” Blakeney said.

“We are still fighting for a free education because I believe it is essential to every single human being on this earth. The price of education to me, to my family, and to all of my mob is priceless. It is our responsibility to see what we can do to one day change the hope and fate of our people.”

With this in mind, it is easy to see why students are rebelling against the Abbott government’s proposed education cuts. What exactly constitutes a ‘world class’ university? Higher fees? Less university places for Australian students? Essentially, the winners post deregulation will be international students, universities and the government, with Australian students unfortunately receiving a worse deal.



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P&C FEDERATION TO DISSOLVE AMIDST ACRIMONY

Stella Gray

THE NSW FEDERATION of Parents and Citizens Associations (P&C) will be axed and replaced with an entirely new governance structure, commencing from October 2014, the NSW Education Minister Adrian Piccoli has announced.

Piccoli made the announcement in May after months of internal disputes within the P&C, and stated that local P&C's will not be affected by the changes.

"All parents, carers and community members are encouraged to continue to participate in local P&C's. However, only parents and carers of current public school students will be able to vote or be elected to the new federation," Piccoli said.

The proposed legislation will divide the state into 16 areas to ensure equal geographical representation and a new governing body will be

elected which will then select a seven member executive committee to be responsible for the day-to-day running of the federation.

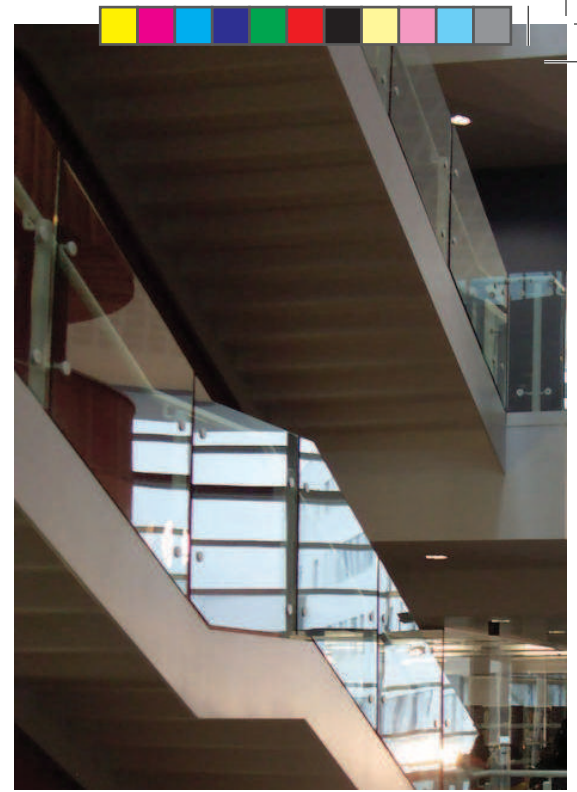
"Once the legislation is proclaimed, I will appoint an administrator who will temporarily take charge of the organisation, its staff and assets, and arrange for the election of a new, representative governing body," Piccoli said.

The changes follow months of internal conflict at the P&C.

In an attempt to oust incumbent federation president Lyall Wilkinson, Sharryn Brownlee and two other women took control of the federation's headquarters and staged an overnight sleep-in last month.

The dramatic sleep-in resulted in Wilkinson applying for a Supreme Court injunction to force Brownlee to return any documents she seized.

Following the incident the federation issued



a public statement revealing that ex-members of its State Council had unlawfully entered the office of the federation's headquarters, adding fire to the growing feud between Brownlee's breakaway P&C group and the federation president, Lyall Wilkinson.

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EDUCATION

"We would be looking to make sure that P&Cs across NSW have access to services, and we are working with administrators to make sure services are restored as soon as possible," Sowden said.

Sowden said the P&C had made appeals to Adrian Piccoli to intervene last year.

"We are disappointed with the minister. We contacted him back in September and suggested a way forward to him, we asked him to step in and allow changes, but he said he couldn't."

President of the Killara High School P&C, David Jordan, who has established a parents co-operative independent of the federation, believes the roots of the federation's problems date back years and are a symptom of its increasing obsolescence.

"Schools on the North Shore have been battling with lack of space and I don't think that anything the minister is going to do will change that. I don't know if the minister really talked to mums and dads and school P&C's to find what they really needed," Jordan said.

"Personally I don't think it's going to change too much, I think it's like swapping deck chairs on the Titanic."

"These people are known to the organisation and have wrongfully claimed that they are officers of the State Council," the statement read.

"These people could have at any time since November 2013 applied to a court of law to have this claim substantiated. These people

have chosen not to pursue their claim through the judiciary."

Publicity Officer for the P&C federation, Rachel Sowden, said court proceedings were still in place, albeit funded privately by federation officers individually and not the federation itself.

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TEACHERS SAY NAPLAN FAILING RELEVANCE TEST

Steph Nash

SINCE ITS INTRODUCTION in 2008, the National Assessment Program – Literacy and Numeracy (NAPLAN) scheme has been widely debated by teachers, academics and parents. A great deal of controversy exists over the way the Australian Curriculum Assessment and Reporting Authority (ACARA) use the NAPLAN results, with test data published on the My School Web site to form a ranking of all schools across the country. The top performing schools in the country are clearly identifiable online, along with the poorest performing schools and their geographical areas.

Children across the country sat the sixth annual NAPLAN tests late last month with students in years 3, 5, 7 and 9 required to complete a number of tests across a three day period, evaluating skills in reading, writing, spelling, grammar, punctuation and numeracy.

According to ACARA, the tests are designed to highlight problem areas in learning, allowing teachers and parents to identify areas of student excellence, and areas that need more study.

Principal of Turramurra High School, Stephanie McConnell, says the results of the NAPLAN scheme miss the bigger picture when it comes to evaluating the quality of teaching in schools.

McConnell argues that teachers cater to a diverse range of educational needs everyday, and the data provided by the NAPLAN tests is simply too narrow to denote overall school success.

“NAPLAN testing is good when it’s used for its intended purpose. The way it is now being used is counterproductive for schools, because the results are being used in the wrong way,” McConnell says.

“The snapshot that is provided by NAPLAN

becomes a measure of school success, which neglects all of the responsibilities involved in teaching a child. This is really problematic for schools because the data is not being used in a positive way.”

ACARA defines their method of data evaluation as a measure of school accountability.

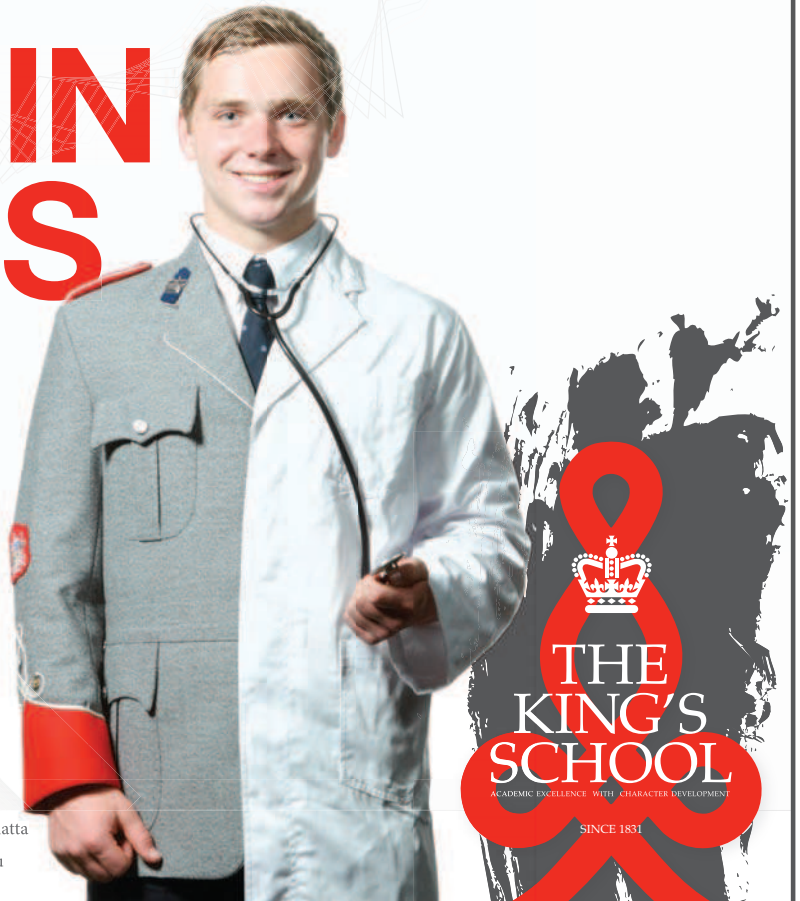


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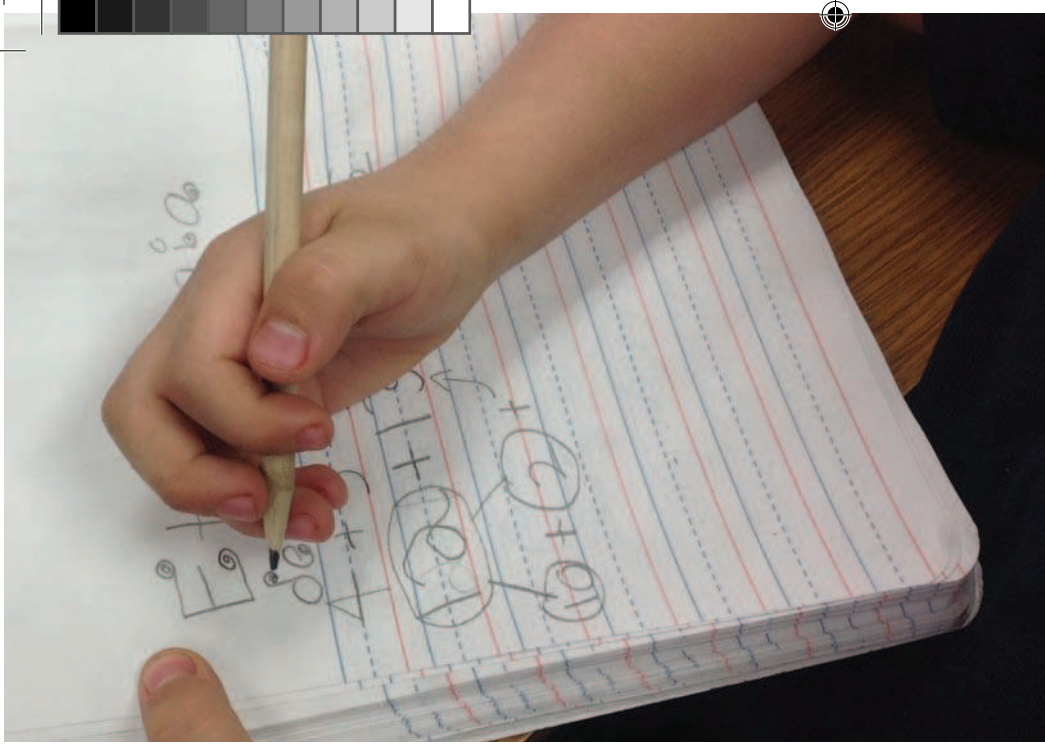
their time at school.”

Associate Professor of education at the University of Technology, Peter Aubusson, is one of 128 academics that officially supports the ‘Say No to NAPLAN’ campaign. The campaign was founded by the Literary Educators Coalition, who claim that the tests are being misused for a variety of political agendas.

Aubusson argues that data provided by the NAPLAN scheme is unreliable, stating that the sample size being analysed is far too small to draw state and nation-wide conclusions.

“As soon as you analyse information about small populations, such as schools, you’ll find that the data can swing. Teachers have other insights into students, they can take into account whether the data makes sense or not. Outside the classroom, people can look at it in a fairly simplistic way and draw inappropriate conclusions,” Aubusson says.

“Naplan has a significant role to play in Australia. It can provide information to students on critical aspects of their learning, and give useful feedback to teachers. It ought to be used for the purpose of which it was designed.”



The Web site deems school performance data to be the right of public knowledge, with the implication that low ranking schools will be analysed further to determine whether intervention is necessary.

“The reported outcomes of NAPLAN enable the Australian public to develop a general

national perspective on student achievement and, more specifically, an understanding of how their schools are performing,” ACARA states on its Web site.

“Australians can expect education resources to be allocated in ways that ensure that all students achieve worthwhile learning during

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Charmaine Hui

ON JUNE 20 and 21, graphic design diploma graduates from Sydney TAFE's Design Centre Enmore will showcase their best works at the TAFE Exhibition Night. The exhibition, held at the Design Centre Enmore, will feature print and digital designs from Sydney's budding design stars, highlighting the creativity and technical skills acquired with two years of study.

Anyone is welcome to attend the exhibition which will be a unique occasion for students to display their work to the public. The exhibition also serves as an industry event, attended by prospective employers who are seeking new talent for their design teams and offering internships and scholarships to promising graduates.

Graphic design diploma graduates can expect to follow career paths in a variety of fields in print and digital media, such as advertising, packaging, art direction, signage and Web design.

Graduating student Louis Djoneski, 21, will

be showcasing his designs at the exhibition.

"The exhibition night is a great opportunity for us to show the community and potential employers what we can bring to the fast paced design world," Djoneski said.

"I really enjoyed the course and I'm hoping to get a job in editorial design or branding design."

While the exhibition is an opportunity for graduates to be recruited for full-time work, TAFE's graphic design students are already offered the chance to participate in commercial work.

Students are offered the chance to work in the Design Centre Enmore's working studio, 33 Degrees Design, to gain professional experience by undertaking commercial work for clients.

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DO WE NEED SCHOOLS?

Dr Tim Hawkes

ARE SCHOOLS DESTINED to go the way of hula hoops and pogo sticks? Will classrooms be converted to storage units and their playgrounds used as pot-holed sites for weekend markets? 'Stuff and nonsense', I hear you snort. 'We'll always need to educate our children'. True, but do we need schools to educate our children?

Let's have a look at the pros and cons.

Cons

INEFFECTUAL

Albert Einstein opined that education was that which remained when everything learnt (at school) had been forgotten. This is not good press for our teachers who also come in for a bit of stick with sayings like, 'Those that can't do, teach.'

IRRELEVANT

70 per cent of what is learnt in schools will probably be irrelevant within a nanosecond of leaving school and a significant part of the balance will be out of date within a few years. I needed to remember the major exports of French Equatorial Africa. As a country, it doesn't even exist today!

If the only certainties in life are death and taxes, why do we not teach these topics in schools? If money is meant to make the world go around, then it is no wonder economic growth is close to stationary when we release children into society with no knowledge of financial matters. We could also look at many other essential life-skills that are often not taught in schools. Car maintenance. Defensive driving. Cooking. Cleaning. Etiquette. Sex and intimacy. Communication ... the list could go on.

OUT-DATED

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courses (MOOCs) that can be accessed by students with nary a need to enter a school. This is the age of flipped classrooms where that which was once taught in school is flipped to the home. With lessons stored online and powerful search engines that not only give information but teach it, who needs schools?

POORLY STAFFED

'Ahhh' – I hear you say. What about the magical interaction between student and teacher? What of the chemistry that exists between pupil and mentor and the modelling by teachers of what it means to be a life-long learner? Undoubtedly, the great teacher exists, but so does the burnt-out cynic, clock watcher and catastrophic teacher who has snuck into the profession with a Year 12 score of 40 - something per cent.

Pros

Let's now look at the other side of the ledger. It's not difficult to wax lyrical about the transforming impact of a good teacher and the generative impact of an excellent school. I've seen both in abundance. Given that such 'pros' are already well understood, let's look at some more 'fringe' reasons why schools are still necessary. We need schools to: Don't knock it! If there was not a place that would look after our children, a serious number of parents would not be able to enter the workforce and contribute to the wealth of this land. Schools mind our young and assume duty of care responsibilities which we can happily sue them for if they do not deliver. Yay!

HURT

I mean it. You've heard it said, 'No pain, no gain'. In a world where many children live a pillowed existence, a place with some hard-edges is needed to teach children that a scrapped knee can be an acceptable price to pay for spectacular save in goal.

Ugly – but necessary. The home is not

always able to distinguish cute from crud. When the fruit of a parent's loins performs a song to the adulation of the family, a child might erroneously judge their performance as stellar – which may not prepare them well for the lack of plaudits when they repeat the act elsewhere.

DISTURB

It is often only when a child is confronted by the skill and example of others are they challenged. Hopefully, they then resolve to emulate and even improve upon their performance. Schools exist to disturb with new possibilities.

Carefree and without an understanding of consequences – a child can skip and play their way into adulthood without a thought about tomorrow. That's when we need the teacher to tell a child that they will not be allowed to play with animals all day and enjoy a seven figure income as a vet unless they work their proverbial butt off.

PARENT

Sorry – but it's true. Schools often have to parent. They sometimes have to provide the breakfast, teach about hygiene and give the talk about birds and bees. They often have to give stability, care and a moral direction to children from families that are permanently or temporarily in a mess.

These pros are not pretty. Rather more attractive is to say we need schools because they enthral, enable and equip. Because they advance standards that are worthy of the human condition. Because they realise potential and enhance performance.

At five to six it's a narrow win for schools. Perhaps we need to work at making it less narrow.

Dr. Tim Hawkes is the headmaster of The King's School in Parramatta

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home

Sydney

**Spotlight on Sydney's
best fabric stores**

**Ask the architect
Starting your big project**

**Home and Garden
Sydney's Camellia Culture**



ASK THE ARCHITECT

CHOOSING AN ARCHITECT is often the first step to beginning a new building project. Whether it be your first home, investment property or renovation, your architect is often the first person you can share your ambition with. While every architecture firm brings its own combination of skills, expertise, interests and values to its projects, navigating all of the options to find a suitable architect that engages with your vision can be daunting. However, the more detailed information you give, the easier it will be for your architect to address your needs.

Director of Mackenzie Architects International and local Pymble resident, Dugald Mackenzie, explains how the architecture industry works and what to expect when you start on your next big project.

Q. What is your design philosophy?

My philosophy is about creating great spaces that are functional and that work. By combining creativity and functionality you're able to give the user the best possible outcomes in terms of what their home environment will be like and what their amenities will be like.

Q. What draws you to residential architecture?

Residential architecture is very creative, it is generally based on unique site opportunities. For example, if you have a site like we have at 245 Embur Rd, Castlecrag, that has water views and an elevated ridge, I set myself with the task of ensuring every habitable room had a water view, which wasn't necessarily a design brief from the client. However, it was an aim I set for

myself and achieved.

Q. What sets your firm apart from other architects with similar experiences?

I've had over 30 years experience in the architecture profession and I've worked on a range of buildings from Darling Harbour Convention Centre to the Hyatt in Perth through to small operations and additions. It's our ability to problem solve, our ability to look for creative design solutions that are economically viable that sets us apart. I will go in and fight for my clients and very rarely will I be walked over by councils, I actually work with councils to get the best outcomes for my clients.

Q. How do you help clients fully understand the scope and sequence of their project?

We build houses in a 3D computer program so that our clients can actually see what it will be like to walk through the building and move around in the house. While we understand the space because that is our job, 90 per cent of my clients don't understand it, so we need to educate them along the way and give them as much help as possible.

Q. What are the steps in the design process, and how are they organised?

Firstly, I meet the client on site and obviously I identify key issues of the site such as views, the topography and any special natural features like rock outcrops or trees. I do freehand drawings which identify the key issues on the site and the key issues for the brief. We put the concept drawings through a number of changes and

then we put those concept drawings into the computer into a 3D form and we show the client the 3D version. We talk the client through the plans and explain why certain things have to be done a certain way.

Q. What common challenges do you come across?

There are a lot of objections from neighbours, it is becoming very commonplace at the moment and their objections are mostly fear-mongering. There is also an issue with educating people on what things actually cost so that they can get their 'bang for buck'. I spend a lot of time working at high levels in council so I know how to deal with the local government. Clients really aren't aware of the pain and suffering that goes on through a Development Application (DA) process and they're also not aware of the ups and downs of dealing with local government but that's our job and we educate them along the way and they appreciate our expertise in that area.

Q. What are the differences between commercial and residential architecture?

Commercial architecture is very much driven by the dollars. Commercial forms directly correlate to how much rental space you can get out of the building and so there isn't necessarily a desire to create a functional form. Commercial sites need to be adaptable, able to be pulled down, refitted and changed over time, whereas with residential sites the structure, internally and externally, tends to remain unchanged for a quite a while. ○

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SPOTLIGHT ON SYDNEY'S BEST FABRIC STORES

Lee Cone

IF YOUR LINCRAFT card is getting a workout but you want to find a new haunt to buy some beautiful fabrics for whatever project you are working on, whether you make your own clothes or want to reupholster the lounges, we have scoped the city for some of the best quality, largest and most beautiful fabrics stores.

FAVOURITE: MOST VIBRANT PATTERNS - TESSUTI FABRICS, SURRY HILLS



There's a reason why this one is an institution for young fashion students and empty nester DIY fanatics. The setup has a simple warehouse-feel, and the fabric selection is ridiculously extensive. With an amazing array of international fabric prints and textures, and a large enough area to browse for hours, you will not be disappointed.

COME FOR: the prints. The plain cloth selection is extensive, but you will have a hard time picking your favourite from all of the



beautiful designs adorning the walls.

STAY FOR: the staff, and the patterns. The staff will more than establish your wants and needs and help you find the perfect fabric for your project. The store is focused on clothing making and whatever level of skill you possess, there is something here that will help you improve.

WATCH OUT FOR: the prices. Be careful not to fall in love with a beautiful print only to find out it is \$100 a metre. Such heartbreak.

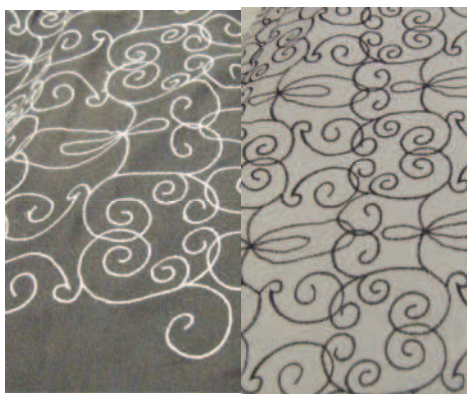
WRITERS PICK: This beautiful silk blend, called Orange Kazbah. Although \$45 a metre, this would be perfect for a wall hanging or a

BEST FOR LEATHERS AND DESIGNER PRINTS: THE FABRIC STORE

A short walk from Tessuti, The Fabric Store has much more of a shop feel than the rest. Whilst not having as many stunning fabric prints or delicate silks as Tessuti, the leather, designer and embroidered selection was much more exciting. **COME FOR:** the leathers. Although not on the cheap side of things, the uncut or slightly damaged pieces retail for a lot cheaper and would look great as a floor rug.



STAY FOR: a large range of fabric types. Think delicate ivory laces, to vibrant cotton prints, to thick woollen blankets, to every kind of trimming you would ask for to finish your project off to perfection.



WATCH OUT FOR: although a big store, prints and colours are quite jumbled, so be prepared to circumnavigate the space a couple of times to find what you are after.

WRITERS PICK: This beautiful Lycra flower print. At only \$28 a metre, this would make an amazingly beautiful full piece swimsuit, if you are game.

MOST GLAMOROUS: MOKUM TEXTILES, ALEXANDRIA



The trip to Alexandria is well worth it for the beautiful Mokum Textiles. Located within a homemakers centre for the elite, don't be put off by the winding hallways to the store itself, the industrial stairs up into the store or the beautiful receptionist: the fabrics are absolutely stunning. The fabrics are a little too good for the casual dress, intended for upholstery, curtains and wall coverings, but trust me, it is well worth the visit if you are re-upholstering your couches or doing a stunning feature wall.

COME FOR: Gatsby-inspired Catherine Martin fabrics. Gold gilded and velvety, you will feel like Daisy in her boudoir.



STAY FOR: the curtain inspiration walls. Whether you are a floral, geometric or plain kind of curterer, seeing the fabric in their hanging habitat will make the right fabric stand out for you.

LET DOWN: No prices on the fabric samples. If cost isn't an issue, this place is for you, but be prepared to pay for this beauty.

WRITERS PICK: James Dunlop – thatch. A thick material with a simple but elegant design, I couldn't go past this one.

BEST VALUE FOR MONEY: REMNANTS WAREHOUSE, ALEXANDRIA



Don't be fooled by the name, there is way more than remnants here. I'm talking rolls and rolls and rolls of standard cheap fabrics, wadding, zips, threads, lining and ribbons. Amongst the highlights of the store are the seasonal fabrics. There is a delightful selection of Easter, Christmas and Birthday fabrics, and some funky modern prints if you riffle through the shelves.

COME FOR: Buy one get one free promotions: come on a Monday, buy one get one free on selected rolls of fabric, Tuesdays, on 60cm offcuts of the more delicate and embroidered fabrics.

STAY FOR: the surprisingly elaborate supply of costume trimmings. From a whole row of laces to embroidered finishing's, amongst a vast supply of silk ribbons.

BEWARE OF: lack of street parking. Give yourself time to park in a side street, the front is super busy.

WRITERS PICK: couldn't decide between these three.



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CHAMELEON CAMELLIAS

Fran Jackson

IF YOU GO down to the Royal Botanic Garden Sydney's camellia garden this month you will undoubtedly be impressed with the variety and range of camellias. It is a beautiful display, particularly now as they begin their winter long flowering show.

Camellias originate from south east Asia, Bhutan and Indonesia. It is thought that camellias evolved from tropical rainforests, with most species being found in the tropical areas of southern Indochina. The 30cm long leaves of the highly endangered yellow flowering camellia *dongnaiensis*, from the rainforests of south Vietnam, demonstrate the classic traits of a plant that evolved to cope with the dark conditions of the rainforest understorey. Botanists are still classifying and describing camellias, with

information from DNA analysis demonstrating more species than previously thought, somewhere between 100 and 300 species.

The Royal Botanic Garden's camellia garden, not far from Woolloomooloo gate entrance, offers some inspiration for those tired of the usual garden varieties of japonicas and sasanquas. With more than 1100 plants, the collection of camellias features 34 different species of camellia, including camellia *yunnanensis*, the cinnamon bark camellia, camellia *tsaii*, featuring a distinctive subtle fragrance, camellia *nitidissima*, with its buttercup yellow flowers and camellia *sinensis* the source of tea. These camellias are flowering now in the Botanic Garden. The garden also showcases the 259 different hybrids and cultivars of camellia displayed in a range of

settings from ribbon hedges of the little camellia 'paradise petite' to large flowered specimen plants of camellia *reticulata*.

Most camellias prefer acidic soil, except camellia *lutchuensis* which likes more alkaline soils. All camellias appreciate a good layer of organic mulch and regular watering over the

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warm months of the year. One feed per year with a good camellia and azalea fertiliser is sufficient, as they are not big feeders. Depending on the species, camellias prefer either lots of sun like the sasanquas, or not so much. Check the label when shopping for plants to determine where your camellia will be most happy.

The best way to deal with pest and diseases of camellias is not to stress too much about them! Mites will be active during summer particularly during hot, dry summers. We use natural soap based sprays and introduce insect predators to deal with them. Petal blight can affect white and light coloured camellias – the best way to

prevent this is not to plant them where they will not receive morning sun when the petals are still wet with dew. We don't treat petal blight, but if you're concerned, pick off the affected flowers.

The perpetual flowering and somewhat confusingly named camellia azalea flowers all year round, but predominately in summer, unlike most camellias which tend to flower from autumn to spring.

There are now some tantalising possibilities for breeding camellia hybrids with extended flowering periods. Most of the camellias at the Royal Botanic Garden are grafted onto camellia sasanqua rootstock, using a top cleft graft. This improves resilience to cooler weather and improves the ability of the plant to tolerate less water than is available in the regions of the world where they originate.

SPRING INTO WINTER

AS THE WEATHER starts to get colder we become more inclined to head indoors and rug up. However, while the oldies might prefer the comfort of an electric heater and cup of tea, the wintry weather is never enough to stop the kids from getting outside and having fun.

A Springfree Trampoline is the ideal way to get your kids outside into the fresh air this season. Trampolines are a great way to keep fit and have fun and the kids will absolutely adore the new found freedom that a trampoline provides. While you huddle up inside you can feel safe in the knowledge that Springfree have the safest trampolines on the market so even the jumpiest and wildest of kids will still be safe from injury while having a ball.

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HEALTH CHECK: FOCUS ON OSTEOPATHY



Kieran Gair

FROM MULTIVITAMINS TO osteopathy, alternative medicine has become mainstream. Two-thirds of Australians are expected to use some form of complementary or alternative medicine in 2014, spending up to \$1.8 million.

Government funding for alternative medicine has skyrocketed over the past 10 years and universities across Australia are running courses in osteopathy, chiropractic science, traditional Chinese medicine and naturopathy.

Osteopath at the Osteopathic Centre in Chatswood, Dr Christian Paesano, believes osteopathy plays a critical role in primary healthcare.

"We run through quite a lengthy case history during which we go through the reason that people come in. We ask questions around lifestyle, work, sport and sleep. We put the health condition in context of the person's life," Paesano said.

"After carrying out an osteopathic assessment during which we hope to come up with a diagnosis we then lay out a treatment plan based on how long we expect to be seeing the person. Osteopaths are hands on, so treatment can involve massage, adjustments, manipulations, mobilisations and hydrotherapy exercises."

However, as with all forms of alternative medicine, the practice of osteopathy does not always adhere to evidence-based medicine (EBM). Despite only few research studies suggesting osteopathy is effective, the National Institute for Health and Care Excellence in the UK recommends osteopathy for the treatment of persistent and recurring lower back pain.

With lower back pain sending more people to the doctor than any condition other than the common cold, and around 80 per cent of Australians expected to suffer from lower back pain in their lifetime, Paesano said Gps are now regularly referring patients to osteopaths.

"We work alongside local Gps and get quite a few referrals. In the past I think doctors were more likely to refer onto physiotherapists but nowadays osteopaths are a critical part of primary healthcare, so we work closely with Gps when it concerns conditions like lower back pain, headaches and arthritis," Paesano said.

In Australia, all osteopaths complete a minimum of five years university training in anatomy, physiology, pathology, general medical diagnosis and osteopathic techniques. They are also trained to perform standard medical examinations of the musculoskeletal, cardiovascular, respiratory and nervous systems.

While Australians continue to look towards alternative solutions to their health problems, Paesano believes complementary medicine is an effective and reliable way to treat common and persistent health conditions.

"In osteopathy for example, there are obviously limits to what we can treat, however, we do treat a number of conditions highly successfully with repeated results," Paesano said.

"I think our main strength is that we can give a lot more time to each individual person and we get the results people hope for and consequently patients come back again and again."





Dr Ian Sweeney

AVOIDING THE PERILS OF DENTAL EROSION

DENTAL EROSION IS the irreversible loss of tooth structure due to chemical dissolution by acid. It can be found in people of all ages and is typically seen in the enamel of teeth; however it may proceed to the underlying dentine if the process continues.

The most common cause of dental erosion is the consumption of acidic foods and drinks. Any food and drink with an acidic pH may cause teeth to demineralise and breakdown.

Sports drinks, carbonated drinks, orange and apple juices are common culprits. Frequency rather than total intake of acidic drinks is seen as the greatest factor in dental erosion.

Saliva is a natural buffer to the acid we consume as well as acid produced by bacteria in our mouths. Drinks vary in their resistance to the buffering effect of saliva. Studies show that fruit juices are the most resistant to saliva's

buffering effect, followed by, in order: fruit based carbonated drinks and flavoured mineral waters, non fruit based carbonated drinks followed by sparkling mineral waters.

A number of medications such as vitamin C, aspirin and some iron preparations are acidic and may contribute towards acid erosion. Dry mouth as a result of some medications may also contribute to erosion.

Dehydration from sports training, in combination with acidic sports drinks, may result in quite severe erosion of teeth while the common condition of gastric reflux will also cause dental erosion. Patients with Gastroesophageal reflux disease, anorexia nervosa and bulimia are all at risk of erosion. Extensive damage caused by erosion may require extensive dental rehabilitation to restore normal tooth function and aesthetics.

COMMON SIGNS OF DENTAL EROSION

- Changes in appearance and sensitivity.
- An increased yellowing of teeth may result due to thinning of enamel overlying the yellow dentine or root surface.
- Teeth may become shorter as they are worn down more quickly due to the loss of enamel.
- Tooth fractures may occur due to the loss of the supporting enamel.
- Pain when eating hot, cold, or sweet foods, due to the enamel having been eroded away, exposing the sensitive dentine.

Early diagnosis and preventive measures by your dentist will, as always, help to minimise damage of dental disease.



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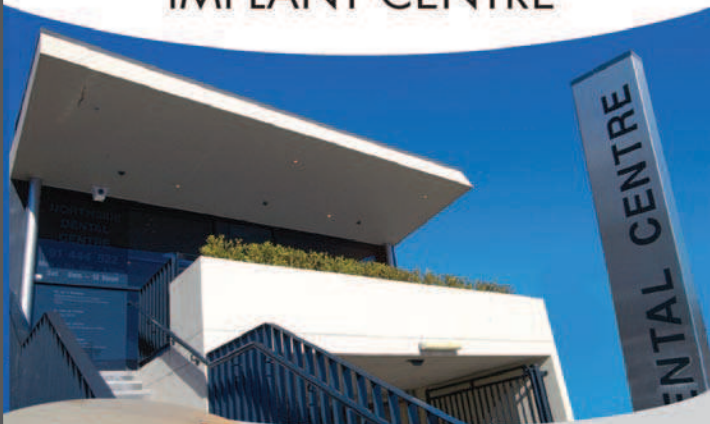

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WINTER WEARABLES TAKE STAGE FOR SYDNEY FASHION WEEKEND

Steph Nash

FASHIONISTAS AND SHOPAHOLICS alike flocked last month to Sydney's annual fashion weekend in Moore Park. *Sydney Observer* got a front row glimpse of the latest and greatest trends in store for winter 2014.

Walking into the Royal Hall of Industries was like walking into a barn during feeding time. Only there were no animals to be found – just herds of bargain-hunting women, wearing stilettos and brandishing their wallets.

Sydney Fashion Weekend promised cheaper than cheap discounts on a variety of exclusive Sydney labels. The hall in Moore Park was chock full of clothing stalls, with a couple of extra special stands for those who could afford it, including a Napaloen Perdix salon, an on-the-spot personalised fashion shoot and a Canon photography stand for those looking to purchase a camera.

However, the discounted shopping and ostentatious pampering were far from the highlights of the night. The Sydney Weekend Fashion Show showcased the newest collections from a variety of well-known and much-loved Australian brands. Those lucky enough to attend got an inside view into what's available for our shelves this winter – and we're about to share it with you!

PERFORATED LEATHER

Aussie favourites Ginger and Smart and Nicola Finetti, dazzled the audience with top- and bottom-heavy leather pieces. Perforated leather is light and comfortable, and provides

good layering opportunities. We're talking tops and dresses people.

HEAVY METAL

New comer Ixiah stunned with embellished statement pieces in metallic colours. Jackets and dresses were emblazoned with gold and silver sequins, offsetting simple black garments beautifully. This one is a bold choice, but one that could work really well given the right occasion.

COLOUR SPLICING

Fashion label By Johnny featured some light dresses with some almost neopolitan colour splicing splashed throughout. The colours were flatteringly streaked across the garments, giving each dress a tailored effect. I'm not the greatest fan of the colour scheme, and I think the flattering effect would work a lot better in monochrome.

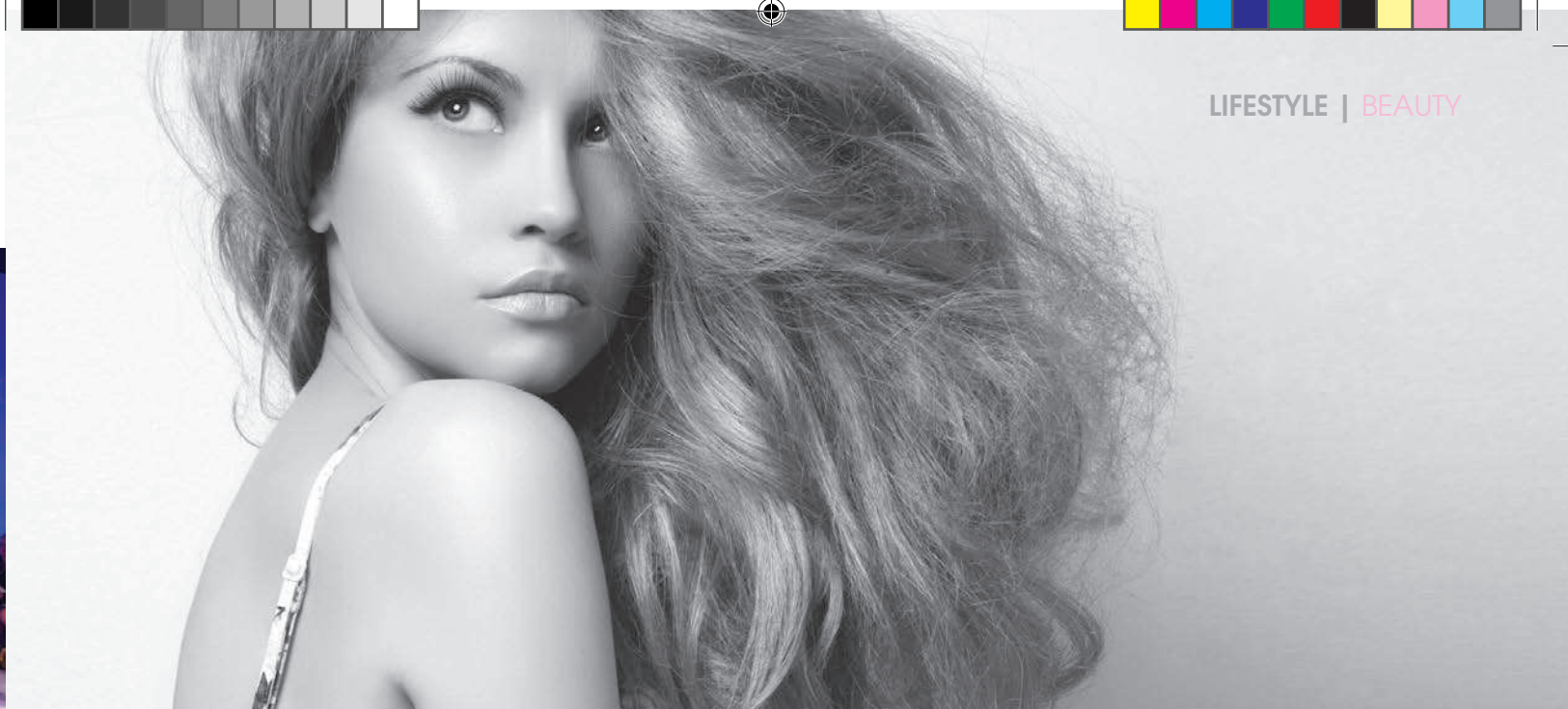
MINIMALIST

Black and white ruled the catwalk. Bec and Bridge were almost entirely whited-out, with monochrome completely dominating their collection. Very refreshing and sophisticated, but beware of white. White can be a tad unflattering if you're wearing the wrong outfit for your shape.

FLORAL

Cult favourite Tullulah brought forward some beautifully feminine spring floral pieces. Canary yellow was the theme of the collection, promising some warmth for the post winter months.





BODY TALK

Prepare your skin for winter

Eileen Campbell

THE SKIN IS the largest organ of the body and during winter skin is subject to the damaging and drying effects of cold, wintry weather. It comes as no surprise then that winter wreaks havoc on our skin and those with sensitive skin, dry skin or conditions like eczema and rosacea are particularly affected. However, by changing how you care for your skin in winter you can avoid the itchy, dry, scaly and red skin that becomes a common occurrence during the colder months.

Here are some steps you can take to avoid dry, itchy skin and maintain soft moist skin during winter. Not only will taking extra precautions during winter with your skin keep you looking good and feeling fresher, it will also prevent your skin from aging prematurely.

EXFOLIATE

I use Emerse frangipani body scrub twice a week. It removes dry skin and leaves it hydrated and smooth. Make sure your body exfoliator has

oils and nourishing qualities. Exfoliate your face and neck twice a week with a gentle exfoliant.

HYDRATE

Hydrate the skin inside and out by drinking lots of water. Kick-start your day with a glass of warm water with a few slices of lemon in it. Not only is it good for your skin, warm water with lemon is also great for your general well being too.

AVOID

Don't put your face under the hot shower, it is tempting but don't do it. While having a long, hot shower in the middle of winter may be appealing, the hot water will quickly strip your skin of essential oils and remove the skin of its moisture. Use warm water and reduce the time you spend in the bath or shower to a maximum of 10 minutes. Your skin and capillaries will appreciate it.



Emerse skin rescue oil \$59

PROTECT

Go on to a heavier night cream or skin oil. Emerse skin rescue oil has rosehip and calendula, which are both protective and soothing. Coconut oil is also beautiful on the body and gives you a summer holiday feel.

For information on how to avoid the perils of winter skin visit www.emerse.com.au



COOKING WITH QUINOA

Daisy D'Souza

QUINOA IS THE foodie's buzzword of 2014. Described as a superfood and a 'miracle grain' among other things, it is now a staple ingredient on trendy cafe menus and is used in everything from salads to muffins.

Quinoa was an essential food for the Incas for 50,000 years, where it was grown high up in the South American Andes. When the Spanish came to South America they did not know its value and almost wiped it out by making it illegal for the native Indians to grow. It wasn't until the 1980s that two Americans rediscovered the benefits of quinoa and started growing it in Colorado.

While it is often described as a grain, quinoa is actually a seed and a complete protein. This means it contains all nine of the essential amino acids humans need so it really does deserve the superfood title. It is high in riboflavin and is low GI making it great for those trying to manage their weight. It's also gluten-free so perfect for those with coeliac disease or other form of gluten intolerance.

There are many ways you can enjoy this health food at home, whether it be for breakfast, lunch or dinner.



QUINOA PORRIDGE - SERVES 2

This is the perfect warming and nourishing breakfast in the winter months. Berries are full in antioxidants and walnuts are a rich source of omega-3. If you are on a dairy-free diet you can replace the milk with soy, almond or even quinoa milk.

INGREDIENTS

- 1 cup dry white quinoa
- 2 1/3 cups milk
- 1/4 teaspoon sea salt
- 1/2 cup frozen berries
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon pure vanilla extract
- 1/4 cup chopped walnuts
- 2 teaspoon honey

METHOD

1. Rinse quinoa under cold running water until the water runs clear
2. Bring 2 cups of milk to the boil in a medium-sized saucepan. Keep an eye on it because it will boil quickly.
3. Add the quinoa and sea salt and mix until well incorporated.
4. Once the quinoa and milk come to the boil, reduce heat and cover, leaving a small gap for air. Cook for 10 minutes.
5. Add the berries, cinnamon and vanilla and cook for a further five minutes.
6. Turn off heat and leave to stand, covered for five minutes.
7. Add the extra milk if desired and top with honey and walnuts.

LENTIL & QUINOA SOUP - SERVES 4

There is nothing more comforting than a big bowl of soup, and this one is packed full of health benefits. Lentils are also high in protein and the spices provide vitamins and minerals like iron and manganese. If you are looking for a non-vegetarian option you can add some cooked shredded chicken or chopped chorizo.

INGREDIENTS

- 1 cup brown lentils
- 1/2 cup quinoa
- 2 tablespoons olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced or finely diced
- 2 medium carrots, diced
- 2 celery stalks, finely sliced
- 1 cup green beans, roughly chopped
- 1 can diced tomatoes
- 2 teaspoons cumin
- 2 teaspoons sweet paprika
- 1 teaspoon turmeric
- 6 cups vegetable stock or water
- salt and pepper to taste
- 1/2 cup chopped coriander, to garnish

METHOD

1. Rinse lentils and quinoa under cold running water and set aside
2. In a large saucepan, heat the olive oil over medium heat.
3. Add onions and garlic and sauté until soft, around five minutes.
4. Add carrots, celery and green beans and continue to cook for a further five minutes.
5. Add spices and cook until fragrant, around 1 minute.
6. Add stock, tomatoes, lentils and quinoa, and season.
7. Bring to the boil, then reduce heat, cover and simmer for 30 - 40 minutes or until vegetables are tender.
8. Remove from heat and top with chopped coriander before serving.



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WHAT'S ON JUNE

Vivid Music - Vivid Sydney 2014

23 May-08 Jun (Free)

Various times

This year, Vivid Sydney expands its musical footprint to Carriageworks with Steve Pavlovic's Modulations (with the Pet Shop Boys).

Where: Sydney 2000

Contact: 02 9250 7777



Biennale of Sydney 2014

9 Jun (FREE)

Various Times

The Biennale makes incursions into the CBD this year, adding a burst of surreal fun to your work day

Where: Sydney 2000



Creative Play

28 Jun - 13 Jul (Free)

Opens Daily 10-4pm

This free play session is just right for budding architects. Children can play with building frames, shapes and sculptures .

Where: Bennelong Point Sydney 2000

Contact: 02 9250 7111



World Press Photo 2014

22 May - 22 Jun (Free)

Various times

One of Sydney's most popular annual exhibitions, World Press Photo brings together artworks from around the world.

Where: Exhibition Galleries, Macquarie St Sydney 2000

Contact: 02 9273 1414

Theatre of Dreams, Theatre of Play: Nō and Kyōgen in Japan

Jun 14 - Jul 27

Various times

This exhibition draws on the collections of Tokyo's National Noh Theatre and Japan's Agency of Cultural Affairs.

Contact: 02 9225 1700



Cockatoo Island - Biennale of Sydney

21 Mar-09 Jun

Various times

This is the adventureland of the Biennale - think interactive and physical art, good for families and playful souls. Take a day and make an excursion of it!

Where: Sydney 2000

Contact: 02 8969 2100



Iconic Australian Houses: an exhibition by Karen McCartney

12Apr - 17 Aug

Various times

The last decade has seen a revival of mid-century modern design in fashion, furniture and interiors, and fanned by Mad Men.

Where: Corner Phillip and Bridge Streets Sydney 2000

Contact: 02 9251 5988



East Coast Encounter

09 May-24 Aug

Open daily 9.30-5pm

Reimagine Captain Cook's first, fateful encounter with Australia and its Indigenous people. This group exhibition reimagines a key moment in Australian history

Where: 2 Murray St, Sydney 2000

Contact: 02 9298 3777

WHAT'S ON SCHOOL HOLIDAYS

Animal Farm @ EQ Village Markets

Every Wed 9am-1pm and Sat 10am-2pm
(Entry \$5)

The Golden Ridge Animal Farm will be located at the back of the EQ Village Markets next to the Bungee Trampolines. Perfect for tiny tots and big kids who LOVE animals! Where: 122 Lang Road, Moore Park NSW Contact: 08 8117 6700



Kids in the Park

28 Jun - 13 Jul (Price under \$20)

Kids in the Park offers the largest range of school holiday activities in NSW and is your one-stop shop to keep the kids happy and entertained.

Where: Sydney Olympic Park
Contact: 02 9714 7300



CELEBRATE ABORIGINAL-STYLE AT ROYAL BOTANIC GARDEN

30 Jun - 4 Jul (\$16.50 per child)
10.30am - 12pm, or 1pm - 2.30pm

Children can celebrate Aboriginal culture during the winter school holidays at the Royal Botanic Garden with games, bushtucker party food and drink, music and dance.

Where: Education Centre, Royal Botanic Garden Sydney
Contact: 9231 8134



Ashfield Musical Society - WEST SIDE STORY

20,21,27 & 28 Jun (Price from \$30-35)
8pm

We all know the songs of this 1950's New York gang perspective of Romeo and Juliet, but Ashfield Musical Society are shaking things up with this iconic musical being performed at the Concord RSL Club Auditorium.

Where: Concord RSL @ Nirranda Street, Concord
Contact: 9793 1331



AFTRS Open July School Holiday Courses

30 Jun - 11 Jul (Price from \$290)

AFTRS Open School Holiday Courses offer short courses in filmmaking, TV presenting, radio, digital animation and game design.

Where: 130 Bent Street Moore Park NSW 2021

Contact: 1300 065 281



AGE - LESS 3: DREAMWEAVER vs THE NIGHTMARE CHILD

30 Jun - 11 Jul (Price from \$15 - \$20)

"Prepare yourself for the final instalment of Matty Grey's incredibly interactive Age-Less series. Age-Less 3: Dreamweaver vs the Nightmare Child will be debuting at the King Street Theatre for the July school holidays of 2014.

Where: 644 King Street, Newtown 2042
Contact: 0432 082 015



Thomas the Tank Engine Train Rides

Every Sat and Sun 10am-4pm (Free)

There's a Kiosk with hot food, drinks and tea and coffee or bring a picnic. Gas BBQ available for hire, \$10 an hour. Train Rides on Thomas, Toby, James, Percy and Gordon. Where: 1923 The Northern Road Luddenham NSW 2745

Contact: 4739 0199



COMPETITIONS

JUNE GIVEAWAYS

SPA EMERGE – 3 X SPA RITUAL PACKAGES

Our favourite beauty spot, Urban Spa in St Ives is offering *Sydney Observer* readers the chance to win three Spa ritual packages. This is the ideal way to recover from the wintry weather and give your skin the extravagant treatment and revitalising lift it deserves.



EVENT CINEMAS – 20 X DOUBLE PASSES

When the weather becomes too much to bear during winter the best way to escape the cold is to scoot to the warmth and comfort of the cinema. *Sydney Observer* is offering 20 double passes on behalf of Event Cinemas, so snap up one of these passes and head over to Event Cinemas with a side of popcorn and enjoy one of the many films on offer this season.



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.



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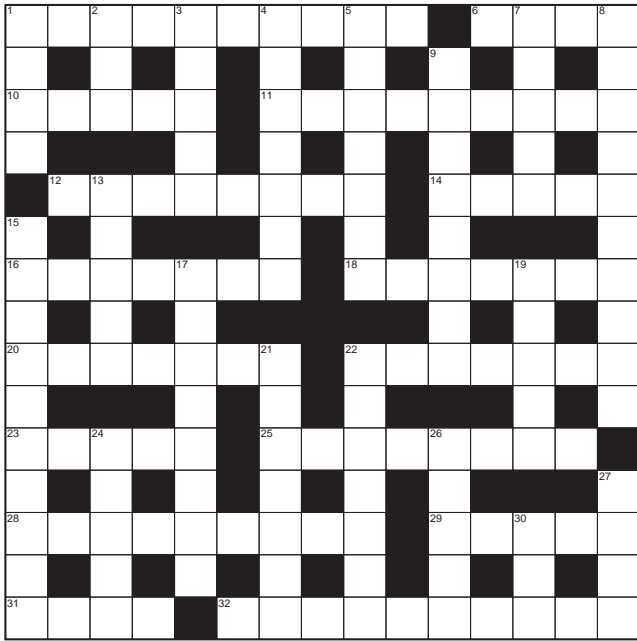
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Crosswords

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Across

- 1. Opinions
- 6. A distance
- 10. Let (property)
- 11. Behaved affectedly (4-5)
- 12. Begin
- 14. Moisten while roasting
- 16. Long curl
- 18. Atomic (power)
- 20. Sweet bun
- 22. Spruce (up)
- 23. Paper quantities
- 25. Stage
- 28. Imminent
- 29. Laneway
- 31. Apiece
- 32. Efficient

Down

- 1. Disgusting
- 2. Historical age
- 3. Cloth fold
- 4. Surgical insert
- 5. Partial exchange (5-2)
- 7. Destinies
- 8. False lead (3,7)
- 9. Chargrill
- 13. Japanese martial arts fighter
- 15. Mix (with enemy)
- 17. Acting as intermediary
- 19. Anaesthetic
- 21. Less full
- 22. Declined (of interest)
- 24. Meat jelly
- 26. Pre-euro French currency
- 27. Dr Jekyll & Mr ...
- 30. Flower necklace

SUDOKU

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

Rating: ★☆☆☆☆

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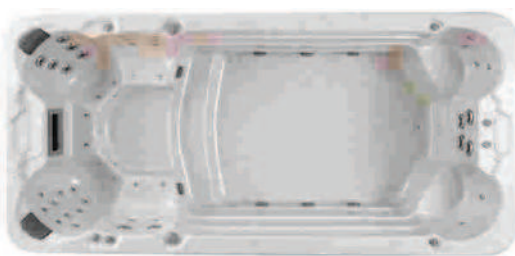
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