



# Sydney Observer

AUGUST 2014 - FREE

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NORTH SHORE PARENTS  
RALLY AGAINST  
CHILDCARE CHANGES

**EDUCATION**  
LESSONS FOR OUR  
FUTURE TEACHERS

**WELLBEING**  
THE RED MEAT MYTH:  
HOW MUCH IS TOO MUCH?  
DEALING WITH ANXIETY

**SYDNEY HOME**  
FROM TRASH TO TREASURE:  
DOING DIY WITH TARA DENNIS

**HUNTER VALLEY  
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HIDDEN GEMS OF  
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## MARTINE EMDUR

SYDNEY ARTIST DRAWS  
INSPIRATION FROM THE SEA

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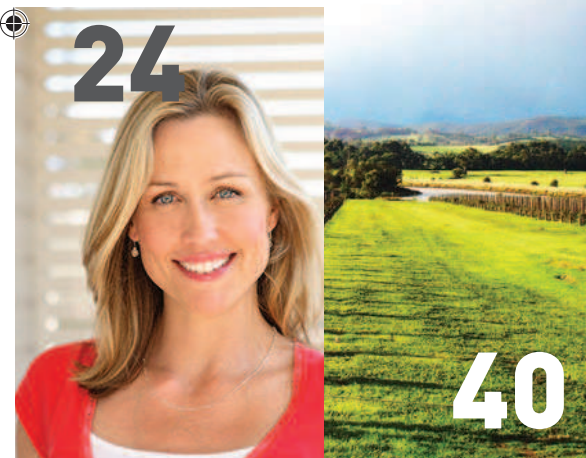




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**FROM THE TEAM**

July passed in a flurry of activity and bitterly cold days (well, as cold as you can expect from sunny Sydney). As August arrives, it's hard to tell whether our minds are playing tricks on us or whether that really is jasmine we can smell in the air. With the weather set to warm up in the coming weeks, August feels like a comfortable prelude to the freshness and vitality of spring.

Garden expert Judy Horton joins us this month to give you tips on how to get your garden ready for our favourite season, and, in the spirit of rejuvenation and renewal, we've also got Tara Dennis on board to help you turn unwanted household items into groovy accessories.

Distracted by nostalgic thoughts of balmy weather and meandering spring afternoons, it's no coincidence that profile star Martine Emdur's artwork is a longing tribute to the seductive power of summer. Her illusory depictions of underwater scenes are relieving; reminding us how good it feels to sometimes succumb to the unpredictable, ever-changing power of nature.

May your last month of winter be an enjoyable one. Spring may be calling, but don't forget - there's still beauty to be found in the branches of bare trees!

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FROM THE READERS



BUDGET CUTS TO TAFE UPSET LOCALS

I was happy to see you give coverage to the budget cuts effecting TAFE students in the July issue of *Sydney Observer*. As my son is hoping to begin a carpentry apprenticeship next year at the TAFE Hornsby campus, we were disheartened to hear about the 2014 budget cuts to education and how they would impact the NSW TAFE system. TAFE is an irreplaceable institution and one that the government must do their utmost to support.

Victoria Aquino, Chatswood

DISCOVERING THE BLUE MOUNTAINS

The Blue Mountains 'Hidden Gems' special was a fantastic read. As an art lover and a regular visitor to the beautiful Blue Mountains, I was delighted to learn about some of the lesser known artists of the region, as well as the innovative BigCi residency. I simply can't wait to get back to the Mountains again!

Cassandra Molloy, St Ives Chase

I take my family to the Blue Mountains often as an escape from Sydney, but we usually just visit our classic favourites Katoomba and Leura. This month I liked the 'Getting off the beaten track in the Blue Mountains' - I'm hoping to get up there again in the coming weeks, but this time we're going to stay in Megalong Valley. My kids are keen on the horse riding! Great job *Observer* team.

Marcus Valsor, South 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](mailto: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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## KU-RING-GAI COUNCIL RECLASSIFIES SIX SITES AFTER PUBLIC HEARING

**IN APRIL THIS** year, a public hearing was held at Ku-ring-gai Council Chambers to discuss the council's proposed classification of six sites from community land to operational land.

The results of this hearing were published last month, showing that although there had been a significant community response to protect these six sites, the council noted all six sites justifiable for operational classification.

The reclassified sites include the Pymble Playgroup heritage listed building on Merrivale Road and a bushland area in Lindfield that contains access to a national park.

*For more information, see:*  
<http://www.kmc.nsw.gov.au>



## DEVELOPERS OFFER COUNCIL MILLIONS TO INCREASE HEIGHT OF ST LEONARDS SKYSCRAPERS



**AS PART OF** the State Government's voluntary planning agreement process, developers Loftex, Charter Hall and Leighton Properties have offered Lane Cove Council \$53.39 million to increase the height of four proposed sky scrapers on the Pacific Highway.

The voluntary planning agreement allows developers the right to offer councils money to fund public projects in exchange for developments that exceed current council restrictions.

If the offer is approved, one of the four St Leonards sky scrapers - located at 504-500 Pacific Highway - will become the tallest building on the North Shore.

Lane Cove Council have announced that the money would be used for various council projects; such as the construction of a new public

plaza over the railway line in St Leonards and a proposed tenant rental subsidy scheme.

Majority of Lane Cove councillors voted in favour of putting the proposals forward for public consultation. Three out of eight voted against the move.

Councillor Daniel Strassberg told the meeting: "For the developer to offer the council money in exchange for extra height on their tower is shameful and something that needs to be rejected unanimously."

*The proposal is titled the St Leonards South Strategy, and is currently available for community consultation here:*  
<http://www.stleonardssouth.com.au>

## NEW LIGHTING FOR HAYES OVAL

**A \$40,000 DOLLAR** donation from Bendigo Bank has enabled Hornsby Shire Council to upgrade lights at Hayes Oval earlier than expected.

Though the upgrade was on the council's list of future works, the donation allowed the council to bring forward the first stage of the job.

The addition of two extra light poles at the oval means the park is now able to be fully utilised after dark.

Both Hornsby Mayor Steve Russell and Hills Hawks Football club president Adam Smith

were overjoyed with the donation.

"It's fantastic," Smith said.

"It's opened up the entire paddock and creates a lot more area for the teams to train and play. It's also a lot safer."

"Council and the wider community are very grateful to Bendigo Bank for this generous donation that will help our local sports stars, both young and old," Hornsby Mayor Steve Russell said.

Further upgrade lighting at the oval is currently scheduled to go ahead in 2015 - 16.





# NSW FINANCES REMAIN IN SOLID STANDING

Jonathan O'Dea

**FEEDBACK ON THE** June NSW state budget has been extremely positive, as the Liberal government delivers real benefits while continuing to manage expenses within the budget.

The situation for NSW Finances has improved substantially over the 40 months since the last election, reflected by the movement across five key economic indicators:

1. Jobs growth has moved from being the slowest in any state for a decade to NSW generating the second highest number of jobs in the nation.
2. Economic growth has moved from being the slowest for a decade to NSW being the strongest state on a quarterly and annual basis.
3. Business confidence in NSW has moved from being the lowest of mainland states for the five years to March 2011 to being positive for the last ten consecutive months.
4. Housing supply has moved from the lowest number of new dwelling starts per capita to the highest 12-month average level of private dwelling approvals since 1999.
5. Retail trade in NSW has risen from the lowest average annual growth to the strongest level on both a quarterly and annual basis.

NSW finances must continue to be managed responsibly so that people living in the state can enjoy improved infrastructure, quality service delivery and solid support for vulnerable people. ○

*Jonathan O'Dea is the local member for Davidson*



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**Jonathan O'Dea**  
Member for Davidson

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

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

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Authorised by Jonathan O'Dea MP using parliamentary entitlements





# DEMOCRACY'S DEADLIEST ENEMY IS SECRECY

Tony Hall

**WHEN VOTERS GO** to the ballot box to elect their representatives at either state, national or local level they expect those in whom they have placed their trust to return that trust by being open in their dealings.

As a retired Ku-ring-gai councillor with more than 24 years' experience, I am well aware that there are circumstances where it is fair and even necessary for a council to treat matters confidentially. However, these occasions should be strictly limited.

The phrase 'commercial in confidence' is open to serious abuse and has been used as a device to withhold from the public information that should be freely available.

Councils have codes of conduct that are not designed to regulate the reasonable behaviour of elected members. Rather, these codes of conduct are used to muzzle certain elected members in order to prevent information being given to the public that could be damaging to the council as a whole; or to individual councillors who have

been party to decisions which they know are unpopular. Democracy again suffers.

Unpopular decisions are not necessarily wrong decisions. It is sometimes necessary for governments at all levels to make unpopular decisions which are nevertheless in the best interests of those they represent. Often these decisions are complex and difficult to explain and those who oppose them are often prepared to misrepresent them and argue dishonestly for purely political reasons.

This happens at all levels of government, including local government, but the best course is always openness and transparency.

In spite of that, Ku-ring-gai residents do not need long memories to bring to mind instances of important decisions being made in secret. Many of the recent very unpopular decisions relating to sale of council community assets which has brought down the wrath of the public on the heads of our council were not dealt with openly, and the public was not given full and

timely information on the matters. Council is now paying the price in loss of public esteem.

Another way in which democracy suffers is when council factions use their numbers to either cut short, or completely stifle, debate on an important issue.

At a recent Ku-ring-gai Council meeting one group of councillors who wished to stifle debate on a particular issue simply stood up and walked out of the council chamber leaving the meeting without a quorum.

This brutal and irresponsible use of numbers does nothing to advance the democratic process. Clearly there is a need for some kind of intervening legislation at state level to protect our democratic process at the local level in these particular instances. ○

*Tony Hall is a former Ku-ring-gai councillor. He spent a quarter of a century at Ku-ring-gai council, including a term as Mayor. Tony retired in 2012.*

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## RESIDENTS VOICE CONCERN OVER NORTHCONNEX POLLUTION RISK

Charmaine Hui

**THE NSW DEPARTMENT** of Planning and Environment has released the NorthConnex Environmental Impact Statement (EIS) for public exhibition and community comment. Ku-ring-gai Council will prepare a submission to the NSW government on the proposed tunnel with assistance from independent consultants.

The EIS examines the potential environmental, economic and social impacts of the NorthConnex project, which aims to reduce congestion on Pennant Hills Road by linking the M1 Pacific Motorway and the Hills M2 Motorway through a nine kilometre tunnel motorway.

Local residents have voiced concerns over the intended location of the northern ventilation stack, proposed to be in a residential area of Wahroonga. Dr Elizabeth Johnson, president of the Community Against Polluting Stacks (CAPS), said the stacks would decrease Wahroonga's air quality, as nine kilometres worth of pollutants would be emitted over houses and schools.

"There are a large number of potential toxins, yet only a small handful of pollutants will be modelled and measured. There is extreme concern regarding exposure to particulate matter

... especially the ultra-fine particles which are being described as asbestos of the twenty first century," she said.

A Ku-ring-gai Council spokesperson said the council is aware that a number of Wahroonga residents are worried about the possible affects of the tunnel and will be considering this in the preparation of their submission.

While residents fear the reduced air quality around their homes, the EIS reported that the project is expected to improve air quality along the road corridor on Pennant Hills Road, as heavy vehicles will be diverted into the tunnels.

This, in combination with "the less extensive, very low levels of impacts around the northern and southern ventilation outlets ... is expected to result in an overall net improvement in air quality," according to the report.

But Johnson said tunnel exits or unfiltered, polluting stacks should not be placed in residential areas.

"CAPS is very concerned that there are a number of misleading assumptions within the EIS that grossly underestimate the level of toxins Wahroonga residents will be exposed

to," Johnson said.

CAPS had previously proposed that the tunnel be extended by two kilometres so the northern ventilation stacks and tunnel exit could be located in the Asquith industrial area.

But Transurban, the company behind the project, said the extension would add over \$450 million to costs, exceeding the \$2.65 billion construction budget.

The tunnel is expected to be completed for opening in 2019.

The NSW Department of Planning and Environment will be accepting written submissions in response to the EIS until September 12.

Community drop-in sessions will be held on August 6 at Hornsby RSL and August 9 at Pennant Hills Community Centre where members of the community will have the opportunity to meet with project representatives and ask questions about the NorthConnex EIS. [O](#)

*The EIS can be viewed online at [www.northconnex.com.au](http://www.northconnex.com.au)*

## KU-RING-GAI ART CENTRE PRESENTS THEA BOURNE: BILLABONGS AND WATERHOLES

**FROM AUGUST 15** to September 5 Dutch born artist Thea Bourne [Mees] will hold an exhibition at the Ku-ring-gai Art Centre comprised primarily of drawings and pastels.

A local Turramurra South resident, Thea took up art in 1986 after a career as a physiotherapist. Following the completion of an evening art course, she went on to study art at the University of New South Wales, graduating with a Bachelor of Fine Arts [Honours].

The exhibition, titled 'Billabongs and Waterholes', was conceived during the artist's most recent trip through the Flinders Ranges to Lake Eyre and Coopers Creek. Thea found herself captivated not only by the spectacular mountains, but by the unassuming beauty of the billabongs and waterholes peppered throughout the discontinuous ranges.

Though originally working only in shades of black; a testament to her two-decade fascination with the dexterity and versatility of charcoal, Thea's artistic career has seen her gradually

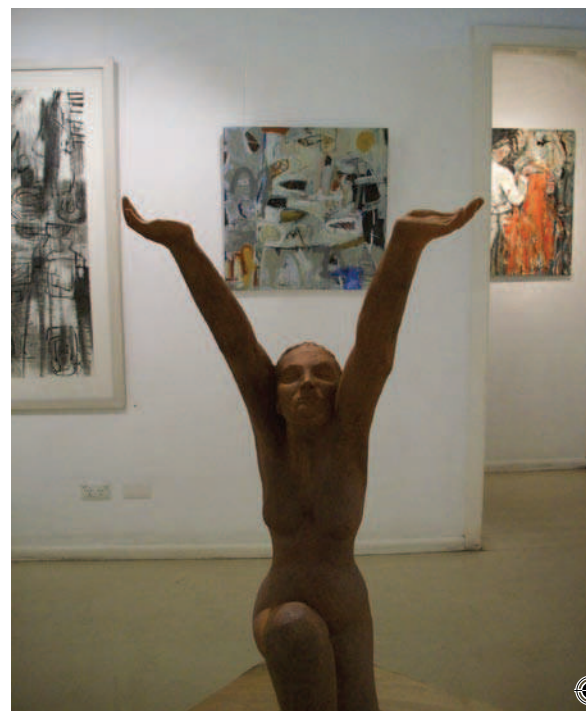
adapt to include the use of colour. Seeking to represent places where water and land interact, it seems almost unavoidable that Thea would look to move on from the 'drama and sensitivity' of such a distinct material as charcoal.

Fascinated by the subtle gradations of water, this current body of work "shows her love for the ever-changing beauty of places where water and land interact ... the play of light on the water's surface, the breeze distorting the reflections and the wildlife these places harbour are a delight and a rich source of inspiration."

**When:** August 15 to September 5. Gallery opening hours are Monday to Friday 11am to 4:30pm, Saturday 11am to 4pm.

**Where:** The Art Centre is located at Bancroft Park, 3 Recreation Avenue, Roseville NSW 2069 and is open on weekdays from 8.30am to 5pm.

**Contact:** 02 9424 0310



## WAHROONGA'S FIFTIES FAIR

**FOR ONE DAY** only, and better than ever, Rose Seidler House becomes Fifties Fair! Home to everything 1950s: including swing dancing, live jive and rock'n'roll music, 50's inspired food, classic cars, 50's styling and authentic vintage shopping. Direct from Perth for their exclusive, one-off Sydney performance, Rusty Pinto's Showdown from Sugartown will lead the musical line-up that also features Fifties Fair rockabilly favourite, Pat Capocci.

New this year, The Nighthawk Diner will showcase their best eats, adding more fifties flair to the fair with reworked diner classics served from their restored 1959 International Harvester Scout. Popular Sydney 'foodie' and rockabilly restaurateurs, Porteno, are back with a menu inspired by traditional Argentinian barbecues. Fifties Fair offers everything you need to take yourself back in time. From cool styling by Sterling Hair for the perfect quiff and close shave, to tips and tricks for a

beautiful bouffant from Miss Pixie. Pick up an authentic 1950s frock to match your "do" - or get right into the groove and redecorate the house - with vintage vendors to cater to your every whim; from modernist furniture to original costume jewellery and more. Don your vintage threads, fix your 'do' and enter the best dressed competition.

Immerse yourself in the 1950s modernist Rose Seidler House, complete with its original furniture and interiors, designed by architect Harry Seidler for his mother Rose.

**When:** Sunday 24 August 2014, 10am - 4pm

**Where:** Rose Seidler House, 71 Clissold Rd, Wahroonga, 2076

**Tickets:** Available for presale only at [www.slm.is/fiftiesfair](http://www.slm.is/fiftiesfair) - General \$49, Concession/Members \$39, Group (4 or more) \$35 each

**Note:** No parking on site - free shuttle buses are provided from Turramurra train station.





## PARENTS SAY NO TO PRIVATISATION OF HORNSBY CHILDCARE

North Shore parents rally against Hornsby Shire Council's privatisation of childcare centres, saying quality will drop

Charmaine Hui

**HORNSBY SHIRE COUNCIL** is considering the privatisation of its four childcare centres, leaving parents concerned about the future of the area's existing high-quality services.

Hornsby councillors voted unanimously to allow businesses to put forward expressions of interest for the four council-run childcare centres located in Hornsby, Asquith, Cherrybrook and Eastwood, after a private operator made an unsolicited bid.

A council spokesperson said Hornsby Council has decided to assess its childcare services against the broader market to determine whether retaining the services is in the best interests of ratepayers.

"This is merely an investigation and there has been no decision to privatise," a council spokesperson said. "Council is just one of many childcare operators that provide services to

families within the Shire."

But parents remain concerned about the prospect of privatisation, with fears that it may damage the quality of childcare services, increase fees and cut jobs.

An online petition has been set up asking councillors to stop the review of the childcare centres attracting 340 signatures so far.

The creator of the campaign, Mohamad Peerzada, whose child attends Asquith Nursery and Preschool Centre, said he has experienced the difference in care between private and council-owned childcare centres.

"We have seen how they operate in private childcare around the area. The level of service they provide, the staff turnover, the child to teacher ratio ... it's horrible, actually," Peerzada said.

"As a parent, I want to make sure that

when we put our children in childcare they are safe, they are happy and there is someone there who can look after them the way we do, and in my personal experience, that has been achieved when I put my child into the council-run childcare, because my son is happier."

Council maintains that it will only consider expressions of interest that are based on their current service model, including the same number of licensed places for each age group. But Peerzada said the council's consideration to privatise their childcare centres is simply a profit-making objective.

"They don't think there is a social responsibility, or moral obligation, as councillors to provide a better service to the community"

Research shows that access to quality early childhood education and care has long-term benefits in academic success.



Early childhood education advocate Liam McNicholas said: "International research has demonstrated that high quality early learning can provide a significant improvement in young children's lives, as 90 per cent of a child's brain is developed by the time they're five."

He said it was about giving everyone the best possible start in life, regardless of background.

"It is important for local governments to be providing childcare as it is far more likely to be embedded in that community... they can be much more responsive to the needs of their community than a large corporate provider."

"Private providers at the end of the day answer to shareholders, which can conflict with quality provision for children."

**Cost concerns come with private care**

Parents have also voiced concerns over the possibility of even higher fees if private owners take over the childcare centres, despite fees already increasing by 7.5 per cent on July 1, raising the cost of childcare to up to \$110 a day.

The fears surrounding fee increases come as the Abbott Government announced more than \$1 billion in cuts to early childhood education

and care, including cuts to the Child Care Benefit, which would directly affect families earning as little as \$42,000 a year.

While the average family income on the North Shore is higher, the area has some of the highest rates for childcare in Sydney, according to a report by the National Centre for Social and Economic Modelling.

The report also revealed that on average, mothers who return to full-time work can expect to keep just one-third of their hourly wage, after accounting for childcare costs, income tax and loss of government benefits.

Joanna Beeston, who has two children attending Asquith Nursery and Preschool, said that while childcare fees are becoming very high, the quality of care for her children is worth the cost.

"Some of the staff have been there for five or 10 years or more, so the comfort in knowing the carers, trusting them with your children to do an excellent job – I suppose it doesn't worry me if the cost is going up that much if I can be sure that my children are getting good quality care," Beeston said.

"If a private operator came in and increased the fees again, you can't guarantee that the quality is going to be as good." ○

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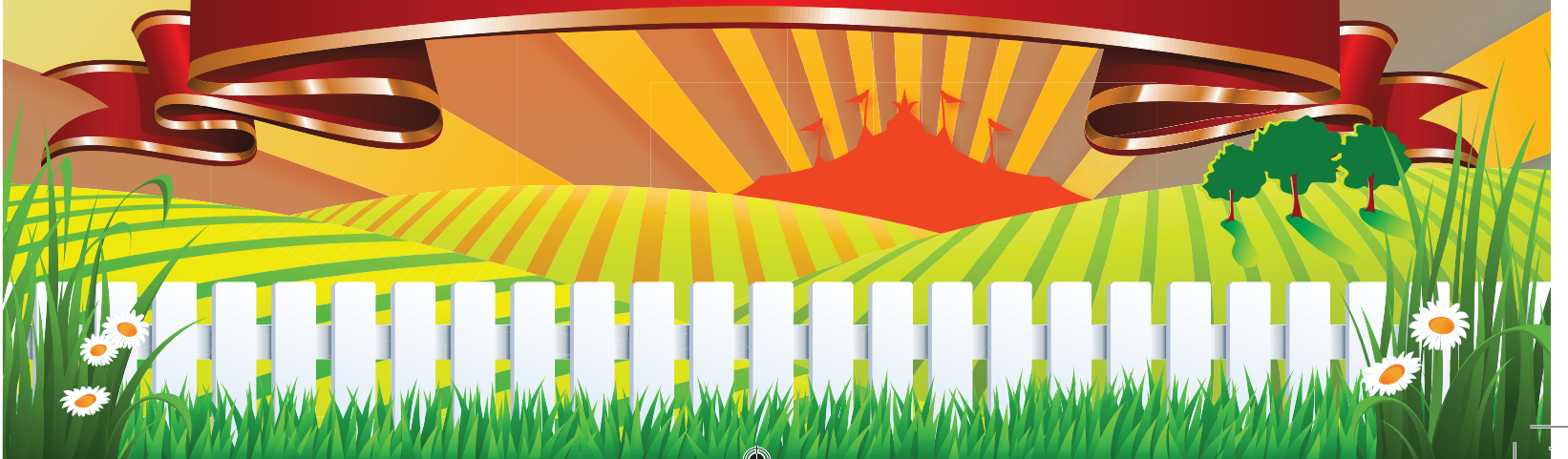
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# LOW ENTRY LEVELS FOR EDUCATION STUDENTS LINKED TO DROPPING EDUCATION STANDARDS

Will mandatory literacy and numeracy testing for student teachers help curtail flagging education results?

Tess Gibney & Steph Nash

**PUBLISHED IN DECEMBER** last year, the 2012 Programme for International Student Assessment (PISA) report revealed that Australia's education standards ranked only marginally above the OECD average. We ranked 13 in the world for reading, 19 for mathematics, and 16 for science. That's a 17 per cent drop in standards for mathematics and reading in NSW since 2003, which some academics blame on low tertiary entry levels for teaching degrees.

According to a report published in *The Australian*, more than 2000 students who sat in the bottom third of ATAR scores (below 60) were accepted into education courses. Although this only represents 7 per cent of students accepted into education courses, Minister Piccoli has addressed the issue as a problem, having already

raised the requisite for teaching to a three "band-5 minimum", or a score of 80 or above in three subjects or more.

Earlier this year, Piccoli announced that education students would have to undergo regulatory literacy and numeracy tests in order to register as a teacher in NSW. These reforms exist as part of the government's Great Teaching, Inspired Learning (GTIL) package, which was introduced to lift Australia's sliding educational standards.

The debate surrounding entry scores into teacher education in Australia is not new. Central to the notion of teacher quality and the quality of teacher education in Australia, the role of low ATAR scores in falling academic standards in teaching has repeatedly resurfaced



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resurfaced as an issue to be examined.

Amid concerns some new teachers struggle to articulate complex maths and grammar concepts to students, focus has again turned to whether entry standards should be raised.

Following a trip to Finland in January this year – where the education system is widely recognised as world-leading – Minister Piccoli announced one of the main factors damaging the status of the teaching profession was the “perception that anyone can get into teaching.”

Federal Minister for Education, Christopher Pyne, has refuted claims that low ATAR scores contribute to the teacher quality issue. Upon setting up a new Teacher Education Ministerial Advisory Group in February, Pyne said: “I’m not obsessed about ATAR scores. I think it’s a very blunt instrument.”

Educational bodies such as the Australian Education Union, the NSW Board of Studies and vice-chancellor of Sydney University, Michael Spence, however, have unanimously agreed that teaching is an “intellectually demanding profession” that should require entrants to demonstrate a “strong academic record”.

In a submission to the federal government’s review of teacher education, such spearheads of the NSW education sector assert that

the government has a “responsibility to set high-standards for entry into the profession” (The Australian).

Peter Aubusson, head of the School of Education at the University of Technology, Sydney, said that although entrance scores to education courses at UTS were not low, he did not believe in conflating ATAR with one’s potential to succeed professionally.

“People with [low ATAR] scores often don’t enter into teacher education on the basis of ATAR scores; they enter into education on the basis of something else.”

Describing the reporting of ATAR scores as “opaque and ambiguous”, Aubusson said there are countless reasons as to why someone may have achieved a low ATAR.

“I think [in order to be a teacher] people should be able to do well at school; but that doesn’t mean they did do well at school,” he said.

“I know a vast number of people who matured and did a great deal [after school] ... many people don’t perform well [in the HSC] simply because of experiences that happened during those formative years.”

By focusing solely on ATAR and academic achievement, government and educational

bodies run the risk of discounting other features that make an effective teacher.


In an attempt to raise the standard of graduates from teaching schools across NSW, Minister Piccoli’s “tough” mandatory literacy and numeracy tests are designed to ensure all new teachers have adequate skills.

Though students would be able to sit the test as many times as necessary, Aubusson has concerns that generic testing may not be the answer.

“I think the [mandatory tests] are another thing we can’t be sure about. It’s a good thing if it means that it presses people to improve their literacy [and numeracy skills] ... in that broad sense it is a good thing,” he said.

“However, it could be a sting in the tail ... it may be that some people teaching in areas such as English or history in secondary schools, for example, may not reach that required numeracy mark. If they are teaching in areas where numeracy skills are only of moderate importance, it would be unfortunate to lose those highly capable, highly skilled people in their field because they are just below the bar on a test that’s been set at an arbitrary cut off point.”

Minister Piccoli plans to begin trialing the tests this year. ○



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# EDUCATION EXCELLENCE AWAITS AT NEW NORTH SHORE HIGH SCHOOL

Charmaine Hui

**THE INAUGURAL PRINCIPAL** for the state government's new North Shore high school in Crows Nest will be Kathy Melky, the current deputy principal of North Sydney Girls High School. Melky will take up her new role from term four this year before the school opens at the start of 2015.

Stephanie Croft, an executive member of the Northern Sydney Regional Council of P&C Associations, says the group is delighted with the appointment of Melky as principal.

"It's great news for the new school to have someone of that calibre," Croft said.

Melky's role will be pivotal to the delivery of excellence in education and fostering opportunity and success in the debut students. She will also be part of a new committee with parents and students to determine the school's name, uniforms and staff appointments, according to Croft.

The new co-educational high school is being established on the existing school site of

Bradfield College in Crows Nest, which will relocate to new facilities at the Northern Sydney Institute of TAFE in St Leonards at the end of the year.

The Bradfield College site will be refurbished to cater for students in years 7 to 10. Refurbished facilities include a science laboratory, new food technology resources and a games court area. The school will only take year seven students in its first year and work its way up to year 10 students by 2018.

"We are really excited because we needed a comprehensive school in that area, so it's fabulous news for us," Croft said.

The school will help to alleviate long standing overcrowding problems in local schools by providing 800 to 1000 places for students in the lower North Shore area.

"We are delighted. Once the government became aware of the issues that we've raised it moved quickly to address those issues."

But Croft urged more would need to be done

in the coming years to meet the growing number of students.

"Last year alone, in the lower North Shore, we had an increase of over 600 students ... so you can see that if we have that sort of growth in just one year, and that sort of growth is continuing, there needs to be some other things as well."

Several other initiatives have been announced over the last few years, including a new primary school in the Anzac Memorial Club site in Cammeray, an upgrade of Mowbray Primary School from 350 students to 1000 and a new high school at the UTS Ku-ring-gai site in Lindfield.

Ms Croft said the planned projects, along with the new school opening next year, would make a big difference to the North Shore area once they are completed.

"Everyone in the community is very supportive of the new school opening and everyone is determined to make it a good school. It's going to be wonderful." ○

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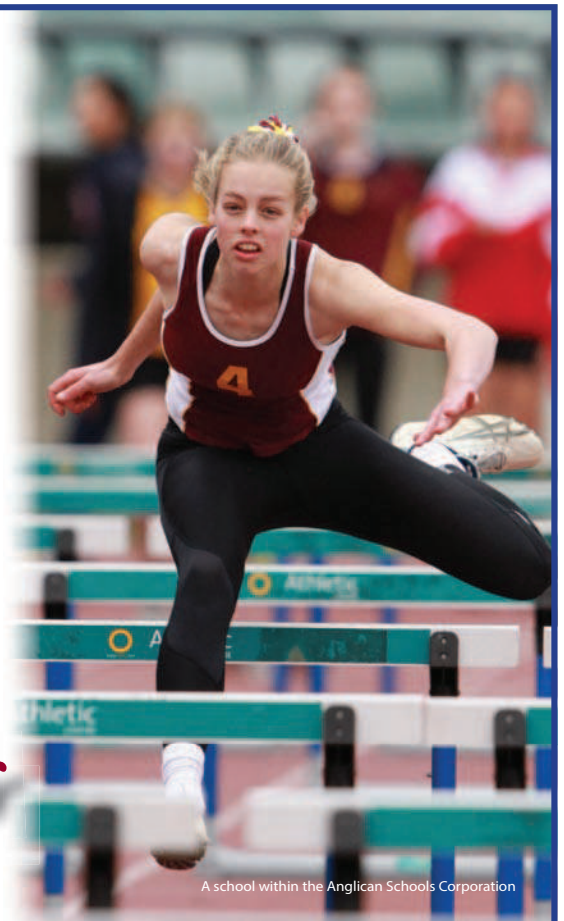
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## LITERACY: MORE THAN WORDS ON A PAGE

Barbara Yee

**YEARS AGO**, I had the privilege of working with primary school students who had arrived in Sydney from one of the Pacific Islands. Their prior schooling experiences were minimal and their English was limited. Literacy in the traditional sense in their new school posed a huge challenge. Despite this, they were keen learners and mastered basic spoken English quickly. As their ability to communicate increased, so they were able to share with us the kind of life they lived on their island. They were expert in predicting weather changes and could talk about planting and harvesting crops. They knew about seasons, volcanic activity and fishing. All things needed to survive in their community. I believed that in that context – they were highly literate and involved in many aspects of their community's way of life.

A common understanding of literacy includes the capacity to read and write as well as the capacity to communicate effectively with others. The current NSW English syllabus has expanded on that considerably and the curriculum reflects the changing nature and expectations of modern society. The NSW syllabus for the Australian Curriculum English K-10 defines literacy as "the ability to use a repertoire of knowledge and skills to communicate and comprehend in a wide variety of contexts, modes and media".

The syllabus states that the purpose of being literate is to ensure future learning, participation in the workplace and wider society.

These emerging skills are more extensive than the traditional skills set attributed to literacy. At Corpus Christi, we place emphasis on expanding the literacy skills that students need to develop, ensuring they are well equipped to meet the contemporary demands of secondary education and beyond.

At Corpus Christi teachers develop learning plans for students, with the focus on explicitly teaching a range of literacy skills and then providing opportunities to apply those skills in the context of open-ended enquiry across all key learning areas. Learning plans include developing critical analysis and problems solving skills from a young age.

To acquire literacy, students have to develop the capacity to interact effectively, to ask questions and to listen to and build on the ideas of others and to collectively solve problems. This happens across many aspects of classroom practice as well our school's more formal involvement with Future Problem Solving in the middle and senior school. Robotics programs in Stage Two and Stage Three involve team work, problem solving and the application of technology in a competitive setting.

To be literate, students need to develop the skills to critically analyse information, make effective, well-informed choices and develop broad perspectives and generate ideas. The students in the senior grades participate in debating competitions across Sydney and future problem solving events with other schools. These opportunities sharpen thinking skills and an appreciation of different perspectives.

Stage Three students complete an independent study project that involves the full range of contemporary literacy skills including a range of research and information gathering processes as well as oral presentations and creative responses.

At Corpus Christi, high quality teaching ensures students acquire sophisticated literacy skills and opportunities to apply those skills in a range of learning contexts. We use Literacy and Numeracy Week as a point in time to reflect on the many and varied achievements of our students.

Broad acquisition of literacy skills ensures that our students know the world they will inherit, and they will also have the power and capacity to make a difference! ○

*Barbara Yee is Principal of Corpus Christi Catholic primary school, St Ives.*



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PROFILE



## AQUATIC ARTISTRY: MARTINE EMDUR'S WATER-BORN INSPIRATION

Bondi girl and Archibald Prize winner on how the ocean creates a sense of depth in her art

Tess Gibney

**LOOKING AT ONE** of Martine Emdur's ethereal artworks, you'd never imagine she was anything other than a natural. The fluidity of her work is such that it feels intrinsic; as if painting were as innate to her as the ability to walk and talk. It's harder still, then, to imagine her tapping away at a keyboard in a stuffy Sydney office somewhere; a pawn in a nine to five world so far removed from the weightless subjects of her dreamlike creations.

Stifled creatively at school, Emdur abandoned all artistic inclinations upon graduation. Entering the workforce as a corporate receptionist, she found life at a "real job" both unsatisfying and unsuccessful. It wasn't until she escaped the Sydney "treadmill", as she calls it, and headed north to Queensland's tropical Dunk Island that she began to reconnect with her romantic, artistic roots. Finding kinship among a group of artists living together on the island, Emdur simultaneously cultivated her love for depicting nature – or, more specifically, the mutable placations of water. Judging by the recurring subject matter of her work over many years, it is a love affair that has never ended.

**Your paintings commonly depict bodies submerged in water. What inspired this choice of subject? Do you (or did you) live near the ocean or a large body of water?**

I grew up by the water in Bondi, so it has always been a central part of my life – I tend to feel a little claustrophobic when too far away from the ocean. From the first exhibition water has been a central theme and inspiration. Bondi was my first port of call for that inspiration; and with that came the inevitability of coast dwellers. Originally, the works were depicting more distant sea scapes, but I gradually zoomed in closer to study the water and its inhabitants. The next step I took was to dive below in an attempt to capture the true essence of what it is – or what it means – to be submerged and enveloped by water.

**On the subject of inspiration, what does inspire you and your creative process?**

Obviously, the ocean is a constant source of inspiration for me, as it's perpetually changing in regards to movement, light, mood and clarity. It is never the same, so I never tire of it.



In regards to [my creative] process, I have teamed up with a good friend who is a photography enthusiast. We gather a crew of willing models to jump in the deep end, and then take hundreds of photos underwater. Generally the process begins with wading through the pile of images. Usually, certain details will jump out and I'll then begin to compose an image using bits and pieces from many images. The challenge is in the subtlety. The tones [of the water] change so slightly to create a sense of depth, and with minimal information I have to focus on getting colours and tones just right. I'm still working on understanding the way the light moves through the water; how it hits the figures below and then carries on to the sea floor. I also find understanding all the quiet spaces [in water] to be an ongoing challenge. A sense of weightlessness is high on my list as something to master and convey.

#### Can you explain your creative process?

My friend and I gather a group of willing models and jump in the ocean. We'll direct them as much as possible by placing them in positions. This could be to create either a sense of solitude, or a group mingling ... or two people interacting; a situation which offers viewers the chance to establish their own ideas in regards to what is going on. Ultimately, the images we get on the day are in the lap of the gods, especially considering the models are constantly moving – it's almost impossible to choreograph it in any solid way. It's rare – or almost impossible – to find one picture that has everything I need in it ... once I've worked out the composition it is then marked up onto a canvas and painting process begins.

**Your paintings have a very ethereal quality. Your use of light and how it is painted refracting on (and through) the water is incredibly dreamlike. What feeling do you hope to provoke in viewers of your art?**

The ethereal quality of my work is direct from the source: a classic example of art imitating life. My work replicates exactly what it is like to be underwater – how everything slows down, becomes dreamlike. Figures are saturated not only in light, but by darkness from the underside, and the light bouncing off the bodies into the surrounding water creates a glow that enhances that ethereal quality. I love the idea of the viewer being able to transport themselves to that place where they feel immersed – where they can feel the temperature, feel the water and imagine that feeling of being suspended.



#### Can you explain your most recent body of work?

It has been a slowly evolving path for me, and the recent body of work continues on with my ongoing study of figures in the water.

#### What have been some of the highlights of your career as an artist?

It was definitely a highlight to have been hung in the Archibald twice. It's nothing short of a thrill to walk into the Art Gallery of New South Wales and see your work hanging among some of Australia's finest artists. There's also been some wonderful instances where people have made heartfelt comments to me about the personal effects a painting has had on them. One in particular was about a piece I was commissioned to paint that would hang in the room of a fertility clinic. The brief was to create an image that would help create a 'soothing environment for anxious clients'. The doctor made a special effort to contact me to tell me that the painting had done just that – this information to me was particularly special.

#### How has your artistic style changed over the years?

My style has been long and steady; there's been no vast jumps stylistically. For me, I

think it's more an observational thing – I'm learning to see more information and say it with less. I'm defining what is important and what is not.

#### Do you experience creative blocks? What helps to jump start the creative process when you're feeling stuck?

There's definitely days where it's harder to go into that place of commitment and focus. I try to narrow down the task when that mood strikes. I reason that if I complete one small detail it's enough for me to feel like I've made some progress. Sometimes if it's just not working, I'll pull the plug and sleep on it.

#### What is an average day like for you in your studio?

Coffee before anything. I tend to dawdle for a while as I know once I go into the zone I have to stay in. Usually I teeter on the edge until I can no longer find reasons to procrastinate and then I plunge in. There's loud music, there's mess; there's plenty of pacing and pulling of strange faces. I'll generally do a step at a time as I paint in layers ... there's only a certain amount I can do before I need to let it dry and start again the next day. ○

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# Happiness at home

## Tara Dennis' DIY inspirations

Tess Gibney

**GRACING OUR SCREENS** weekly as part of Australia's much-loved lifestyle program *Better Homes and Gardens*, interior design diva Tara Dennis is a woman abounding with inspiration. Attributing her 'can-do' attitude to her hard-working English parents, Dennis' innovative DIY approach is born of an innate desire to make the most of what one has. Wholeheartedly endorsing the idea that the most beautiful of homes and spaces are not those that are costliest to create, her weekly *Better Homes and Gardens* segment sees the mum of two take to our televisions to show consumers just how transformations can take place without breaking the bank.

As many lifestyle program viewers know, finding the creativity needed to give our well-worn interior spaces an overdue overhaul can be both exhausting and confusing. With one book, aptly titled *Home*, and now with an affordable home wares range up her sleeve, *Sydney Observer* caught up with Dennis – mother, author, TV presenter and recently appointed ambassador for Reed Gift Fairs (2nd to 6th August at Melbourne Convention and Exhibition Centre, Melbourne Showgrounds.) – to find out just how she gets those ideas to flow. The website is [www.reedgiftfairs.com.au](http://www.reedgiftfairs.com.au).

**How and why did you first become interested in design, decorating and styling?**

I've created, designed and decorated for as long as I can remember – it feels really natural and all comes from my mum and dad. Like so many, we moved across the world to Australia from England in the early seventies so starting life in a new country with young children and very

little wasn't easy. My parents have always been incredibly hard workers and made the best of what little we had to make a lovely home. They're just very creative people who always had a 'can do' attitude which I'm really proud of.

**What is your design mantra?**

Rather than coveting other people's homes, be true to yourself and embrace your own sense of style no matter your budget. Some of the happiest times I have known have been owning very little and having had to make do. It teaches you to be resourceful and add your own personality in fresh ways. You also learn to love the little things.

**What are some common mistakes you see people make when renovating and re-decorating?**

Without a doubt the most common renovating and decorating mistakes are underestimating how much things can cost and also how much time it can take. So often people launch into big projects without proper planning and unrealistic deadlines, consequently resulting in disappointment and jobs left incomplete. Plan, plan, plan and set realistic budgets and finish times!

**What are your top tips for an interior style overhaul on a budget?**

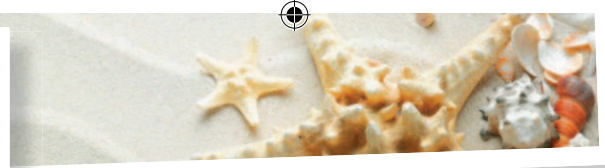
Clear the clutter for a start – we all have way too much stuff. Maybe you don't need an extra room added on or even a new house, maybe you just need far less 'stuff'. Give your home a clean from top to bottom, just as though you had professional cleaners in and then decide a 'style' for your home.







## SYDNEY HOME



### Do you want it to feel modern, cottage, coastal or colourful?

Once you've decided, find ways to make that happen. A good place to start is with paint which is by far the fastest and most effective way to get a new look. By choosing the same colour throughout, the whole place will look unified and much brighter. Also consider cleaning or replacing carpets and window treatments, maybe even polishing floor boards. Edit some of your furniture and either sell or donate to charity. Some pieces can even benefit and add to your scheme with a little makeover using paint and new fabric.

### How would you go about making a home fresher for the upcoming Spring months?

Throw open the windows and clean from top to toe, rearrange the furniture for a new view on things and sort your wardrobes and linen closets. Relieving cupboards is enormously satisfying and allows you to get ready for the warmer months ahead. I dry clean and pack away heavy winter clothes and bedding in those airtight plastic tubs. They can easily be stacked somewhere clean and dry, like the loft, until next season.

### What are your style trend predictions for the upcoming season?

Right now, metallics are proving enormously popular and look set to stay for a while. Yellow metals like brass, copper and gold can be seen on everything from taps to cushions and furniture. Statement lighting is a big deal now in Australia which brings welcome warmth and interest to interiors. Accessories in bold colours and geometric patterns, textures and prints remain popular while I predict next season a cooler, monochromatic palette of rich charcoal greys through to black and white will be big. I also think the resort look at home will be popular. It's all about that laid back, smart tropical holiday feeling where you live well and feel fantastic.

### From where do you draw inspiration and how do you manage all your ideas?

I'm naturally creative so I need outlets that make sense. A few years ago I started my own home wares range which allows me the freedom to paint and design for my collections. I travel overseas every year to Europe for business development and inspiration and find it essential to stay current and look ahead to what overseas markets are doing. I run my own creative design studio and have a small team who help to make it all happen. It's where you'll find me on my days away from television.

### Do you think it's important to have some sort of vision or style goal to adhere to before re-decorating a home (or room, for that matter)?

Absolutely! I always have advocated storyboards as a visual reference to use as a guide, and to help keep you on track when decorating, especially for kitchens and bathrooms. I gather magazine clippings, fabric swatches, photos, paint samples, even tiles together, until it all just sits nicely and 'works'. These days Pinterest is also enormously helpful for collating ideas, though it is incredibly addictive!

### For the time-poor, what are some quick ways to reinvigorate the interior of your home?

Add colour! A few new cushions and a throw instantly lift a sofa. Add a print onto the wall above it and some flowers on a side table and the room can look so fresh in minutes. In the bedroom, it's as easy as a new quilt cover and cushions for the bed. Just step into any bedding store and see how they display the beds, take a photo and make it happen. For the bathroom, a quick tidy around and some fresh towels does the trick. In the kitchen, wash up, put things away, clear the benches, and add new canisters, tea towels, a bowl of fresh fruit and a potted plant.

### What are some great ways to be more sustainable when renovating and re-decorating the interior of your home?

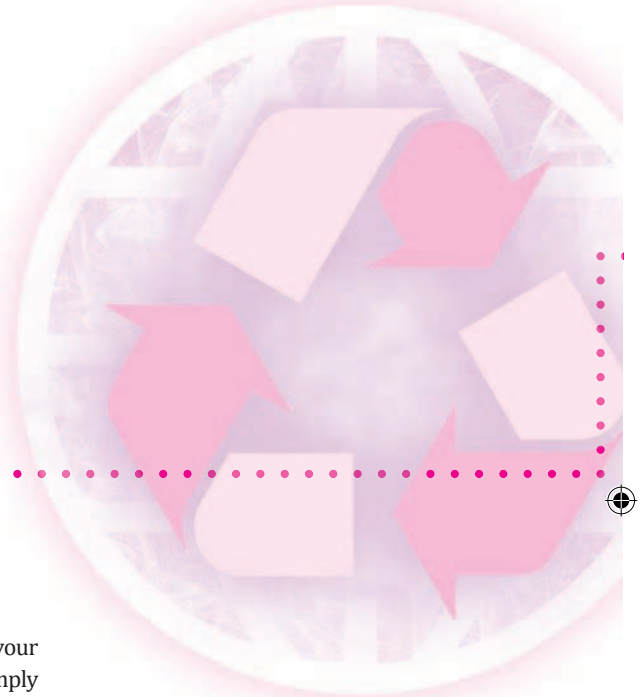
Reuse what you can, when you can. Old furniture doesn't have to be thrown out or overlooked just because you don't like the colour or style: paint can do wonders. If it's furniture you're after, try online sites such as Gumtree or Ebay for second hand finds, they often have a free section too which is enormously fun and a great way to share the love. ○





# Tara Dennis' DIY Special

Tara Dennis creates a DIY project for *Sydney Observer* that turns trash into treasure



**THERE'S PROBABLY A** tonne of stuff at your place that gets overlooked, or thrown out, simply because you don't like the colour or design. Vases, ornaments, lamps – and even frames – all can be given new life simply with a can of spray paint. Fabulous new accessories for your home needn't cost the earth – I'm all about working with what you already have.

## Objects to look for

Shape is important; ignore the existing colour or pattern of the item. Re-working useful objects such as tins, vases, baskets and containers means you gain practical, good looking storage: something we could all use more of! Spray paint will stick to most surfaces including glass, ceramic, tin, wood, wicker and even plastic.

## Preparing the objects

Make sure the items are really clean and dry. For tins, check there is not water residue around the lid after washing. Good quality spray paints stick well, but if your piece will get everyday use, it certainly won't hurt to use a coat of spray primer beforehand.

## Painting

Check the paint label carefully before you buy, just to make sure it's appropriate for what you're spraying. Always spray outside or in a well-ventilated area. To save over spray, I like to cut down a cardboard box to create a small spray booth. A drop cloth or old newspaper also saves mess. Hold the can away a short distance as you spray. Too close and you'll get a heavy build up which causes drips. A few lighter coats are better than a heavy coat [and] the paint will dry faster too. With most spray enamels no varnishing is required so once things are dry, usually overnight, they're ready to go.

## Carry a colour

Choose a paint colour that will coordinate with other accessories in your room, otherwise start a fresh new theme and build on the look with accents like cushions, throws, lamps and art in similar tones. By carrying a colour throughout the space you'll get maximum impact for your effort. ○



### Tara's DIY tips

Re-use what you can, when you can. Old furniture doesn't have to be thrown out or overlooked just because you don't like the colour or style, paint can do wonders. If it's furniture you're after, try online sites such as Gumtree or EBay for second hand finds, they often have a free section too which is enormously fun and a great way to share the love.

Second hand and salvage yards are worth visiting for unique items, scrap timber, doors and windows. They will also accept donations gladly which can relieve you of things you no longer need.

Get handy too. With a basic sewing machine you can pick up fabric remnants at bargain prices to make up cushions, blinds and lampshades. Existing curtains can be modified and sheets and towels can be dyed in fun colours for a facelift.

Group objects from around your home and use colour to transform them (just like I've done here with gold). It's a great way to get new life from what you already own.

Paint miss-tints are also worth looking out for at the paint counter, you can't be choosy about the colours, but if you're open minded you can save some pennies along the way.



# Gardening with spring in your step

As the warmer seasons approach, there's no better place to be than in the garden.

Judy Horton



Tulbaghias make fantastic borders along paths and driveways.

NEW FLOWERING PLANTS ARE BEING RELEASED ALL THE TIME. MY FAVOURITE FOR THIS YEAR IS 'MEMORIES' DIANTHUS, A LONG-BLOOMING MINI CARNATION WITH ATTRACTIVE, GREY-GREEN LEAVES AND PERFUMED WHITE FLOWERS

**IT'S AMAZING HOW** even non-gardeners seem to feel a stirring in their gardening bones as spring approaches. Some sort of primeval urge, sparked by the burst of new growth and the lengthening days, sends us all out into the garden.

For many, getting the lawn looking good is their first priority. Never forget that a lawn is made up of thousands of living plants that need some basic care. Lawns can be remarkably forgiving, but will deteriorate over time if they're neglected. Apply a lawn weed killer in early spring to eliminate any broad leafed weeds that may have invaded during the cold weather. Follow up in mid to late spring by feeding the lawn with a good lawn fertiliser.

Spring is the season for maximum flowers. If you were organised enough to plant pansies, violas, sweet peas, poppies and bulbs early in the year, you'll now be reaping your well deserved reward. But, if you're running late, you can always cheat by buying plants in full bloom and popping them into strategic spots.

New flowering plants are being released all the time. My favourite for this year is 'Memories' dianthus, a long-blooming mini carnation with attractive, grey-green leaves and perfumed

white flowers. As well as being a great garden performer, this plant raises funds for Alzheimer's Australia dementia research program.

Tulbaghias – clumping plants that produce mauve or white clusters of small blooms in spring – make great borders along paths or driveways. If you cut back tulbaghia clumps after flowering, you should be successful in promoting another round of blooms. But don't be in too much of a hurry to prune spring bulbs such as jonquils and bluebells. These should be left to die down naturally and only tidied up when the leaves have browned.

The stars of the spring flower garden are the roses and, by late October, most are looking fantastic. Keep roses in good health by cutting back regularly, watering at the base of the plant (to keep the leaves as dry as possible) and feeding after the first flower flush. Watch for aphids on new growth and the beginnings of fungal diseases. If problems start, there are plenty of ready-mixed rose sprays available.

Natives like grevilleas and bottle brush can be pruned after major flowering spurts before feeding with a specific native plant fertiliser.



'Memories' Dianthus is a long-blooming carnation and Judy Horton's favourite pick for spring. ○



Jonquils: A classic spring bloom.

**Other tips for the spring garden**

- Divide crowded orchids and re-pot.
- Fertilise fruit trees and organise some type of fruit fly control, well before the pests arrive.
- Start a new passion fruit vine if yours is more than three years old.
- Plant summer veggies such as tomatoes, beans, squash, capsicum, corn and chillies. Mix some basil – seeds or seedlings – amongst the tomatoes. They'll both grow better if they're together.
- Apply a soil wetter to pots and the root area of established plants.
- Put a layer of organic mulch over garden beds and around existing plants, making sure that the soil is moist beforehand and that you avoid direct contact with trunks or plant bases.
- Be inspired by visiting the second Australian Garden Show Sydney that will be held in Centennial Park from September 4 to 7.



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# Anxiety worries? Sooner support prevents lingering illness

A highly treatable condition once recognised, anxiety can interfere with a person's everyday life

Tess Gibney

**ANXIETY IS SOMETHING** many of us know all too well. Perhaps one of the most integral of all human emotions, it is that familiar feeling of fear or dread that sends our hearts racing and our heads spinning. Generally situational or related to a specific topic, a normal sense of anxiousness is necessary – and, in some cases, even constructive. It can offer one the unusual benefit of observation – by feeling distress, we can attempt to adapt by devising solutions to overcome that distress and move forward.

For those people that suffer from a more pervasive kind of worry, however, the accompanying emotions and physiological symptoms are often so strong there is no

possibility of respite. Paralysed by persistent (often undefined) fear and unable to rationalise the flood of concern, a person's life may become ultimately consumed – meaning they are no longer capable of functioning as they normally would in both social and work environments.

Karli Beswick, clinical psychologist and facilitator of the Mental Health Association's new community anxiety support group in Ryde, explains that rudimentary 'worry' becomes something more when it begins to interfere with someone's everyday life.

"Though there are many types of anxiety disorders with differing symptoms, anxiety becomes a disorder when it has a disabling

impact on someone's day to day life. This could range from having negative impacts on somebody's ability to function at work or school, or impacting on relationships and activities," Beswick says.

A myriad of disorders come under the umbrella term of anxiety; including (but not limited to) social anxiety, panic disorder, generalised anxiety, separation anxiety, hypochondria, obsessive compulsive disorder (OCD) and posttraumatic stress disorder (PTSD). Though excessive anxiety is the most common psychiatric complaint in the nation (14 per cent of people are affected by an anxiety disorder at some stage in their life), the fuzzy distinction

between what is considered 'normal' and what is not means many people fail to identify when they – or their loved ones – may be suffering from something more sinister.

Dr Brain Gaetz, Beyondblue's general manager of research, childhood and youth, said that our collective lack of understanding of what constitutes an anxiety disorder may be due to anxiety's low public profile. As we get better at reaching out and seeking help for episodes of depression and [other] mental illnesses such as bipolar and schizophrenia, our recognition of when worry becomes atypical continues to go unnoticed.

"Anxiety has sort of been something that hasn't been on the consciousness of the Australian public as much as it should be for the toll that it takes on a number of people," Gaetz says.

"Over the last 10 to 15 years people have become familiarised to the condition of depression ... people can generally recognise two to three symptoms of depression. Anxiety they're generally not so familiar with. I think partly it's about public education around the different types of anxiety and the experiences that people have."

In May 2013, Beyondblue launched a landmark national awareness campaign to help Australians recognise the common symptoms of anxiety. Titled the 'Get to Know Anxiety Campaign', the initiative centred on a short film featuring acclaimed Australian actor Ben Mendelsohn. In the film, Mendelsohn personifies anxiety, and urges the audience to reach out for help once they've recognised symptoms.


Lack of public awareness and the absence of a clear demarcation of when a disorder begins means people suffering from acute anxiety often

come to see the condition as simply a facet of their personality. They may think of themselves as a neurotic worrier, or, like Australian actor and Beyondblue ambassador Garry McDonald, "a bit of a wuss" who was experiencing things everyone else did but was "unable to handle it".

"People have the opinion that it's just mind over matter. You know; you're a bit nervous, or you're just a 'nervous nelly'. For some people, it's just so overwhelming it cannot be confined to a simple case of mind over matter," Gaetz says.

Like all manifestations of mental illness, sufferers may fear stigmatisation – making them reluctant to reach out for help. Karli Beswick says support groups such as the one at Ryde can help people to talk about their problems by providing an informal, supportive group setting.

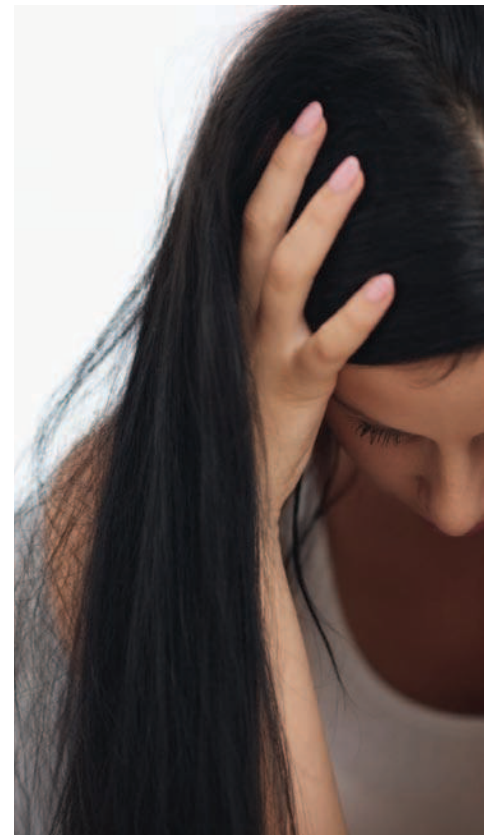
"The support group aims to provide a safe place where people experiencing anxiety can come to connect with others, share their experiences and discuss strategies which have assisted them. Meeting with other people who have also experienced difficulties with anxiety can be extremely reassuring and constructive in reducing feelings of isolation."

A highly treatable condition once recognised, Beyondblue CEO Kate Cornell said in a statement last year: "We hope by informing Australians about anxiety symptoms, they can identify it, get help and get better. You have to know anxiety to be free from it." 

*The Ryde Anxiety Support group is free of charge and runs every 4th Tuesday of the month at 6:00pm. It is located at Club Ryde, 724 Victoria Rd, Ryde. Call 1300 794 992 before attending your first meeting; bookings not essential. Group facilitator: Karli Beswick.*

### Common symptoms of anxiety include

- Hot and cold flushes
- Restlessness and irritability
- Difficulty concentrating
- Racing heart
- Tightening of the chest
- Snowballing worries
- Obsessive thinking and compulsive behaviour.



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# DISPELLING THE MYTHS OF EATING RED MEAT

Finding out how much is too much, and whether we should eat it at all

Tess Gibney

A RECENT STUDY published by health researchers at Harvard University has revealed that an over-consumption of red meat during young adulthood is linked to a 20 per cent increase in the risk of developing breast cancer.

The study, which followed the dietary habits of 88,000 women between the ages of 26 and 45, is the latest in a spate of research that indicates diets laden with animal protein may not be as sustainable as was originally imagined. The consumption of red meat is stereotypically Australian and tied somewhat to notions of our identity (think back to famous advertisements like 'Eat Lamb this Australia day'), however, the revelation that reduced consumption of animal proteins is a healthier choice may come as a shock to our nation of meat eaters.

According to a 2012 report released by the Australian Institute of Health and Welfare, Australians eat almost three times as much meat as the world average – with 90 per cent of people aged 16 and over failing to eat the recommended five serves of vegetables each day. With connections to incidences of heart disease and varying forms of cancer, it's time to weigh in on this ongoing debate and learn how much red meat we really should be throwing on our weekly barbie.

## Portion control

Milena Katz, a spokesperson for the Dietitians Association of Australia, believes the problem lies within the portion.

Three serves of around 80 to 110 grams of

"Despite the guidelines being quite clear, visually, people aren't really getting there," Katz says. "An [ideal] serving of red meat would be the size of a 10 year old child's hand, or, if it were an adult, the palm without the fingers."

## Do we need to eat red meat?

Ever complained of feeling tired and had someone tell you that you simply "need to eat more meat"?

If you have, you're probably not alone. The general assumption is that a diet devoid of meat zaps you of energy and leads to fatigue; and that meat is the only way to consume appropriate sources of iron and zinc. This is not entirely true; and many health professionals are adamant that vegetarian diets (as well as diets low in animal proteins) are generally considered adequate in their provision of essential nutrients.

Researches in the Cell Metabolism Journal reported in March 2014 that a low-protein diet was one answer to controlling longevity. With a high-protein diet being defined as 20 per cent of one's calories coming from protein; a moderate protein diet made up of 11 to 19 per cent; and low protein diet consisting of less than 10 per cent; the team calculated that by reducing protein from moderate to low would cut the risk of death by 21 per cent.



meat per week is the recommended Australian dietary guideline, but Katz says many families still exceed that by a large amount – with men especially likely to eat a large piece of steak in one sitting.





The study found that people aged 50 to 65 who ate high protein diets were four times more likely to die of cancer.

Despite these findings, it is important not to demonise the consumption of red meat. Due to the epidemiological nature of the study, it is worth noting that such research only highlights associations and connections rather than direct causality, and that the benefits of eating red meat – in moderation – are still clear.

“Well, you get the zinc, the iron and the protein. A lot of women who have heavy periods are often on the lower end with their iron [levels] ... and [red meat] is a way to recoup some of that iron and zinc. Unless women are eating a lot of oysters and seafood, zinc is really hard to get,” Katz says.

“Red meat is quite a good source of zinc, though there are plenty of other ways to get that [mineral]. But because red meat has haeme iron, it’s easier to absorb than non-haeme iron which comes from lentils and [vegetables]. It’s a quick and easy way to absorb it for the body as it’s in an easy presentation and the gut knows what to do with it.”

### Who should eat red meat and what types of red meat should we, and shouldn’t we, eat?

“Menstruating women are the main people who need to eat red meat,” Katz says. “All other people can get their protein for a variety of other sources, including eggs, fish, tofu, cheese and lentils. Anyone who is likely to be anemic should seriously consider eating red meat.”

And what types of red meat should we avoid eating? “Always processed meat,” she says. “This includes salami, ham and bacon – all of which are full of preservatives. There has been some evidence found between processed meats and a link to stomach cancer.”

“Any lean cuts of meat are fine, even if they’re cheaper cuts,” she says. “If they’re still lean, it’s ok.”

Although it shouldn’t be a mainstay of the average Australian’s diet, the Heart Foundation of Australia still maintains red meat is acceptable to eat a few times a week. By removing visible fat from meat before consumption, and sensibly choosing how we cook it (steaming, baking, grilling and stir-frying is good, whereas deep frying and, unfortunately, barbequing are bad) we can make healthier choices for our future. ○



## HOW LOUD IS TOO LOUD?

**HEARING AWARENESS WEEK 2014** begins August 24th and aims to raise community awareness of hearing impairment and ways to protect your hearing.

Noisy occupations used to be the most common cause of hearing problems, but nowadays it’s also recreational loud noise. That’s why hearing loss is increasingly affecting younger people.

Another major cause of hearing loss is the natural ageing process, with over half the population aged between 60 and 70 suffering from hearing loss to some degree.

#### Symptoms of hearing loss include:

1. Muffled sounds or speech.
2. Difficulty understanding speech, especially in

noisy situations.

3. Avoiding social situations in which it may be difficult to hear others.
4. Frequently asking others to repeat themselves or to speak slower.
5. Needing to turn up the volume on the television or stereo in order to hear it.
6. Avoiding conversations.
7. Missing callers at the door and on the phone.

All of these things can be frustrating and make life difficult for others as well. People don’t have to go through life only being able to hear muffled sounds and slowly becoming disconnected from the things they love.

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amplifies sound for conversations, meetings, music and the television, as well as volume control telephones and mobile phone accessories to assist with communication. They have the latest devices that vibrate and flash to alert individuals to the door, telephone, alarm clock or fire, making life not only simple but safe. Printacall also has a user friendly website where you can do all your research and shop with ease from the comfort of home. If you’d prefer to have a chat give them a call, one of their knowledgeable staff can offer advice.

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# STOP THE GRIND: MAKE AN APPOINTMENT WITH YOUR DENTIST ABOUT BRUXISM

Dr Ian Sweeney

**MANY PEOPLE CLENCH** or grind their teeth. Although it is not a normal activity, its prevalence within the community is relatively high. The action of excessive tooth clenching or grinding is termed "Bruxism". Bruxism may occur at night - "nocturnal Bruxism" - or during the day.

Bruxism can occur slowly over a long period of time or quite suddenly. The rate at which a patient grinds their teeth will determine the amount of damage that has occurred prior to its detection.

Patients are often not aware that they are grinding their teeth until visible signs of tooth wear start to appear. The signs of Bruxism include; sensitive teeth, sore and aching jaw muscles, jaw joints and fractured teeth.

More severe cases of Bruxism may wake partners at night, cause chronic facial pain, cause

teeth to become mobile and possibly lead to headaches and neck pain.

The causes of Bruxism are multi-factorial. Stress (both physical and emotional) may increase anxiety, resulting in tooth grinding. Crooked and mal-aligned teeth may interfere with normal jaw positioning, leading to grinding. Sleep disorders have also recently been linked to Bruxism in both adults and children.

Patients who chronically grind their teeth will wear their teeth down, often to a fraction of their original size and height. This in turn will reduce their overall face height, possibly causing jaw and neck muscle pain.

Treating Bruxism may involve many different strategies, and identification of the cause is always the primary goal. Treatment of the effects of Bruxism will vary from

preventive measures such as wearing an occlusal splint or night guard to prevent further damage, to the restoration of worn tooth surfaces in order to restore the original form and function of the teeth that have been lost due to tooth wear.

Dentists may perform many tests in the treatment of Bruxism. These may vary from taking plaster models of your teeth to examine the amount of wear and position of the wear facets on adjacent teeth. Conventional x-rays, CT scans or MRI scans are also to be requested to investigate chronic pain.

Should you suspect you are grinding your teeth or notice worn teeth, chipped teeth, sensitive teeth, jaw and neck pain or have a recurrent sleep disorder, it is advisable to discuss such issues with your dentist immediately. ○

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## HEALTH FEARS AS ANTI-INFLAMMATORY MEDICATION USE RISES

Tess Gibney

A **GROWING NUMBER** of older Australians are misusing non-steroidal anti-inflammatory drugs (NSAIDs), according to recent study by the University of Sydney.

Including popular over the counter and prescription medicines such as celecoxib (Celebrex), ibuprofen (Nurofen) and diclofenac (Volaren), NSAIDs are most commonly administered to reduce pain associated with rheumatoid arthritis and other musculoskeletal disorders.

Among the most popular medicines available, the University of Sydney study tracked NSAIDs use among 1700 men aged 70 and over. The resulting report found the majority of patients were prescribed these drugs for an average of five years.

With risk factors including more severe

heart failure, elevated blood pressure, stroke, and adverse gastrointestinal effects (including ulceration and bleeding), NSAIDs should be specifically used on an as-needed basis as opposed to a regular, everyday basis.


In a statement released by NPS Medicinewise, clinical adviser Dr Andrew Boyden said: "It's worrying to think people might be taking [NSAIDs] for longer than the guidelines recommend. Consumers should be aware – and health professionals should be reminded – that generally NSAIDs should be used at the lowest possible dose for the shortest possible duration."

Similarly, research from the University of Wollongong found that people were taking NSAIDs without thinking about the potentiality of harm. Of the 263 people surveyed, 22 per cent of respondents believed over the

counter NSAIDs, like Nurofen, "cause no possible side effects".

Lead author of the University of Sydney study, Dr Danijela Gnjidic, said doctors were failing to responsibly adhere to established guidelines.

"Prescribing doctors are not adhering to the specific guidelines for the safe use of NSAIDs in older people ... the difference between the guideline recommendations for prescribing NSAIDs and what is happening in the real world is alarming, and should be explored further. This study shines a light on a topic where little research has been done," Gnjidic said.

"Our study has highlighted the need for health practitioners and consumers to work together to determine the most effective strategies for ensuring safe and appropriate prescribing of NSAIDs for older people." 

## HOW TO CHOOSE THE RIGHT RISE RECLINER

**WINTER IS HERE** and as a result we tend to spend more time indoors. Finding a cosy place to sit down and relax is very important during this season and that brings chairs into focus. We all know about chairs; you might even have one or two favourites. All chairs give you some support, but think about the following questions.

- Do you need extra support?
- Do you sit in the same chair for long periods?
- Do you find it difficult to sit down or get up?

If it is difficult to sit down and stand up, you may need someone to help you all day (or you may end up in the same chair all day). Or if you can't get comfortable, you may end up staying in bed. Some people even find they can no longer stay in their own home, but getting the right chair can help keep you independent. If you find it hard to sit down or stand up, here are a few things you can do to help.

- Practise your technique – consult your Occupational Therapist or your Physio for tips.
- Sit higher.
- Use a Rise Recliner.

A Rise Recliner or Lift Chair, as it is called these days, are good in two ways:

- The rising action helps you sit down and

stand up.

- The reclining action can make you more comfortable, especially if you are sitting down for a lot of the day. This can also help with some medical problems. Check with your medical professional what is good for you.
- There are a lot of factors to consider before buying a rise recliner. Here are a few:
- How many motors? This is very important to serve your needs for long term.
  - Fabric, leather or vinyl?
  - What size? Don't get lost in a too huge a chair or get tied to a too small one.
  - The carrying capacity of the chair?
  - Does it have a battery back-up in case of an emergency?
  - Does it have a head rest?
  - Do you need a side pocket?
  - How easy are the controls?
  - On which side is the control?

It is important to sit on one and try before you buy, and don't forget to ask about the warranty. Comfort Discovered has a variety of Lift Chairs and Rise Recliners in stock. They will have one in stock that suits your taste, size, functions, space available at home and your budget.



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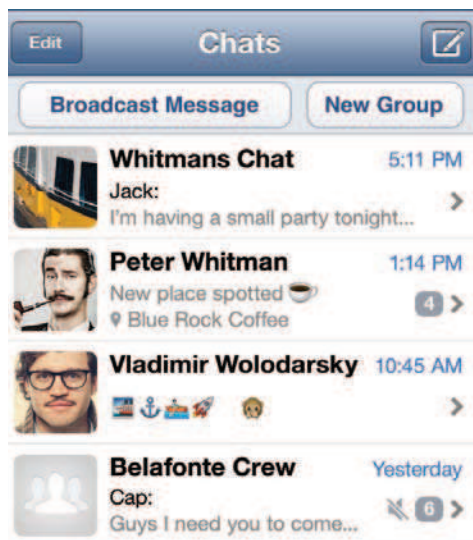
# Mobile messaging apps offer instant communication

Connect with family and friends and save on SMS charges with a mobile messaging app

Rodney Gedda

**MOBILE MESSAGING APPS** offer a quick and easy way to keep in touch with people regardless of their location. In this month's technology section, we take a look at five popular mobile messaging apps allowing you to choose which one best suits your device and network of connections. The appeal of so-called "over the top", or OTT apps is immediate – by using the data network you don't have to pay SMS charges – but messaging apps also offer surprising new ways to communicate.

## 1. WhatsApp



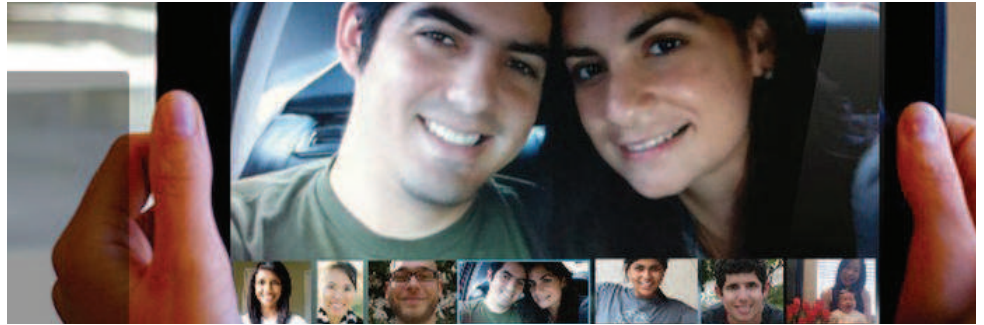
WhatsApp is one of the most popular mobile messaging apps and now claims more than 500 million regular users all around the world. WhatsApp Messenger is available for iPhone, BlackBerry, Windows Phone, Android and Nokia.

WhatsApp does text and voice messaging and group chats and location sharing are also available. Earlier this year WhatsApp made big news when it was acquired by Facebook for a whopping \$US19 billion. It's worth noting that WhatsApp's owner, Facebook, also has its own mobile messaging app simply called Facebook Messenger.

**Cost:** Free for first year then \$US0.99/year

**URL:** [www.whatsapp.com](http://www.whatsapp.com)

**Platforms:** Android, iOS, BlackBerry, Windows Phone, Nokia



## 2. Google Hangouts

Google Hangouts was born out of the search giant's ambition to unite its messaging efforts around its Android mobile platform and Google+ social network. Google previously used the "Google Talk", or "Gtalk", to refer to its messaging service, but this has been dropped in favour of Hangouts. Hangouts offers text and video communication and group conversations are supported. Google Hangouts is available for Android and iOS-based mobile devices, but it remains most popular among Google Android devotees.

**Cost:** Free

**URL:** [www.google.com/hangouts/](http://www.google.com/hangouts/)

**Platforms:** Android, iOS

## 3. Kik



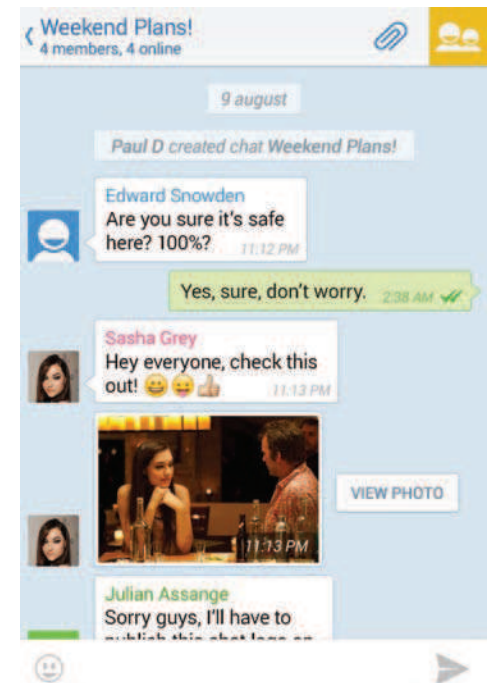
Kik is an independent, cross-platform messaging app that's popular with younger people as you don't need a mobile phone number to use the service. Kik users can text message and exchange videos, drawings and "stickers". Group conversations is available and "Cards" containing different types of content can be developed to attract user engagement. This year Kik claimed to be the first messenger app to integrate a Web browser. It also recently passed the 150 million user mark.

**Cost:** Free

**URL:** [www.kik.com](http://www.kik.com)

**Platforms:** Android, iOS and Windows Phone

## 4. Telegram



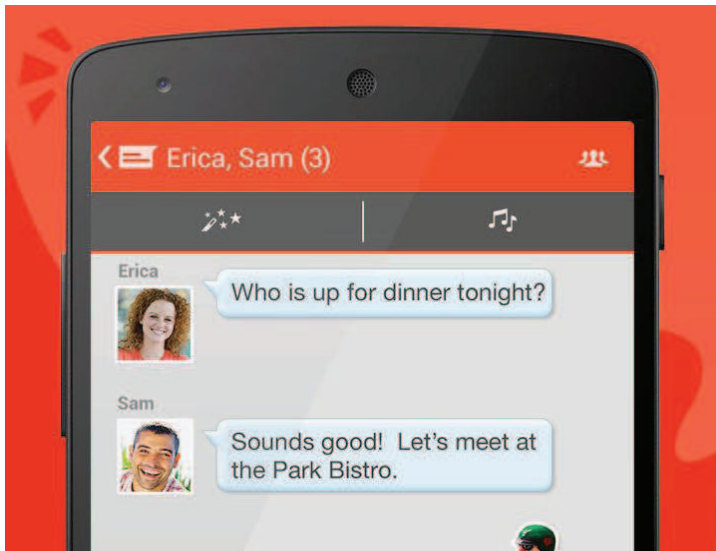
A more recent entrant into the mobile messaging space is Telegram which was born out of desire for a more secure, transparent communications service. Telegram supports text messaging with up to 200 participants and any type of file can be transferred over the network. The app developers are big on open source and many third-party clients have appeared that connect to the Telegram cloud service. Messages are encrypted and can self-destruct for even greater privacy.

**Cost:** Free

**URL:** [www.telegram.org](http://www.telegram.org)

**Platforms:** Android, iOS, Windows Phone (unofficial)

## 5. Tango



Tango is a mobile messaging app that aims to bring together a social network and content channels for news and entertainment. Tango users can also play games among their contacts. These features make tango more of an overall mobile social network than a standalone messaging app. Group chat and voice and video communication are also features.

**Cost:** Free

**URL:** [www.tango.me](http://www.tango.me)

**Platforms:** Android, iOS, BlackBerry, Amazon Kindle

### What to look out for with mobile messaging

**Compatibility:** The most obvious catch with mobile messaging apps is your contacts need to have the app installed on their device to be able to communicate. Standard SMS, however, is pervasive across any type of device. That said, messaging apps can be more reliable than SMS, particularly for international communication.

**Data charges:** Messaging apps that don't use the telco's SMS network rely on the phone's mobile data connection so it's important to keep an eye on any excess data charges, particularly when sending photos and videos. They will also work over Wi-Fi if available.

**Security:** A messaging app will require another account on your device so make sure you keep a record of the username and password in case you lose your smartphone. Other security tips include message encryption and the ability to not keep message logs on the device or the provider's servers.

**Offers:** While most messaging apps are "free" the providers will progressively look to monetise their large and fast-growing user-bases. This may involve advertising in conversation streams, accepting donations or marketplaces where users can purchase or trade products and services.



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## ONE MORE TRAP TAKEN FROM SUPERANNUATION

Peter Vickers

**GOVERNMENTS MAKE RULES** and if a rule is not sensible then it takes about 10 years to repeal and replace the legislation. This happened with excess non-concessional contributions, which until now have been taxed at up to a whopping 93 per cent!

This is clearly a penalty way beyond the crime – and a so called crime which is often accidental or out of one's control. In the 2014 Federal Budget, the government announced that if excess contributions are made to a super fund they can be withdrawn without penalty. The earnings from those excess contributions can also be withdrawn but they are then subject to the individual's marginal rate of tax. If excess contributions are not withdrawn they will continue to incur the excess contributions tax.

Non-concessional contributions may also be referred to as 'after-tax contributions'.

The non-concessional cap has been increased by \$30,000 for the first time since 2007-08, to \$180,000 for the 2014-15 financial year. If you are under 65 you are able to contribute up to \$540,000 in after-tax contributions by using the "bring-forward" rule. It was in this area that taxpayers fell into the excess trap. You are advised to speak to your accountant or financial planner before implementing this rule.

The concessional cap has also increased for the 2014-15 year to \$35,000 if you are over 49 as at 30 June 2014, and \$30,000 for all others.

However, if you are over 65, you need to meet the work test of 40 hours in any 30 day period for both contributions. Accountants and financial

planners are also able to design pensions and contributions to maximise cash flow and the tax benefits available.

Jeremy Cooper, chair of the Super System Review, otherwise known as the Cooper Review, recently commented that the only function of superannuation funds is for tax minimization purposes.

You don't need a super fund to save, invest and live off your retirement savings and your accountant or financial planner will be able to provide you with other strategies to plan and save for your retirement. ○

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

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Light Lunch at 12.30pm: seminar 1:00pm – 2:00pm

**Presented by Peter Vickers**

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# PETER VICKERS

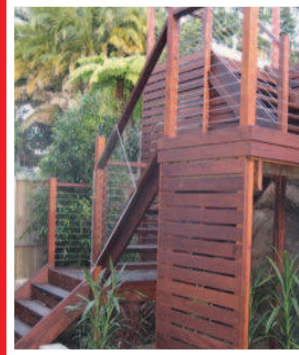
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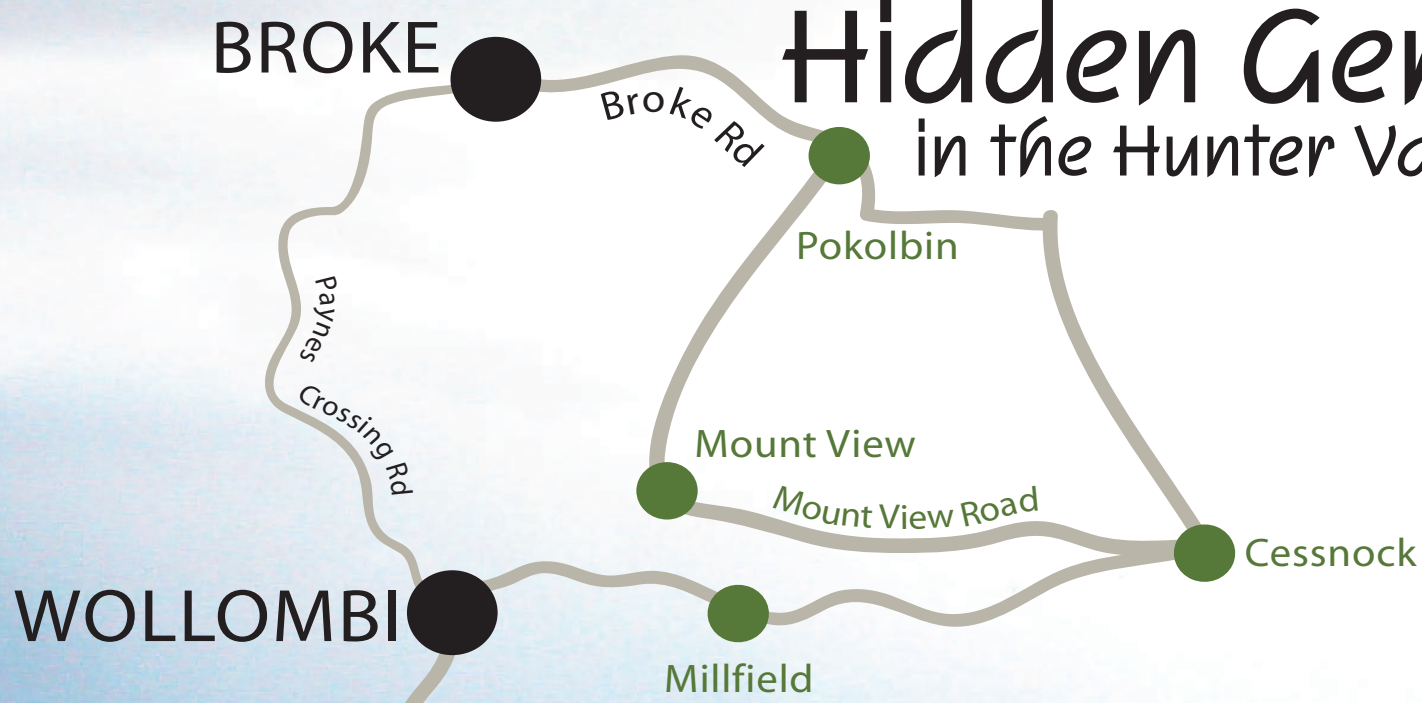
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# Hidden Gems in the Hunter Valley



## PLACES TO VISIT

| Wollombi                     |                                   |              |
|------------------------------|-----------------------------------|--------------|
| Stonehurst Cedar Creek Wines | 25 Charlton St, Wollombi          | 4998 1576    |
| Noyce Brothers Wines         | 2884 Wollombi Rd, Wollombi        | 4998 3483    |
| Wollombi Village Wines       | 2971 Paynes Crossing Rd, Wollombi | 0419 997 434 |
| Panino Restaurant            | 2884 Wollombi Rd, Wollombi        | 4998 3483    |
| Mystwood Retreats            | 117 Milsons Arm Rd, Wollombi      | 4998 3234    |
| The Convict Trail            | Great North Road, Wollombi        |              |
| Ngurra Bu                    | 2579 Paynes Crossing Rd, Wollombi | 4998 3488    |
| Broke                        |                                   |              |
| Ascella Pure Wines           | 203 Thompsons Rd, Milbrodale      | 6574 5275    |
| Catherine Vale Winery        | 656 Milbrodale Road, Fordwich     | 6579 1334    |
| Riverflats Estate            | 530 Wollombi Rd, Broke            | 6579 1063    |
| Margan Wines                 | 1238 Milbrodale Rd, Broke         | 6579 1372    |
| Balame Cave                  | Welsch Road, Milbrodale           |              |
| Pemberley Grange             | 130 Hill Street, Broke            | 6579 1046    |

**Broke/Wollombi  
Special!**





# The wonders of Wollombi

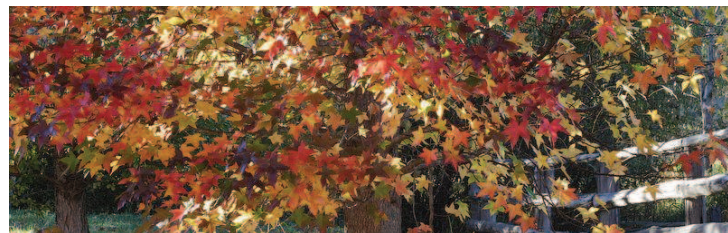
**THE NAME "WOLLOMBI"** is derived from the Aboriginal meaning "meeting place of the waters". Prior to European settlement Wollombi held great significance for local Aboriginal tribes who used the area as a ceremonial meeting place. Mt Yengo in particular was a major focus of Aboriginal culture, being directly connected to the dream time story of the creation of the earth. The local Ngurra Bu people can take you on guided tours showing you some spectacular ancient rock carvings and cave paintings in the area.

While driving into Wollombi, you will see areas of an old road preserved. If you stop and look, you will be seeing remains of the original line of the Great North Road. This 240km convict built masterpiece was constructed between 1826 and 1836 connecting Sydney and Newcastle. It was — and remains — an extraordinary feat of engineering as it traverses sandstone gorges, razorback ridges and towering passes.

The village of Wollombi was originally established as the administrative centre for the district, built where the Great North Road split: with one branch going north and the other east. Walking around Wollombi today, it is easy to envision the village as it was in the 1800s — bustling and filled with character. Having retained much of this natural character through the preservation of its architectural heritage, Wollombi is now home to a lively array of cafes, wineries and guesthouses.

**Special Local Events:**

- The Wollombi Small Farms Fair**  
**When:** 1st & 2nd of November  
**Where:** Throughout Wollombi district  
**Contact:** 0416 245 655
- Sculpture In The Vineyards 2014**  
**When:** 25 October to 23 November 2014  
**Where:** Wollombi Valley  
**Contact:** [sinthev@gmail.com](mailto:sinthev@gmail.com)



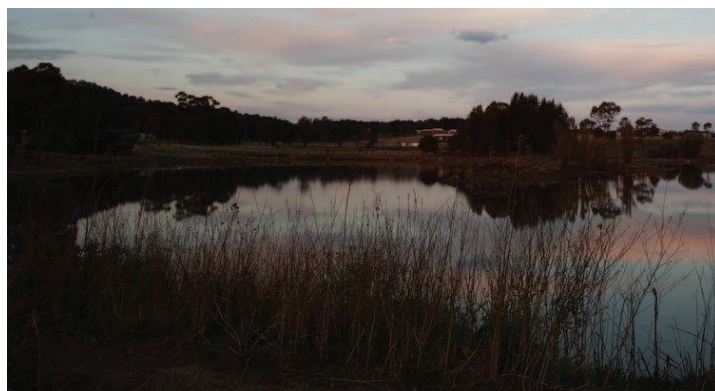
# Getting to know Broke

Situated in the Hunter Region of New South Wales, the area of Broke is best known for its boutique wine production. Framed by the striking Brokenback Mountain Range and the Yellow Rock, the Broke-Fordwhich stretch of the Wollombi Brook provides a tranquil setting for city-goers and country folk alike to appreciate the region's undeniable natural beauty.

12 kilometres north-west of Broke in Milbrodale is an ancient Aboriginal site containing a myriad of rock shelters decorated with carvings and paintings. First inhabited by the indigenous Wanaruah tribe, the site is testimony to the area's rich cultural and environmental history. The ancient paintings are thought to depict 'Baiaame', the Sky Father who created the world through his dreaming, and can be viewed by travelling down a private road. A small payment is essential.

**Special Local Events:**

- Broke Village Fair**  
**When:** 14th September 2014  
**Where:** McNamara Park, Broke  
**Cost:** Entry is by gold coin donation
- A Little Bit of Italy in Broke**  
**When:** 11th & 12th April 2015  
**Where:** Main street in the village of Broke  
**Contact:** 02 6579 1259



## HIDDEN GEMS IN THE HUNTER VALLEY

# Welcome to Wollombi

### STONEHURST CEDAR CREEK WINES

Stonehurst Cedar Creek is a lodestone on the wine trail in an enviable vineyard setting – the inviting cellar door together with cottage accommodation make it the perfect base to stay and explore. Stonehurst Cedar Creek wines are highly regarded for their authentic Hunter provenance, made from the property's own organically-grown and hand-picked fruit. Some favourites to try and buy at the atmospheric cellar door include the 2010 Shiraz, a Hunter classic with an elegantly long finish and the distinctive 2006 Chambourcin. Love seafood? The vibrant 2011 Semillon is a perfect match while the richly flavoured 2011 Reserve Chardonnay is also delicious with excellent cellaring potential.

### WOLLOMBI VILLAGE WINES

Wollombi Village Vineyard is a gorgeous vineyard with a strong Italian presence. Created by husband and wife team Alan and Maria Roe, Wollombi Village Vineyard was purchased in 1988 with a vision of 'creating interest' for the many tourists that pass through the historic Wollombi Village. As Maria is Italian, Wollombi Village Vineyard specialises in fine Italian liqueurs; including the sell-out 'limoncielo di Wollombi' (Italian lemon liqueur) & 'limoncielo alla crema di Wollombi' (Italian lemon cream liqueur). If you're in the mood for something Mediterranean, be sure to drop by.

### NOYCE BROTHERS WINES

Wollombi beholds many gems, including a quaint cellar door in a beautifully restored 1850s hotel. Equipped with a lovely cafe and ample accommodation, the restored hotel's primary attraction is unquestionably Michael Noyce's 'Noyce Brothers Wines'. Once you've tasted the refreshing sparkling, take yourself out the back to marvel at Michael's amazingly manicured garden. Our favourite of the 'Noyce Brothers Wines' was the Directors Prize Shiraz; a smooth red which is aged for 20 months in French Oak barrels and has a rich, full bodied taste.

### PANINO RESTAURANT

Panino Restaurant is located in the Gray's Inn building, shared by 'Noyce Brothers Wines' cellar door. Offering delicious Italian style food in the heart of the village, you can pair your meal with a neighbouring drop from Noyce Brothers. If you're after something lighter, take a break in Panino's Gourmet Deli-Cafe. Home to the 'best coffee in the district', their menu includes luscious fresh cakes, an array of pastries and biscuits, freshly baked organic sourdough breads, gourmet sausages and, among other things, delicious home-made soup.



STONEHURST

cedar creek

**Address:**  
1840 Wollombi Road Cedar Creek NSW 2325

**Phone:**  
02 4998 1576

**Website:**  
[www.cedarcreekcottages.com.au](http://www.cedarcreekcottages.com.au)



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**Phone:**  
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**Website:**  
[www.wollombivillagevineyard.com.au](http://www.wollombivillagevineyard.com.au)



NOYCE  
BROTHERS  
WINE

**Address:**  
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**Phone:**  
02 4998 3483

**Website:**  
[www.noycebros.com.au](http://www.noycebros.com.au)

## Panino Restaurant, Cafe & Deli

**Address:**  
2884 Wollombi Road, Wollombi NSW 2325

**Phone:**  
02 4998 3403

**Website:**  
[www.graysinnwollombi.com.au/panino-restaurant](http://www.graysinnwollombi.com.au/panino-restaurant)

# Discovering Broke

## ASCELLA PURE WINE

Ascella Pure Wine is the product of a sprawling 80 acre certified organic vineyard. With a cellar door situated in the effervescent owners' home, the wine tasting experience is deliciously personable. Following a free guided tour of the vineyard to learn about Ascella's sustainable practices, indulge in a 'complimentary Ascella Wine tasting' – complete with organic olives and cheese. Though it's hard to choose a resounding favourite, Ascella is most famed for its Semillon and Chardonnay – both of which have won the winery countless trophies and medals.

## CATHERINE VALE VINEYARD

Located in the lee of the Hunter Valley region and bordering the expansive Yengo National Park, Catherine Vale Vineyard produces wine from six different varieties of quality fruit. Set apart by its special focus on traditional Hunter Valley white wines and other Italian assortments, Catherine Vale Vineyard was named a four star winery in the newly released 2015 'Australian Wine Companion'. Stay true to the winery's ethos and try what it is most famed for: whites. The tangy Arneis (named after the owner's granddaughter who lives in Germany) is a zesty mix of green apple and basil scents.

## RIVERFLATS ESTATE

A peaceful paradise in Broke, RiverFlats Estate is a close knit family run business nestled between the yellow cliffs of the Brokenback range and the Wollombi Brook. Featuring a huge, undercover entertainment area, spending time on the Estate allows one space to marvel at the 3500 olive trees – comprised of a number of different, mainly Tuscan varieties – surrounding lakes and rolling mountains. The RiverFlats Estate product range is available at their retail outlet, Pitted & Pickled, and includes olives, olive oils (extra virgin & infused), vinegars, dukkahs and gourmet chutneys and relishes.



**Address:**  
203 Thompsons Rd, Milbrodale NSW 2330  
**Phone:**  
02 6574 5275  
**Website:**  
[ascellawine.com.au](http://ascellawine.com.au)



**Address:**  
656 Milbrodale Rd, Fordwich NSW 2330  
**Phone:**  
02 6579 1334  
**Website:**  
[www.catherinevale.com.au](http://www.catherinevale.com.au)



**Address:**  
530 Wollombi Rd, Broke NSW 2330  
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# CUT THE CARBS

## HOW TO SUBSTITUTE GRAINS FOR VEGETABLES

Tess Gibney

**CARBS ARE A** necessary component of a healthy, balanced diet. Eaten in moderation, carbohydrates are undoubtedly a rich source of starchy energy – helping to ward off the more serious cases of the mid-afternoon concentration slump. An unrivalled mainstay of the average Australian's cooking repertoire, there is no base as versatile, nor as easy, as a bowl of fluffy white rice or pasta. Many of us are quick to come home from work, chuck something on the stove to boil, whip up an easy sauce (spag bol anyone?) and tuck in.

Contrary to the barrage of clean eating patrons that advocate total abstinence from pasta and, in some cases, its somewhat 'less-evil' companion rice, I'm all for the consumption of carbs. However, if you're like me and tend to be a little on the uncreative side when it comes to thinking of after work dinner options, that twice a week pasta meal can quickly become a five-day-a-week pasta meal. It can be hard for tired minds to come up with something that is as quick, filling and satisfying as pasta or rice with sauce. Though there's no harm in an innocent bowl of fettuccine or butter chicken, it is worth remembering that complex carbohydrates such as pasta and rice are primarily demonised due to a general misunderstanding of what constitutes an appropriate serving size. If you're going to have pasta for dinner, dietitians recommend exceeding no more than one cup.

If you're looking to switch up your pasta and rice easy-meal menu, an excellent way to get in an extra serving of vegetables is by serving them as a base to your favourite sauces. Vegetables like zucchini, squash and even kale are well-suited for this, and taste fantastic paired with traditional toppings such as bolognese and puttanesca. As many of us continue to cut wheat from our diets in response to coeliac diagnoses and gluten intolerance, substitution of vegetables for pasta means you can (almost) avoid missing out on your favourite meals.



### • Pete Evans' bolognese with paleo parmesan and kale

#### • Serves 4

#### • Ingredients

- 2 tbsp olive oil
- 1/2 brown onion, chopped
- 1/2 carrot, finely diced
- 1/2 celery stalk, finely diced
- 3 garlic cloves, minced
- 550g grass-fed beef mince or other red meat mince (venison, kangaroo, lamb or emu)
- 1 tsp freshly chopped oregano
- 200ml dry red wine
- 2 tbsp tomato paste
- 500g tomato passata
- 300ml chicken stock (gluten-free if required)
- 1 pinch chilli flakes (optional)
- sea salt

- freshly cracked black pepper
- 4 tbsp parsley, chopped

#### SAUTEED KALE

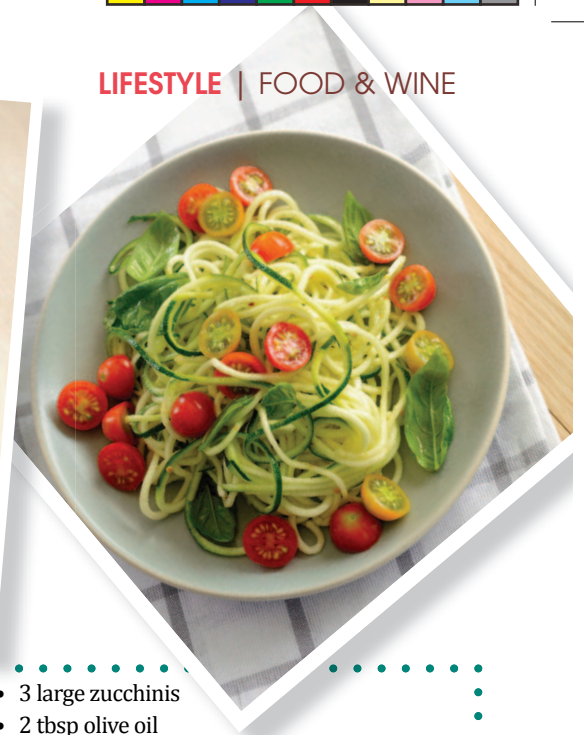
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 2 bunches kale, stalks removed, leaves torn
- 6 tbsp chicken stock (gluten-free is required)
- sea salt
- freshly ground black pepper

#### PALEO PARMESAN

- 70g macadamia nuts (activated if possible), finely chopped
- 1 tbsp parsley, chopped finely
- 1 anchovy fillet in salt, rinsed, pat dried and finely chopped
- 1 tbsp melted ghee or extra virgin olive oil
- 1/2 lemon, finely zested
- sea salt
- freshly cracked black pepper

**Method**

1. Preheat the oven to 150C.
2. To make the paleo parmesan, combine all the ingredients in a bowl and mix until well combined. Season with a pinch of sea salt. Spread the nut mixture onto a baking tray lined with baking paper and bake in the oven for five to eight minutes or until lightly golden. Allow to cool, then set aside.
3. To make the bolognese, heat the oil in a large frying pan over medium-to-high heat. Add the onions, carrots and celery, then cook for four to five minutes or until softened. Next, add the garlic and cook for a further one minute, or until fragrant and starting to brown. Add the mince and brown for five to six minutes, breaking up the meat with a wooden spoon into smaller pieces. Stir in the oregano and wine and cook until the wine is almost evaporated, about four to five minutes.
4. Add the tomato paste and cook for one minute. Add the passata, half the chicken stock, chilli flakes (if using) and season with sea salt and freshly ground pepper. Simmer on a low heat for 15 minutes and add the rest of the stock if needed. Toss the parsley through and keep the bolognese sauce warm.
5. To prepare the kale, heat a large frying pan over medium-to-high heat, add the oil and garlic to the pan and cook until fragrant, about 30 seconds. Add the kale and chicken stock and cook for three minutes, tossing occasionally until wilted. Season with salt and pepper. You can do this in batches if your pan is not big enough to contain all the kale.
6. Divide the sauteed kale onto four serving plates and top with bolognese sauce, then sprinkle with paleo parmesan.



**Zucchini 'pasta' with cherry tomatoes, garlic, capers, green olives, curly parsley and parmesan (recipe my own)**

- 3 large zucchinis
- 2 tbsp olive oil
- 2 handfuls of chopped parsley

**Serves two to three**

Zucchinis make a fantastic replacement for pasta – they're easy to spiralise and remain relatively firm when cooked. If you don't have a spiraliser yet, it's best you go and get one. Relatively inexpensive and super easy to use, spiralisers turn your run of the mill zucchini into a bundle of noodle like strands - the same consistency as standard spaghetti.

**Ingredients**

- Handful of cherry tomatoes, halved
- 2 garlic cloves, minced
- 2 anchovies
- 1 - 2 tsp capers (depending on how salty you like it)
- Half a cup green olives, halved

**Method**

1. Using a spiraliser (you can also use a mandolin) slice the zucchinis into noodle like strips.
2. Mince garlic, chop olives and cherry tomatoes in half and chop parsley (if desired).
3. Heat a large non-stick fry pan/sauce pan over medium heat. When hot add 2 tablespoons of olive oil, the anchovies, the minced garlic cloves and a sprinkle of chilli (optional). Cook for about 1 minute, or until fragrant.
4. Add green olives, cherry tomatoes and capers to oil. Toss for 1.5/2 minutes.
5. Add the zucchini noodles to the mixture and saute for around 3 minutes. Throw in chopped parsley at the end.
6. Serve with parmesan and ground black pepper.

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# WHAT'S ON AUGUST

## Beautiful Minds: Dress Sense

August 2

11-12:30pm

This fun and interactive workshop is all about you! What is your body shape, what colours suit you and how to make the best of your features.

**Where:** 8-10 Brown St, Newtown

**Contact:** 02 9265 9333



## Danny and the Deep Blue Sea

August 22 to 24

8pm (\$25-30)

On the wrong side of the tracks, in a bar at the end of the line Danny meets Roberta. Both seek refuge from their own small part of the world.

**Where:** 182 St Johns Road, Glebe

**Contacts:** [aussietheatre.com.au/events/danny-and-the-deep-blue-sea](http://aussietheatre.com.au/events/danny-and-the-deep-blue-sea)



## Gowan Brae at The King's School

August 22 to 24

7-10pm

The King's School Art Show is famous for being one of the most prestigious and selective shows of its kind in Australia. The Art Show features The King's School \$15,000 acquisitive Art Prize which is very highly regarded in the art community.

**Where:** 87-129 Pennant Hills Road, North Parramatta, NSW

**Contact:** 02 9683 8530



## Listen Out 2014

September 27

11am

Australia's boutique national dance music event, Listen Out is back in 2014. Fuzzy is excited to announce that with the amazing success of last year's debut, Listen Out returns for a second year with a lot more punch.

**Where:** Centennial Parklands, Corner Parkes Drive and Grand Drive, Randwick, Sydney

**Contact:** [listen-out.com.au](http://listen-out.com.au)



## A Street Car Named Desire

August 5 to 9

7:30pm (\$10)

The original play by Williams told us a story of how two people with wildly different perspectives can destroy the peace around them when they are forced to acquaint. In the original, this is the destruction of Blanche DuBois, a delicate flower of fragile mental capacity.

**Where:** 1/460 New South Head Rd, Double Bay

**Contact:** [nutsastreetcarnameddesire.com](http://nutsastreetcarnameddesire.com)



## Life Drawing at Painters' Gallery

Every Thursday evening

6:30-8:30pm (\$15)

Painters' Gallery holds a casual and intimate life drawing session for everyone from beginners to professional artists. BYO Materials - pencils, sketchbooks, paper etc BYO food & drink. Some drinks can be provided for a small donation. No photography or filming permitted.

**Where:** 44 Market Lane, Manly, NSW

**Contact:** [info@paintersgallery.com.au](mailto:info@paintersgallery.com.au)



# WHAT'S ON FATHER'S DAY

This father's day make it your mission to let your dad know how much you love and appreciate spending time with him, because who else has the ability to make you roll your eyes and laugh at once? Below are a few ideas so that you can break the sock rut this time around.

## Brunch and a Bike ride

If you have a little more cash to splash and time to spare. Make an expedition out of it. Take a day trip to the Southern Highlands where you will find that two hat restaurant Biota. Biota offers up an array of in season local produce in innovative and taste tantalising treats. You could do brunch for \$22 a person including a meal and a juice or add in a cheeky beverage for just a little bit more. After a delicious brunch at Biota head out to one of the highlands bike trails, whether it's on road through town or off road in the bush. This is a great way to see the highlands and get the whole family active after a decadent start to the day.

**Where:** 18 Kangaloon Road, Bowral NSW 2576 (Biota Dining)

**Contact:** P: +61 (0)2 4862 2005

**For more information:** [www.southern-highlands.com.au/cycling-bowral](http://www.southern-highlands.com.au/cycling-bowral)



## Beach Barbeque

Take the opportunity to explore one of Sydney's many beaches, the perfect spot for a BBQ. The beach barbeque is an Australian tradition and what better day than father's day to take part in an Australian classic. Mona Vale beach on Sydney's Northern beaches provides the perfect location for a beach BBQ in Apex park with inbuilt BBQs, gazebos and seating where you can get comfy and watch the waves go by as the kids play in the park.

**Where:** Surf View Road, Mona Vale NSW 2103



## Dude Food for Dad

We all know the way to a man's heart is through his stomach and your dad is no different! So this September 7th make it a meal to remember. For a nice start to the day bring dad a coffee and wait for it... SOMETHING DELICIOUS. Head over to the Dude Foods Blog for some inspiration if you're feeling daring! My suggestion is the French toast pancake. Otherwise a good old BLT won't go astray.

**Blog:** [DudeFoods.com](http://DudeFoods.com)



## A Drink with Dad

Beer is an all time favourite and makes a regular appearance in stubbies on the couch and at dinner tables everywhere. For a new beer experience head down to the Lord Nelson Brewery located in Sydney's historic Rocks. Lord Nelson's is Sydney's oldest pub and brewery. Offering up an appetising and reasonable bar menu which is sure to satisfy, sip down on range of quality beers. So think a good old pub and a sublime location to toast your dad this father's day.

**Where:** 19 Kent St, The Rocks, NSW 2000

**Contact:** (+612) 9251 4044



# August Father's Day Giveaways

Win giveaways to Captain Cook Cruises, Darling Harbour IMAX and Sydney Sea Life Aquarium

**1 x family pass for 2 adults and 2 children on our Father's Day Buffet Lunch Cruise,  
2 x passes for Captain Cook coffee sightseeing cruise**

**THIS MONTH WE'RE** giving two readers the chance to win one of two fantastic passes to the premier Captain Cook Cruise service. Sydney's premier cruise operator, with over forty years of cruising experience, Captain Cook Cruises offer sightseers unrivalled travel destination experiences on Sydney Harbour and on the historical Murray River.

On Sydney Harbour, 15 scheduled sight seeing and dining cruises operate daily, including the world famous Coffee cruise, Hop On Hop Off cruise, Highlights cruise, Venture Cruise and Whale Watching Cruises, as well as special event cruises including Father's Day and Mother's Day lunch, Melbourne Cup, Vivid, Valentine's Day, Christmas Day, Boxing Day, Australia Day and of course New Year's Eve cruises. *Sydney Observer* has one family pass for 2 adults and 2 children to the Father's Day buffet lunch cruise and two passes for the classic Captain Cook coffee sightseeing cruise up for grabs.



**5 x double passes to Darling Harbour's IMAX release of D-Day 3D: Normandy 1944**

The home of the world's biggest cinema screen, IMAX Darling Harbour, is set to take audiences back in time to a historic landing that changed the world 70 years ago. Exclusive to IMAX and for the first time in Australia, the new documentary D-DAY 3D: NORMANDY 1944 will release on September 4 2014.

Presenting a new, in-depth look at a crucial moment in history, D-DAY 3D: NORMANDY 1944 retells the story of one of the most decisive battles of World War Two which took place on 6th June 1944.

D-Day was the largest Allied operation of the war and began in Normandy, France, yet few know in detail exactly why and how, during 100 days in the summer of 1944, this region became the most important location in the world.

To coincide with the release of D-DAY 3D: NORMANDY 1944, *Sydney Observer* is offering 5 lucky readers the chance to win a double pass. What's even better is that D-DAY 3D is the perfect movie to watch with dad!



## HOW TO ENTER

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

**PO Box 420, Killara NSW 2071 or email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, address, and contact number by the 20th of the month.**

**3 x family passes to Sydney Sea Life Aquarium**

Launching in spring, visitors will use their senses to explore the mysterious underwater world of Dugongs in the new Dugong Island at SEA LIFE Sydney Aquarium. The brand new experience allows guests to walk amongst an underwater shipwreck while admiring the only pair of Dugongs on display in the world! SEA LIFE Sydney Aquarium will also host fun, kid-friendly activities including a treasure hunt, daily interactive Dugong talk, an educational craft event and more. And to celebrate the opening of Dugong Island, *Sydney Observer* is giving away three family passes to SEA LIFE Sydney Aquarium!



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PUZZLE SOLUTIONS

HANDY 3944 GRID 15A (YEARBOOK)

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| S | H | A | B | B | I | E | R |   | S | P | R | A | N | G |   |
| M |   | R |   | L |   | R |   | E |   | P |   | G |   | W |   |
| E | N | D | L | E | S | S | L | Y |   | E | A | R | T | H |   |
| N |   | S |   |   | E |   | E |   | R |   | A |   | I |   |   |
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| B |   | C |   | R |   |   |   |   |   |   | N |   | S |   | E |
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| R | E | E | K | E | D |   | A | G | R | E | E | I | N | G |   |
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SUDOKU

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

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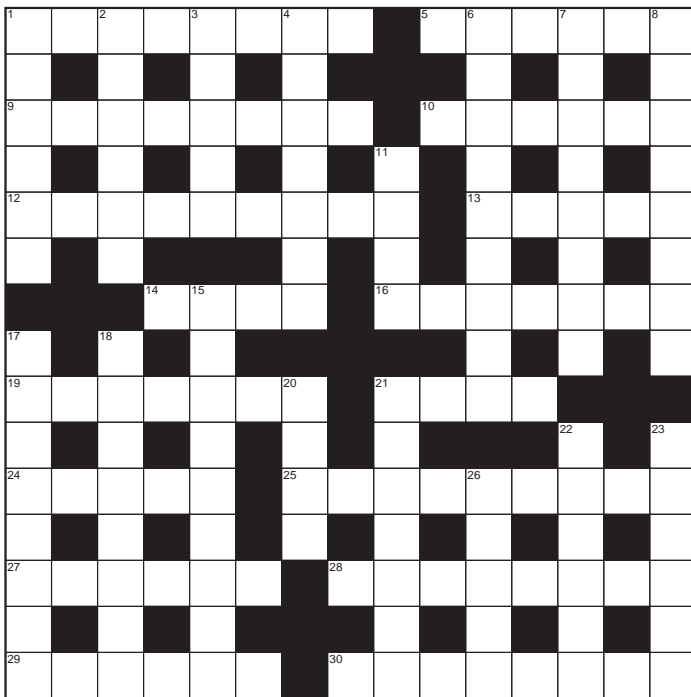
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**Crosswords**

HANDY 3944 GRID 15A (YEARBOOK)



**Across**

- 1. Annual record
- 5. Revise
- 9. Tattier
- 10. Set (trap)
- 12. Always
- 13. This planet
- 14. Fencing sword
- 16. Submissive person
- 19. Disbelief in God
- 21. Soft French cheese
- 24. Small house reptile
- 25. Convert into stage play
- 27. Stank
- 28. Reaching an understanding
- 29. Cease
- 30. Regard as perfect

## SUDOKU

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

Rating: ★ ☆ ☆ ☆

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

**Down**

- 1. Servile aides (3,3)
- 2. Oscars, Academy
- 3. Sacred book
- 4. Look after
- 6. Pizza salami
- 7. Word jumbles
- 8. Albumen (3,5)
- 11. Ogled
- 15. Detainees
- 17. Pestered
- 18. Young birds
- 20. Built
- 21. Showed off
- 22. Skimpy pool outfit
- 23. Slim (pickings)
- 26. Sports ground



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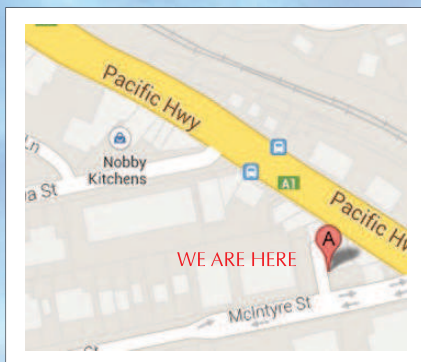
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