



Sydney Observer

OCTOBER 2014 - FREE

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IN FOCUS

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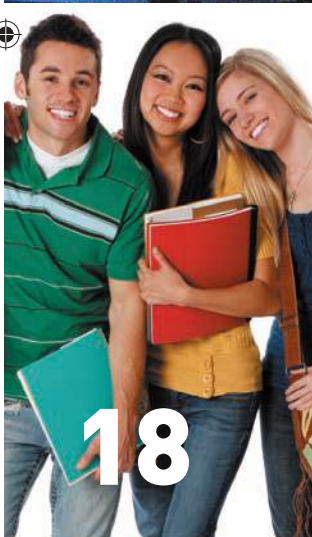
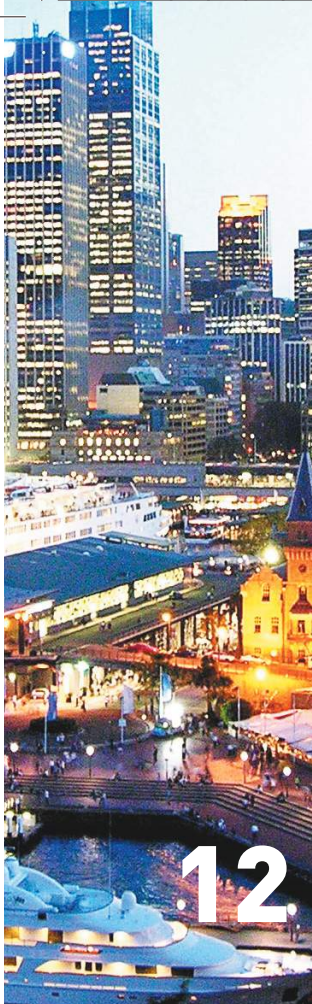




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FROM THE TEAM

From burkas, to Ebola, to asylum seekers, to Russian 'shirt fronts' - the Coalition have been at the centre of some huge controversies recently, and the *Sydney Observer* team thinks it's about time some major concerns got their fair share of air time.

Women's representation in Australian executive-level jobs - in the workforce and in parliament - is honestly embarrassing in comparison to Europe and North America. We need to ask ourselves how and why this is feasible, especially for a country whose living standards are widely regarded as the best in the world.

Annabel Crabb's new book *The Wife Drought* was released in early October, and it offers a mind-widening insight as to why corporate Australia is so male-dominant. As a full-time working parent herself, she is a model Australian for young women, and *Sydney Observer* recommends her book for the summer break.

And just what is up with medicinal marijuana in Australia? *Sydney Observer* has all the facts and figures to help you pick a side on the dope debate, and has assessed the arguments based on both sides of the spectrum.

As always, *Sydney Observer* brings you the best in food and wine, with this months issue featuring a detailed guide to contemporary dining. What's a cronut, you ask? If you don't already know, you will soon become an expert on the topic. Enjoy the issue and have a marvelous month!

The *Sydney Observer* editorial team
 editor@sydneyobserver.com

PUBLISHED BY: Kamdha Pty. Ltd.
EDITORIAL CONSULTANT: Rodney Gedda
SENIOR JOURNALISTS: Tess Gibney and Steph Nash
 (news@kamdha.com)
CONTRIBUTORS: Stella Gray, Adele Palfreeman,
 Ian Sweeney, Brooke Van Der Woude, Hannah
 Brissenden, Anthony Gleeson, Russel Bailey
DESIGNER: Jessica Liu
ADVERTISING EXECUTIVE: Kaye Willatt
 (advertising@kamdha.com)
BOOKING DEADLINE: 15th of the month
 P (02) 9884 8699 • F (02) 9884 8799
ADDRESS: PO Box 420, Killara NSW 2071



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Extra bus services for Sydney Metro

Extra weekly bus services for Sydney suburbs including the North Shore and Northern Beaches have commenced from last month. There are now an additional 10 new weekly services on the E50 route from Milsons Point to Manly, the E65 route from Wynyard to South Curl Curl, as well as 44 new services a week on the 236 route from Spit Junction to South Mosman Wharf.

NSW Transport Minister Gladys Berejiklian said: "The additional services will also benefit

those travelling to and from Sydney's north, including Balgowlah, Fairlight, Manly Vale, Freshwater, Mosman and Neutral Bay."

The 225 bus route between Cremorne Wharf and Neutral Bay Wharf will now run for extended hours on Sundays for customers connecting with ferry services.

More information is available online at www.transportnsw.info and mobile apps available from the Apple App Store and Google Play.



Threat of closure for Roseville Neighbourhood Watch



The future of Roseville Neighbourhood Watch (RNW) is uncertain after a break-off in ties with the North Shore Police Local Area Command, according to Roseville's area co-ordinator Bruce McAdam.

McAdam says RNW has not received Street

Watch reports from the police since February. He received a letter in April from an officer at North Shore LAC stating his organisation had not been following guidelines.

McAdam says he is now seeking clarification from the police on the matter.

Childcare rebate payments doled out

Childcare rebate payments have been disbursed to around 330,000 families, the Minister for Human Services Marise Payne has announced.

The quarterly payments cover the period from July to September 2014 and have been made automatically available to eligible families.

"Parents can receive Child Care Rebate

even if they aren't able to receive Child Care Benefit due to their income," Minister Payne said.

Parents may be reimbursed for up to 50 per cent of their approved out-of-pocket childcare expenses. Rebates can be claimed online, by phone or in person. Families can find out more at: humanservices.gov.au/families



Court evidence by video now permitted



Domestic violence victims are now able to give evidence in court via a pre-recorded video statement, under changes to law made by the NSW Government in October.

The prosecution will take the victims' views into account when deciding whether to use the recording in court but will also consider if the victim has been coerced or threatened.

Minister for Police and Emergency Services Stuart Ayres said: "Special provision will also be made for the perpetrator to access the video for trial and safeguards will be created to prevent the improper use of the video statement."

GOUGH WHITLAM: 1916-2014

Steph Nash

HERALDED BY MANY as one of the greatest Australian Prime Ministers, the Honourable Edward Gough Whitlam passed away on October 21 late last month.

From accessible education, to universal healthcare, the termination of military conscription, and women's and indigenous rights, Labour PM Gough Whitlam gave many Australians the right to equal opportunity during his term between December 1972 and November 1975. Many professionals in the workforce today owe their education to Whitlam's institution of free university, and we can thank the former PM for equal access to Medicare.

Whitlam spent some of his childhood years on the North Shore of Sydney, attending Knox Grammar School between 1925 and 1927. The school made this statement in response to the parliamentarian's death:

"The Knox community is saddened by the

death of Gough Whitlam, a great Knox Old Boy who made many significant contributions to our country. Our flags [were] flown at half-mast in honour of Mr Whitlam."

In 1926, Whitlam was awarded 'First Prize in First Form' for middle school, and left a year later when his parents moved to Canberra. Part-way through his degree in legal studies, Whitlam joined the Royal Australian Air Force (RAAF), and gradually earned the rank of Flight Lieutenant. He was made Companion of the Order of Australia in 1978, and received a Centenary Medal in 2001.

Many parliamentarians and academics mourned the loss of 98 y/o Gough Whitlam who had been in respite care since 2010. Whitlam's memory will always be attached to the circumstances surrounding his dismissal in 1975, but will forever be remembered for his vision of a free Australia.



Young Gough Whitlam in Primary School
Credit: Knox Grammar



Gough Whitlam: 1981
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WHY WE NEED TO 'WALK TOGETHER'

Brad Chilcott



NOT A WEEK goes by without another story of the damage we are doing to people who have come to seek protection on our shores.

At each new report – of self-harm, mental illness caused by indefinite detention, violence, child abuse, death and disease caused by our negligence - we must recognise, simply, that asylum seekers are people, just like us, with hopes and dreams of enjoying a better life.

Hopes to live in a nation of safety and opportunity; dreams of living free from violence and injustice; regarding Australia, they imagined a land where they could belong, contribute and plan for this future with confidence and certainty.

We see in their hopes and dreams a reflection of our own.

At the same time, as we are intentionally destroying people for the sake of our philosophy of “deterrence”, we also see a new push for Temporary Protection Visas to be implemented for the nearly 30,000 people now in onshore

detention or on Bridging Visas around Australia.

We mourn for a nation that would willingly rob tens of thousands of people of the right to be reunited with their families.

A nation that would not offer the certainty, protection and opportunity to contribute that comes with citizenship, but instead would hold people in a state of perpetual insecurity.

We see in our nation a remarkable ability to deny the humanity of others, to not treat people the way we would like to be treated.

We see that division and prejudice are useful tools for gaining political support, and that not only asylum seekers, but also the health of Australian communities and our hard-won social harmony, are expendable in the pursuit of popularity and power.

We must learn to Walk Together. For the sake of asylum seekers, their children and our shared future. For the sake of migrants taking a different journey but sharing the same dreams.

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We know that fear and division don't help build better communities - and we believe that friendship, inclusion and compassion are the foundations of a better future for all people.

We're common people, with common dreams. It's time to Walk Together. ○

Brad Chilcott is the National Director of the Welcome to Australia organisation. For more information on the Walk Together initiative, please see walktogether.welcometoaustralia.org.au



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Council amalgamation back in focus

Tess Gibney

THE PROSPECT OF council amalgamation is once again in focus for local municipalities, following a push towards consolidation by the NSW government.

Prompted by the recommendations of a three-year consultative independent review of local government, the push is backed by a \$1 billion 'Fit for the Future' state government support package.

Described by Premier Mike Baird as the "most significant investment the State has ever made in the local government sector", the package incentivises councils to merge – allocating \$258 million to those that decide to do so.

Long a politically contentious, vexatious issue, the amalgamation of councils is designed to alleviate financial pressure on local governments. According to TCorp, the State's central financing authority, over two-thirds of NSW

councils are in a deteriorating financial state, running a combined deficit in excess of \$400 million.

Premier Baird says there is potential for the government to revisit their long-held 'no forced merger' policy – also an election promise – before the June 2015 elections. "The simple position is this – councils losing a \$1 million a day is unacceptable, it can't go on, there needs to be change – and we need our councils to be in a position where they are financially secure in the future," he said.

In January, the Independent Local Government Review Panel released its final report, *Revitalising Local Government*, and recommended Sydney councils be reduced from 41 to between 15 and 18. The panel encouraged councils along the upper and lower North Shore merge into two "super councils",

amalgamating Ku-ring-gai and Hornsby councils into one and North Sydney, Willoughby, Hunters Hill, Lane Cove and Mosman councils into another.

Though previous panel recommendations on mergers have been rejected by several North Shore mayors, councils are now taking the divisive issue seriously following the government's recent announcement.

A public meeting was held at Lane Cove Council Chambers on October 8 to gauge both community and council views on merging. The meeting found that considering "the size of the Lane Cove Local Government Area and that Council has no debt, Council believes that it is 'Fit for the Future' and therefore does not need to amalgamate with any other Council(s)."

Willoughby Mayor, Gail Giles-Gidney, said Willoughby Council was considering

amalgamation “very seriously” and that the impact on local communities needed to be “assessed as part of the review process”.

“Amalgamations may provide the framework for councils to operate in a more efficient manner, though we need to ensure the strong local representation and understanding of local issues offered by the current model is not lost,” she said.

Willoughby councillor Angelo Rozos, however, has spoken out independently in favour of amalgamation as means of reducing costs for ratepayers.

Rozos says some of the biggest issues facing North Shore councils include the “shortfall of revenue and the backlog of infrastructure”, and that merging could cut back on council responses to this shortfall in revenue – such as the selling off of public land and the creation of big buildings.

“There seems to be a bit of a resistance regarding amalgamation, but we need to have that serious debate on the North Shore. I am all for retaining local and independent council representation, but we need to get the balance right with financial responsibility for the long term.”

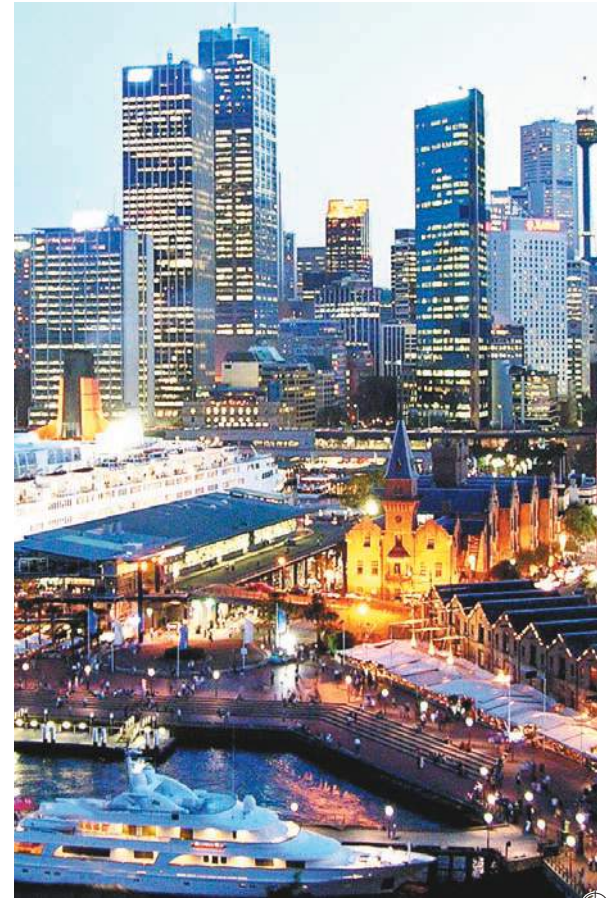
NSW councils will have to prove they are ‘Fit for the Future’ by providing details of their

response to community issues, based on a template set to be released next month. The government is defining a council as ‘Fit for the Future’ if they can: “save money on bureaucracy and administration in order to free up money for frontline services and community facilities; can contribute to projects and tackle issues that impact on its residents and extend beyond the council boundary; and has credibility and influence across councils, across government and within industry.”

Ku-ring-gai Council’s position on amalgamation has remained unchanged since 2013. Mayor Jennifer Anderson said that the disadvantages for Ku-ring-gai residents “far outweighed any perceived advantages”, and that the Council had already shown its ability to work beyond its boundaries through its membership in the Northern Sydney Regional Organisation of Councils.

“Regional cooperation is our preferred model for council reform,” she said.

“In terms of our residents, a forced merger would mean reduced representation, higher rates and a loss of identity. We believe there would be massive disruption to services and unknown outcomes for our town planning and heritage controls.”



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PARLIAMENT HOUSE: A TOUGH GIG FOR WORKING MUMS

Steph Nash



IF THE LIFE of Liberal MP, Sussan Ley, were a job advertised on Seek, the list of requirements for the position would scare many.

She and her husband, John, spent 15 years as livestock and dairy farmers in North Eastern Victoria before going their separate ways. After the birth of her first child, Ley decided to seek part-time study in economics. Ten years later, Ley had three degrees and three children – a feat in itself for a woman from the country.

In 2001, she made the bold switch to politics, waving good-bye to the farm and hello to parliamentary life.

Ley assures that she tried very hard to be around for her kids, but admits that parliamentary working conditions made that very difficult – especially as a single parent.

“At home I tried to keep things as normal as possible. If I could, I’d take the children to school, get up early to make lunches, and try to be on hand to help with homework ... But in reality, I think the children would remember that I was away more than I was actually there,” she says.

Ley is in the minority of female parliamentarians who were with young children at the time they entered politics. She is also one of the few women in the current federal ministry.

Keeping in mind that the number of women in Australian executive roles is frighteningly low, one is compelled to question whether these two facts are related.

Are the demands of motherhood keeping women away from politics?

The government is currently pushing

for flexible working conditions in the private sector, which aims to provide parents and carers with better job security. The Workplace Gender Equality Agency (WGEA), a government-owned authority, lists ‘flexible working arrangements’ as one of the key indicators for gender equality.

But ‘monkey see’ may not necessarily mean ‘monkey do’.

Whilst there is a childcare centre at Parliament House, Labor Senator, Claire Moore, says that this is not always ideal for parliamentary employees. She stresses that the life of any employee in an executive position comes with huge responsibilities, and that families should discuss their options before one or both take up a career as demanding as politics.

“I think on the element of caring and family responsibilities, this job is not one that is particularly good for that,” she says.

“If you want to be in this job, it has to be a family decision. Your family needs to be involved in this decision because it has a couple of specific elements. One is the time away from home. The other is the seven-days per week nature of the job. You don’t only work when you’re in Canberra. If you’re going to be a successful parliamentarian, you need to be out in your electorate. So you don’t have clearly defined on and off hours.”

Former Liberal senator, Sue Boyce, argues that parental leave could place women at a career disadvantage. Whilst the career status of a parliamentarian is particularly hard to maintain, completing enough work to qualify for

an executive position is even harder.

“One of the issues that certainly comes up is that some of the younger guys in the party deliberately position themselves from perhaps their mid-20s as to how they are going to become a politician maybe 10-12 years down the track.” Boyce says.

“I don’t see that same sort of positioning going on from women. I’ve seen a couple of women who were keen to do it that way, but they were seen as overly ambitious or pushy.”

These days, it is not uncommon for women to work full- or part-time. But it seems that the expectation of the mother to be the primary carer of her children is yet to escape the Australian psyche.

Executive chair of Women on Boards, Ruth Medd, complains that there are not enough workplaces in Australia that challenge this gender pre-conception. She says that although policies exist to facilitate employees with young children, these policies don’t do enough to target men as well as women.

“It is clearly hard for women to succeed in corporate Australia, in the public sector, or in academia, and one of the clear reasons for that is that the systems of assessment set up are still on the basis of working full-time for 35 years.” Medd says.

“People say, ‘Mary isn’t committed to her job because she has to leave on Fridays at three to pick up Sally-Anne and James’, whereas we all know that the dads go off to the school sports day and no-one blinks an eye-lid, generally speaking.

And fathers have children too – is that a problem for their working career? No, not at all. But it's a problem in some circumstances for women's working careers."

The solution?

Re-evaluate the way parliament operates, and make the conditions suitable for working parents.

Deputy Leader of the Opposition, Tanya Plibersek, has three children under the age of 15. Her youngest son, Louis, is only five years old.

When Louis was a baby, Plibersek worked almost part-time, working some days on, some days off. Most days, she took Louis to work with her.

When she was needed for question time, she had her mother to turn to for support, who would sit patiently in Plibersek's private office and nurse the baby.

That was a busy time for Tanya Plibersek, but now that all three of her children are in school, she says it's a bit easier. Although her children are first and foremost her top priority, she says she is too passionate about politics to ever consider leaving, and is willing to face the challenge of balancing parliamentary leadership with parenthood.

"I have never considered for a moment

making a choice between having a career and having a family. Both are really important to me. It's sometimes difficult to balance the two, but I couldn't give up either." Plibersek says.

"My husband and I accept all the help we can get from our mothers, other family and friends. I also cook in large batches and freeze left-overs."

As of 2013, Sussan Ley was appointed Assistant Minister for Education, with her portfolio covering childcare and early childhood education. She says that her laboring experience as a politician and a parent has made her well aware of the issues facing full-time working parents. With this in mind, she hopes to make childcare more available to Australian parents, so that less have to face the same struggle that she did.

"If you are the main income earner and you have a supportive partner who can assist at home that's fantastic. If not, you need supportive family, and paid support in the form of childcare," she says.

"I meet a lot of women who spend a large proportion of their after-tax dollars on their au pair, nanny, out of school care or vacation care... It points to a bit of a crisis when it comes to the participation of these women in the workforce today." ○



Sussan Ley at a childcare centre on the Central Coast

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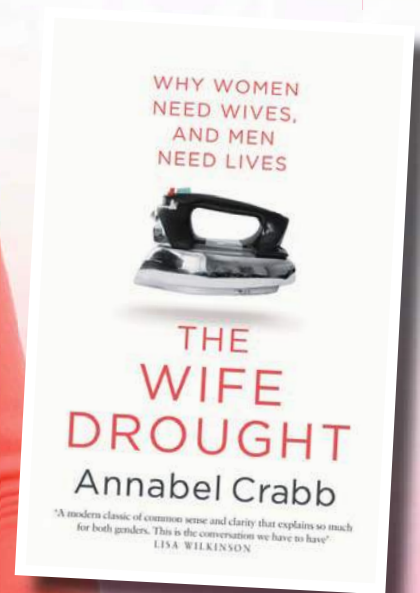
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Annabel Crabb's balancing act

ABC's chief online political reporter, Annabel Crabb, performs a juggling act with many balls in the air. Who is at the centre of her political circus?
Working fathers

Steph Nash



TRYING TO BALANCE career success with family commitments is a juggling act that many working mothers know all too well. Political reporter Annabel Crabb is no stranger to this challenge. Now, another ball has been thrown her way with an Australian tour to launch her new book, *The Wife Drought*. The new season of her television series, *Kitchen Cabinet*, is also mid-production. Exhausted, she has spent little time at home with her husband and three children over the last few weeks.

The *Wife Drought* provides fresh insight into why women only comprise about 12 per cent of all ASX 200 directorships and why women struggle to rise to executive-level positions in corporate Australia.

Crabb's answer? Men. Have. Wives.

"If you are a working parent who is a mother, you are statistically unlikely to be having a similar experience to a working father," she says. "They may have equal skills, they may have equal experience and ability, but the guy is five times more likely in our society to have a partner who is working part-time or at home and who is taking care of stuff that his female competition is still spending a lot of time worrying about."

According to Crabb's statistics, the likelihood of a working male with two children under the age of 15 having a wife working part-time or at home is 76 per cent. The odds for a working woman with the same aged children, and a part-time employed or stay-at-home husband? 15 per cent.

Crabb says this reveals a major difference in the experience that working men and women have at home, with full-time employed women spending 41 hours a week on domestic duties compared to their partners, who average about 20 hours a week.

The Wife Drought narrows in how assumptions based around mothers and children are ingrained into Australian culture – so much so, that we are almost celebrating the apparently hilarious taboo of the stay-at-home father. Channel Nine's prime-time comedy *House Husbands* is an example that gets Crabb worked up. She says the show more or less prevents Australian society from accepting that men with children are also parents, and that they should have the same amount of familial responsibility as their wives.

"There aren't sitcoms based on 'Ha! A

woman in the workplace!' But there are still sitcoms based around men bringing up children. That's strange to me, it's really kind of lopsided," she says. "In this culture, like many others, we base our humour and culture on what is normal and abnormal. Something unusual is seen as funny. A man in charge of children is still to some extent a ripe source for comedy, which is ridiculous because there's no reason why men are inherently bad at that stuff. It's just that we still at some level don't really expect them to be as fully engaged."

"There aren't sitcoms based on 'Ha! A woman in the workplace!' But there are still sitcoms based around men bringing up children.

Annabel Crabb

"But you also have to look at the signals that we send men, and there's a whole class of advertising that is devoted to making jokes about men being crap at housework. It's a little outdated. Why perpetuate that pattern by making it a deep part of our humour without actually saying 'wait a minute, that's not very cool!'"

These societal assumptions also put greater pressure on women to be perfect parents, adding to the burden of the working mother. Crabb's book opens with an anecdote about a child's toy called Chiquita – a small plush kangaroo on loan to her four-year-old son from their local childcare centre. She recounts how a seemingly easy task of shooting a few photos of Chiquita turned into a shambles. With a column and two speeches to write, the Chiquita assignment was pushed to the bottom of Crabb's to-do list and the afternoon before the photos were due, she raced to get the photos printed. The store had, however, recently closed down.

"Chiquita is a demonstration of how paid work and home work are not the same. With paid

work, you often have better KPIs and you find out whether you've done a good or a bad job, or you get rewards," Crabb says. "But with home work it's so much more of a blind emotional investment in the whole situation if you feel like you've stuffed something up. It's not just 'well, that was a bad day at work, let's go back tomorrow and try to fix it'. There's a sort of terrible lurch when you fail as a parent that's entirely different."

Crabb and her partner both work full-time, and share parenting responsibilities when they can. Lucky enough to have a couple of nannies and cleaners, and a few days of childcare up their sleeves, the Crabbs don't operate in the same way as your average family.

"It's really crazy. I have time-shifts a lot at work, because I'm often writing later at night when the kids are in bed. I will have chunks during the day, and then I'll try and get to school to pick up my daughter. It's just about managing every minute and trying to make sure that you get as much time with the children as you can whilst still carrying out your work responsibilities," she says.

"My partner time-shifts at work a bit as well – he is always hands-on with the kids, and we try to divide it up as practically as we can."

Kitchen Cabinet, a political cooking show, is just one of Crabb's many projects. She also writes columns, gives speeches and makes guest appearances. Although she may have a bit of help that others do not, Crabb's success as a political journalist and author is admirable when you consider the work in raising three children.

So what will level the playing field between the sexes?

Parental entitlements should be considered genuinely for 'parents', and not just mothers. Crabb says many working fathers want to spend more time with their children and the only way to achieve this is to change how we perceive parental roles.

"We don't really pay much attention to the barriers men face. One of the many, many great fruits of the feminist movement for women is that we try to assume and work towards assuming a capacity to work flexibly, to move in and out of the workforce, and to have rights associated with that," she says.

"But people don't vocalise the case for men." ○



UNDERSTANDING FEE DEREGULATION

Our guide to unpacking the reforms on university fees, including what it is and who it will affect

Adele Palfreeman

DEBATE IN PARLIAMENT has begun on the government's plan to deregulate higher education fees. The legislation, which has sparked controversy since it was announced in May, was recently passed in the Lower House.

Ian Young, the Vice-Chancellor of the Australian National University (ANU), said the reform would transform "average" universities into "brilliant" ones. On the other hand, critics such as Greens Minister Lee Rhiannon have called it an "elitist education system".

The Senate has referred the Bill to an expert committee on higher education for inquiry, who has already submitted their report to Parliament.

What it is: the proposal

Professor Tim Pitman, a Senior Research Fellow with the National Centre for Student Equity and expert in higher education policy

said there are three important factors to the legislation – the deregulation of tuition fees, the reduction of government subsidies for degrees and an increase in the interest paid on student HELP [formally HECs] loans.

"The first one is fee deregulation, so universities are no longer capped – up until now the government has said 'this the maximum you can charge [the student]'. They are going to let the university charge whatever they want and that is along the government's ideology of Free Market competition."

"The second major change is they are going to be reducing the government contribution. [At the moment] roughly 60 per cent of the cost is covered by the Commonwealth government, and the student covers about 40 per cent. They are moving that closer to a 55 – 45 split to the student, so the student will cover more of the cost," Professor Pitman said.

The final major change is an increase to the interest paid on student loans.

"Currently the debt of the student goes up by the CPI [the consumer price index], so a really small amount – about 2 per cent. The government is going to move it to a higher interest rate," he said.

The 2014-15 Federal Budget outlines other changes to the higher education sector, including a 'Commonwealth Scholarship' scheme and a commitment to \$11 billion over four years for research in Australian universities.

Who supports deregulation

David Gonski, the Vice-Chancellor of the University of NSW (UNSW), told News Corp deregulation would "improve the student experience".

"I think that the government are correct in this and I think that there is a real chance that

the deregulation of fees — rather than making universities richer and so on — that they could produce further monies from doing that to be ploughed back to make them even greater,” Gonski said.

However, Mr Gonski expressed concern over the increase of interest paid on student loans.

“If the interest cost is at the CPI, then I think that is fair. And that is the way it is at the moment. If it is increased to the commercial rate, that could be very difficult for a student. It is then a proper loan.”

In a press release, Education minister Christopher Pyne said: “This Bill will spread opportunity to more students, including disadvantaged and rural and regional students, equip Australian universities to face the challenges of the 21st century and ensure Australia is not left behind in intensifying global competition and new technologies.”

Mr Pyne told the ABC that tuition fees could decrease under deregulation as competition between universities increased.

“If universities think they can get away with charging exorbitant fees, I think you’ll find that they’ll face very intense competition,” he said.

“For example in Melbourne, if Melbourne University thinks they can charge ‘x amount’

for a university degree, Monash, Latrobe, [or] Deakin will compete with them on price, forcing prices down.”

Professor Pitman said this was “unlikely”.

“Theoretically it could be a smaller cost if the universities decide to drop their fees, but across the board the vast majority of students will see an increase to the cost of their degree.”

Who opposes deregulation

Labor and The Greens said they would continue to oppose the legislation. In a letter to Education minister Christopher Pyne, Clive Palmer from the Palmer United Party said:

“Deregulating universities just means they will cost more for all Australians to have a decent education to provide for their families. “Australian universities should be for Australians. Australia has a great education system and it shouldn’t be destroyed by the Abbott government.”

Professor Leo Goedegebuure, Director of the LH Martin Institute and an integral academic in the field of higher education policy management and research, believes fee deregulation is not the only answer for universities.

In an opinion piece for news website The Conversation, Goedegebuure points to the fact

“Theoretically it could be a smaller cost if the universities decide to drop their fees, but across the board the vast majority of students will see an increase to the cost of their degree.”

that student debt in the US amasses credit card debt at a figure of over \$1 trillion US dollars.

“Problematic as that is,” he explains in the article, “far more important is the fact that parents and students now, for the first time, are questioning the value of traditional universities and have started doubting whether they are getting value for their money.”

Student Protests

Thousands of university students across Australia have demonstrated against the higher education reform. Protesters in Sydney have congregated largely at both UTS and the University of Sydney. ○



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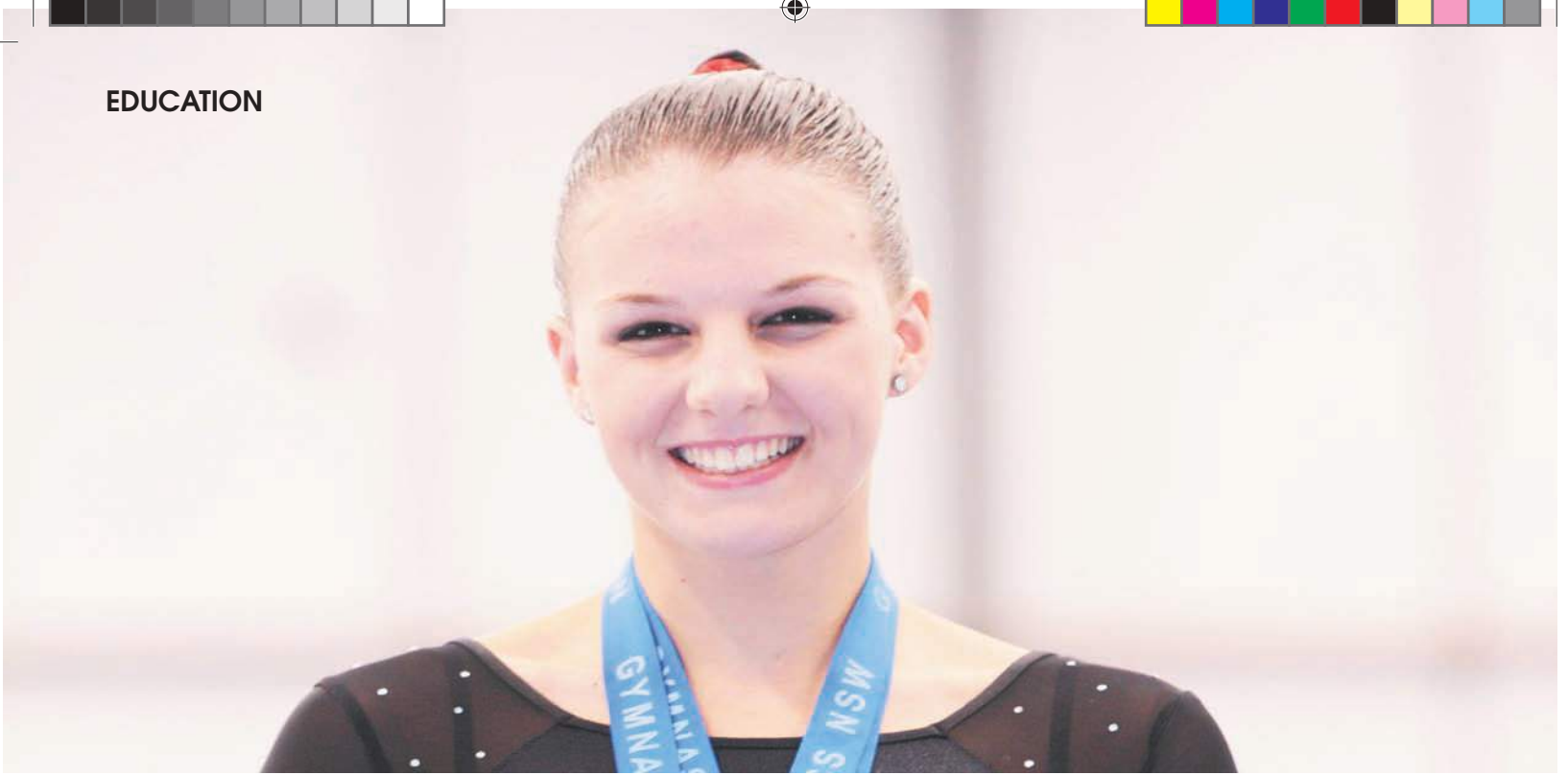
- ▶ STANSW Young Scientist of the Year and Budding Young Scientist, 2014
- ▶ 1st & 2nd in Dorothea Mackellar Poetry Awards, 2014
- ▶ Gold & Bronze Awards in Board of Studies Write-On Competition, 2014
- ▶ 1st & 2nd in Lions Voice of Youth Public Speaking Competition, 2014
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Local Gymnast is World Class

Steph Nash

TURRAMURRA GYMNASTICS PRODIGY, Emma Nedov, represented Australia at the World Artistic Gymnastics Championships last month, and impressively scored 11th place on beam.

The Australian team ranked 7th all up, which Nedov said came as a great surprise to all involved.

“Our team came 7th overall, which was incredible. None of us were expecting at all,” she laughs.

“The championships were incredible, I’d never been to anything like it. It was amazing to see the top gymnasts in the world. I’ve seen them on TV for years, but to be alongside them was phenomenal. I was fan-girling quite a bit!”

Nedov first started gymnastics at the tender age of six, and has been training for the last 12 years at Epping YMCA. In that time, she has earned herself more than 20 medals, and has travelled all over the world to compete professionally.

Her daily routine is fairly regimented. Nedov balances TAFE work with her gymnastics training, and is currently sitting half of her HSC. As for training, she is on the mats for around five hours per day, six days every week.

“Gymnastics is an interesting sport, it feels amazing to be able to do what we do,” she said.

“It takes a long time to learn a skill, and it is an amazing feeling when you know you’ve

mastered it. Once you get in to it, you can never get out of it.”

Nedov’s next gig? A world cup event in Marseille, France, which will take place just after she finishes her HSC exams. For any young men and women aspiring to become a professional gymnast, Nedov says that commitment is the key to success.

“Keep pushing through the hard times, it will all be worth it in the end,” she said.

“No pain, no gain.”

For more information on the gymnastics programs available at YMCA Epping, call (02) 9869 8966.

Abbotsleigh’s Young Scientist

MIA CAMERON, A year six student from Wahroonga has been named the Primary Young Scientist of the Year by the Science Teachers Association of NSW.

The Abbotsleigh student has been praised for her independent experiment on the process of global warming, which investigated whether carbon dioxide offsets could be used to improve the growth of algae.

“My investigation shows that higher carbon dioxide does increase algae growth, and supports the idea of building algae farms near power stations to harvest excess CO₂,” Cameron said.

“Algae can be used as a food, fertilizer and even a biofuel.”

The pre-teen academic initially planned to measure the effects of carbon dioxide on vegetable plants, but Cameron struggled to attain the resources necessary to perform the experiment. Her grandfather is a retired scientist, and steered her in the direction of her prize winning research, showing that the apple may not fall far from the tree.

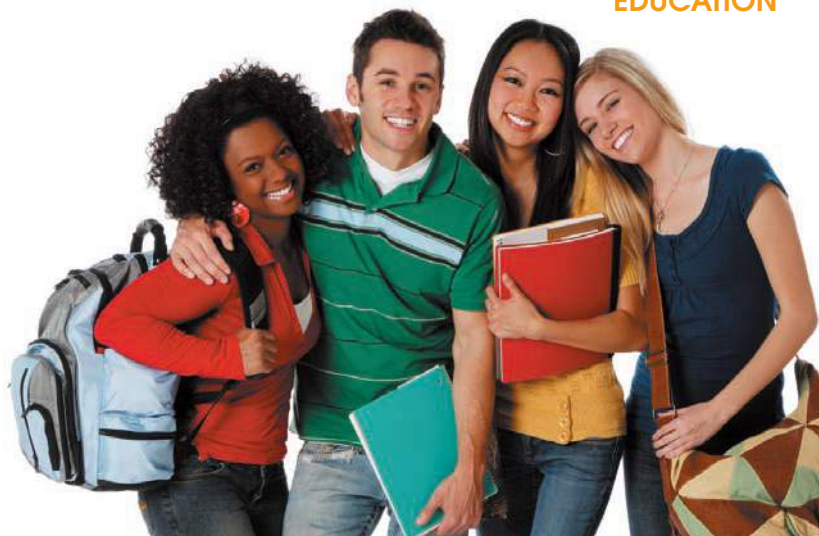
However, Cameron’s area of expertise may not be necessarily exclusive to science. She was recently announced as a gold medallist in the



BOSTES writing competition, WriteOn, showing that she is a very well-rounded student. Sydney Observer wishes Cameron the very best of luck for her future endeavours.



To gap year, or not to gap year?



Adele Palfreeman

FROM BACKPACKING TO volunteering, taking time off between school and university is increasingly popular with young Australians. Last year more than one quarter of entry-level university students deferred their offer for twelve months.

A study led by Professor Andrew Martin found gap year students achieved better grades throughout university than those who started studying straight after school.

The study also found that taking a year off provides young Australians with invaluable skills, and they were less likely to lose academic momentum later down the track. Over 900 Australian students participated in the study.

Professor Martin said: "Those coming back from a gap year and going to university have a greater value of their own education... the interpersonal, social and emotional development that can happen on a gap year is very important and [future] employers are very positively disposed to students that have had one,

particularly if it has been a constructive one."

Tess Noble is coming to the end of her gap year. She spent her year off working in a Sydney childcare centre, before heading to South Africa and Botswana. In Africa, Miss Noble undertook two short courses to become a qualified Nature and Trails guide.

"These courses were incredible and I learnt a huge amount about tracking, animals, plants, geology, animal behaviour, and so much more," she said.

"By the time I finished year 12 I was pretty exhausted and also wasn't yet sure about what I wanted to study after school. I wanted to take a gap year to get some experience working, travelling and living in a few different places and environments, to help me decide what I might like to do in the future."

Although the study did not account for what people were doing on their year off, Prof. Martin speculates that 'constructive activities' are more likely to benefit the student. This includes volunteer work, a part-time job or taking a

short course overseas.

Eirin Hayes, a third year student from the University of Sydney, did not take a gap year – and does not regret her decision. Miss Hayes said she felt mature enough at 17 years old to start university.

"I was really ready for university. I was ready to be academically stimulated," she said.

"It's funny, people think gap years are strictly for young people, it's like a 'rite of passage'. [People think] if you miss that boat there isn't another time to take that time off. I would say that's not true... People have their whole lives to do a gap year or some type of equivalent".

Professor Martin said the choice of taking a gap year or not really depends on the individual.

"Some are really ready for university, some are really not ready, and most are neither here nor there. There are some [students] that are really suited to a gap year straight after school and others it might seem like a bit of a tall order. ○"

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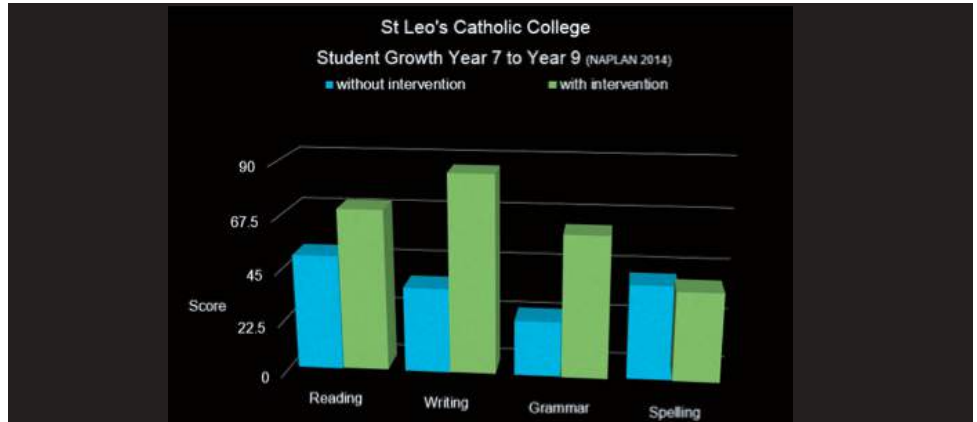
Community Tutoring

Anthony Gleeson

AS PRINCIPAL OF St Leo's Catholic College I often refer to our "College Community". There is no better example of how this extended community contributes in tangible and measurable ways to the outcomes for our students, than our Community Tutoring Program.

Each week parents, ex-students and retired teachers work with our Program Director, Mr Anthony Gulliford to provide one-one-one tutoring in literacy and numeracy to students in Years 7-9. Recently we have received our Naplan results and there is absolutely no doubt that the work our Community Tutors perform is making a huge difference to the progress of our students; not only in Naplan but importantly across all their subjects.

As the chart demonstrates, the growth and improvement in students who receive community tutoring clearly outweighs the students with no intervention. Obviously the students in the program have a greater capacity to improve as they come from a lower grade starting point BUT even with this taken into consideration the results are still outstanding. Spelling will be part of the focus of



the program in the future.

Obviously as a Principal I am monitoring academic performance across the student body, but I am also responsible for ensuring the pastoral wellbeing of all 900 students in my care. What the Community Tutoring Program also provides, beneath the academic improvement, is the development of confidence in students. This is two-fold:

a) All research points to the importance of literacy in our children and how it impacts on

their confidence which is so important in all areas of life.

b) The positive mentoring role our tutors play in the development of our pupils.

I would ask any member of the community who meets the requirements and has the time to look at how they can contribute to their local Catholic School.

Anthony Gleeson is the Principal of St Leo's Catholic College



Celebrating excellence in curriculum and character at school

Russell Bailey

YEAR 12 STUDENTS are now finished their strenuous HSC climb. A small number of State subject winners will celebrate their epic achievements at BOSTES but there are many more whose achievements should also be celebrated!

What constitutes worthwhile achievement for a school student?

Recently the Member for Parramatta, Dr Geoff Lee, spoke in the NSW Parliament about 'the strong culture of original scientific research at Redeemer Baptist School' mentioning the names of Redeemer students who have won international science awards. Honouring student success helps to foster a culture of excellence. In October this year at the University of Wollongong Innovation Campus, another Redeemer student

was proclaimed STANSW Young Scientist of the Year.

BOSTES celebrates Gold Award winners in their K-6 Write-On competition. The Dorothea Mackellar Poetry Society celebrates primary and secondary school literacy achievement with a national prize-winning ceremony in Gunnedah. This tangible recognition promotes cross-sectoral quality outcomes in school literacy.

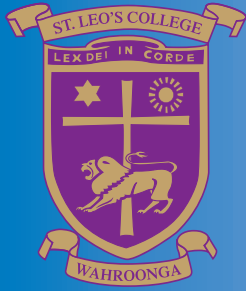
But at least as important as these outstanding curriculum achievements are the opportunities given to students at school to perceive and respond to human needs both within the school community and beyond.

In the NSW Parliament, Dr Geoff Lee referred to the annual showcase of student

achievement at Redeemer Baptist School as 'a fantastic celebration that demonstrates student proficiency in scholarship, humanities and social justice'. Redeemer students have helped remote Australian Indigenous and PNG tribal communities with building, education and health projects. Personal contribution to neighbours in our global village is a habit worth encouraging.

All students should build a school profile of participation towards excellence in all areas of School life. That constitutes achievement worthy of celebration!

Russell Bailey is the headmaster of Redeemer Baptist School, North Parramatta



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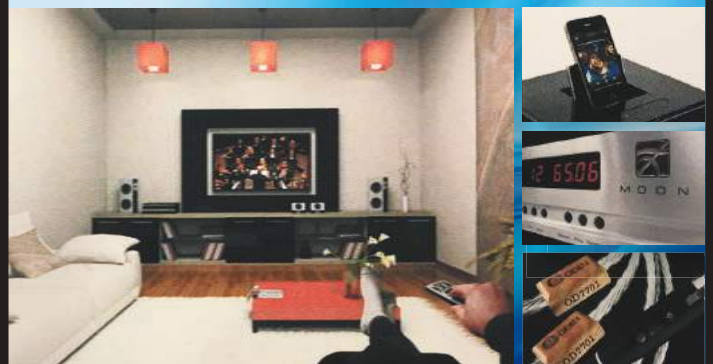
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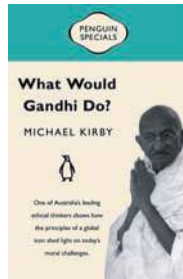
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SYDNEY OBSERVER SUMMER BOOK GUIDE



Hannah recommends: **What would Gandhi do?** Michael Kirby

Cue eye-roll, but I'm not recommending this Penguin special for trend points. Written by a former Justice of the High Court Australia, *What would Gandhi do?* is an excellent short read that hypothetically explores how revered Indian leader Gandhi would approach a range of modern ethical issues. Forcing you to think about the way we conceptualise and respond to prevalent problems in contemporary society, *What would Gandhi do?* manages to simultaneously uplift, enlighten, engage and challenge.



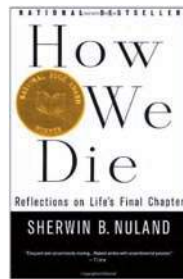
Adele recommends: **The Goldfinch,** Donna Tartt

This Pulitzer Prize-winning book follows the story of Theo Decker, a thirteen-year-old whose life is plagued with tragedy. When his mother dies in a horrific accident, Theo is left in a world with strangers who don't know where to place him and a family that don't want to know him. This is the third novel for acclaimed author Donna Tartt, and follows Theo's journey into adulthood through simple, yet captivating, language. The characters that shape Theo's life are vivid and unforgettable.



Steph recommends: **Atonement,** Ian McEwan

We know, we know – you've heard of it, and you've probably even watched the movie starring Kiera Knightly. But McEwan's *Atonement* is, in my opinion, his best work to date, and if you haven't read it, you probably should. If you're the type of person that appreciates the narrative form, then you will love anachronistic style of this novel. *Atonement* jumps back and forth between eras, from the classic cocktail swirling soirees of the 1930s, to the tragic war-torn 1940s, and beyond the humbly retrospective 1990s. Within each era, McEwan uses fine-point descriptive detail to paint a beautiful picture of the lives of three young men and women.



Geeta recommends: **How we die: Reflections of Life's Final Chapter,** Sherwin B. Nuland

It sounds morbid, but somehow Sherwin B. Nuland's *How we die: Reflections of Life's Final Chapter*, manages to compassionately, albeit logically, examine the process (and many faces) of death. It is a fascinating insight into how various common diseases manifest death, de-mythologising something that has been continuously viewed as unknown, terrifying and all-together beyond human imagining. Learn to understand death as natural and inevitable; an idea all of us know yet fail to accept.



Tess recommends: **Anthropology of an American girl,** Hilary Thayer-Hamann

I first read this book when I was 17, the age at which we initially meet the novel's protagonist, Eveline Auerbach. Since then, I have come back to re-read it twice; both of which times my age has again coordinated with Eveline's. Though many have criticised *Anthropology* for the main character's self-indulgence, there is something to be said of Hamann's literary prowess. Some may consider the story-arc of this novel 'uneventful', yet it is the author's unique ability to poignantly capture universal moments, contexts and feelings that makes this book a beautifully captivating read. ○



The 'Crown Jewel' of Sydney Apartments

Steph Nash

CROWN GROUP HAS announced the launch of a \$250-million tower to be built on Clarence St in the Sydney CBD.

The tower will host 220 apartments, and promises impressively sophisticated architecture unique to Sydney.

"The solution for the site is perfectly suited, from a design point of view. It's going to be unlike anything else Sydney has ever seen," said Crown Group spokesman, Adam Sparkes.

"It's literally in the centre of Sydney CBD. There are so many other projects coming up in the near future, which means that there's a scarcity for high quality opportunities in the market. The design and architecture will create a building that will become iconic on the CBD skyline."

The design of the tower was the result of an international design competition, with Koichi Takada Architects taking out the top spot for the development.

At 25-storeys, and an estimated \$250 million, the Clarence St tower will be within walking distance of Barangaroo, Darling Harbour and Wynyard Station. Due to its historical surroundings, the lower levels of the building will be heritage inspired, with ground-level occupants privy to the use of a pool and gymnasium.

The tower will be topped by a breathtaking roof-top bar, surrounded by lush greenery and water features. This is to be encompassed by a dozen looping steel arches, certainly making the property the "crown" of Crown Group apartments.

Construction of the building will commence in early 2015, with sales for apartments opening on November 22. ○

For more information, please see
www.crowngroup.com.au





Bringing outside indoors

Decorating your house for spring with indoor greenery

Tess Gibney



BREATHING LIFE INTO your home by way of indoor plants instantly reflects the vitality of spring – as the sun seems to shine a little higher and a little brighter in the sky, a clean spring interior is always best accompanied by the introduction of indoor greenery. Expensive (albeit colourful) bouquets aside, no-fuss indoor plants are an excellent choice, requiring minimal attention and infrequent watering. Hanging potted plants in particular have made a comeback in recent years – having been featured heavily in international design fairs – and are generally low maintenance and easy on the eye. Though some indoor plants do require more light than others, there are certain variants that can thrive in those dark corners you've been desperate to liven. Obvious aesthetic perks aside, researcher Professor Margaret Burchett of the University of Technology has found that adding just one plant to an indoor area can help to purify air and filter toxins given off from the carpet, furniture and paint. Here at *Sydney Observer* we've compiled an indoor plant guide to help you pick a leafy companion to suit your interior needs so you can go forth, purchase and prosper this season.

The hanging indoor plant

Suspending plants in the air – by virtue of macrame and ceramic planters – is a fun way

to bring foliage into your home. Plants that spill over the edge of the basket, or hanger, look especially good suspended in kitchens and bathrooms. Perfect for an apartment that's tight on floor space, the hanging plant is one of endless option: ranging from succulents nestled in terrariums to ferns in ceramic baskets, they add a fresh dimension to the interior visual environment.

Trailing plants, such as the 'Sweetheart Plant' (*Philodendron scandens*) or the 'Pothos' (*Epipremnum aureum*), are among the most popular foliage plants to hang. With long glossy stems that can be draped over the edge of wicker baskets, they are both adaptable and exotic. Though best not relegated to an area or room that receives no natural light, both the 'Sweetheart Plant' and the 'Pothos' tolerate mid-range levels of light well. Fortunately, they're hard to kill – requiring little watering except during periods of active growth.

Another popular trailing plant is the sweetly named 'String of Hearts'. Actually a member of the succulent family, the 'String of Hearts' vine is best hung near a window to ensure maximum exposure to sunlight. Like the 'Sweetheart Plant', the vine – with its namesake fleshy, heart-shaped leaves – should have its soil fully dried in between bouts of watering.

Displaying and caring for an indoor plant

Considering many indoor plants need little maintenance and low levels of light, you are freer to play around with how and where they are planted and displayed.

Smaller houseplants, such as the 'String of Hearts' succulent, are best suited for hanging. Get creative – sites such as Etsy provide quirky macramé and ceramic plant holders in a range of colours and styles. Play around with where you'd like to hang your plant and buy a hanging planter that will suit the theme of your room – whether it is the kitchen, bedroom or bathroom. Larger, freestanding plants – such as the 'Cast Iron Plant' or the 'Chinese Evergreen' – look especially exotic in dark, cylindrical or cone shaped pots. Add a slab of marble underneath the pot for extra flair.

When caring for your indoor plant, be vigilant to avoid overwatering.

Always wait until the soil is almost dried out before giving plants a good shower, and don't forget to water from above.

In terms of trailing, hanging plants such as the 'Sweetheart Plant' and the 'Pothos', stems can simply be cut when they grow too long.

Always water less frequently in winter.

Plants for varying light conditions

Avoid choosing an indoor plant that isn't suited to the light available in the room of placement. Though many indoor plants – such as the hanging trailing plants mentioned above – require moderate to high levels of light (though not direct sunlight), there are some indoor plants that can actually thrive in dark rooms and corners. Plants such as the commanding 'Cast Iron Plant' (Aspidistra) are suitable for corners of a communal living area, or for livening up that blank hallway. They need to be watered only occasionally and can withstand a range of temperatures.

Similarly, the gorgeous 'Chinese Evergreen' is suited to moderate to low levels of light. With its large, gold-flecked leaves, the evergreen looks best on desks and benches; in the office or the kitchen. ○



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Liven up your home for Christmas

Brooke Van Der Woude

DECORATING YOUR HOME in preparation for Christmas used to consist of a few clumps of red and green tinsel, interspersed with the odd talking Santa in the corner of the room.

Not anymore! Homely and busy is a trend of the past.

According to Ken Moncrieff, stylist at Moss Furniture, the key to Christmas is to think simple and minimalistic.

"For Christmas, I personally believe that the style has become more simplistic and sophisticated, complementing the modern furniture of today. Less is more," Moncrieff said.

Owned by interior designer, Lyn Fisher, Moss Furniture mainly uses Casaerstone and stainless steel for their furniture designs, resonating simplicity and innovation.

Specialising in outdoor furniture, the team at Moss Furniture believe the best way to brighten up your home for Christmas is to redecorate your outdoor area.

"The reason why we do use stainless steel is because it is so resilient against the Australian weather. The resilient fibres in the product mean that you can have the furniture near the ocean and on the balcony. For Christmas, people can gear up for summer by buying outdoor tables and chairs to entertain their family and friends," Fisher said.

With 40 years experience in the styling industry, Ken Moncrieff has a broad knowledge of interior design. His decorating style is heavily influenced by French and Italian designers.

The popular colours for home decorating this Christmas reflect the warmth and spirit of summer. Moncrieff says that the focus should be to complement the existing furniture within the home.

"The latest trends in Christmas colours are mocha with pale blue, lemons and oranges, florals and a lot of pastels."

Another way of adding a bit of character to your home is through the addition of lighting, either with candles or with the subtle illumination of a stylish lamp.


"Lighting is a major feature in this seasons decorating. I've talked to a lot of manufacturing companies and they say the biggest seller is illumination, striped lighting with a small fairy light, and the optic fibre Christmas tree," he said.

When it comes to Christmas, over-decorating isn't the only mistake people make.

"From a personal point of view, I find that paper chaining is terribly dated. Foil decorations for Christmas are definitely more on trend than other materials like tinsel. I think people tend to over decorate. Really, if you have a lovely tree you should decorate in a minimalist style."

For those who are restricted financially, getting creative with the kids or purchasing an array of summery candles is also a great way to save money and still stylise your home for the Christmas season.

"Candles are a really simple and inexpensive way of decorating for Christmas. If you have young children and you are on a budget, I think it's nice to let them design and make their own decorations for the tree. It's simple and cheap. Companies are selling DIY balls to hang on the tree. It's a really novel way for the kids to be involved and it's fun," Moncrieff said.

This festive season, ditch the tinsel: embellish your inner creative self, decorate with the kids, don't be afraid to experiment with colour and artfully illuminate your home. 





SYDNEY HOME

Lyn Fisher and Ken Moncrieff



WARNING: On a hot humid evening – termites swarm

BE ON THE ALERT FOR TERMITES in the lead up to summer, as they begin to swarm in large numbers to start up new colony nests.

According to Glenn DuBois, owner of FUMAPEST: "it's an annual ritual for subterranean termites. On a hot humid evening, the swarming termites (alates) are on a mission to start a new colony as future king and queen. The queen termite can live more than 30 years and produce millions of offspring. When the colony is mature (very large) she will produce the reproductive swarmers to start new colony nests".

These reproductive swarmers are poor flyers, so if you see them around or inside your home - it's generally a sure sign a large nest is close by.

If you do see them - look around to see

where they are coming from. Common exit points include timber fences, trees, and buildings. It's then advisable to arrange for a professional termite inspection to AS.3660.

According to FUMAPEST the best long term way of protecting a building from the ravages of a termite infestation is by installing a Termidor treated soil barrier around the base of the building. FUMAPEST provides a free quote and a 6 year warranty if the Termidor treatment is to AS.3660, and subject to annual inspection by the company.

For further information or advice contact Glenn DuBois at FUMAPEST, 1300 241 500, or the Australian Pest Control Association 1300 660 200



ACTUAL SIZE



Sydney Observer Health Corner

Hannah Brissenden

Australian men have top cancer rate in world

Though media stereotypes of the quintessential Australian man often depict a picture of sun-kissed vitality, findings from the latest World Health Organisation research tell a very different story. Data from the GLOBACAN 2012 report, compiled using information from over 184 countries, found that Australian men have the highest incidence of cancer in the world; with the highest cancer incidence and mortality rate for men being lung cancer, followed closely by prostate cancer. Health professionals urge Aussie men to take note and heed standard medical advice: avoiding obesity, stopping smoking and reducing alcohol intake is likely to significantly reduce the risk of cancer.



Doing the dirty on cooking oils

It's little wonder everyone is confused about what to stir-fry their veggies in. Combine an over abundance of alternative, trendy cooking oils with a multitude of nutritional perspectives on what constitutes good and bad fats, and you're sure to find yourself in a paralyzing pre-dinner limbo. However, recent research conducted by the University of Newcastle is set to point towards a shift in the way we use and incorporate oils in our diet. According to the study, oils with higher smoke points – meaning oils where the fat can be heated without starting to break down – are the most optimal cooking choice. Olive oil's low smoke point makes it a poor choice for high temperature cooking, with old-fashioned favourites vegetable and canola oil coming up trumps in that department. Cold pressed olive oil and flaxseed oil are both healthy choices to be used in dressings or on dishes, post cooking.

Ebola not thought to become airborne

The current Ebola epidemic is the worst to occur in history, presenting over 7,400 cases and 3,439 deaths. Though the virus is primarily contained in West African countries, there have been a

Paediatricians condemn treatment of child asylum seekers

The Medical Journal of Australia has found that 80 per cent of Australian paediatricians disagree with the procedure of offshore processing, considering mandatory detention a form of child abuse. The MJA study sought to determine the 'knowledge and attitudes of Australian paediatricians in relation to the health of refugee and asylum seeker children.'

number of diagnosed cases in Spain, the US, Norway and the UK. Media reports have recently expressed fear over the potential for the virus to mutate and become transmissible through air, making it harder to contain proliferation. The UN Mission for Ebola Emergency Response (UNMEER) has publicly sought to clarify that at this stage "Ebola is not an airborne disease... in this point in time we have no evidence and do not anticipate that the Ebola virus is mutating to become airborne."

well^{FIT} studio



WellFIT Studio in Pymble opened its doors in early September, and is already set to locally revolutionise the way we approach health, fitness and well being.

A range of innovative, low to high impact and variable intensity classes have been developed under the keen eye of health and fitness experts. Available through a membership based program, classes include BalletFIT, PostureFIT and AcroBODY (a high energy acrobatics class), as well as PilatesWELL, a pilates variation focused on healing and rehabilitation for common ailments such as back and spinal issues, osteoporosis, and pre and post natal conditions. WellFIT studio also hosts Zumba and meditation classes.

As well as an extensive range of dynamic fitness

classes, this boutique studio boasts brand new therapy rooms, with resident massage therapists, a physiotherapist, exercise physiologist, dietician, kinesiologist and audiologist.

In 2015, WellFIT hopes to add yoga, kid's fitness, dance, martial arts and self-defence classes, plus exclusive holiday camps.

We encourage any therapist dance teacher or instructor who feels they have something that fits under our WellFIT brand to contact us.

SPECIAL OFFER: First class free if you mention this article

Located at 14 Suakin St Pymble (adjacent to Pilates Int Pymble). Phone 9440 7130 or email: hello@wellfitstudio.com.au.

Will Your Health Let You Down?

EXERCISE AND EATING right, they're the two major components to good health aren't they?

So if you're doing those, you would think that your health is fine. Unfortunately good, holistic health is far more than just eating well and getting enough exercise.

In reality we are seeing a very different picture; with an ever increasing need for medications, pain killers, nutritional supplements and a massive health care system. This is living proof that all is not well when it comes to health and wellbeing, even when doing the 'right things'.

In reality, basic nutrition, exercise, fresh air and clean water should be all that is needed to enjoy a long healthy life. Good holistic health comes from making sure that the underlying health of one's body is actually working properly to begin with.

Disruptions to one or more of these basic components can result in a condition called "ineffective nutrition", which is a condition of poor underlying health that eventually leads to

many of the diseases found today.

Many people have developed a state of "ineffective nutrition" without knowing it. This means that the way that their body uses the very substances that normally keep them healthy gets disrupted, causing an altered state of health, and, fundamentally, the inability to restore and maintain good health.

Some of the top causes of ineffective nutrition include petrochemicals, contaminated foods, household chemicals, moulds, solvents, heavy metals and more.

The key to restoring effective nutrition is discovering the real blocks holding back your body's health potential. This, combined with an effective customised detoxification process, can help you restore optimal health.



For more information, contact Russell Browne at *Advanced Holistic Nutrition*:
www.advancedholisticnutrition.com

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Health & Wellbeing

Medical Marijuana

Tess Gibney

THE CAMPAIGN TO decriminalize cannabis for medicinal purposes has garnered the support of politicians and the public alike, with both Opposition Leader, Bill Shorten, and Prime Minister Tony Abbott indicating tentative encouragement for the passing of new legislation.

Despite this, the Australian Medical Association (AMA) continues to exercise a hardline stance on the legalisation of the drug, urging the government to only consider it in the form of a “fully tested medicine”. This would mean the raw plant, oils and tinctures would not be trialed or legalised, and would instead be replaced by cannabis-based pharmaceutical products.

Dr. David Allsop, a research fellow in psychopharmacology and addiction medicine at the University of Sydney, said that legalisation of cannabis matter is inhibited by the drug’s variety of compounds.

“The main concern surrounding legalisation is that it can’t go through the TGAs medical process because it’s not an isolated compound, and delivering a known dose is not as easy as it is with, say, a spray.”

Prime Minister Abbott vocalised his support of legalisation for the treatment of illness to controversial talkback host Alan Jones in August, dismissing the need for further medical testing in Australia. “My basic contention is that something that has been found to be safe in a reliable jurisdiction shouldn’t need to be tested again here,” he said.

Obtaining the oil through illegal suppliers – such as well-known Mullaways Medical Cannabis

Pty. Ltd. – has seen parents face problems in hospitals and clinics. Recently, doctors told parents of a severely epileptic Melbourne boy that they would stop administering the oil due to potential legal ramifications, raising a number of ethical questions about criminalisation of the drug.

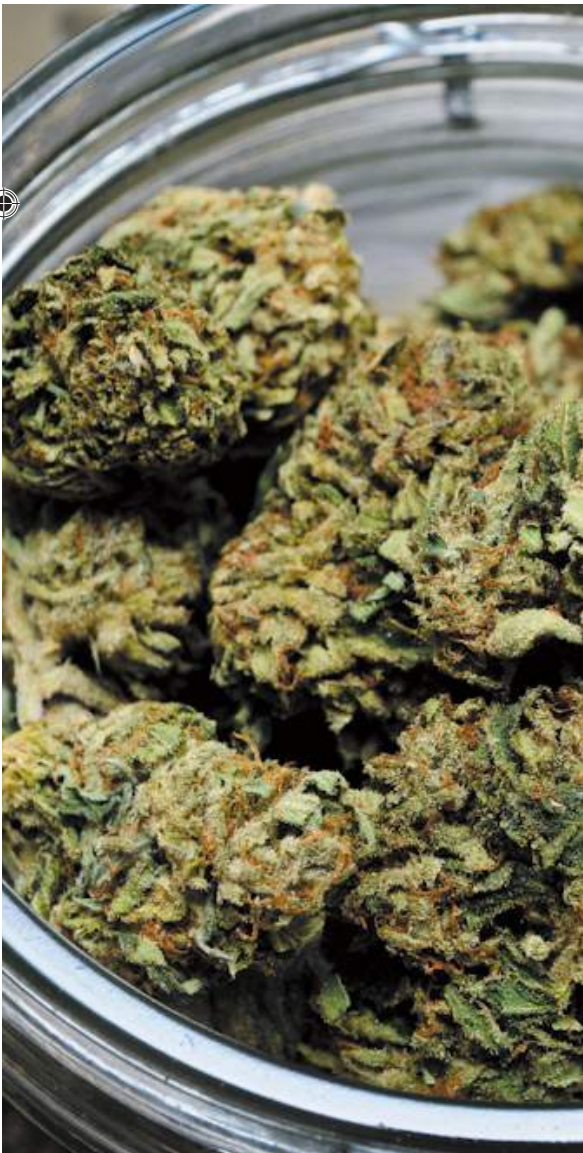
Dr. Alex Wodak, president of the Australian Drug Law Reform Foundation, said Federal and State governments have lost the “consent of the governed” on the issue of medical cannabis.

There is currently one cannabis-based drug available on the Australian market; a spray composed of equal parts THC and CBD called Sativex. Though it is currently only available for prescription to patients with Multiple Sclerosis, Dr. Allsop said there was potential for the spray to be used in the future for treatment of childhood epilepsy.

“[It] is definitely a [potential] treatment option for children with epilepsy. It’s got the active [therapeutic] ingredients in it; it’s got THC and cannabidiol (CBD) ... but it may well turn out that Sativex, which is already approved in our system, is not the optimal treatment for children,” he said.

Dr. Allsop believes that that the hardline pharmaceutical stance taken by the AMA is ‘a little bit at odds with what is happening in the rest of the world’, and disputes that the content of cannabis plant material is undeterminable.

“It can always be worked out; you can always refine it, if you have the will. We’re seeing that in many other countries around the world but we don’t really have the will to do that.”



The science behind slip, slop, slapping

Tess Gibney

ONE ONLY HAS to type 'sunscreen' into the Google search bar to be met with popular queries such as: 'sunscreen causes cancer', not to mention the pages of search results espousing the supposed dangers of the cream's ingredients. Prevalent concerns about hazardous nanoparticles of titanium dioxide and zinc oxide are in abundance, as well as the potential for certain sunscreens to adversely affect skin and alter hormones. So what gives? And are any of these fears founded by evidence?

There are two primary types of sunscreen, both of which carry their own set of supposed risks. The first, mineral sunscreen, contains zinc oxide and titanium dioxide, and works by deflecting UVA rays. The second, chemical sunscreen, is composed of various chemicals including dioxybenzone, oxybenzone and octinoxate (to name a few), and functions by absorbing UV rays before they damage the skin.

Mineral sunscreen

Some types of mineral sunscreen are said to contain nanoparticles of both zinc oxide and titanium dioxide; a subject of concern following allegations these tiny particles could penetrate the skin's surface and enter the bloodstream. However, extensive research and safety assessment of the absorption of nanoparticles in human skin has consistently found that use via dermal application is safe. In 2012, the European Union Scientific Committee on Consumer Safety considered ZnO nanoparticles, at a concentration of up to 25 per cent in UV sunscreens, "not to pose a risk of adverse effects in humans after dermal application". Similarly, the Australian Government Department of Health conducted a Nanomaterial Health Hazard review, which found that titanium dioxide nanoparticles "do not penetrate through outer layers of the

skin to reach viable skin cells". The review concluded that; "skin contact with TiO₂ is not likely to cause harm due to minimal penetration through the skin under normal use conditions."

Chemical sunscreen

Chemical sunscreen is often declared the worst offender. One of the major active ingredients, oxybenzone, which functions by absorbing UV light, has been said to cause hormone disruptions and cell damage that may provoke cancer. According to The Environmental Working Group (EWG) "the chemical oxybenzone penetrates the skin, gets into the bloodstream and acts like estrogen in the body. It can trigger allergic reactions. Data are preliminary, but studies have found a link between higher concentrations of oxybenzone and health harms." However, information on the Cancer Council Australia's website says that The US Report on Carcinogens is a list of known or reasonably anticipated human carcinogens (cancer causing substances), and that none of the "suspect ingredients" (including oxybenzone) are "included in this list".

Positives outweigh the negatives

The Cancer Council of Australia dispels all myths that the dermal application of sunscreen is toxic, causes cancer, or is in any other way detrimental to your health, citing a 2003 review that examined the link between sunscreen use and melanoma that found no evidence of correlation. So you definitely do need to continue the summer ritual and Slip! Slop! Slap! Alas, it's also worth remembering that not all sunscreens are made equal. If you're concerned about the chemicals in sunscreen, try to go as natural as possible. ○



Staying safe sunscreen recommendations

- Avoid spray-on sunscreen, as the formula can be inhaled, leading to unknown albeit potentially adverse health effects
- Always check the label of sunscreen if you're concerned. Though oxybenzone is not thought to be cancerous, broad spectrum mineral sunscreens have been recommended by health professionals as the best go-to-option
- The EWG advises people to only use sunscreen when necessary. If you apply sunscreen every time you leave the house, you will block your body's ability to naturally produce vitamin D
- Don't use fragranced sunscreens; as 'fragrance' on ingredients lists is often a blanket term that covers some potentially harmful, unlisted chemicals
- Always apply sunscreen regularly, even if it is a higher SPF one (SPF 50+)



SPORTS TRAINING AND DENTAL DISEASE

Dr Ian Sweeney

A **RECENT STUDY** looking at the effect of prolonged endurance training suggests that such training may be a contributing risk factor for poor oral health.

Dentists have known for a long time that dehydration caused by sports training, in combination with acidic sports drinks, may result in quite severe erosion of teeth. Dental erosion is the irreversible loss of tooth structure due to chemical dissolution by acid.

The study compared the oral health of 35 triathletes, training on average nine hours per week, with 35 non-athletes. In general, the athletes displayed more areas of erosion of their tooth enamel as well as more dental cavities. The amount of erosion and dental cavities identified was proportional to the number of hours the athletes spent training.

The study showed that during periods of prolonged exercise, the amount of saliva produced reduced, regardless of water consumption at the time. Not only was there a reduction in the volume of saliva produced, analysis of the saliva showed the composition of the saliva also changed in chemical composition.

Another study published following the 2012 Olympics showed 55 per cent of the surveyed athletes had tooth decay. Decay occurs when sugar reacts with bacteria in the mouth to produce acid. The acid produced demineralises the tooth enamel, forming a cavity. Saliva acts as a natural buffer to the acid we consume as well as acid produced by bacteria in our mouths. The same study showed that 75 per cent of athletes had gingivitis while 15 per cent

were suffering from chronic irreversible periodontal disease.

Athletes often use a high carbohydrate diet, including sports drinks and sports bars during training. These have the ability to lower the pH in the mouth into the acidic range causing dental erosion and decay. Damage caused by erosion and decay may require extensive dental rehabilitation to restore normal tooth function and aesthetics.

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

For further information or advice contact Northside Dental on 02 9144 4522, or visit northsidedental.com.au

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MOVING MINDFULLY

Mix up strict cardio with exercises that align the body and mind in the months leading up to summer, coupling mental clarity with core physical and muscular strength.

Tess Gibney



1 QIGONG

An ancient Chinese healthcare practice, "Qigong" - literally meaning 'Life Energy Cultivation' - is the combinatory practice of aligning the body, breath and mind. Not dissimilar to Tai Chi, the word 'Qi' translated refers to the life-force that flows through the universe, whereas 'Gong' (pronounced *gung*), means to accomplish something through steady practice.

Therapeutically, Qigong operates in two systems:

- 1) internal Qigong - focusing on self-care and self-healing, and;
- 2) external Qigong; led by a therapist who directs qi.

Though it can be hard to distinguish the exact practices of Qigong due to the fact that there are literally hundreds of styles, it generally involves moving and still meditation, massage, chanting, sound meditation and non-contact treatments, conducted in a range of body postures.

Recommended for: management of hypertension, management of chronic pain, cancer management, anxiety management, relaxation and concentration, reduced stress

Where: Tiandi Qigong, Shop 7 & 8 95 Fullers Road, Chatswood 2057,

2 TAI CHI

Another ancient Chinese practice, "Tai Chi" is often confused by Westerners as the same thing as "Qigong". Though both practices utilise slow, flowing, meditative movement, Qigong is generally thought of as a system of wellness, whereas Tai Chi is categorised as a martial art. There are five major styles of Tai Chi, as named after the family from which they originated.

Recommended for: older adults, management of heart failure, increased flexibility and balance, reduced risk of fall, relaxation and concentration

Where: Tai Chi Society, Chatswood, Hornsby and North Sydney, ph: (02) 9954 7266, visit: www.taichisociety.net/taichisydney.html



3

ANTI-GRAVITY YOGA

Everyone knows about the therapeutic physical and mental benefits of traditional yoga, but what about yoga that involves suspension from the ceiling? Anti-gravity yoga, created in the US, has now made its way to Australian shores and is being marketed as the latest dynamic fitness trend. Involving a suspended workout in a silk hammock that can close around persons to form a pod, anti-gravity aerial yoga is said to encourage unity and awareness of 'mind, body and spirit'. A natural de-stress routine – due to its engaging and fun nature – anti-gravity yoga is also beneficial for those suffering from back ailments, allowing participants to hang freely and strengthen the spine.

Recommended for: relief from chronic back pain, increased flexibility, weight loss, creativity, relaxation, reduced stress, strengthening of upper and lower muscles

Where: Yoga Pavilion, 15 Elizabeth St, Artamon 2064, ph: 0422 907 018



4

PILATES

Though pilates does not generally entail a spiritual or philosophical dimension, its focus on coordination and breath promotes a natural mindfulness and awareness of movement. Developed by Joseph Pilates in the first half of the 20th century, the German-born physical-culturist believed that physical and mental health were intrinsically intertwined. The practice burns calories and intensely strengthens the core, demanding complete concentration in order to control muscles in the body. Manipulation of breath is also central to pilates, with practitioners told to breathe deeply into the back and the sides of the rib cage.

Recommended for: increased flexibility and balance, muscle definition and strengthening, relaxation, body awareness, posture

Where: Mindful Movement Pilates Studio, Suite 2, 2nd Floor, 45 – 47 Hunter St, Hornsby 2077, ph: 02 9477 4065



5

THE ALEXANDER TECHNIQUE

Developed by Frederick Matthias Alexander, the 'Alexander Technique' is an educational process that teaches people to stop using unnecessary levels of muscular and mental tension in their everyday life. Teaching awareness of movement and thought, the technique encourages people to move lightly; without superfluous energy and exertion. With increased awareness, people are able to adaptively change automatic ways of holding, moving and using their body. Optimising performance in work and aiding personal development, self-awareness and mindfulness, the Alexander Technique can benefit individuals by improving strength, stamina, relaxation and recovery from injury. Lessons are not physically aggressive, and generally involve teacher-observation of basic activities such as walking, standing up and sitting down. As you perform these movements, the teacher will use their hands to guide your body to release restrictive muscular tension.

Recommended for: posture, release of muscular tension, increased balance and flexibility, improved coordination, management of chronic pain, increased self-confidence, reduced depression

Where: Sydney Alexander School, 20 Belmore Street, Surry Hills 2010, ph: 9281 0438





Kimberly cruise: For adventure lovers

All about cruising

Choosing the right holiday cruise for you

Hannah Brissenden & Tess Gibney

WITH WARM WEATHER on the horizon, it's natural to start planning your summer escape. Cruises – with their alluring offer of all inclusive transport, accommodation, meals and entertainment – are the ideal option for anyone looking for a fuss-free getaway. The ultimate escape from the mundane routine of everyday life, cruising offers travellers the unique chance to sail through diverse worldly scenes. When you're not blissfully admiring land from afar, immerse yourself in a myriad of exciting and far flung corners of the globe – from the Arctic depths of Antarctica to the exotic shores of the Caribbean.

Considering the value and practicality factor of cruising, it's no surprise almost one million

Australians take an ocean or river cruise each year. As a booming segment of global travel, you don't need to feel limited by what you may imagine to be the stereotypical "holiday" cruise. It's an industry that has something to satisfy a plethora of tastes and personality types: ranging from the very niche to the very normal. Check out our Sydney Observer cruise guide to find out more about what type of cruise might be most suited to you.



Climb aboard the luxurious Quantum of the seas

The all-rounder: international ocean liners

Looking for an experience that balances onshore exploration with offshore relaxation and entertainment? Resort-style cruise companies with fleets of large ocean liners are a fantastic option for those looking to be entertained. Presenting travellers with a package holiday that not only provides a 5 star experience in luxury and catering but also endless activity options; cruise liners of companies such as Royal Caribbean International and P&O are packed to the brim with elegant restaurants, nightclubs, bars and other lifestyle facilities. Royal Caribbean International's newest ship, the lavishly luxurious Quantum of the Seas, ensures you will never get bored on board – boasting a magnitude of impressive features including an ice-skating rink, basketball court, casino, shopping complex and more.

Royal Caribbean and P&O have a variety of

destination cruises to choose from. Board locally in Australia to explore South Pacific islands off our rugged coast, or opt to fly overseas before boarding a luxury-liner for a jam-packed trip in your area of choice.

If you are opting to board locally, Royal Caribbean International's 17 night Australia and New Zealand Cruise is a must do. Undoubtedly a scenic sensation, this cruise is ideal for those wanting to experience beauty not too far from home. Furthermore, removing stressful months of planning and saving makes this a truly relaxing and indulgent summer holiday choice.

Cruise line recommendation: Royal Caribbean International

Ship: Quantum of the Seas

Trip: 17 Night Australia and New Zealand cruise package

Visit: royalcaribbean.com.au

Riding the river: experience sophisticated sailing

River cruising offers up a calm alternative to ocean cruisers. Unlike the at times daunting expansiveness of the ocean, river cruising makes for a fully immersive experience – allowing travellers to connect closely to both the natural and built environment of the surrounding location.

Though Euro-based trips still dominate the market, river cruising is gaining popularity in diverse and exotic locations around the world. As many cities grew around inland waterways, river cruising is a unique and intimate way to explore a place – especially where other modes of transport may be impractical. Significantly smaller than the resort-style ocean liners mentioned above and with more opportunities to get onshore, river cruising is recommended for those who want to remove themselves from the rush of traditional fast-paced foot and flight tours and settle into the natural flow of a place. Today, river cruising companies offer epic journeys on some of the world's mightiest rivers – including the Peruvian Amazon, the Ganges in India and China's Yangtze River.

Don't discount European river cruises,

however – though the advent of river cruising may have originated here, it's no longer a travel option characterised by stuffy, smelly rooms and little activity variation. Major cruise companies – such as Viking Cruises and Luftner – offer luxurious meandering trips on rivers such as the breathtaking Danube that pass through cities rich with culture.

Cruise line recommendation: Luftner Cruises; Viking River Cruises

Trips: 15 Day Beautiful Blue Danube (Luftner Cruises); 13 Day Imperial Jewels of China (Viking River Cruises)

Visit: vikingrivercruises.com.au; luftner-cruises.com

Niche cruises: getaways with a twist

Niche cruises – or themed cruises – are a product of the booming cruise industry. As cruising continues to grow as a highly desirable travel option, so too does the range of experiences and activities one can engage in whilst on board. With cruise packages specifically designed for foodies, comedy-buffs, avid dance lovers, aspiring artists and more, it's now easy to book a holiday that will pair relaxation and sightseeing with your individual passions and hobbies.



Destination specific adventure cruises – such as the Wet Season Adventure Kimberley cruise – are also an excellent option for those with a particular type of trip in mind. Check out P&O for their short-break Food and Wine cruises and SeaBreak Comedy cruises and Oceania for their budding Artists' Loft program aboard the Marina and Riviera ships. ○

Cruise line recommendation: P&O Cruises; True North Luxury Adventure Cruises

Trips: 4 Night Melbourne Food and Wine Festival SeaBreak cruise (P&O Cruises); Wet Season Adventure Kimberley cruise (True North Luxury Adventure Cruises)

Visit: pocruises.com.au; northstarcruises.com.au

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Sweet spring tart

Adele Palfreeman

This blueberry and rhubarb tart is the perfect way to enjoy summer fruits. You can make your own sweet shortcrust pastry or buy it premade in the freezer section of the supermarket. Use spelt flour instead of plain white flour – it has more fibre and gives the base a crumbly texture.



Ingredients

Filling

- 2 cups of rhubarb, trimmed and chopped roughly
- 2 large apples, peeled, cored and chopped roughly
- ¼ cup caster sugar
- 2 tablespoons cornflour + 2 tablespoons of water
- 1 punnet of blueberries
- 2 tablespoons of water

Spelt Shortcrust Pastry

- 1½ cup spelt flour
- 2 tablespoons of icing sugar
- 130g butter, chilled and cut into cubes
- 1 egg yolk
- 1 tablespoon water, chilled

Crumble Topping

- 2/3 cup oats
- 1/3 cup brown sugar
- ½ cup almonds (roasted or raw)
- 75 g butter
- 2 teaspoons of cinnamon

Method

1. To make the pastry place spelt flour, sugar and butter into a food processor. Pulse until it resembles breadcrumbs. Alternatively, mix with a fork in a large mixing bowl. Add the egg yolk and water. Mix until the dough is smooth. Transfer onto a lightly floured surface and knead the dough until there are no more clumps of butter. Put pastry to the side.
2. Prepare a fluted tart tin using a splash of olive oil and a sprinkle of flour (spelt or plain). Roll out the prepared pastry to 5mm thick and place in the tin. Lightly squeeze the sides of the tin to secure the pastry. Make sure there are no holes in the pastry (or the filling will leak). Refrigerate for 30 minutes.
3. Preheat oven to 200C/180C fan-forced. To make the filling, place the rhubarb, apple, sugar and 2 tablespoons of water in a medium sized saucepan. Bring to the boil. In the meantime, combine cornflour and 2 tablespoons of water in a small bowl. Mix until smooth.
4. When the rhubarb is soft reduce heat to medium-low. Add cornflour mixture and blueberries. Stir until thickened (about 2 minutes). Remove from heat.
5. Blind bake the pastry with dried beans or ceramic pie weights for 10 minutes. Remove beans or pie weights and bake for another 10 minutes, or until the sides are golden. To make the crumble, combine oats, brown sugar and almonds in a powerful food processor. Mix until the almonds are crumbled (it will resemble coarse sand). Add cubes of butter and cinnamon and process for 30 seconds, or until butter is combined.
6. Using a large spoon, transfer rhubarb filling onto the pastry. Sprinkle the oat crumble on top, starting from the middle of the tart. Bake for 25 minutes and cool for 20 minutes before cutting. Serve with ice cream or yogurt. ○

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Wahroonga Food and Wine Wrap Up

OCTOBER'S FOOD AND Wine Festival was a huge success, with great crowds appearing in Wahroonga Park.

Everyone enjoyed the fantastic weather, wonderful wines, gourmet foods and local talent from our school bands.

The event attracted around 7000 visitors, which was a great effort. The main event, the Champagne Taittinger Bar, exceeded expectations, and we're all missing the abundance of bubbly and oysters.

Photos from the event have been posted on the Wahroonga Food and Wine Facebook page, and can be viewed at your leisure.

It was an excellent day out, and you can all look forward to next year's event scheduled for Sunday October 25, 2015.



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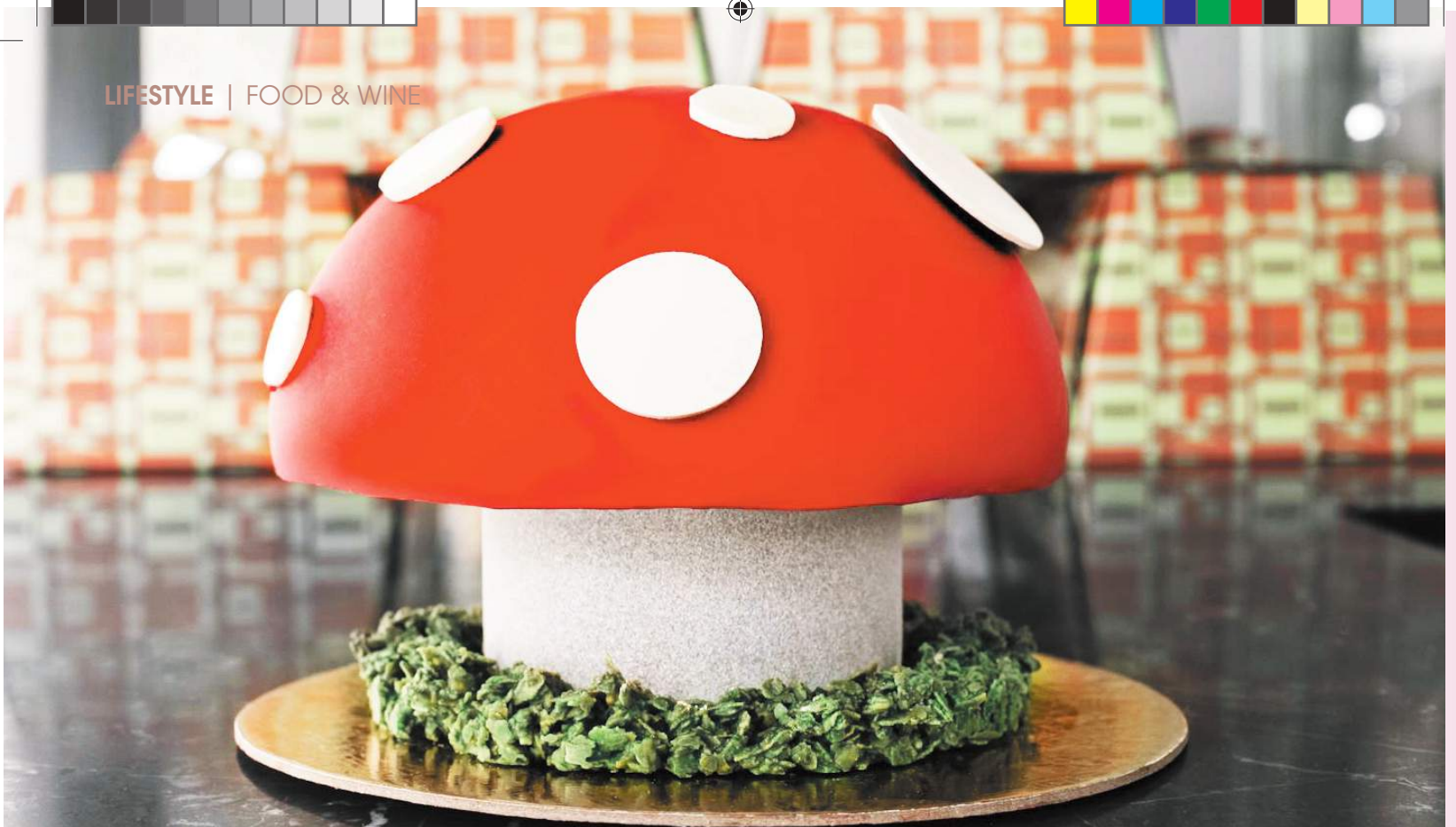
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FOOD OF THE FUTURE: 2014 TRENDS

We take a look at some of the food fads that have taken Sydney by storm this year

Brooke Van Der Woude & Tess Gibney

EXPECT THE UNEXPECTED from food trends that have made a wave through Sydney restaurants this year. From the strange to the down right revolutionary, these revolutionary fads mark the beginning of what will surely be a golden age in culinary innovation and experimentation.

Cro-nutty for cronuts: hybrid pastries take the world by storm

If you haven't tried one yet, we're sure you've probably at least heard the term cronut by now. If not, let me quickly fill you in: it's basically the hippest dessert trend to take off since Adriano Zumbo made the macaroon his own. Despite the fact that everyone is constantly talking about trying them and eating them, no-one really knows exactly what the decidedly elusive cronut is. Brain child of New York's eclectic Dominique Ansel, French born pastry genius, the cronut is probably the best thing ever to happen to bread.

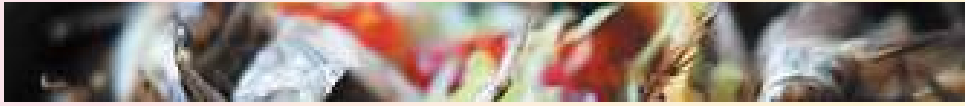
Known as the "Willy Wonka of New York City", 2013 saw Ansel deliver this delicious

package of sugary, buttery bliss. Generating an immense amount of attention and acclaim from news media and avid New York City pastry addicts, this hybrid treat is literally a combination of a croissant and doughnut.

News of the cronut didn't take long to spread, and it has slowly made its way around the world before reaching our isolated shores here in Sydney. Introduced first by entrepreneur chef Robert Pirinia, the cronut available at his Glenorie Bakery is layered in butter, deep-fried, coated with icing sugar and then filled with French vanilla custard cream. Adriano Zumbo (being the culinary dessert wizard he is) also couldn't resist putting his own spin on Ansel's cronut. Head to one of his Sydney stores to sample the aptly named 'zonut' (Z for Zumbo, of course).

Be sure to keep an eye out for Dominique Ansel's other creation, the 'Waffogatto', because it'll no doubt be cropping up somewhere soon. We predict the next year is set to be an exciting one for pastry-lovers worldwide.





You scream, I scream, we all scream for ice-cream!

Who else remembers the milk-bar days of yonder where ice-cream choices were relegated to the run-of-the-mill basics vanilla, strawberry, chocolate and mint chip (if you were lucky)? We certainly do. Enter the introduction of Sydney stores Messina and Cow & the Moon, Enmore, who may just have transformed the way we view ice cream forever.

After winning the world's best ice cream for their popular Mandorla Affogato gelato at the Gelato World Tour in Rimini, Italy, owners of Cow & the Moon, John and Wendy Crowl, have received constant crowds outside their Enmore store.

"The gelato industry is growing, so therefore what we conceived as gelato flavours has evolved as the industry has grown. Bear in mind you still have to have the traditional flavours; a good chocolate, a good vanilla and a good pistachio," owner Wendy said.

Cow & the Moon were selling so many affogatos (a shot of espresso with vanilla gelato)

that they decided to turn it into a flavour, the Mandorla Affogato gelato, which quickly became the store's most popular.

New flavours are created constantly, but Wendy Crowl argues that these new flavours aren't just a trending fad – it looks like they're here to stay.

Similarly, another Sydney gelateria has tackled the traditional face of ice-cream. In a futuristic twist, ice-creamery N2, situated in Chinatown, uses liquid nitrogen to set a range of wacky flavours that stretch the limits of imagination. N2 also experiments with eclectic add-ons and toppings such as flavour filled plastic syringes and glazed meringue. *Sydney Observer* writer Steph sampled their chocolate sour cream ice cream with kirsch cream, glazed cherries and chocolate. We're hanging out to try the Ruby Red Velvet Cheesecake; a cheesecake ice-cream sandwiched between layers of red velvet cake and garnished with a swirl of smooth cream cheese frosting. It is clear; ice-cream in Australia has reached its renaissance.

Critters crawl their way on to our menus

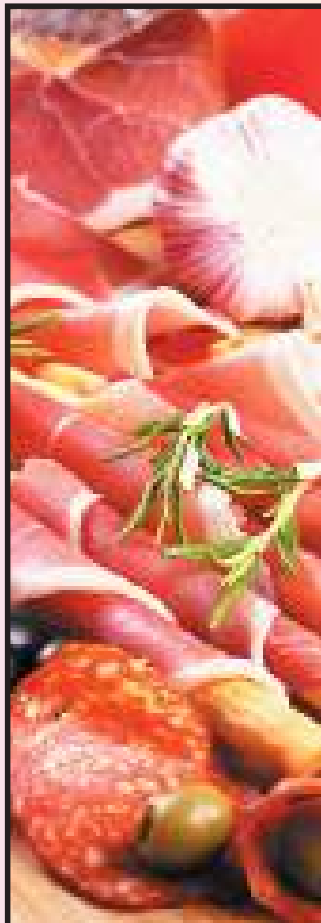
Bugs and insects. Yes, you read it right – something you'd expect only to be found in your garden has crawled their way into the restaurants of Sydney and is becoming a fast growing food trend.

The United Nations Food and Agriculture organisation released a report in 2013 recommending that Western consumers should be open to eating insects, as the environmentally friendly food source is tipped to be the food of the future.

Sydney chef Kylie Kwong embraced insects at her restaurant Billy Kwong early in 2013, and Bondi's popular Mexican hangout El Topo was quick to follow.

Roasted baby crickets, roasted wood cockroaches, and live green tree ants are just a few of the bugs found in the meals you'll see on Kylie Kwong's menu.

'Chaplins', or roasted crickets with chilli, garlic and lime, are served tastefully as an entree at El Topo. Surprisingly, they don't sound – or look – too bad. Though the trend is prevalent in high-end establishments, we predict it'll be a while before this fad takes off in mainstream food outlets. Pad Thai with cricket, anyone? ○



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North Shore Good Food Guide picks

Tess Gibney

WE'VE SCoured THE Sydney Morning Herald's 2015 Good Food Guide for their top picks on the North Shore, organised by suburb.

Artarmon

Salvage Speciality Coffee; Cafe
5 Wilkes Avenue, Artarmon
Website: salvagecoffee.com

A new venture started by coffee royalty Toby Cutler, Matt Goto and Dan Yee (all from distinguished Air Coffee in Castle Hill), Salvage Speciality Coffee is a hole-in-the-wall cafe spilling out of the quiet side of Artarmon train station. Using coffee beans roasted by Mecca, the coffee is smooth and aromatic and the shop is small but character-filled. Though the menu is short, it's also pretty sweet: they stock current buzz-food, the 'cronut', if you're desperate for a fix in the area.



Chatswood

New Shanghai; Restaurant
Cuisine: Chinese
345 Victoria Avenue, Chatswood Chase
Ph: 9412 3358
Website: www.newshanghai.com.au

You won't even realise you're in a food court once you enter the colourful confines of New Shanghai. With a live 'dumpling theatre' to keep guests enraptured, New Shanghai's menu is comprised of ancient family recipes learned in Shanghai and passed down from generation to generation. Bringing in a 13.5/20 score, this busy hub in the centre of Chatswood's shopping precinct is renowned for the unique soup dumplings; that is, dumplings filled with delicious, hot broth.



Willoughby

The Incinerator; Cafe
2 Small Street, Willoughby
Ph: 8188 2220
Website: theincinerator.com.au

Located on the ground floor of the stunning 1930s Walter Burley Griffin designed Willoughby Incinerator building, The Incinerator is an absolute must-do. High-ceilinged and airy, this fresh-faced eatery offers a "seasonable and sustainable menu from the freshest produce available". Coffee is from the Grounds of Alexandria and picks from an exceptional menu include wood roast chicken and quinoa salad with smoked yoghurt.



Lindfield

The Blackout; Bar
304 Pacific Highway, Lindfield
Ph: 9416 9172
Website: www.theblackout.com.au

Labelled in the Good Food Guide as a "bar with good food", Lindfield's The Blackout is a Surry Hills-esque watering hole with a tantalising menu to boot. Showcasing live music 2 to 3 nights a week, the bar is renowned for its dishes to share – including caramelised haloumi with warm cherry tomatoes, oregano and olives, and Moroccan spring rolls with a filling of mince, almonds, cinnamon and honey. Full almost every night of the week, this bustling hangout is a long-awaited addition to North Shore night life.

Chatswood

Khao Pla; Restaurant
Cuisine: Thai
370 Victoria Avenue (entrance on Anderson Street), Chatswood
Ph: 9412 4978
Website: www.khaopla.com.au

Situated in the heart of Chatswood, Khao Pla is a modern albeit cosy hub of eclectic contemporary Thai food. Headed by alumni of acclaimed Asian-dining hotspots Ms G's, Spice I Am and Mr Wong's, Pla Rojratnavichai, Khao Pla's menu melds a combination of traditional Thai food with daring stand out dishes such as sea scallop sashimi with lemongrass and kaffir lime leaf. Rated 14/20 by the Good Food Guide, Khao Pla is labelled as excellent for its authentic vibe of "true Thai-town tastes".

Lindfield

Cafe Lyon; Restaurant
Cuisine: French
366 Pacific Highway, Lindfield
Ph: 9416 5026
Website: www.cafelyon.com.au

Brainchild of former Berowra Waters Inn head chef Rainer Korobacz, Cafe Lyon is a French bistro with flair. Scoring a solid rating of 14/20, the Good Food Guide recommends the pork belly with boudin noir and the pear tarte tatin with salted caramel and vanilla ice-cream, described in the review as "enough to bring us back again and again for that little touch of Lindfield Lyon".

What's on November

Newtown Festival

November 9th (No entry after 5pm, a gold coin donation upon entry)

9:30-5:30

The Newtown festival is a cultural delight: encapsulating the vibrant, creative heart of Sydney and signifying Newtown 'independence day'. A day of fun and good vibes, head on down to Camperdown Memorial Park to experience the best in local and national music, arts and food.

Where: Camperdown Memorial Park, bound by Australia St, Lennox St, Church St and Federation Road, Newtown 2042

Contact: 9564 7333



Facebook 101

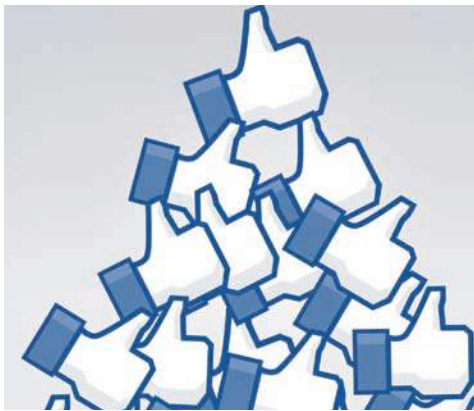
November 4th (Free entry)

10am-12pm

The Facebook 101 crash course is a fun way to learn some basics about getting online. The course provides a social way to get on social media, letting you walk away with a better understanding of how to navigate the often mind-boggling social network that is Facebook.

Where: Surry Hills Library, 405 Crown St, Surry Hills 2010

Contact: 9265 9333



Science talks:

Carotenoids and Cosmic timescales

November 5th (Free)

6pm-7pm

Dr. Christopher Cazzonelli will address the science behind the goodness of veggies and provide an informing discussion to arm you with the tools for nutrition and optimal health. In the second half, Dr. Vanessa Moss will discuss space and galaxies billions of light years away.

Where: Ultimo Community Centre, 40 William Henry St, the corner of Harris St, Ultimo 2007

Contact: 9265 9333

Festive handmade gift idea workshop

November 8th (\$10 Bookings essential)
10am - 1pm

Margaret Mossakowska presents a workshop at the Ku-ring-gai Council chambers to help you get crafty with some excellent DIY Christmas gift ideas. Join the workshop to learn how to make your own soaps out of natural oils and vegetable pickles out of fresh vegetables.

Where: Ku-ring-gai Council Chambers, 818 Pacific Highway, Gordon

Contact: 94240893

Pop-Popism:

An international art experience

November 1st - March 1st (\$20 for an adult, \$16 for a concession, \$50 for a family of 5)

The international pop art exhibition takes you on a journey through pop art history, spanning 30 years and showcasing over 200 works. This is a playful exhibition that will entice.

Where: Art Gallery Rd, Sydney 2000

Contact: 9225 1744



Sculpture by the Sea

October 23rd-November 9th

This stunning annual coastal art walk is a great way to get active and get in to Sydney culture – a must in the November calendar.

Where: Bondi to Tamarama coastal walk, Bondi Beach 2026

Contact: 8399 0233



Seminar on Arthritis and Degenerative Joint Pain

20th Nov

6pm for 6.30 start

You are invited to attend a free information seminar on Arthritis and Degenerative Joint Pain. Dr. Deepak Yagnic (Osteopathic Physician) will lead you through the maze of arthritis and degenerative joint pain, helping you unpack fundamental questions about the nature of arthritis and the causes of pain.

Where: The Osteopathic Centre, 2/6 Help Street, Chatswood

Contact: 9413 4674

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When: Saturday 8th November, \$49

Where: Warrawee Bowling Club

November Giveaways

2 x family passes to Taronga Western Plains Zoo up for grabs

LOCATED IN DUBBO, central west New South Wales, Taronga Western Plains Zoo is the ultimate outdoor experience for the whole family. Home to literally hundreds of animals, including giraffes, rhinos, elephants and big cats, the zoo is located on a 6km circuit of meandering bushland. Considering all entry is valid for two days, you can take your time leisurely exploring the zoo, and checking out its many weird and wonderful

inhabitants. Bikes and carts are also available for hire to help you get around with ease.

To celebrate the upcoming school holiday summer break (and, of course, Australia's own version of the Savannah), Sydney Observer has 2 x family passes available to give away. If you're already wondering how to keep the kids entertained for six whole weeks, this is not something you want to miss out on.



HOW TO ENTER

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

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



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Selected responses will be published in Sydney Observer's March issue.

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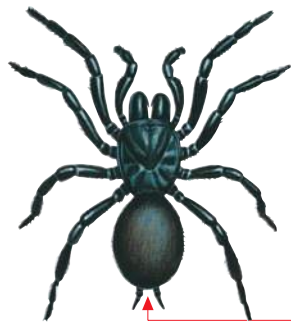
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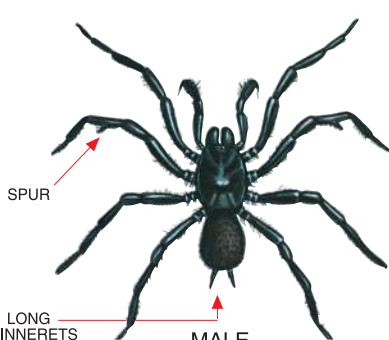
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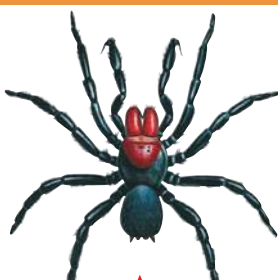


WHITE-TAIL SPIDER
MAY CAUSE HORRIFIC ULCERATION
TO SKIN OF SENSITIVE PEOPLE
FOUND IN THE GARDEN & INDOORS

PAINFUL BITE - VENOMOUS SPIDERS



FEMALE MOUSE SPIDER
ENLARGED HEAD & FANGS • DEEP PAINFUL BITE
GROUND DWELLING - OFTEN MISTAKEN FOR FUNNEL-WEB



MALE MOUSE SPIDER



Common
BLACK HOUSE SPIDER
VENOMOUS • NAUSEA, SWEATING, ETC.
OFTEN FOUND IN THEIR WEBS IN
WINDOW FRAMES, EAVES, ETC.



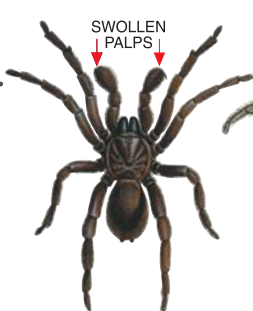
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