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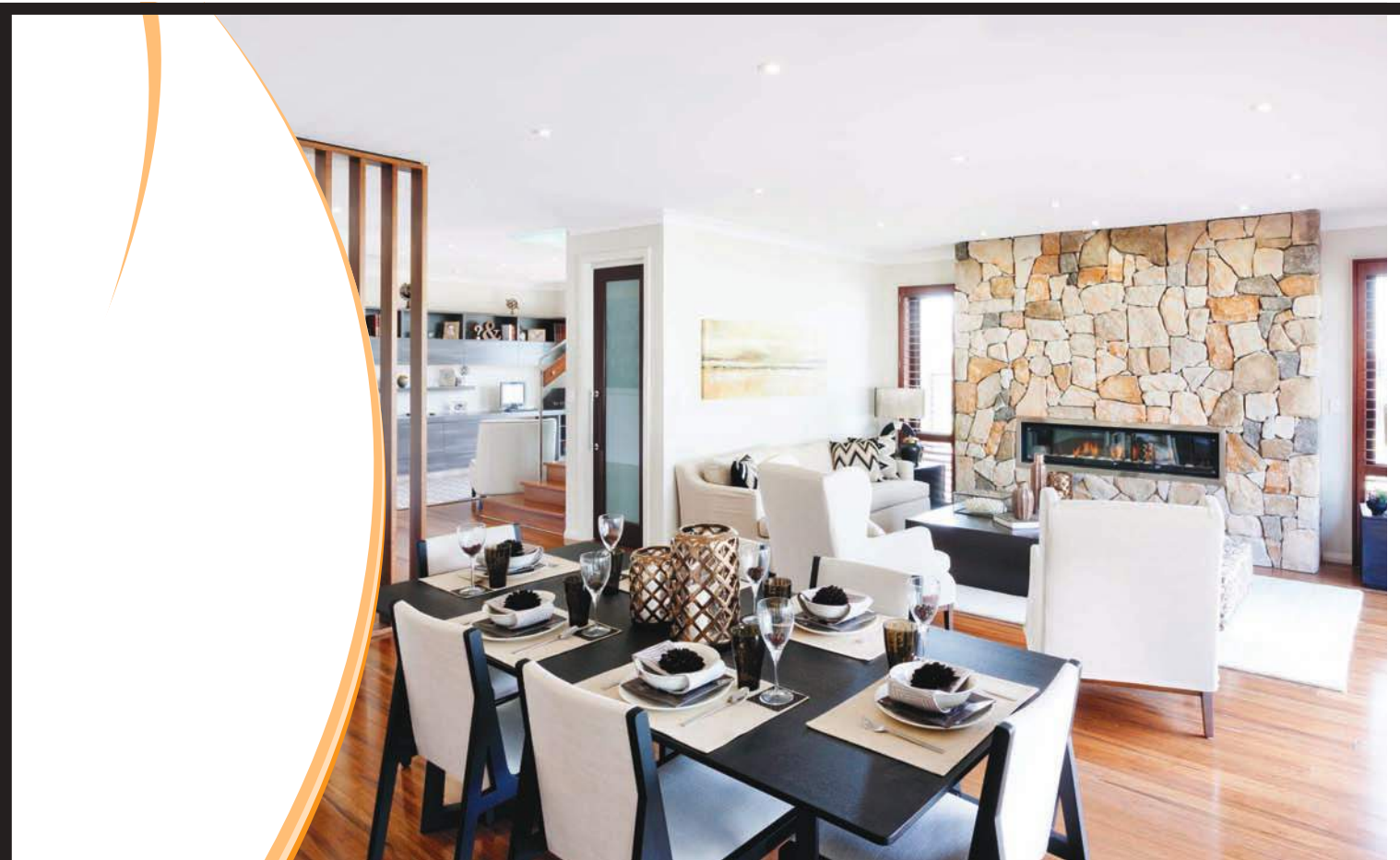
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## From the editor



April is an eventful time of year. It is a month of commemoration as we pay respects to all our past and present Aussie troops, but also family festivity with the continuation of delicious Easter celebrations. Even though Easter may have come early this year – April is still filled with exciting family-friendly events (24-25).

This issue our cover star and fellow Sydneysider, the hilarious Kitty Flanagan, dishes on her upcoming comedy show and life in the spotlight (12-14). And, with Mother's Day just around the corner SO has put together the ultimate cheat sheet on gifts that suit every mum (26).

Whether it be some financial advice (20) or simply a feel-good read (27) you're after, SO strives to provide a variety of choice.

Happy Holidays!

*Sabrina*

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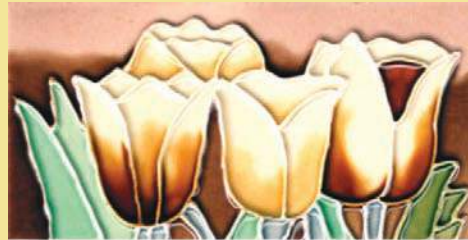
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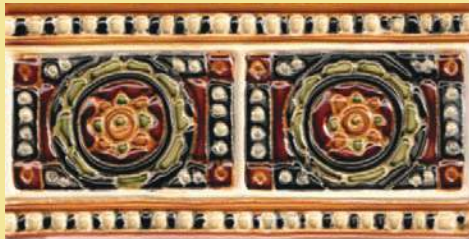
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# From the readers

Lately, I have been thinking about taking a break from my exhausting Sydney life. The article 'Making the most of Mcleod Ganji' made me book my tickets to India. I can't wait to visit Tsuglaghkang, I hope it'll help me find the sense of life. Thank you!  
*Natalia Dudzi, Macquarie Park.*

# Giveaways

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## Kitty Flanagan: Seriously?

Kitty's highly acclaimed show of 2015 'Seriously?' will come to the Enmore Theatre, Sydney for a special encore performance as part of the Sydney Comedy Festival.

One Double Pass to be won.

## HOW TO ENTER



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

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



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# Snippets

Emily McDonagh & Sabrina Muysken

## Ku-ring-gai joins Hollow as Homes

**KU-RING-GAI COUNCIL HAS** joined a project to survey the availability of nesting spaces for native animals, a limited resource in urban areas. In partnership with the Royal Botanic Gardens, Hollow as Homes will undertake the first assessment of this size, mapping the nesting spaces both man-made and natural across the Sydney area.

Mayor Cheryl Szatow says, "By getting involved in Hollow as Homes, you can discover what animals are present in your neighbourhood and gain an understanding of the importance of different hollows to wildlife."

[hollowashomes.com.au](http://hollowashomes.com.au)



## Ku-ring-gai Says Welcome

**THE KU-RING-GAI REFUGEE** Welcome Pack Appeal has called for donations of children's toys to fill out their packs given to Syrian refugees upon arriving in Australia. Since the appeal began in 2015, donations have exceeded targets for toiletries, baby supplies and children's books. The generous response amounted to cash donations totalling \$3 000, as well as online contributions.

Members of the community are welcome to donate board games, puzzles, dolls, small toys, frisbees and the like to support the incoming refugee children. Share the appeal and any contributions using the hashtag #kuringgaisayswelcome on social media.

[wahroongarotary.org.au](http://wahroongarotary.org.au)

## Council Merger Update

**KU-RING-GAI COUNCIL HAS** submitted a lengthy case for it to stand alone, reiterating the communities strong opposition to the merging of Hornsby and Ku-ring-gai Councils. Drawing on feedback from the public inquiry sessions held at Pymble Golf Club in February, residents raised flaws in the state government's proposed savings.

"The government has no mandate to force a merger between Ku-ring-gai and Hornsby councils- and no plan on how to make it happen without causing massive disruptions," says Ku-ring-gai Council.

[kmc.nsw.gov.au](http://kmc.nsw.gov.au)



## Festival on the Green

**A COOL CHANGE IS** coming to this year's Festival on the Green! A large outdoor ice rink is set to take centre stage as the star attraction of Ku-ring-gai Council's free festival. The annual celebration will take place from 10am-4pm at St Ives Village Green Sunday 1 May.

The rink is said to feature "a live Peter Pan stage show and spectacular roaming performers", also offering festival goers the opportunity to try their hand at ice skating.

"It's a fantastic day out for the family. With new attractions such as the ice rink and Peter Pan, it's sure to please," says Mayor Cheryl Szatow.

[kmc.nsw.gov.au](http://kmc.nsw.gov.au)



# USING MAGIC FOR GOOD

Hope William-Smith

**THE DELUMINATORS**, a Turramurra based branch of the non-for-profit Harry Potter Alliance, are bringing awareness to health and wellbeing for young people. Through an array of fundraising events, the group has raised more than \$15 000 for charity.

The Harry Potter Alliance takes an alternate approach to civic engagement; using parallels from JK Rowling's Harry Potter series. Inspired by the worlds best selling books, branches of the society across the globe aim to educate and mobilise young people towards issues of literacy, equality, and human rights. As with the function of Dumbledore's invention, 'the Deluminator', the group aim to draw in all the light from their own lives and reflect it to areas and people who are not as fortunate.

The Sydney based group has made a significant mark in fundraising since forming in early 2014. Their 'Accio Books Drive' event collected close to 10 000

books for the Australian Literacy and Numeracy Foundation.

In order to raise money for a new women's shelter in Hornsby, they raised \$12 000 from their Yule Ball, through which 150 care packages were also distributed to people on the streets of Sydney as part of the Packages4Homeless drive.

This month, the Deluminators are turning their hand to the aptly named 'Wolfsbane Festival,' a music and wellbeing festival promoting healthy discussion of mental health issues. The idea behind the festival is to create a space where discussing mental health is normalised and supported.

The Wolfsbane Festival will showcase live music, stalls with wellbeing information, mental health resources and a range of games and activities including yoga, dance

workshops and craft stalls. Run in conjunction with Ku-ring-gai Council's Youth Services, the festival will be part of NSW Youth Week 2016.

All proceeds from the event including ticket and merchandise sales will be donated to House Of Welcome, a Sydney not-for-profit charity organisation that aims to welcome, shelter, and empower asylum seekers and refugees.

"It's bringing together the power of youth activism and making use for good," says vice president, Sasha Landis.

As a registered charity with the Australian Charities and Not-for-profits Commission, the Deluminators inspire advocacy in youth across Sydney.

[thedeluminators.blogspot.com.au](http://thedeluminators.blogspot.com.au)

Ku-ring-gai Council's

# Festival on the Green






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# Turrumurra's future

Stephanie Stefanovic



**O**VER THE PAST few years, Turrumurra has seen its fair share of commercial development proposals. From the building and expansion of supermarkets to the construction of a major childcare centre and the revitalisation of the suburb's commercial centre. So what is actually in store for the future of this leafy, green North Shore suburb?

As of last month, the proposal to build a 2000 square metre ALDI store on Tennyson Avenue and Eastern Road has been officially rejected by State Government. Ku-ring-gai Council made their disapproval known from the start, however.

"Our planning philosophy has always been that large full-line supermarkets are suitable for Ku-ring-gai's large centres, not small neighbourhood shopping strips such as Eastern Road," says Ku-ring-gai Council Mayor Cheryl Sztatow.

Local residents and store owners were also less than pleased, with the announcement of the ALDI proposal prompting the formation of the Eastern Road Precinct, a committee

devoted to protecting Eastern Road from inappropriate development. The committee has hundreds of members, and almost 2000 people subscribed by email, according to spokesperson Brett Rogers. Considering North Turrumurra's population of approximately 4000, this clearly reflects the community's dissent towards commercial development.

This comes not long after residents openly opposed the construction of a 150-place childcare centre on Merrivale Lane. As in the case of ALDI, the proposed site for the childcare centre is also a residential area, which leads residents to be concerned about traffic, as well as changes to the amenity of the area. The outcome of this proposal is yet to be known.

One thing both residents and Council seem to agree on is the need for revitalisation in Turrumurra's commercial centre.

"That's where we want to put the developments," said Eastern Road Precinct member Brett Rogers.


"There's better public transport, better road access... You don't put a huge development in a low-density residential area," he added.

In an effort to respond to calls for revitalisation, Ku-ring-gai Council is initiating Activate Turrumurra as a part of the broader Activate Ku-ring-gai program. The program is informed by feedback from local Turrumurra residents, which includes the need for a new library, multi-purpose community centre, park, town square, and improved streetscapes.

According to Ku-ring-gai Council, residents also cited the need for the area's supermarket to be upgraded and expanded. This was actually proposed by Coles back in 2013, however nothing ever came of it.

As for Activate Turrumurra, no specific developments are confirmed yet, but after a string of meetings dating back to 2014, the plan is progressing to the next stage of masterplan development.

"We're starting to get involved with that," said Brett Rogers.

"We haven't seen anything yet, but we're definitely interested." 

[kmc.nsw.gov.au](http://kmc.nsw.gov.au)

# Seniors Festival a timeless hit

Alex Dalland

**WHEN ROSEVILLE LOCAL** and lawn bowls coach Gerry Ryman saw the opportunity to host a Community Bowls day as part of Ku-ring-gai's Annual Seniors Festival, he knew it was not one to be missed.

"I coach lawn bowls, mainly to seniors looking for a new outdoor activity, and our Club happens to have our annual open day on the third of April," Ryman says.

While Ku-ring-gai Council runs its Annual Seniors Festival through late March and early April, the NSW Seniors Festival – formerly Seniors Week – will begin Friday April 1, going until April 10.

For 77-year-old Ryman, who coaches at the Roseville Bowling Club, the Festival is more than just an opportunity for seniors to participate in community events.

"Many retired people are unsure of their future regarding physical and social activities. The Seniors Festival is important for retirees, it gives them various options to pursue a new lifestyle.

"After all, life doesn't stop the moment you retire."

Aimed at over 60's, as well as people over 50 who are Aboriginal and Torres Strait Islanders or who have a long-term disability, the Seniors Festival encompasses a range of events held across New South Wales. These include workshops, open days and other activities run in the local Ku-ring-gai and Willoughby areas.

According to the City of Sydney Council, the Festival is the largest celebration for people over 60 in the Southern Hemisphere. The theme of this year's Seniors Festival is 'Growing Young' and, as in years before, has been held to celebrate and recognise the role seniors play in the community.

"We take a lot of pride in putting on events and activities that keep everyone active – physically and socially," Lord Mayor of Sydney Clover Moore said in a recent statement.

"I encourage our city's older citizens to take part in some of the great things we've organised, including free concerts and performances, helpful workshops, walking tours and free entry to our pools."

Turrumurra resident Julie Antill hosted a free tour of the Turrumurra Lookout Community Garden as part of the Ku-ring-gai Seniors Festival. Antill believes it is community groups like these which can play a vital role in helping Seniors to broaden their horizons, expand their social networks and continue to make a contribution to their community.

"I like the idea of the Seniors Festival," Antill remarks.

"It celebrates that section of our population which is often overlooked or ignored but which also contributes so much voluntary labour and expertise in the community. The festival also highlights and showcases a wide range of opportunities for seniors such as leisure, learning, exercise and socialising in our community." ○

*A full listing of events including those in the North Shore and Greater Sydney can be found at:*  
[nswseniorsweek.com.au](http://nswseniorsweek.com.au)





*Kitty*  
*Flanagan:*  
**Seriously Funny**

Sabrina Muysken

**M**ANLY RAISED KITTY FLANAGAN surfaced on top of the comedy scene in her early 20s. With several university attempts and a wave of unfulfilling marketing jobs trailing in her wake, it was a deep-rooted love of performing that ultimately swept her onto the stage. Yet, it took some years of persuasion before she genuinely considered a career in comedy.

Attending school at North Shore based Monte Sant' Angelo Mercy College, Kitty received constant encouragement from peers and teachers to join the drama club and embrace her underlying talent for onstage performance. Surprisingly for some, but unsurprisingly for those who know her well, the future comedic star opted for the unexpected by taking up art class instead. Something she admits in hindsight that did not come quite as naturally to her.

"Everyone thought I would do drama so I did art, mostly because I wasn't going to be predictable. I did art for four years and I was absolutely rubbish at it. I was terrible! I punished everybody – my teacher, the class, and even myself. I should have done drama but I remember thinking, 'I don't think you can tell me what to do!'. It's my biggest schooling regret."

After finally realising her unique flair for stand-up comedy, Kitty landed a job on the popular sketch show *Full Frontal*. From here, it was only a matter of time before she relocated to London and began fine-tuning her comedic talents on the international stage. She toured the globe, performing in Japan, France, Germany, Switzerland and South Africa - just to name a few. But, it was her time in the Netherlands that truly made the most memorable impression on her.

"The Dutch audience are probably my favourite in a perverse way, in that they don't really laugh. They come up at the end and tell you it was brilliant and what they liked about the show's observations. I did enjoy working in Amsterdam for that reason, because the first time you do it you don't know what's going on and don't understand why they're not laughing.

"The best thing is when you go back with a comedian who hasn't performed there before and you get to sit and watch them sweat."

After eight years abroad, Kitty's international success prompted Australian television heads to lure the star back home. Kitty began making regular appearances on Channel 10's *The Project* with her popular segments that comedically addressed topics ranging from religion to Australian democracy. More recently, the comedian has taken up residence in Melbourne where she's taken on a co-starring role in ABC's *The Weekly with Charlie Pickering*, which she finds a new challenge.

"I certainly work harder and in more concentrated bursts on television. I have to have new material every week. To be honest, it probably takes longer than it should to put



**"I feel incredibly nervous and sick before I go on stage but then I always really enjoy it."**

together my segments!"

Despite her various media gigs, Kitty's first-love of stand-up comedy is still very much alive. Viewing stand-up as being similar to a sport that must be practiced, Kitty can be regularly found taking stages across Australia in what she calls "work in progress shows" to practice her skill.

"Now that I do these longer shows and I tour them, I've started doing a try-out process where I book a little room for 60 to 80 people and I do 3 or 4 weeks of shows. I go on every night with a whiteboard and try new material out. I cross it off if it doesn't work and just refine from there.

"They turn out to be incredibly fun shows. I feel incredibly nervous and sick before I go on stage but then I always really enjoy it."

Currently, Kitty is on the road again with the tail end of her third national tour. The successful 2015 show *Seriously?* is back for another round of laughs in a special series of encore performances next month.

"It's the most personal show I have done to date. I didn't mean to but I ended up talking quite a bit about a

relationship I had with a cop and the interesting things you learn when you're dating one."

When reflecting on her career, Kitty can barely believe she had the "guts" to try stand-up comedy even once.

**"It's the most personal show I have done to date."**

"Honestly, if you came to me now and said, 'You have to go and be a stand-up comedian' I'd refuse. I actually couldn't, and the other thing is I don't know how the younger generation gets started in this day and age with social media how it is."

On the topic of social media Kitty, one of the few entertainers without a bevy of social profiles, finds it to be a damaging force within her industry.

"Social media has made it a lot harder for comedians. Comedy

shows used to be a safe place, now if someone takes it out of context and has a phone to tweet it, all of a sudden you can be pillaged for something you were trying out or may never have done again anyway. I don't think it's fair to them.

"Tom Gleeson said it best when he was pulled up for something and his attitude was 'If you don't understand the joke, I can't help you'. But, thankfully more people still 'get' it!"

Kitty's consistently sold out shows across Australia act as testament to this. ○

*Kitty Flanagan's show 'Seriously?' comes to The Enmore Theatre Friday 6 May at 7pm and The Concourse, Chatswood Saturday 7 May at 7pm.*

[sydneycomedyfest.com.au](http://sydneycomedyfest.com.au)  
[kittyflanagan.com](http://kittyflanagan.com)

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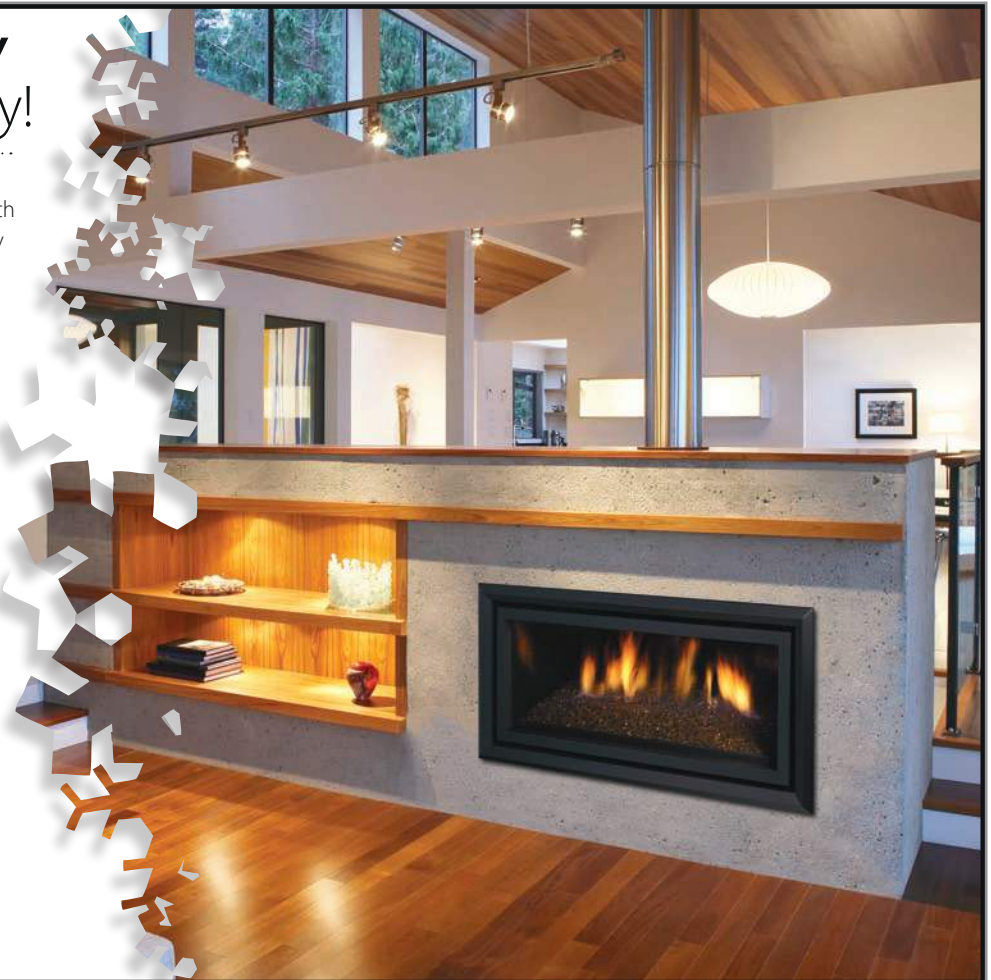
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# Brain training

Can you train your body into thinking it's had medicine? Jo Marchant asks if we can harness the mind to reduce side-effects and slash drug costs.

Jo Marchant

**EVER EATEN** A favourite food that made you sick – prawns, say – and discovered that for weeks or months afterwards, you couldn't face eating it? This effect is called learned or conditional taste aversion and it makes sense: avoiding foods that have poisoned us in the past protects us from getting ill again.

Yet brain-immune interactions are still a 'blind-spot' for immunologists with funding and interest for this type of work practically non-existent.

Researchers are 'vaguely' aware that the two systems communicate but there still lies this traditional thought that the immune system is everything going on from the neck downwards, and the central nervous system is everything from the neck upwards with no linkage.

Nobel Prize winner Ivan Pavlov showed that the digestive system, previously thought to function

independently, is in fact tightly controlled by the brain. Despite showing that the same is true for the immune system, psychologist Robert Ader and neuroscientist David Felton are barely known, even among immunologists.

There's a long way to go before the potential for conditioned immune responses is widely accepted, let alone used in the clinic. It's hard enough for people to entertain the idea of using placebos to treat pain, or psychiatric disorders, and using them to influence immune responses sounds even crazier.

Prof. Dr. Manfred Schedlowski, supported by the DFG (German Research Foundation), currently leads one of the only teams researching conditioned immune responses. The team is steadfastly optimistic that the benefits of conditioning are too great to ignore as they predict within a

decade or two we'll see a revolution in which learning regimes will become a routine component of drug treatment for a wide range of conditions. Drug companies might not see the advantages now, but in future, they could use the reduced side-effects of lower doses as a selling point.

*Jo Marchant is a science journalist with a PhD in genetics. She has worked as an editor at 'New Scientist' and 'Nature' and has written on topics from the future of genetic engineering to underwater archaeology. Her third book, 'Cure: A journey into the science of mind of over', is published by Canongate.*

Full article available at 'Mosaic: The Science of Life'  
[mosaicscience.com](http://mosaicscience.com)

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# Pymble Ladies' College celebrates 100 years

Rima Martens

**P**YMBLE LADIES COLLEGE recently enjoyed a day of festivities in celebration of the School's Centenary. Celebrating 100 years provides an excellent opportunity to reflect upon past movements in Australian education and the goals envisioned for the future. Mrs Vicki Waters, the College Principal, speaks about the activities of the day and the events that are to follow throughout the school year.

## *How do you think the school's stance today reflects its origins?*

"Pymble Ladies' College began with a powerful vision to transform girls' education in Sydney. Our founder, Dr John Marden, was a true visionary for his belief that educating women could in turn transform the nation.

"We have certainly grown since then –from the original intake of 60 girls to more than 2,000 today – but the intent of Dr Marden's vision remains, albeit with a global rather than simply national focus."

## *What are some of the highlights of the celebrations?*

"Our next major Centenary celebration will be on 8 April, which is the opening of the Centenary Precinct, including an aquatic and fitness centre and learn-to-swim pool. Other events include a Centenary Gala Concert on 19 June, a showcase of Pymble talent celebrating 100 wonderful years of music at Pymble in the Sydney Opera House. The concert includes a specially commissioned work by Australian composer, Luke Byrne.

"Later in the year, we'll continue celebrating the Centenary with a special musical by our younger students and an alumni art exhibition celebrating many of our Ex-Students. Next month, we will also publish a 100-year history of Pymble."

## *How do you see the College growing over the next couple of years?*

"We have four years left in the College's strategic vision, Towards 2020 - Striving for the highest, and we will continue to follow this direction. In the past few years, we've made great progress across the four pillars of this plan – Personalised Education, People and Culture, Sustainability and Community – but there are still some ambitious goals ahead of us.

"Beyond Toward 2020, we're already looking to what it means to be a 22nd Century learner. We take seriously our role as one of Australia's leading educators of girls. We're already preparing our girls to graduate to become tomorrow's global citizens and leaders, with the confidence to collaborate, create and lead in universities, corporations and government. What more will be needed, with the 22nd Century just three generations of girls away? At Pymble, we will always be anticipating and leading the future." ○

[pymblelc.nsw.edu.au](http://pymblelc.nsw.edu.au)





# Roseville donates refugee packs

Emily McDonagh

**ROSEVILLE COLLEGE SENIOR** students have banded together to create 100 Refugee Welcome Schools Packs, focusing on essential learning items for arriving refugees. Spurred on by the 'Ku-ring-gai Says Welcome' Appeal by Ku-ring-gai Council Mayor Cheryl Sztatow, the senior students compiled the packs for the children of refugee families coming to Australia.

The ladies took immense pride in working on these packs, says Annabella Teale, a Year 11 student.

"It seemed easy to us to go shopping; but then we spent time imagining what this experience would be like if you were in a completely new, foreign environment."

This realisation prompted the girls to be more generous and plan the contents so they would be highly useful and relevant for recipients. The Service Learning program empowers these young woman to look to their community and beyond, teaching them truly how lucky they are to have a safe home and unlimited opportunity. The college's initiative implores girls to be compassionate and look beyond themselves to others less fortunate in circumstance. The young women focused their efforts on children just like themselves, with donation packs included a school back pack, a range of stationery, lunch box, drink bottle, English language exercises and colouring books, flash cards and a toy ball. A note of welcome from the students was also added to each pack.

The Ku-ring-gai Says Welcome Appeal, empowered the girls to contribute as they thought deeply about what to include. They planned inclusions that could be shared by siblings and considered the families receiving to ensure they were useful.

Upon arriving the girls came to imagine how the refugees would feel "if you didn't know where the shops were, didn't speak the language or even have transport or a license to drive a car and had no money for anything but the essentials."

Imagining this hardship and

challenge drew on the values of the Roseville College community, that of generosity and compassion and allowed the students to give greatly.

Senior Roseville College students focused on educating themselves on the plight of Syrian refugees across the globe as they assembled the donation packs. The girl's practical response in return inspired Mayor Sztatow, as she thanked them personally for their exceptional contribution.

[roseville.nsw.edu.au](http://roseville.nsw.edu.au)



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[www.sydgram.nsw.edu.au/stives](http://www.sydgram.nsw.edu.au/stives)

# Technology & Children

Rima Martens

**THE TECHNOLOGICAL REVOLUTION** over the last 20 years has drastically altered, both positively and negatively, the way our society communicates. With our children's increased screen time, ranging from iPad use to the television 'baby-sitter', it is likely cause for the increasing amount of those start school with a lack of basic skills.

Many parents are hearing of and swapping nightmares stories of their

children picking up books and swiping over the page instead of turning it. In 2008 France went as far as banning broadcasters from airing TV shows for children under the age of three.

Peter Collier, the Western Australian Minister for Education says that the schools are witnessing a growing number in children who begin without basic skills such as the ability to count or even hold a pencil.

"Data from the 2015 on-entry assessments of all pre-primary children in public schools shows nearly one quarter lacked basic literacy skills, such as the ability to write their names or recognise simple rhyming words."

In response to the outcry of teachers and some worried parents, The Western Australian State Government launched a \$500 000 television and online advertising campaign, advising for parents to involve their children in activities away

from any flashing screens and back to more traditional activities like colouring in or playing outside.

Liz Beament, one of the featured teachers in the campaign and a pre-primary teacher at Karrinyup Primary School said, "swiping a screen is never going to give your child strength in their fingers and fine motors."

Ms. Beament urges parents to realise their own role and responsibility in educating their children before they enter the classroom and then also outside of it.

Often though, parents are met with resistance when trying to eliminate the amount of screen time their children use, so instead suggestions are being made to not cut the time but simply reduce it. Instead, it is suggested that the screen time be focused on a few key shows or apps the children enjoy playing, interspersed with craft, reading or a sports game outside.



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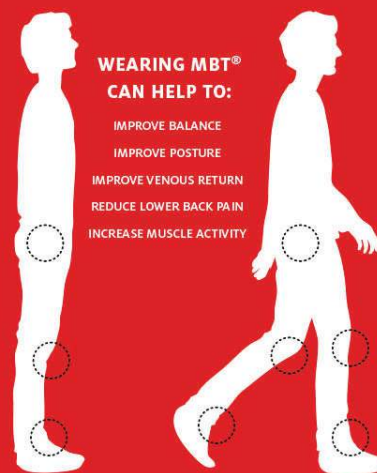
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# Learning environments in the post industrial age

Dr Paul Hine  
Principal, Saint Ignatius' College Riverview

**T**HE INDUSTRIAL MODEL of education that employed a uniform, teacher-centred and content driven paradigm has succumbed to a porous, agile and virtual reality of the present and the future. It is my belief that collaboration and multi-modal learning, critical thinking and problem solving are the processes and skills that are in demand in the tertiary environment and the workplace, and so they should be in our schools. One of the challenges ahead is designing and delivering educational environments in schools that accommodate the new learning where an emphasis on process has transcended content.

By way of contrast, teaching and learning of the previous generations was primarily concerned with the acquisition of knowledge when knowledge was in short supply. Since the development of the World Wide Web in 1991 and with it unfettered access to search engines across the world, the democratisation of and access to knowledge has produced a new need for contemporary skills to assess the validity of information in a critically constructive way. This is taking place in a world of unprecedented change where obsolescence is a daily reality. The primacy of knowledge and its hegemony are now public property;

its access, interpretation and analysis is the priority of the present.

Expert in Residence at Harvard University, Tony Wagner, recently distinguished between the skills and the dispositions that constitute the platform of 21st Century education. In the case of the former, agility and adaptability are identified as core requirements of education systems, along with six other widely recognised skills and processes. In the realm of dispositions, habits of mind and habits of heart that promote a strong sense of global citizenship speak to a much wider impulse, one entirely consistent with a world that is shrinking through the agencies of travel and technology. This is the world our children are learning in.

Both teaching and learning in the here and now are collaborative processes that have reoriented the former ascendancy of instruction and rote learning to a heuristic enterprise that involves research, exploration and investigation using the power of the transdisciplinary to generate outcomes that are solutions focused. Formulaic approaches of the past are being progressively subsumed by blurred epistemological frontiers that use processes to critically identify and creatively respond. Hence, complementary learning environments that are asymmetrical, scalable and

flexible both in space and furniture, with fabric that is light, airy and open, is the landscape of the present, and I believe, the future. This facilitates differentiated learning experiences in a negotiated assessment regime that allows peer learning, peer assessment and a deeper democratisation of both the effective and the affective domains of curriculum.

To put it bluntly, the walls are coming down. The privatisation of proprietorial learning in rectilinear rooms sectioned off by brick or plaster is being made redundant by glass which encourages transparency and engagement. Learning now occurs equally in an interactive session on the floor or a stairwell as much as it can behind the linearity of desks in rows. The formality of the classroom is replaced by the embrace of the activity, the collaboration, the research, the analysis and the hub of a community focussed on a common task but pursuing different methods to arrive an end. Just look at STEM, which utilises a range of fields, among them coding, animatics, robotics and artificial intelligence. Challenging – yes. Exciting – absolutely. Fixed and static – definitely not, as our learning environments need to be going forward.

[riverview.nsw.edu.au](http://riverview.nsw.edu.au)



# Investment Cycles with Peter Vickers

Sabrina Muysken



## What is an Investment Cycle?

"There is a saying that what goes up must come down. The corollary is what comes down must go up. This is what cycles are about and there are cycles in investing. The main problem is that we have very short memories. The Global Financial Crisis saw the share markets collapse in two stages in 2007 and 2008.

We have now moved on and again since July the market has gone down. It is always useful to look back and see if there are lessons to be learnt from the past."

## Is there a Property Cycle and is it affected?

"Property also runs in cycles but the cycles tend to be at different intervals to the share market. In 2003, the property market stopped going up whilst the share market started to increase. As a result many people switched investments. However, in 2015 both the share market and the residential property market peaked. This left investing decisions in no man's land, so to speak."

## What types of investments are there?

"There are really only three investment classes:

1. Lending money, usually to a bank, when you're certain of repayment.
2. Property, which can be residential, commercial, industrial or in the form of property trusts.
3. In businesses, which can be one's own or other peoples – usually via the stock market."

## Is art a good super fund investment?

"In the past trustees of SMSFs purchased art work for their super funds as an investment. You could not purchase this art work for any other reason than investing, certainly not for obtaining the pleasure of looking at it!

From July 1st, 2016 all investment artwork must be stored offsite. It must be separately insured from home contents and must be independently valued. This makes only artworks of the million dollar size suitable to be owned by a SMSF.

We have thus suggested that all SMSFs dispose of their art work by this date. They can be sold to a member as long as the transaction is at market value. If they haven't already done so, it is best that individuals deposit the proceeds of the sale into the bank account of their SMSF."

*The advice in this interview is general advice and does not take into account your individual objectives, financial situation or particular needs. Do not take action based on the information provided without first discussing it with a qualified professional.*

[petervickers.com](http://petervickers.com)

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# Anzac Day: Lest we forget

Alex Dalland



**T**HIS YEAR MARKS the 101st anniversary of the Gallipoli landings by ANZAC soldiers in World War I, and 100 years since the first commemoration of Anzac Day in Sydney. For many Australians, this event encapsulates the resilient and courageous spirit that has played a large part in defining the country's national identity.

Anzac Day is most often celebrated with the dawn service, held before sunrise to commemorate the time of the original landing. The first commemorations were held in 1916, and have spread not only across the country but also overseas. Attending the Gallipoli Dawn Service held in Anzac Cove in Turkey has become a popular pilgrimage for many Australians, and services are also held at Sandakan Memorial Park in Malaysia, the site of the notorious Sandakan Prisoner of War camp in World War II and in Thailand, Papua New Guinea and at the Long Tan Cross in Vietnam.



## What's On: Anzac Day

### Sydney Cenotaph

Sydney's main Dawn Service at The Cenotaph begins at 4:15 am, when wreaths are laid for fallen soldiers. After Dawn Service on the corner of Pitt St and Martin Place, the annual Anzac Day march begins. There is also a sunset service at The Cenotaph at 5pm.

[sydney.com/destinations/sydney/public-holidays/anzac-day](http://sydney.com/destinations/sydney/public-holidays/anzac-day)

### Hornsby RSL

The Hornsby RSL Dawn Service is held at 5 am – those wishing to attend need to gather at the front of the club at 4:30 am. The service is followed by breakfast and official speeches in The Showroom – tickets are essential. After this, Anzac Day events will be hosted throughout the entire day.

Contact the RSL on (02) 9477 7777

[hornsbyrsl.com.au/whats-on/shows](http://hornsbyrsl.com.au/whats-on/shows)

### Chatswood RSL

The Chatswood RSL service will begin with a commemorative march for ex-service personnel at 5:15 am. This is followed by a Dawn Service at the Garden of Remembrance on Orchard St, Chatswood at 5:25 am, which includes a complimentary morning tea at the RSL.

Contact the RSL on (02) 9419 7386

[chatswoodrsl.com.au/project/anzac-day](http://chatswoodrsl.com.au/project/anzac-day)

# ANZAC Day Message

**ANZAC DAY REMAINS** a poignant nation-wide reminder of the sacrifice made by many who have gone before, especially those whose lives were cut short, so that we might live with democratic freedoms.

This message of ANZAC Day remains steadfast, even though the active participants have changed with the passing of years.

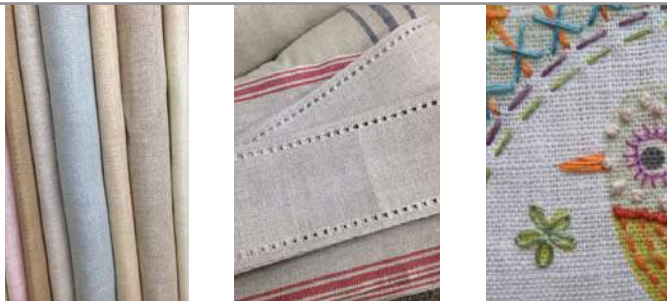
Early ANZAC Day Services and marches included veterans from the pre-ANZAC Boer War. As time passed, World War 1 Veterans were replaced by World War 2 returned soldiers and today we see veterans of more recent conflicts such as Vietnam, Iraq and Afghanistan.

It is encouraging to also see the participation of today's younger generation, many of them proudly wearing war medals of their ancestors or representing their schools in honouring those who have served.

I encourage you to take part in local ANZAC Day services and marches. They provide us with an opportunity to collectively pause and reflect on sacrifice made in war to protect rights and privileges we enjoy today.

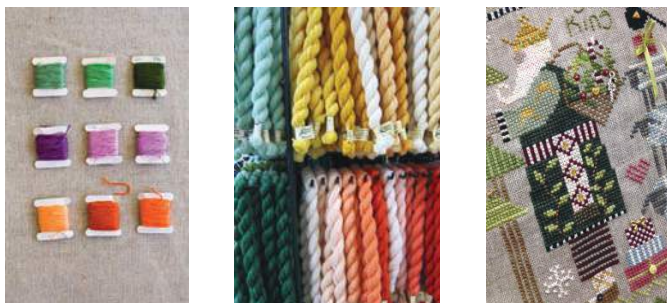
Lest we forget.

Jonathan O'Dea  
Member for Davidson



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**Jonathan O'Dea**  
Member for Davidson



## ANZAC DAY MESSAGE

Member for Davidson Jonathan O'Dea thanks those who have served our country and encourages support for the following activities:

**Roseville RSL Sub Branch's Commemorative Services for the 101st anniversary of the Gallipoli landings on**

**Sunday 17 April 3pm**

**Roseville Memorial Club, Pacific Highway &**

**Monday 25 April 5am**

**Roseville Memorial Garden (adjacent to Club)**

Lest we forget

Suite 8A, 12-18 Tryon Road, Lindfield NSW 2070  
Phone: 9880 7400 Fax: 9880 7488  
Email: [davidson@parliament.nsw.gov.au](mailto:davidson@parliament.nsw.gov.au)  
[www.jonathanodea.com.au](http://www.jonathanodea.com.au)

Authorised by Jonathan O'Dea MP using parliamentary entitlements

# EASTER HOLIDAY FUN

Stephanie Stefanovic

## *Struggling with child friendly ideas to fill the Easter Holidays? SO has you covered!*

### NIDA School Holiday Courses

**WHEN:** School holidays, individual dates vary

**WHERE:** Varies by course

**COST:** Varies by course, bookings required

Nurture your kids' creativity by enrolling them in a school holiday course at Australia's top performing arts institute. The school offers a wide variety of courses for many different age groups, ranging from drama school and musical theatre boot camp to role playing and stand-up comedy classes.

[open.nida.com.au](http://open.nida.com.au)



### Digital Claymation at Elizabeth Farm

**WHEN:** Monday April 18, 9am – 3pm

**WHERE:** Elizabeth Farm, 70 Alice St, Rosehill

**COST:** General \$110, members \$95, bookings required

This fun and educational workshop will make a great memory for both parents and kids. Working with the Digi Ed team at Elizabeth Farm, kids will learn how to write a narrative, create clay characters, design backdrops, shoot and edit footage, and much more. Working in small groups, the kids will then create their own Claymation films, after which parents will be invited to a screening. What's more, each child will also get to take home a DVD of their animated masterpiece.

[sydneylivingmuseums.com.au](http://sydneylivingmuseums.com.au)



### Cycling at Sydney Olympic Park

**WHEN:** Year-round

**WHERE:** Sydney Olympic Park, bike trails vary

**COST:** Free

Sydney Olympic Park is a great place to go bike-riding with the kids. The area plays host to three different bike trails of varying length and difficulty, with each trail offering its own inspiring sights. Take the Olympic Circuit to see some breathtaking Olympic icons, or take the River Heritage Circuit if you'd like to visit spectacular wetlands (home to frogs and birds) and end on a high with a panoramic view of the entire park and city skyline. The Parklands Circuit is the best option for young kids, and is also a great trail for nature-lovers, with its impressive marine ecosystem and stunning bird habitats.

[sydneyolympicpark.com.au](http://sydneyolympicpark.com.au)



### Skyzone Westfield Miranda

**WHEN:** Year-round, opening April 1

**WHERE:** Skyzone Trampoline Park, Westfield Miranda, Kingsway, Miranda

**COST:** \$16-\$18 pp (excluding the cost of socks, which are \$2)

Keep the kids out of your hair by dropping them off at Skyzone Trampoline Park, the biggest trampoline park in the entire Southern Hemisphere. With more than 100 interconnected trampolines that will let your kids literally bounce off the walls, they're sure to be entertained (and active) for hours on end. Meanwhile, you'll be free to have a leisurely shopping trip at Westfield Miranda. Or alternatively, you could unleash your inner kid and join in on the fun!

[skyzone.com.au](http://skyzone.com.au)



## Surf Ryder Wave Simulator for Kids

**WHEN:** Year-round

**WHERE:** Ryde Aquatic Leisure Centre, 504 Victoria Rd, Ryde

**COST:** \$18.50 pp (includes standard pool entry), bookings required

If you've got a budding surfer on your hands, let them have a go at the Surf Ryder Wave Simulator. Suitable for kids age 7 and over, the wave simulator allows kids to experience the feeling of riding a real wave. It will help them to improve their balance and strength, only without the worry of wiping out!

[ryde.nsw.gov.au](http://ryde.nsw.gov.au)



## Ice Age Live: A Mammoth Adventure

**WHEN:** April 15-17, times vary

**WHERE:** Allphones Arena, Olympic Blvd and Edwin Flack Ave, Sydney Olympic Park

**COST:** From \$39.76 pp

Treat the kids to a spectacular live show these school holidays with Ice Age Live: A Mammoth Adventure. The show brings to life the critically-acclaimed and well-loved Ice Age films with a combination of ice skating, aerial arts, puppetry and film. And of course, everyone's favourite characters Sid, Manny, Diego and Scrat are brought back in an adventure-filled tale that is sure to be a hit with kids young and old!

[ticketek.com.au](http://ticketek.com.au)

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Wed	13th Apr	11am & 3pm	Sun	24th Apr	11am & 3pm
Thur	14th Apr	11am	Mon	25th Apr	11am
Fri	15th Apr	3pm & 7pm	Thur	28th Apr	7pm
Sat	16th Apr	3pm & 7pm	Fri	29th Apr	7pm
Sun	17th Apr	11am & 3pm	Sat	30th Apr	3pm & 7pm
Mon	18th Apr	11am	Mon	1st May	11am

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# Mother's Day Gift Guide

Sabrina Muysken

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\$40, [David Jones](#)



**ELIZABETH ARDEN 5TH AVENUE EAU DE PARFUM**  
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\$49, [Myer](#)



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\$25, [modelco.com](#)

**PINK MOET**  
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\$81.99, [danmurphys.com.au](#)



**luxury**

**eco**



**INIKA VEGAN LIPSTICK (NAKED AMBITION)**  
A lipstick that's equally environmentally friendly as it is glamorous.  
\$39, [inika.com.au](#)

**de-stress**



**OMORFIA DAY SPA VOUCHER**  
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[omorfia.com.au](#)

**TANDA SOY + WOOD WICK CANDLE**  
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\$29.95 - \$49.95, [tandamodern.com.au](#)

# Chatting with Uldouz

Hope William-Smith chats with Uldouz Van Eenoo, former lawyer and personal trainer turned 'Mumprenuer'.

**Tell us about an ordinary working day for you?**

"My kids will get up at 6am and the mornings are usually spent playing with them, then in the afternoon the kids will go outside and I'll go out with my computer and get in a couple of hours of work time. Once the kids are in bed, then the majority of my work happens up until I go to bed, which is quite late around midnight or 1am."

**What is the most rewarding part of running The Mothers Den?**

"I think it's really just reminding other mums that the goals and visions that they had are all still attainable and tangible and putting them in a position that they can really believe in themselves again."

**What is your greatest inspiration?**

"More than anything, it's really just been looking at what other people achieve. One of my big inspirations and a woman I look up to is Emma Isaacs of Business Chicks. Being able to see the way that she has grown her business here and is now launching it in the States, while still being such a hands on mum to four kids."

**How has having children changed your attitude to life?**

"Definitely having kids has really made me realise things; my kids have woken me up to just being alive and they have made me realise that life is just too short to not be loving every minute of what you are doing."

**Favourite place to eat on the North Shore?**

"Tapas Tapas in Turramurra!"

**Best place for a coffee?**

"The best place would definitely have to be Butcher's Block in Wahroonga."

**North Shore's best kept secret?**  
"Definitely Karoo Pizza place in Wahroonga!" 

[themothersden.com.au](http://themothersden.com.au)



# Apartment or House?

Rima Martens

**T**HERE MAY BE an assortment of images that come to mind when you think of the word 'home'. Perhaps it is the place you live now or where you have once lived before. Perhaps the picture is even your dream home you hope to live in one day. With many families who are at the stage where their children are

more affordable.

Patrick Nolan, the Head of Home Loans says "based on median property values you may be able to cut \$100,000 or more off the price of your first home by choosing an apartment."

However, while both apartments and houses experience capital growth, if you are looking at an apartment that

with all different kinds of renovations imaginable, such as extensions, room changes or even a garden make-over. An apartment does not quite offer this range in possibilities, but rather the "smaller square footage of apartments may mean you get a lot more bang for your renovation buck", says Nolan.

An obvious key difference between them is the different lifestyle that the two provide. With a house you will typically have more privacy with space outdoors for activities. Yet with apartments, there are often benefits such as a pool, barbecue, gym and increasingly popular rooftop gardens. For these benefits though there are strata levies that cover the cost of maintaining

common property and depending on the building "can far outweigh council rates payable on a house", says Nolan.

So whether an apartment or house is better, it all comes down to personal choice. Both types of buildings have the ability to provide you with an excellent and happy home depending on your intentions and needs.



moving out of home, it's easy to see how downsizing is an attractive option and why they might be on the market again. When choosing a new home, there are a variety of aspects that need to be considered, whether that be an apartment or a house.

In terms of their price range, apartments on average are much

is a part of a multi-story complex with a large number of virtually identical units, the rates of price appreciation are harder to compare.

Another aspect to consider in the debate is the ability for value to be added to the building. In light of houses, there are many more possibilities to add value to the location



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# Outdoor Rooms

Garden Society Design duo Lyndall Keating and Nick Crowe share their tips and reflections on outdoor rooms.

**A**USTRALIAN'S LOVE THE OUTDOORS, especially with Sydney's temperate climate offering a great outdoor lifestyle. We all love to have friends over for a BBQ, drink or a party and this is where the outdoor room comes into play.

As the intermediate space between the house and garden, it's defined as a balcony space, deck or paved

area. Once you have identified your potential outdoor room, take a moment to consider how you are going to use it. The type of activities that take place here will help you add structure and definition as well as complete your design. Are you entertaining? Wanting an extra play area for the kids? Or in need of a quiet get away when it all becomes a little too much?

## Definition

Defining the space may mean adding structure, through walls, screens, plants, stone features, or taking advantage of the existing structure. Outdoor furniture such as lounges or dining settings could also be key here. Don't forget the overhead space either. This can act to elongate and add scale or provide enclosure to add a feeling of intimacy.

## Cost

The money you spend on getting some professional advice will be a saving in the long run. The right plant selection and extra design tips will make all the difference to your finished room.

## Trends

Some current trends include clusters of pots to separate areas. Try different scales and types to add texture and interest. Succulents are always a popular choice for the water conscious or time poor. They are hardy and thrive in hot and dry conditions. There are so many varieties, shapes and colours available and either mass planting or individual specimens are an exciting option. Think cacti for an individual architectural focus.

Micro greens are another sensational choice. The delicate foliage looks great and will enhance any brunch menu. The key points to remember are that plants soften harsh edges, can be used as a screening option, cool the area, add shade and are a wonderful addition to any outdoor room.

Finally consider soft furnishings, artwork or designer lighting as a way to project your unique personality. This is a simple way to stay up to date with current trends, reflect the changing seasons or trial exciting new ideas.

## Inspiration

When designing your outdoor room, your home's best attributes should act as your starting inspiration. This may include aspect, view or other natural features. Do you want your outdoor room to capture the summer's north easterly breeze? Perhaps you're trying to hide from the Southerly Buster? Or do you crave a private sanctuary away from the peering neighbours? A careful consideration of aspect will greatly enhance your enjoyment of the space all year round.



[gardensociety.com.au](http://gardensociety.com.au)

# 'Winter Warmers': The best way to heat your home this winter

Alex Dalland

WITH WINTER APPROACHING, now is the best time to organise the best way to keep your home warm. But with such a range of heating options available, which is best suited to your needs? Sydney Observer spoke with several of the North Shore's leading suppliers of heaters to find out just what you need to know to get started.



## The best heat for your home

Skelly believes that an underfloor heating solution may be the most energy efficient when it comes to heating an indoor space. This is because instead of moving air through a room, an underfloor heater focuses on heating the floor to the desired temperature, with the second-hand heat warming the room.

"Traditional heating systems rely on high heat sources, which radiate into the room and depend on convection to move the heat through the room," Sandra says.

"Floor heating systems can be installed throughout the house, do not impact on the internal space and require no added mechanisms to move the air through the room, making them dust free and silent."

When it comes to outdoor spaces, Collins advises that gas is the best option.

"Gas as a commodity is much cheaper than electricity and is generally more clean burning than wood. It is also a readily available fuel and extremely reliable. High efficiency space heaters come in a number of different output capacities these days giving the customer the option to heat a wide range of different areas."



## Which room?

According to Aaron Budai from fireplace retailer Jetmaster, many people tend to focus most on their heating in family and living rooms – places where a show piece like a gas fireplace will have the most impact. In areas such as the bedroom, blankets or a portable heater may be sufficient.

"Generally the focus is on creating a centrepiece for the room. They want the heat but often the aesthetic is just as important," he says.

## Keeping the cost down

Many households dread the arrival of their power bill after winter, but reducing costs can be as simple as switching to a more efficient model of heater.

Jeff Collins from Real Flame believes that the star rating system – used to show how much energy an appliance needs – is one of the best measures of value.

He says, "The star rating system allows customers to compare the ratings of different fires' efficiencies and outputs to ensure they are getting the best value for money."

According to Sandra Skelly from Comfort Heat, avoid heat escaping the home, as this is a fast and easy way for electricity costs to soar.

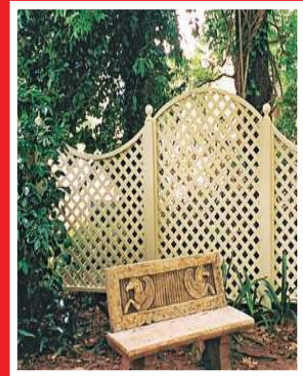
"The speed with which your home loses heat will contribute greatly to the costs of heating it up. Any heating systems will need to input energy into a home quicker than the heat is lost so the internal rooms increase in temperature. Insulation and window treatments play a large role in keeping heat within the living spaces."

For more information on gas, wood or electric fireplaces as well as underfloor heating options, visit [comfortheat.com.au](http://comfortheat.com.au), [jetmaster.com.au](http://jetmaster.com.au), or [realflame.com.au](http://realflame.com.au).

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# Heating the home

Sabrina Muysken

## Rugs and Carpets

Having exposed floorboards is a sure way to help the heat escape. Floors can account for up to 10 per cent of heat loss if they're not insulated with rugs or carpets, according to the UK's National Energy Foundation. Let's face it, it might be tricky to keep clean but carpet came into use for a reason! But, if you're particularly fond of the bare floor look, invest in some quality rugs and blankets that you can put out during the winter months to keep your feet cosy.

[carpetcourt.com.au](http://carpetcourt.com.au)

## Fireplaces

Freestanding and inbuilt fire places are a great way to add immediate warmth to your home, while also adding a trendy aesthetic and fire element into your space. Regency Fireplace products, the leading manufacturer of gas, wood and outdoor fireplaces in North America, has recently introduced a new direct vent linear gas fireplace into the Australian and New Zealand markets.

"We are very excited by the new development and look forward to its success," says Matthew Mclean, Managing Director of Fireplace Products Australia, "We expect this new product to be our best seller for the 2016 season."

Hornsby's Lincs BBQ and heating offer an array of outdoor and indoor heating options, including Regency Fireplace products, in both gas and wood that will surely keep the home warm and on trend in the cooler months.

[lincsbbqandheating.com.au](http://lincsbbqandheating.com.au)





# Insulation

Insulation has been given a bad rap in Australia during recent times. Despite this, having your home professionally insulated can actually prove to be an incredibly valuable purchase. Insulation will not only increase your comfort levels but will also create a healthier home environment, not to mention dramatically reduce your energy bills. If you're concerned about excess costs, DIY is also a possibility. Head to your local Bunnings Warehouse and they will be sure to help you stock up on the quality foam and other supplies you'll need!

[cosyinsulation.com.au](http://cosyinsulation.com.au)  
[harveynorman.com.au](http://harveynorman.com.au)

# Curtains

Heavy or thick curtains are surprisingly effective in preventing the heat from escaping via your windows. Even if you have a quality heating element inside, if the windows are bare you'll find it a costly venture to maintain your home's warmth. These days curtains don't have to be a throwback to your grandmother's house, as a range of modern, trendy pieces are readily available. Be sure to choose curtains that extend below the window frame so that warm air doesn't have the opportunity to escape! Chatswood's The Curtain Factory have a long history of supplying quality, designer products in the latest materials.

[thecurtainfactory.net](http://thecurtainfactory.net)





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## Health corner

Emily McDonagh

### ROSE WATER

With origins in ancient Middle Eastern medicine, the powerful healing properties of rose infused products have elevated it to a number one beauty ingredient. Miranda Kerr swears by a spritz at night for that supermodel glow. Research from the Journal of Traditional and Complementary Medicine now suggests its health benefits extend beyond external use, with drinking rose infused water or rose water tea being shown to aid in digestive issues, congestion, coughs, headaches and skin irritations from the

inside out. You can make your own in under an hour, a great way to ensure the end result is pure, as opposed to store bought offerings which can sometimes contain only 20% rose distilled water.



### SECRETS TO HEALTHY AGEING

New evidence has revealed that sleep and social participation is key to healthy ageing. The University of Missouri study found that older adults who were getting enough sleep were also actively participating socially in their community. Examining patients over a five year period using sleep trackers, the researchers found strong associations between sleeping patterns and social engagement; acknowledging sleep as crucial to healthy ageing and general well-being. Now you have a verifiable excuse to sleep in on Sunday!



### SLEEK NEW FITNESS TRACKERS:

Tracking your fitness routine is set to become even more seamless, with a new wave of fitness tracking technology designed to be even more invisible than the popular FitBit. OM Signal has designed biometric smart wear, active wear with built-in fitness measuring technology. Concealed within the OMbra sports bra lies a fitness tracker; with a multitude of sensors able to measure heart rate, calories, pace, breathing and distance. For the gents, a slick athletic t-shirt offers the same technology and integrated design.



## Pregnancy and Dentistry

Dr Ian Sweeney

**MOST WOMEN KNOW** how important it is to be careful of the types of food and drink they consume during pregnancy; however, fail to realise the true importance of their own oral health during this time. Pregnant women with existing periodontal disease may be at increased risk for having preterm low birth-weight babies.

The most commonly experienced problem during pregnancy is that of red and swollen gums due to hormonal changes. Pregnancy does not cause gingivitis (inflamed gums) but may aggravate pre-existing disease. Pregnancy gingivitis is characterised by gums that appear dark red, swollen, and bleed easily.

Some women with pregnancy gingivitis may develop localised gum swellings around their teeth. These localised swellings usually resolve within a few months of delivery, provided

all local irritants (bacteria/plaque/calculus) are eliminated.

Although it is widely believed that pregnancy can be harmful to the teeth, teeth do not soften as a result of lost calcium or other minerals during pregnancy. Calcium required by the growing baby comes from your diet (not your teeth), hence the importance of adequate intake of dairy products or calcium supplements.

The number of decay forming bacteria may increase in pregnancy. Changes in salivary composition also occur in late pregnancy and during lactation which may temporarily predispose you to dental decay and tooth erosion. This could also be exacerbated by the consumption of foods with high sugar content.

Morning sickness and subsequent vomiting during pregnancy also predisposes towards acid attack



on teeth. If you do vomit, it is best to freshen your mouth by rinsing with water and possibly a fluoride containing mouth rinse, rather than brushing your teeth immediately.

The best way to avoid pregnancy related tooth problems is through practising good oral hygiene, including daily brushing and flossing. Ideally, have a dental check prior to becoming pregnant and continue with regular dental checks during pregnancy. If you do have any concerns with your teeth during pregnancy, it is best to see your dentist immediately, don't delay. Treatment can be provided safely during pregnancy without causing harm to the baby.

*Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turramurra.*

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# Finding Gratitude

## You'll be Grateful you did!

Liz Kraefft

**T**HE MAJORITY OF us living in this wonderful part of the world are very fortunate in so many ways, but how often do we really think and consider how blessed we are?

As part of our Yoga Retreat last year we presented a workshop on Grace, Gratefulness and Gratitude and how this mindset can have positive benefits and flow-on effects to enable us to enjoy a fulfilled and happy life.

"In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy."  
- Brother David Steindl-Rast

Acknowledging how grateful we are for everything in our lives provides us with ways to reflect positively and to avoid taking opportunities for granted.

For example, keeping a healthy body and mind may rely on us eating well and exercising. We can be grateful for being able to put food on our tables and spend time pursuing our chosen healthy lifestyle regimes. Another everyday example is being grateful for our homes, the cup of coffee in the morning and the warm blankets over our bodies on cold winters nights.

'My house warms my body, shelters and protects me; it gives me a sense of relief knowing that there is always a comforting place to come back to.'

In preparation for the workshop and prior to attending the retreat we asked everyone to consider what things in life they are grateful for. Perhaps you would like to take the exercise too?

### Benefits of gratitude practice:

- Allows us to celebrate the present.
- Magnifies positive emotions.
- Blocks negative emotions.
- Greater stress resistance.
- Higher sense of self-worth.

### Gratitude Journal

Over the next few days you might like to notice what makes you grateful and jot down some notes.

To assist you in this exercise answer the following questions:

How grateful are you for the mess in your children's bedrooms, your own office or the dirty dishes left in the sink?

How can you be grateful for these possible negatives that could make you feel angry and ungrateful?

What tangible things in your life are you grateful for and how do they make you feel?

List alternate words to Gratefulness that have the same meaning.

Can you think of other questions you may ask yourself? Keep a list, start your gratitude journal today and begin to notice the subtle shift in your overall outlook on life as we truly have so much to be thankful for.

My entry today reads like this...  
"Although I love the sunny warm days, I am so pleased that the rain has soaked the earth and refreshed the plants in my garden... Bonus: I will not have to water the garden today."

Liz Kraefft is a Yoga Instructor and Owner of Ku-ring-gai Yoga in Pymble.  
[kuringgaiyoga.com.au](http://kuringgaiyoga.com.au)



# Pause4Parkinson's

Emily McDonagh

32 Australians are diagnosed with Parkinson's each day, a degenerative neurological condition that is often only diagnosed at a late stage. The cause is unknown and no definitive test exists for diagnosis, leaving the condition unrecognisable until it has already taken hold.

Parkinson's is poorly understood, the 'shakes' being the most commonly associated symptom. In reality, Parkinson's disease symptoms go beyond the motor system, tremors, rigid muscles, slowed movement and loss of facial expression. Often sufferers also lose their sense of smell, face cognitive difficulties, speech impairment, anxiety, depression, swallowing difficulty and impaired vision.

The single most prominent risk factor is advancing age, with men at greater risk than women. But so little is known about other risk factors that there is a great deal of research to be done before Parkinson's can be properly understood and combatted. Shake It Up Australia has raised over \$2.3 million towards researching Parkinson's to discover better treatments and work towards a cure. Shake It Up donate 100 per cent of fundraising to the cause, with no money absorbed in administration costs.



Pause4Parkinson's Day is a call to action, bringing the community together to decipher this disease. Hosting or attending an event on April 11 will help fund vital Parkinson's research and bring a voice to the 70 000 Australians who are currently suffering with Parkinson's.

Famous sufferer of Parkinson's, Michael J Fox suggests, "The answer is all of us... The cures we want aren't going to fall from the sky. We have to get ladders and climb up to get them."

Coming together on Pause4Parkinson's Day, at a morning tea, athletic event or by hosting your own event, will help raise support and bring researchers closer to a cure for this truly mysterious disease.

Register your event or find one locally here:

[shakeitup.org.au/pause4parkinsons/your-local-events](http://shakeitup.org.au/pause4parkinsons/your-local-events)

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# *The Swinging 60's!*

Rima Martens

**PERHAPS THE FEAR** of ageing is no longer so logical. Most people tend to fear getting older, worrying about grey hairs or random bodily aches and pains. However, a recent study in the UK found that the happiest age group for adults are those in the 65-79 year age bracket.

The study produced by the Office for National Statistics research surveyed over 300 000 adults. The results showed that the highest numbers of people feeling content and like life was worthwhile were those over the age of 65. The study looked at 14 different indicators of wellbeing. While it began to drop once over 80 years, the decline still did not reach as low as those aged 45 to 59 who were

reported to have the lowest levels of life satisfaction.

While the study is inconclusive to the reason behind their findings the researchers said one plausible reason for the lower scores among this age group could be the "burden of having to care for children and elderly parents at the same time. The struggle to balance work and family commitments might also be a factor".

It was suggested that being retired allows much more free time to spend on recreational activities and socialising, known contributors to improved wellbeing.

A similar study done by The Medical Research Centre focused more closely on this happy age group.

Their findings showed that while also being the happiest bracket, they progressed in happiness throughout their 60's. From their early 60's to again being surveyed at ages 68 and 69, ratings showed that the participants improved in levels of confidence, cheerfulness, relaxation and how useful they felt.

Dr Mai Stafford, the programme leader at the MRC's unit for lifelong health and ageing at University College London said that this bracket has the ability to use their time for social activity and is more likely to prioritise mental health.

"By that time you've worked out what makes you feel better and what doesn't," says Dr Stafford.

## Back pain

Sabrina Muysken

**INTENSE PAIN, MUSCLE** spasms and restricted movement, these are but a few of the agonising symptoms of those dreaded two words – back pain.

Approximately 80 per cent of the world's population will experience back pain at some point in their lives. Yet, even though it is one of the most common reasons for emergency hospital visits, expensive physiotherapy bills and seeking alternative medicines, it still remains a poorly understood health issue.

Unfortunately for those unlucky people who suffer from back pain, there is no quick fix or cure available. As such, it is crucial that back pain sufferers consider their condition as ongoing and in need of long-term management. When it comes to treating back pain, the best defense is a good offense!

### Pain Management & Prevention Strategies:

#### Monitor your movements

A common belief is that muscular or spinal nerve pain is caused by injury. Although this is true in some cases many patients develop serious back pain as a direct result of minor movements like simple twists and turns. If you are prone to back problems the simple act of a morning stretch can sometimes be enough to send you into a total pain frenzy. It's important to be completely aware of your body movements so not to make any sudden adjustments that could trigger an episode.

#### Regular exercise

Getting enough regular exercise is an important step to take. If you're back is causing you strife, it is crucial you fight the urge to lie down. Recent studies have proven extensive rest to potentially delay the recovery process and cause further discomfort. It is

recommended patients try to stay moderately active in order to keep the blood flowing throughout their back muscles.

After you've recovered from an episode of back pain it is just as important to maintain regular exercise.

Activities such as pilates, yoga and water aerobics are all excellent options that all place minimal strain on the spine. They also work to strengthen your core, which considerably helps in minimising pain severity.

*If you suffer from back pain it is always best to consult a doctor or physiotherapist before commencing any new activities or rehabilitation programs.*





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# Winter ready

Stephanie Stefanovic

**IT'S TIME TO** get ready for winter, which means padding your wardrobe with some cosy, comfortable clothes. Adding some high-quality classic neutrals to your collection means you'll be in style for years to come. Include a few bolder pieces for those wintry nights out, and you're all set for the new season.



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Black Audrey Tank, \$215  
Saddle Fatigue Pant, \$309  
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Classic Spirit, Mosman  
[classicspirit.com.au](http://classicspirit.com.au)



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The Jet Set Fringe, \$299  
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# April hotspots

Emily McDonagh

## Sydney Korean Festival

Discover the true and colourful flavours of Korea as presented at the Sydney Korean Festival on April 2. Vibrant traditional cuisine will be on offer with a variety of delicious stalls popping up at Tumbalong Park in the Sydney CBD. Showcasing both old and new culture, the festival will host a number of K-Pop superstars and a 1300 year old traditional tight rope dance spectacular from 6pm-8pm. Taste the flavours and immerse yourself in Korean culture for the evening!

[sydneykoreanfestival.com.au](http://sydneykoreanfestival.com.au)



## PicNic Street Food and Cinema

Snuggle in for a night of movies and comfort food from the luxury of your very own bed! PicNic, the latest outdoor cinema to take over Prince Alfred Park in Parramatta, is serving up a selection of movies and food from all over the globe. Over 21 restaurants will be serving up global fare for you to enjoy while tucked in and watching a movie classic. Showing films April 8-23 and serving up a selection of dumplings, crepes, curries or paella and more, this is certainly a must try cinema experience!

[picniccinema.com](http://picniccinema.com)

## MAD SYD: Tomorrow's Meal

Bringing together the tastiest minds to discuss the future of food, started by Rene Redzepi of Noma fame. A recipe for riveting discussion the panel features esteemed five star chefs Kylie Kwong, David Chang and Massimo Bottura along with heroes of food equality and charity. Coming together at the Sydney Opera House you too can join the discussion or learn a cooking tip or two, with tickets for \$99.

[sydneyoperahouse.com/whatson/Mad\\_Syd\\_2016](http://sydneyoperahouse.com/whatson/Mad_Syd_2016)



# Easter Egg Slice

*This Easter masterpiece is perfect for getting children busy helping in the kitchen and is a scrumptious chocolate treat the whole family can enjoy.*



Photo by [gggiraffe.blogspot.com](http://gggiraffe.blogspot.com)

Preparation time: 10 mins

Cooking time: 45 mins

Serves: 16

## INGREDIENTS

225g plain flour  
75g caster sugar  
80g chopped butter  
1 egg yolk  
300g mini Easter eggs  
75g shredded coconut  
395g Nestlé sweetened condensed milk

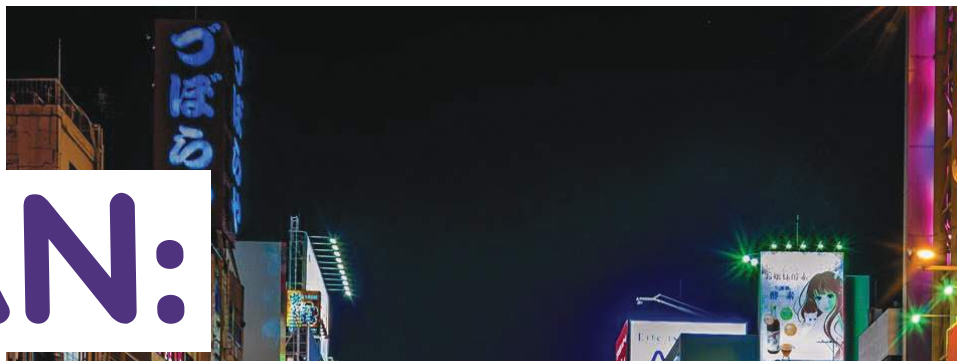
## METHOD

1. Preheat oven to 180° and grease and line a 28 x 18cm shallow tin with baking paper.
2. Combine flour, sugar and butter and beat with electronic mixer or combine in food processor until fine crumbs form.
3. Add egg yolk and 2 tablespoons of cold water to dry mixture and gently combine.
4. Press mixture into pan and bake for 15 mins, or until golden.
5. Remove from oven and top with whole or vertically sliced Easter eggs and sprinkle with condensed milk and shredded coconut.
6. Bake for 30 mins or until golden.
7. Cool before slicing into pieces.

# JAPAN: 4 CITIES IN 4 DAYS

Alex Dalland

**D**ESPITE HAVING A population of almost 127 million people – over five times Australia's – Japan is a small country which manages to retain incredible diversity. Because of its size, and the famous 'Shinkansen' bullet train, getting the most out of your Japan trip can be as simple as staying in one city and exploring from there. From a central city like Osaka, visiting four cities in four days can be as simple as buying a Japan Rail Pass for unlimited travel and setting off every morning!



## Day 1: Osaka

Osaka is a great place to explore Japan from because it is located so centrally to many of Japan's other landmark cities. Osaka Aquarium hosts one of the largest aquarium tanks in the world, and visitors can see whale sharks as well as many other kinds of sea life from around the Pacific Ocean.

By night, street chefs in the district of Namba dish up Okonomiyaki - a Japanese savoury pancake - and Takoyaki - small deep fried octopus snacks drizzled in sauce - and a host of nightspots open for those who feel like staying out late.



## Day 2: Kyoto

Travel time from Osaka: 15-20 mins.

Another of the largest cities in Japan, Kyoto is only 20 minutes by bullet train from Osaka's central station, making it easier to get to than most daily commutes! The Fushimi Inari-taisha Shrine is a must-see, as one of the best examples of a Shinto temple in Kyoto. The city also hosts one of the most well-known geisha districts in Japan, Gion, where travellers can be entertained by geisha – or 'geiko' as they are locally known – at one of the district's many teahouses, a unique experience in Japanese culture.

### Day 3: Nara

Travel time from Osaka: 1 hour

Although Nara is a relatively small city by Japanese standards, the travel time is well worth it to experience Nara Park's herds of free-range deer!

At Nara Park, visitors have the option of buying biscuits to feed the local deer, who are known to nip at those who don't hand over their crackers! They are also known for the way they bow at visiting tourists.

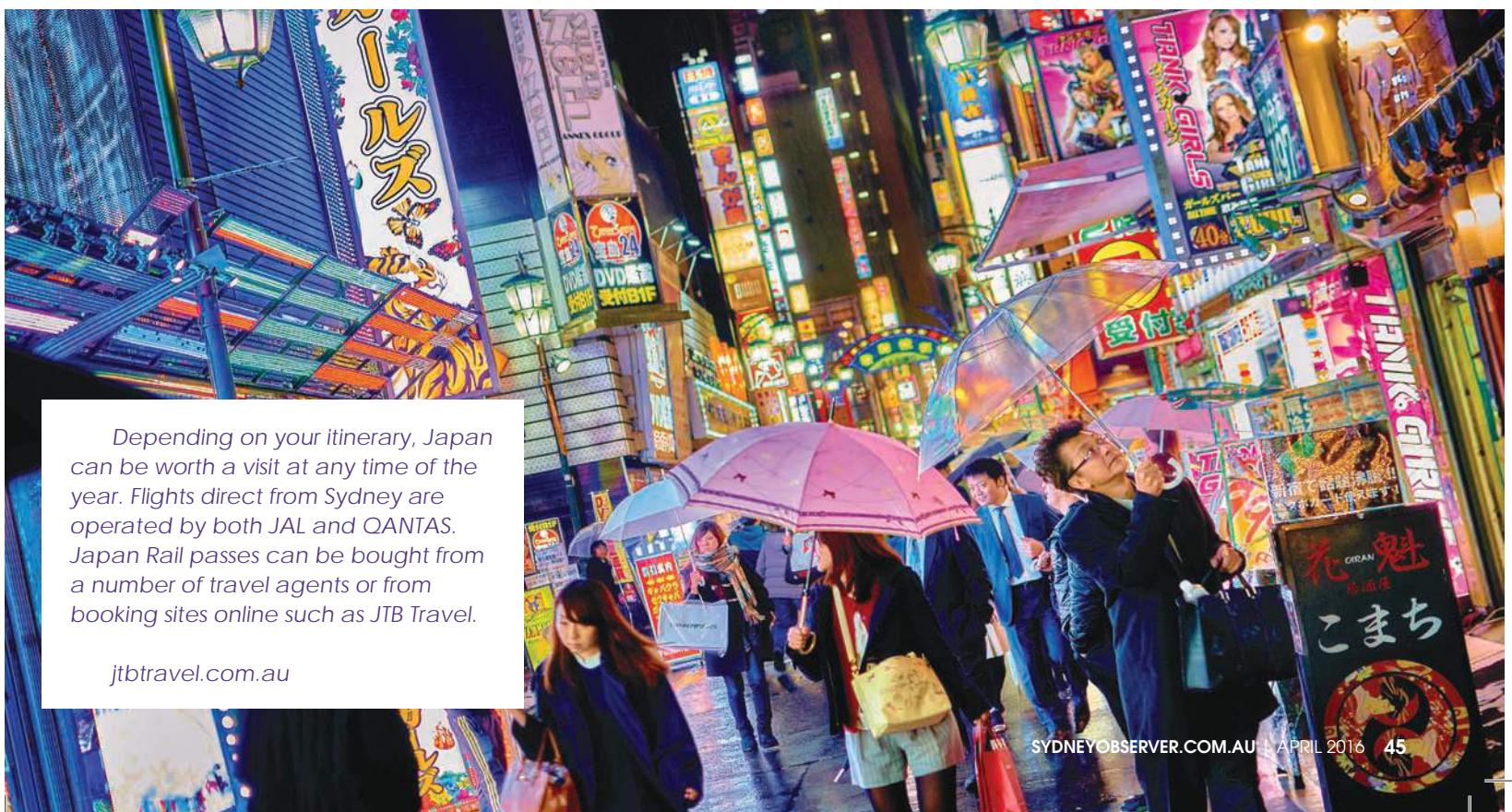
Keep walking through the park to find the Todai-ji temple, featuring the largest bronze Buddha statue on earth.



### Day 4: Hiroshima

Travel time from Osaka: 90 mins.

A trip to Hiroshima is almost a cross-country trip from Osaka, but is a great way to understand one of the darker parts of world history. A short walk from Hiroshima station is the A-bomb dome, the only building to survive the Atomic Bombings which ended World War II and which sits as a grave reminder of the destruction which devastated Japan at the end of the war. Walking through the eerily quiet Peace Park leads to a museum documenting the horrifying physical and emotional impacts of the bomb on the populace, as well as providing a precaution against a future with an ever-present threat of nuclear war. ○



Depending on your itinerary, Japan can be worth a visit at any time of the year. Flights direct from Sydney are operated by both JAL and QANTAS. Japan Rail passes can be bought from a number of travel agents or from booking sites online such as JTB Travel.

[jtbtravel.com.au](http://jtbtravel.com.au)

# Unwanted spirit in your home?

Kerrie Erwin

**PART OF MY** life's work as a psychic medium is releasing earth bound spirits. Earth bound spirits are not able, or don't want to pass over for a number of reasons. The death may have been accidental and they don't want to leave, or there is a fear of crossing over. Sometimes religious beliefs may


hold someone back if they have done something bad and think they are going to hell. There could also be obsessive love or greed for the material world and earthly possessions.

Earth bound spirits generally congregate, or are found, around large groups of people (hospitals,

railway, shopping centres, airport, schools, or homes where they once lived). They are rarely found in a lonely home like what we see in the movies, as they live off living energy. If you do have an unwanted visitor in your home, it will not go unnoticed, as you will have quite a few issues.

## Some of the issues or problems you may encounter include:

1. Your home will feel ice cold and unpleasant in certain areas and no matter what you do, the energy will be heavy and unbearable to live in.
2. Most of the family living there will feel tired, have colds, or unexplained illness. They will also feel stuck in their lives.
3. There may be continual fights, arguments or disagreements because of the imbalance of the energy in the house.
4. It will be impossible to sell or make changes to the house because of constant delays.
5. You may have frustrating/unexplained continual problems with electricity or water.
6. There may be unusual sounds, knocks, things disappearing, strange smells and constant confusion, for no apparent or logical reason.



If you have at least two of the above problems it is more than likely you will have a lost spirit or ghost in your home. In most cases the spirit is actually more terrified of you than the other way around.

Smudging and gum leaves are like fly spray for these spirits. Smudging is a spiritual process and an ancient custom used by shamans and indigenous people of certain parts of the world. It involves clearing any negative or stuck energy in the home by giving it a good sage or smoking.

To do this, mix some dried sage and dried gum leaves together in a pot before burning the mix and allowing the strong pungent smoke to clear any negative energy. Be sure to walk through every room and allow the smoke to weave through the space. Once any negative or heavy energy leave, the space will feel lighter allowing good chi energy to return again. Some like to use a bell after they cleanse to welcome the positive energy back in.

Many people are affected by negative energy in their home, space or workplace as negative energy can drain your vitality, leaving you feeling depressed. In some cases, if left for long periods, it can make you feel quite ill and stop good things coming to you in your life.

If you have cleared your space and are still having problems, you need to call in a professional medium trained in this department. I often go to clients homes to do this work, but if they live too far away I can remove spirits and negative energies with a phone call as well.

*Blessings,  
Kerrie  
[pureview.com.au](http://pureview.com.au)*

# Readers' questions

Sharon, April 1995

**Will I get into a relationship this year?**

I feel career and money are going to be on your mind and your most important goals this year. I see something really good happening for you for in your work. I understand you are looking for a soulmate but have you ever heard the term, patience is a virtue? You have made mistakes in the past by jumping in. I have an elder woman in spirit who loves you and is telling me that you often put others first. It is important for you to think more about your life's purpose and about using clear communication for your wants and desires as sometimes you can be easily misunderstood

I see a love interest around October.

**Thank you so much for this reading. What you are saying is quite true, so your advice is appreciated.**

Cassie, November 1988

**Am I making the right life choices?**

Beautiful Cassie you must really learn to trust your intuition as it is generally not wrong. When you don't you will sometimes get yourself into trouble. Trust yourself and your inner knowing and you will always succeed, even though it can be hard at times. Once you have done this, life will be more fun and run so much more smoothly. This is a successful year for work with you, with opportunities.

Try meditation on a daily basis for only twenty minutes. This way you will meet your spirit and angel helpers and they will become part of your spiritual circle of friendships. I have some free ones on my website in the audio section.

**Thanks for your words of wisdom, Kerrie!**

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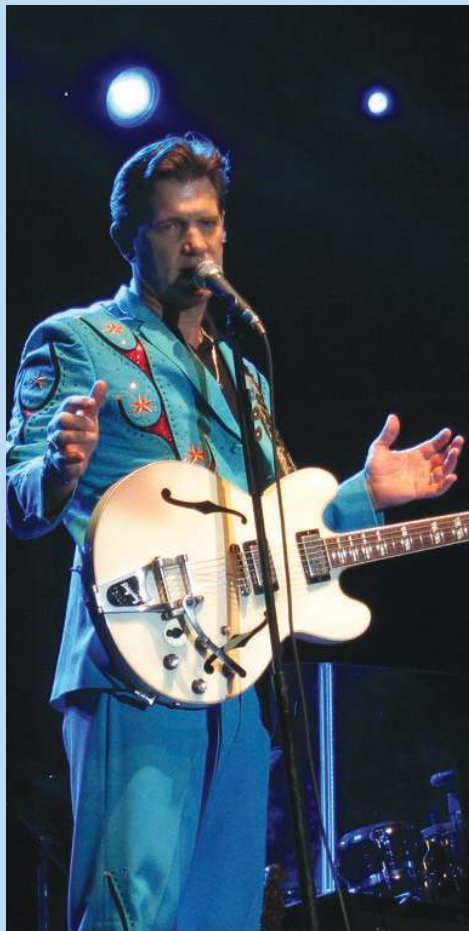
# A P R I L

## 1 April – 20 April

Swan Lake  
Where: Sydney Opera House  
Cost: \$43-\$244  
When: 1:30pm & 7:30pm  
Contact: 9250 7777

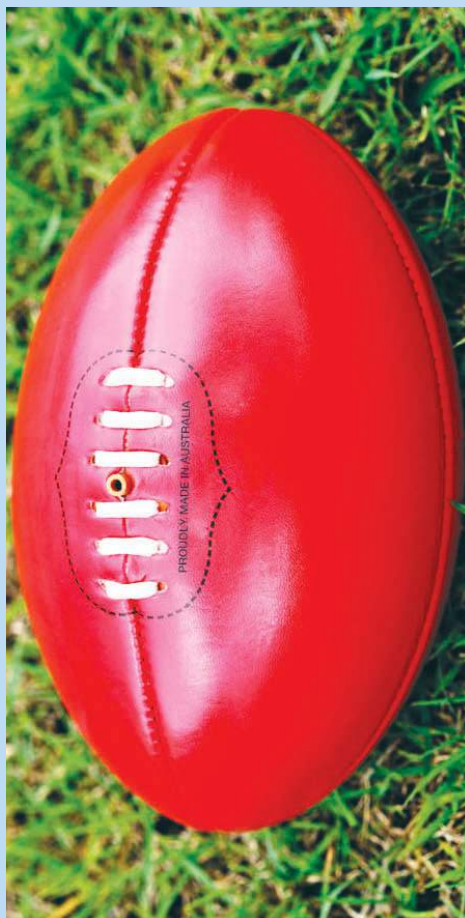
## 7 April

Chris Issak  
Where: Star Event Centre  
Cost: From \$101  
When: 8pm  
Contact: [frontiertouring.com/chrisissak](http://frontiertouring.com/chrisissak)



## 8 April – 17 April

Bard on the Beach  
Where: Watson's Bay  
Cost: \$30 for Adults, \$15 for children.  
When: 7.30pm  
Contact: [info@bardonthebeach.net](mailto:info@bardonthebeach.net)



## 9 April

Sydney Swans vs GWS Giants  
Where: Sydney Cricket Ground  
Cost: \$20 - \$100  
When: 4.35pm kick-off  
Contact: [sydneyswans.com.au](http://sydneyswans.com.au)

## 25 April

Anzac Day March to Hyde Park  
Where: Cnr of Pitt St & Martin Place  
Cost: Free  
When: 9am – 12.30pm  
Contact: [awm.gov.au](http://awm.gov.au)

## 26 April

Sydney Comedy Festival Gala  
Where: Sydney Town Hall  
Cost: \$69.90-\$79.90  
When: 7.30pm  
Contact: [info@sydneycomedyfest.com.au](mailto:info@sydneycomedyfest.com.au)

## 5 – 6 April

Premier's Gala Concert – Puttin' on the Ritz, Seniors Festival  
Where: Allphones Arena  
Cost: Free  
When: 11am & 2.15pm  
Contact: 1300 855 501



## 9 April – 10 April

Sydney Sailboat Expo  
Where: International College of Management, Manly  
Cost: Free  
When: 10am- 4pm  
Contact: [info@sydeysailboatexpo.com.au](mailto:info@sydeysailboatexpo.com.au)

## 29 April – 1 May

Finders Keepers Markets  
Where: Australian Technology Park, Eveleigh  
Cost: \$2  
When: Friday 6am-10pm, Saturday 10am-5pm and Sunday 10am-4pm  
Contact: [thefinderskeepers.com](http://thefinderskeepers.com)



**3 April**  
AFL Family Fun Day  
**Where:** Epping Oval  
**Cost:** Free  
**When:** 3pm-5pm  
**Contact:** 9876 5546

**3 April**  
Lindfield Rotary Fun Run  
**Where:** Roseville Oval  
**Cost:** \$18- \$30  
**When:** 8am  
**Contact:** lindfieldrotaryfunrun@hotmail.com

**8 April**  
Ferris Bueller's Day Off 30th Anniversary Screening  
**Where:** Hayden Orpheum Picture Palace, Cremorne  
**Cost:** \$12  
**When:** 9pm  
**Contact:** 9908 4344

**16 April**  
Willoughby Symphony Orchestra & Caro String Quartet  
**Where:** The Concourse, Chatswood  
**Cost:** \$10.70  
**When:** 7pm  
**Contact:** theconcourse.com.au

**24 April**  
Breakfast with the Birds  
**Where:** Fred Caterson Reserve, Castle Hill  
**Cost:** Free  
**When:** 8am- 10.30am  
**Contact:** jennifer@boroniatours.com

**25 April**  
Centenary of Anzac Dawn Service & March  
**Where:** Hornsby RSL  
**Cost:** Free - Breakfast for \$5  
**When:** 4.30am  
**Contact:** 9477 7777

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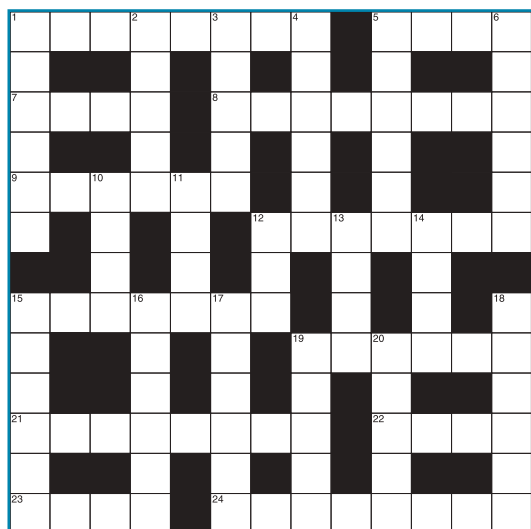
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# Puzzles



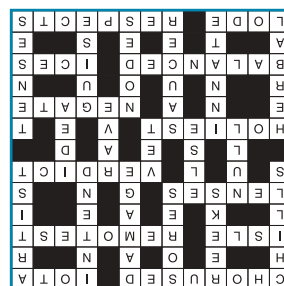
- DOWN**
1. Cools
  2. Smells strongly
  3. Open wounds
  4. Injure
  5. Mean
  6. Painter
  10. Not binding
  11. Otherwise, or ...
  12. Critically examine
  13. Talk excitedly
  14. Novel thought
  15. Of medicinal plants
  16. Inherited
  17. UFO, flying ...
  18. Tightens (muscles)
  19. Plant stem lumps
  20. False appearance

- ACROSS**
1. Sang in unison
  5. Tiny amount
  7. Small island
  8. Faintest
  9. Camera glasses
  12. Jury finding

15. Most pious
19. Annul
21. Kept steady
22. Freezes, ... over
23. Ore seam
24. Esteems

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

## Solutions



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

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