


NOVEMBER 2017 - FREE

[SYDNEYOBSERVER.COM.AU](http://SYDNEYOBSERVER.COM.AU)

 Sydney Observer

# Sydney Observer

***SUPERFOOD***  
**Beauty**

**SUMMER  
HOLIDAY  
SPECIAL**

VISIT  
MARRAKESH

**NAPLAN  
ROBOT  
MARKING**

AROUND THE WORLD WITH  
**CATRIONA  
ROWNTREE**

LOCAL NEWS • EDUCATION • LIFESTYLE • FOOD & WINE • TRAVEL





**Australia's largest  
range of gas log fires**

546 Pacific Highway, Chatswood  
T 02 8905 0189

36 Kareena Road, Miranda  
T 02 8513 6202

[www.realflame.com.au](http://www.realflame.com.au)



## GO FOR MAXIMUM VISUAL IMPACT

With its contemporary styling and innovative construction, our Pure Vision gas fireplace is the ultimate designer addition for any modern home. Our range of colours and finishes and the fireplace's unique design flexibility means it can be tailored to suit any requirement, including the option of a glass back to allow the fire to be viewed from two rooms!

## A BREATHTAKING ADDITION TO ANY SPACE

### Introducing the Element 1200

Simply breathtaking with its clean lines, beautiful flame pattern and multiple media options. With an impressive star rating and the latest in power balanced flue technology the Element 1200 makes it the perfect package for the discerning buyer. The Power Flue allows total flexibility during installation in two storey homes, apartments and commercial projects. A full remote is standard giving the owner complete control of the fire.





# CONTENTS

- 6. Local News
- 10. Profile
- 14. Education
- 20. Real Estate
- 21. Finance
- 22. Summer Holiday Special
- 30. Beauty & Wellbeing
- 36. Food & Wine
- 40. Lifestyle
- 42. Travel
- 44. What's On
- 46. Clairvoyant

## FROM THE EDITOR

As we're reaching the end of quite a wet and dreary Spring, the Summer weather is almost upon us, which means school holidays are almost here! Check out our Summer Holiday Special (22-28) for all the ideas you'll need to keep the kids busy.






Here at *Sydney Observer* this month we also chatted with Getaway's Catriona Rowntree on the life of a travel reporter (and how it's not always as glamorous as it seems!) Head to (10-12) for more information on her new website dedicated to uncovering the best stories the world has to offer.

From all the news in education at the moment (14-18), to the latest trends in beauty and skincare using superfoods (34), to the best spots to visit in Sydney this month (44), this issue is packed with plenty of good reads and ideas to get you out-and-about.

Happy reading!

*Hanna*

 [Sydney Observer](#)  
 [@Sydney\\_Observer](#)  
 [sydneyobserver.com](#)



**PUBLISHED BY:** Kamdha Pty. Ltd.  
**EDITOR:** Hanna Moore  
*(editor@kamdha.com)*  
**CONTRIBUTORS:** Tina Wu, Brooke Fryer, Kerry Erwin, Dr. Ian Sweeney, Russell Bailey  
**DESIGNER:** Harim Lee (Andie)  
**BOOKING DEADLINE:** 15<sup>th</sup> of the month  
**PHONE:** (02) 9884 8699  
**ADDRESS:** PO Box 420, Killara NSW 2071

*SYDNEY OBSERVER* is a monthly magazine published by Kamdha Pty Ltd (ABN 97 098 661 959). *Sydney Observer* magazine, its Publisher and Editor, hereby expressly disclaim to the full extent permitted by the law, all and any liability arising from any negligence whatsoever of the Publishers including consequential damages, liability, expenses, costs to any person and/or business/company arising from any action or inaction by any person in connection with any copy or arising from reliance on any copy which is published or failed to be published by the Publishers. The copyright of all material published in the *Sydney Observer* magazine is owned by the Publisher, Kamdha Pty Ltd, and must not be used in any form without the written permission of the publisher. This copyright includes all advertisements unless photo-ready material is provided by the advertiser.  
[www.kamdha.com](#)

*SYDNEY OBSERVER* is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

### Home, Commercial and Bulk Delivery

Chatswood	North Wahroonga	Turrumurra
East Killara	Pymble	Wahroonga
East Lindfield	Roseville	Waitara
Gordon	Roseville Chase	Warrawee
Killara	South Turrumurra	West Pymble
Lindfield	St Ives	Willoughby
North Turrumurra	St Ives Chase	



STUNNING  
**STONE BATHS**  
FROM \$2656



STYLISH  
**VANITIES**  
UP TO 25% OFF



IKON  
**MIXERS**  
FROM \$154



UP TO  
**50% OFF\***

Like us on Facebook  
[facebook.com/bathroomwarehouse](#)

**Crows Nest**  
 188 Willoughby Rd 9437 5001

**1300 788 653**  
 Australia-wide delivery  
[bathroomwarehouse.com.au](#)

\*Conditions apply



# SNIPPETS

## Ku-ring-gai Council Director Andrew Watson wins major award

The Council Director of Strategy and Environment, Andrew Watson, has won an Excellence in Leadership Award recognising Mr Watson's overall plan and commitment to Ku-ring-gai since December 2008.

When Mr Watson started his duties, the council was temporarily suspended by the state government, which put a disruption on planning at the time.

The council benefited from Mr Watson at this time as his knowledge was a driving factor in moving the organisation forward. By 2013, the state government had approved a comprehensive plan for Ku-ring-gai's local centres. This eventually lead to upgrades in Gordon, Lindfield and Turramurra.

"His ability to lead this team through a time of challenge ten years ago, to where we are today with a suite of award-winning planning strategies for Ku-ring-gai has been crucial," said General Manager John McKee.

## Public speaking honour for Catholic School students

Year six students from across the Broken Bay Catholic Diocese competed in the Broken Bay Public Speaking Grand Final at St Patrick's Catholic School, Asquith recently with Our Lady of Dolours Catholic School. Chatswood student Corban Goodsell took out the gold medal for his speech "Sustainable Development Goals – the future we want."

Tom Conroy from St Patrick's Catholic School, East Gosford came second with "Cultural Diversity," while the bronze medal went to Michael Turnell from St Patrick's, Asquith on the topic "Insects."

Choral items from St Patrick's School choir entertained the audience while the adjudicators adjourned to make their final decision and prizes were awarded by Anthony Gleeson, Principal of St Leo's Catholic College in Wahroonga.

## Native beehive program wins award

Ku-ring-gai Council's popular native beehive program has won an award in recognition of the local government's outstanding achievements in managing and protecting the environment.

The Communication, Education and Empowerment Award was part of the LGNSW Excellence in the Environment Awards held on October 11.

The native beehive program began in 2006 as part of the Council's Wild Things initiative. The program plays the dual role of increasing pollination rates and conserving native wildlife in the local area, namely the *Tetragonula carbonaria*, a native bee species.

Under this program, local residents can receive a free beehive with instructions from specialist staff and with over 1000 beehives distributed, it's already been a hit.

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

## Funding Grants enriching seniors' lives

Mr Jonathan O'Dea is encouraging organisations in Davidson who help older people to lead independent and healthy lives to apply for funding from the NSW Government's Liveable Communities Grants Program.

Round Three applications are now open to people who are working to improve the lives of seniors' with encouragement to include non-government organisations, local councils and small businesses.

"The focus will be on fresh ideas and projects that increase older people's participation in artistic, cultural, sport and exercise activities," Mr O'Dea said.

The program was an election commitment in 2015, allocating \$4 million over four years, with \$1.3 million being allocated towards Round Three.

## Indira Naidoo unveils hand made mural made by local children

Over the last 18 months, Ku-ring-gai Art Centre in Roseville has had over 150 children participate in the 'Telling our Stories with Clay' program.

This program has allowed the children to develop skills in creating clay tiles from scratch, in hopes to expand the mural along the centres courtyard vegetable garden.

Indira Naidoo, a TV personality and celebrity gardener, unveiled the mural on October 22 in a family fun environment, with a BBQ provided by Rotary, refreshments and a photo booth.

## Local Citizen of the Year Awards

Nominations for Local Citizen of the Year Awards are open and Ku-ring-gai Council is calling for people who have demonstrated outstanding citizenship to come forward.

The Award recognises the contributions of local residents in the area that have positively affected the wider community.

Three categories, including the Citizen of the Year, the Young Citizen of the Year and Outstanding Service to the Ku-ring-gai Community, are open for nominations.

Nominations close on November 13 and for more information head to [www.kmc.gov.au](http://www.kmc.gov.au)

## Government provides grant for Armistice Day Centenary

Paul Fletcher MP Member for Bradfield, announced that the Government has provided a \$50 000 grant for the Armistice Day Centenary in local community commemorations in Bradfield. This comes in time to mark the 100th anniversary of the end of the First World War in 2018.

"Next year Australians will pause and reflect on the 100th anniversary of the end of the First World War," Mr Fletcher said.

Paul Fletcher said the grant will be available for organisations in Bradfield.

"The grants program will open in November and support projects or activities that commemorate the end of the First World War."

For more information, visit [www.dva.gov.au](http://www.dva.gov.au).

NOW OPEN



part of the **cranbrook care** family

## WELCOME TO A NEW STANDARD IN AGED CARE LIVING

Bella Vista Gardens overlooking the Castle Hill Country Club golf course on Fairway Drive, Kellyville redefines aged care in the Hills.

- 24 hour nursing care with highly experienced and caring staff
- Extra services, dementia care, palliative care and respite care
- Luxurious private suites with ensuites
- Fresh à la carte meals prepared by our Executive Chef
- Life enriching activities and active community involvement
- Hair & beauty salon, hydrotherapy pool and gym on site
- Multi-award winning aged care provider since 2000

We invite you and your family to call Sarina on **02 9672 6155** to obtain further information on how we can provide **wellbeing, security and excellence.**

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



**cranbrook care**  
wellbeing, security & excellence



## SOCIAL HOUSING TO SEE MANAGEMENT TRANSFER



Those living in community housing will see a change in management as a result of last month's decision to transfer management from the NSW Government to nine Community Housing Providers (CHP). This could potentially unlock up to \$1 billion in Commonwealth Rental Assistance over 20 years.

Under this new program, dubbed the Social Housing Management Transfers Program, the NSW Government will transfer the management of many Davidson electorate properties in the Northern Beaches Council and Ku-ring-gai Council areas to Bridge Housing Limited and Link Housing Limited.

Bridge Housing is a not-for-profit community housing provider and aims to improve the lives of low to moderate income households through a community-based approach to strengthen these ties. Link Housing holds similar values, providing management services for affordable properties to contribute to positive changes for tenants and their families.

Minister for Social Housing Pru Goward said the move will be a way to improve the lives of tenants and provide better outcomes for people in social housing.

"Community housing tenants are eligible to receive Commonwealth Rental Assistance [...] This additional assistance will contribute to the maintenance, upkeep and provision of services to tenants," Ms. Goward says.

Member for Davidson, Jonathan O'Dea welcomes the change, congratulating Bridge Housing and Link Housing on being selected as the local CHPs.

"We look forward to seeing both CHPs make the social housing system more sustainable, diverse and dynamic," Mr O'Dea said.

For tenants currently living in social housing, their tenancy rights will remain and there will be no need to move homes.

"Tenants impacted by the changes in the Davidson electorate will be fully informed as the management of the tenancy is transferred. Day to day tenants shouldn't notice a difference," Mr O'Dea said.

Information sessions will also be held to give tenants an opportunity to meet staff from both Bridge Housing and Link Housing and voice any questions or concerns about the transfer process.

## HORNSBY'S STUDIO A RECEIVES WESTPAC GRANT

The Westpac Foundation has awarded 200 local community organisations with a number of grants totalling \$10,000 each. The Foundation awards these grants to highlight the work of organisations aiming to improve the lives of youth at risk, victims of domestic violence, those suffering from mental health issues, Indigenous Australians and refugees creating a new life in Australia.

Hornsby's Studio A has been one of the lucky organisations awarded with a local community grant in recognition of the work the organisation has done to support artists living with an intellectual disability.

Studio A provides budding artists with working studio spaces and support staff to ensure those who may not have access to conventional education can still become successful artists.

Gabrielle Mordy, CEO of Studio A says, "The

funds will be directed to the development of a comprehensive marketing strategy for each individual artist and a year-long social media marketing campaign for the Studio A business."

David Greenwood, Westpac Regional General Manager Upper North Shore and Hills District added "We remain committed to supporting not-for-profit organisations that work tirelessly to address social and economic disadvantage in our local community and are thrilled that Studio A will be able to continue their great work which will benefit our region."

Along with the comprehensive marketing campaign, Studio A will also receive continued support from Westpac Group employees to act as Community Grant Ambassadors. These Ambassadors will provide support through innovation, marketing and human resources to help these organisations grow and continue to support local communities.

COTSWOLD  
InOut Furniture



COTSWOLD FURNITURE  
Unit 29, 69 O'Riordan Street  
Alexandria NSW 2015  
02 9906 3686

COTSWOLD FURNITURE  
8 Wandoo Street  
Fortitude Valley QLD 4006  
07 3252 8488

COTSWOLD FURNITURE  
221 Old Hume Highway  
Mittagong NSW 2575  
02 4872 2585

sales@cotswoldfurniture.com.au - www.cotswoldfurniture.com.au



# CATRIONA ROWNTREE

Hanna Moore



**B**orn on Sydney's North Shore, Catriona Rowntree still calls East Lindfield home. But after 21 years (and counting) on the hit travel show *Getaway*, Catriona now spends most of her time in the peaceful surrounds of rural Victoria with her husband and two children. That is, of course, when Catriona isn't out on the road, discovering the best places the world has to offer.

When cracking into the challenging media industry all those years ago, it was the warmth of a loving home environment that allowed Catriona to focus on making her work the best it could be.

"I'm so incredibly grateful for where I grew up," Catriona says.

"I was really blessed because my family lived around the corner, so I would come back to a warm home, a full fridge and my mum would help me a lot."

From bustling beginnings breaking into the industry - "I was on the road for about 42 weeks of the year, and loving every minute of it," Catriona now has the luxury of a little more downtime, but even then she's

focusing on side projects.

"I was working between three states a week, seven days a week. I was young and keen and finally doing what I knew, from the age of fourteen, was what I wanted to do with my life," Catriona reflects.

"I learnt the lesson that you've got to state what you want, always being prepared for who might be listening or watching and always follow your instincts. You'll never know where it might lead you."

It was this attitude that led from one executive meeting to another, which provided the opportunity for Catriona to film a short segment - in her local park, of all places. It was this, (and the need for a young, eager journalist prepared for the lifestyle of a travel reporter) that led to her big break at *Getaway*.

It's no secret that the life of a reporter, and a travel reporter at that, isn't always as incredible as it seems.

"Little things would be your undoing - coming home to an empty fridge, never being able to get your washing done, doing

**"I was on the road for about 42 weeks of the year, and loving every minute of it."**

AUSTRALIA'S  
MOST  
TRAVELLED  
WOMAN





**“I really embrace our guest travellers, and I have an obsession with connecting with the concierge of the top hotels in the world.”**

paperwork. It was a very difficult life that from the outside looks really glamorous.”

ing, I’ll learn one lesson, I’m happy wherever you send me,” Catriona says.

But there is always a new story to be told and a lesson to be learnt on the road, and this has perhaps allowed for this genre of travel reporting to flourish.

It was her fascination with telling stories and the infinite nature of travel which led to an expansion into the digital world with [journeystocome.com](http://journeystocome.com).

For Catriona, this lengthy gig has offered countless unforgettable experiences, but travel reporters can have a tough job living up to expectations.

“The audience is much broader, and it’s completely driven by my own interests,” Catriona explains.

“I feel like people are almost disappointed when I tell them I haven’t been to every single country in the world,” Catriona laughs. “The fact of the matter is that travel is infinite.”

“I really embrace our guest travellers, and I have an obsession with connecting with the concierge of the top hotels in the world. Little things that might not appeal to a Getaway viewer, but because it’s my own website, I’ve found my own audience.”

“I still get so excited when I get a call from the Getaway office, and it always starts with ‘What are you doing on these days?’ I never know where I’m going to go. And I have to say, after 21 years, I have never once been disappointed.

For today’s journalist, this notion of creating your own niche market online is a growing trend. The greater use of technology in media also provides an added advantage for travel reporters to capture their audience with an immersive travel experience.

“I would always say, ‘I don’t care where you send me, I’ll always meet someone amaz-

“I can do Facebook Live cycling



through the vineyards of Bordeaux, or because of time constraints I’ve asked people to come to the farm and we’ll set up a podcast there.

questions about the people and culture were answered.

“You’ve got to have faith that people have the same interests as you,” Catriona says.

“I learnt that we all ‘tick’ the same way. I suppose that’s the great lesson I’ve learned about travelling is that ultimately, you are going to want to be accepted, be loved and feel safe. It doesn’t matter whether you’re living in Kenya, or Kirribilli, ultimately underneath our skin we all tick the same way.”

When asked about her favourite places, of which there are many, Catriona recounts a recent visit to Dubai and an experience at a local community centre where any and all

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



Designer of fine jewellery  
Restoration & Repairs  
Watch & clock repairs and Valuations

*For exquisitely designed jewellery*



TURRAMURRA  
JEWELLERS

Studio 2, The Walkway  
1269 Pacific Highway TURRAMURRA  
Phone 9488 8005







Russell Bailey, Headmaster, Redeemer Baptist School

## THE THRILL OF DISCOVERING TRUTH IN EDUCATION

Perhaps you can remember times when, as you were studying, you saw something about this world or something about yourself that opened your eyes to truth.

A couple of years ago, our Year 7 and 8 students created some boxes to place strategically in trees through our school's riparian corridor. The boxes were supposed to be like a tree hollow for native animals. Now, two years later, they're watching video footage of sugar gliders, brushtail possums, parakeets, an echidna and a brush turkey all in a wild habitat created by them close to a big city metropolis! That's cool!

I remember as a school student the satisfaction of discovering how to solve real world problems through algebraic equations. That was interesting! There was an ancient Greek community led by Pythagoras (c570-495BC) who shared life together to discover more about the meaning of everything through mathematics. They discovered the Pythagorean Theorem about the right angle triangle, all summarised in a simple formula:  $a^2 + b^2 = c^2$ . That discovery still impacts the world today!

Sometimes when we are studying we rediscover some truth that's been lost. 500 years ago there was a German monk, Martin Luther, who lived in a religious community that was devoted to

finding the meaning of everything through serving God in the church. As he was studying the Bible one day, Luther read: 'the just shall live by faith'. And this was like a totally new truth to him. God wanted to give us individually the very best life that a human person can have if we simply trust Him through Jesus Christ. That simple rediscovery, historians tell us, is the beginning of the modern world; the beginning of the modern state of Germany; the beginning of modern democracy. The thrill of discovery through learning can change the world!

Term four is full of exams, including the HSC. Exams are important! They push us to demonstrate knowledge, understanding and skills to the very best of our ability. And we will draw on this bank of truth resources for the rest of our lives.

But the thrill of education is not only accumulating excellent results in exams but also discovering or rediscovering truth that transforms learners and their world. Our society regresses when we lose truth. We go forward when we discover, or rediscover truth. And the possibility of that thrill of discovery could be the motivation for every student to engage in every term of their school education.

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



## IT'S NOT TOO LATE!



Secure a quality Catholic education for your child.

North Shore Catholic schools promote the development and wellbeing of students as individuals, and as valued members of the community.

PRIMARY • Asquith • Berowra Heights • Carlingford • Chatswood • Epping • Lindfield • Pennant Hills • Pymble • St Ives • Wahroonga • Waitara • West Pymble SECONDARY • Chatswood • Wahroonga

LIMITED PLACES FOR KINDY 2018 & OTHER YEARS\*

\*Contact your local school for availability | Web [csoddb.catholic.edu.au](http://csoddb.catholic.edu.au) Phone 9847 0000 Email [csoddb@catholic.edu.au](mailto:csoddb@catholic.edu.au)

Roseville College's Community Service Captain Annabella Teale received the 2017 Dame Marie Bashir Peace Award from the National Council of Women in a ceremony last month.

Annabella was one of eight recipients statewide to receive the award at NSW Parliament House, Sydney for her contribution to social justice.

Inspired by a recent visit to the College by Baroness Cox and the experiences of those who were also in the running for the award, Annabella was driven to create positive change in the community through bringing peace, harmony and security to others.

"I was particularly impressed by other recipients whose challenging personal circumstances inspired others in their efforts to make a difference for others in a similar situation; such as child protection, refugees, bullying, children's cancer, or gender rights," says Annabella.

The College has a strong service culture, underpinned by strong female leadership among both the staff and students which has also been an influence on Annabella's attitude towards social justice.

Annabella was honoured to receive the award and is empowered knowing that girls her age can make a difference to the lives of others.

"It's awesome to be included among a group of young women so passionately and actively making a difference in the world, and to be known for something other than the typical things that teenagers are known for... There is no limit to the amount of positive impact your life can have from any age."



YEAR 12 LEADER AT ROSEVILLE COLLEGE PRESENTED WITH PEACE AWARD



At Roseville College, where each girl in Kindergarten to Year 12 is known and valued in a caring Christian community, students engage in enriching learning experiences that challenge and empower them to pursue and attain their personal best in life.

Established in 1908, Roseville College ranks among NSW's leading schools in HSC achievement, while also delivering world-class learning initiatives such as the IB Primary Years Program and Cambridge Courses in Years 9-10.

### AT ROSEVILLE COLLEGE THIS MONTH



Roseville College Year 12 Community Service Captain, Annabella Teale, received a 2017 Dame Marie Bashir Peace Award from the National Council of Women. She is pictured with Dame Bashir, left, following a ceremony at NSW State Parliament House, Sydney.



Principal, Ms Deb Magill, in unity with the College staff and School community, continues to pray for each Year 12 student as she completes her HSC examinations. The School's very best wishes are with our graduates as they prepare for 2018.

### PERSONALISED TOURS

Tours with our Registrar, tailored to your daughter's specific needs and interests, are held weekdays during term time, by appointment. Please contact:

Roseville College | An Anglican School for Girls  
27 Bancroft Avenue, Roseville  
Registrar 02 9884 1109  
E [registrar@roseville.nsw.edu.au](mailto:registrar@roseville.nsw.edu.au)

Roseville College is a school within the Anglican Schools Corporation

[www.rosevillecollege.com](http://www.rosevillecollege.com)

SYD085117



# NAPLAN IS ROBOT MARKING THE FUTURE?

Tina Wu

In the wake of introducing automated marking for NAPLAN's writing section, there are fears that teaching methods may change to train students to write specifically for the computer.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) introduced the concept of automated marking for writing assessments in 2015, and the formal process is set to begin with a double-marking scheme completed by a computer and a human marker in 2018. The writing section of NAPLAN asks students to write either a narrative or a persuasive text.

This decision was made in the hopes of reducing turnaround times for exam results so that students will receive their marks within weeks instead of months.

However, there is concern for the risks involved in making the change to automated marking. According to Dr Les Perelman from the Massachusetts Institute of Technology, whose research was commissioned by the NSW Teachers Federation, learning will eventually become tailored toward writing specifically for the computer and hinder the complexity of the writing process for students.

"[Dr Perelman] very, very comprehensively covered the concern around robot marking generating a particular set of criteria," says Gary Zadkovich, Acting President of the Federation.

"Teaching and learning over time would be skewed towards meeting the criteria that robots use and learning will actually suffer and deteriorate as a result."

Dr Robyn Cox, Associate Professor of Literacy Education at the Australian Catholic University, also says that automated marking may hold particular implications for textbook and software manufacturers.

"We may well have a new set of books saying 'how to prepare your child for their writing to be marked by a computer'," Cox says.

Despite this, research conducted by ACARA found that automated marking systems grade students at the same level as human markers, if not better.

The study compared the grades of 339 essays awarded by human markers and four independent Automated Essay Scoring (AES) systems. The results saw that the AES systems awarded similar scores to

their human counterparts.

Over 1000 human-scored writing tasks were used to first "train" the systems to familiarise themselves with the marking criteria used by human markers.

"NAPLAN analytical marking rubrics are explicitly designed to assess differential and combined contributions of lexical and semantic features in writing," ACARA researchers write in a report from 2015.

"The current approach to the marking of NAPLAN writing is well positioned to utilise the advancements in the field of automated scoring models."

Mohan Dhall, CEO of the Australian Tutoring Association, says that it will take time for educators to understand the full effects of automated marking.

"Any testing regime, be it in-school or out-of-school has implications for the development of writing," Dhall says.

"It is too early yet to see what the implications of this decision will be, however, evidence should be used as a critique rather than anecdotes and scaremongering based on opinion."

# LET'S GET STUDENTS EXCITED ABOUT MATHS

Brooke Fryer

Maths has long been a class filled with children uttering the words, 'when will I ever need to know this?' Now we are seeing teachers lead a new international shift in the way that maths is being taught within classrooms to encourage more students to continue maths throughout the HSC.

reSolve: Maths by Inquiry is a new national program that has been developed with a focus to engage students through initiative and creativity, targeting students from Kindergarten to year 10.

The program has been developed by the Australian Government Department of Education and Training, which is being managed by the Australian Academy of Science in collaboration with the Australian Association of Mathematics.

300 teachers have teamed up to become 'Champions' in using reSolve and to incorporate the program into their teaching styles with resources to help engage students.

These teachers are participating in workshops across the country to share their experiences and methods with each other.

"The workshops will provide an opportunity for the Champions to come together, learn from each other, and utilise the excellent reSolve resources,

"The Academy is delighted with the progress of the reSolve project to date. It has produced teaching and professional learning resources that are innovative, engaging and that promote a spirit of inquiry in school mathematics," Professor Andrew

Holmes of the Australian Academy of Science said.

The latest Program for International Student Assessment (PISA) report also showed that maths is one of Australia's weakest subjects, placing Australian students two-and-a-half-years behind in maths compared to students in the top performing country, Singapore.

The reSolve program ultimately aims to lead to improvements in NAPLAN and HSC results in the long run. It is also aiming to increase student interest in maths to engage with a possible future career in mathematical-related fields and ultimately improve the overall standard of mathematics education in Australia.



## REDEEMER BAPTIST SCHOOL a ministry of Redeemer Baptist Church

"Committed to a Christian Worldview in Education"



**K-12 Christian School situated in a magnificent heritage precinct at North Parramatta**



- > Intel ISEF 3rd in the world, Plant Biology category, 2017
- > University of Wollongong STEM awards Year 9 class & teacher of the year, 2017
- > UNSW ICAS Science Medal Winner, 2017
- > Primary Winner & BHP Billiton Science & Engineering Awards Finalists (3), 2017
- > 2nd in Dorothea Mackellar Poetry Awards, 2017
- > Gold (2), silver (1) & Bronze (3) Medals in CIS athletics, 2017
- > 2nd in Lions Voice of Youth, 2017
- > Bronze Award, NESA WriteOn, 2017
- > Redeemer alumnus Dean's Medal in Communication & Arts, 2017

**Pioneers in K - 12 multi-sensory literacy instruction based on phonemic awareness and incorporating traditional grammar**

ENROLMENT  
ENQUIRIES

2 Masons Drive  
North Parramatta NSW 2151

Email: [redemer@ozemail.com.au](mailto:redemer@ozemail.com.au)  
Web: [www.redemer.nsw.edu.au](http://www.redemer.nsw.edu.au)

Phone: (02) 9630 6311  
Fax: (02) 9683 5338



## SCHOOLS TO RECEIVE BILLION DOLLAR FUNDING IN 2018

NSW State School funding is set for a \$80 million increase in the 2018 financial year. This funding will be supported by the Resource Allocation Model (RAM), which will support schools through needs-based funding to ensure a fair and efficient allocation of funds.

RAM consists of three components, including targeted funding for individual students, equity loadings for socio-economic background, low-level adjustment for disabilities, Aboriginal backgrounds and English language proficiency. The third component is base school allocation which looks at funding based on the schools location and current staffing operations.

This Model will provide many schools in Sydney with further access to specific academic and wellbeing needs of all students and staff.

This increase of funding has also been allocated to a number of schools in Davidson with an additional \$6.1 million in needs-based funding to be provided

in 2018. One local school, Roseville Public School, plans to fund initiatives for better student support and further teacher development.

Member for Davidson, Jonathan O'Dea, welcomed the funding for local schools stating, "I'm pleased the NSW Government is delivering the extra resources our local schools need to provide our children with high-quality education."

Education Minister Rob Stokes added that this funding increase will be imperative to ensuring all kids receive the best possible education outcomes.

"The combination of funding increases and changes will enable schools to sharpen their focus more on catering for the specific academic and wellbeing needs of their individual students," Mr Stokes said.

For more information about the Resource Allocation Model's specific fund allocations, head to [nsw.gov.au](http://nsw.gov.au) for a comprehensive overview of all changes.

People smoke when happy, sad, stressed, bored or lonely. Or with a coffee, tea, beer or wine. Plus of course nicotine addiction.

### Smokenders: A step-by-step solution to a complex habit.

All Smokenders staff are former smokers who suffered in their desire to quit smoking prior to doing our program, so we understand any reluctance that you may have.

Many of us felt that we should be able to stop smoking on our own, as some other smokers have done. However, after many attempts we finally realised that getting assistance was a good idea, and with Smokenders we successfully quit.

Are you concerned about gaining weight when you quit? Failed to quit when using nicotine substitutes? Have your New Year's Resolutions to stop smoking always failed?

#### The good news is that Smokenders is the answer!

Over 40,000 Australians have quit with us. World-wide the figure is over a million!

Website: [www.smokenders.com.au](http://www.smokenders.com.au) Facebook: <https://www.facebook.com/smokendersaustralia/>

Or call 1800-021-000 (free-call).



## OFFICE FURNITURE NEW AND USED

COMPLETE  
OFFICE FITOUTS

- Custom made furniture

- Desks

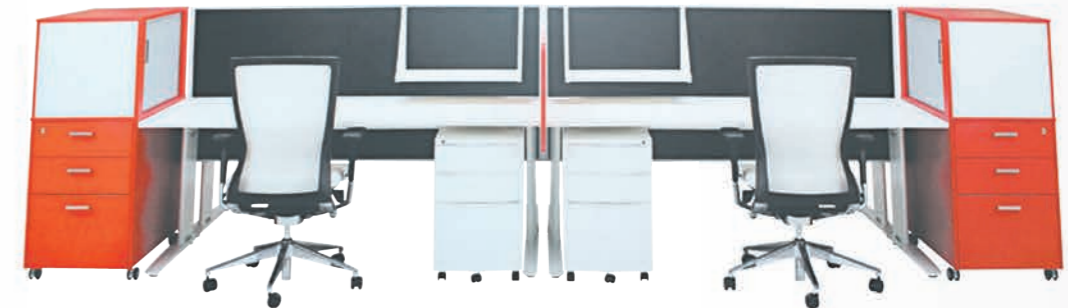
- Workstations

- Office chairs

- Board room and reception furniture

- Home-office furniture

- Best prices in Sydney, GUARANTEED!



### Sydney's largest range of MESH & FABRIC COMPUTER CHAIRS

ONLY \$499 SAVE \$200

The Ergo-nomic Air Chair - it's cool!

"Best ergonomic chair I've seen in 30yrs" OWNER, KOF



**KELLY'S**  
OFFICE FURNITURE

DEE WHY  
BROOKVALE

824 Pittwater Road Ph 9982 1077

7 Chard Road Ph 9938 6300

Second-hand at Brookvale

[www.kellysofficefurniture.com.au](http://www.kellysofficefurniture.com.au)



# RENTING VS BUYING

## What are the options for young people in a property market that is becoming increasingly more expensive?

Brooke Fryer

For many young Australians looking to move out, there is possibly nothing more perplexing than deciding whether to rent or buy. According to the Australian Bureau of Statistics, property prices in Sydney and Melbourne have risen 10 per cent in the past 12 months, leaving many with no choice but to rent. But as property prices rise, so do rental prices. So what are the options for young people looking to rent?

The average property price in Sydney's North Shore stands at \$1 million, with a deposit ranging from 10 to 20 per cent. Whereas the average weekly price to rent in Sydney's North Shore currently stands at \$450-\$700 per week.

"Because of these prices, many young people can't afford either. Migrating has been a popular option amongst young Australians as more and more are leaving the cities," says Reanna Palmer of Your Real Estate in Roseville.

Palmer suggests that putting your savings towards buying a home is a better investment opportunity than renting. Landlords are often able to set their own rental prices, leaving no security in the amount payable per week. Palmer also says that at the end of the day, the house never belongs to the tenant, and the tenant ultimately ends up losing more money than gaining.

Omar Khan, a future homeowner, dismisses the idea of renting. "Renting is throwing money away. You are essentially paying off someone else's home for them. Buying results in an appreciating asset," Khan says.

If buying is still commonly seen as a better option, why are many young people still choosing to rent?

Tash Nguyen of LJ Hooker in Roseville suggests that renting is seen as a more favorable option amongst young people because of the freedom, low financial risk of keeping the property maintained and the flexibility of frequently moving locations.

"Young Aussies are renting because of the prices, as well as being able to live with trustworthy friends and partners," Nguyen says.

"It is easy to get accepted for nice properties, and I am never tied down to one place, we have the freedom to move around," says Tara Berkery, a tenant in Sydney's North West.

It would seem that many young Australians are now embracing rental life as an option. Many are now choosing to avoid the stress of a mortgage, leaving their options open for greater personal flexibility.



## GENDER GAP IN SUPERANNUATION

Tina Wu

The gender pay gap in superannuation may be another symptom of the overarching issue of gender inequality in the workforce and society failing to accommodate women who choose to have children.

This issue is highlighted clearly with statistics revealing that the average super balance for women being \$150,000 less than the average for men.

"Several factors are contributing to women's lower super balances," says Dr Martin Fahy, CEO of the Association of Superannuation Funds of Australia. "Women take time out of the paid workforce to have children and are more likely to care for family members."

"They are also more likely to be in part time or lower paid employment. Women, on average, earn lower wages compared to their male counterparts and this is then reflected in their super balances."

According to the Workplace Gender Equality Agency, the weekly wage for women is 15.3 per cent less than their male counterparts with the average full-time earnings for women being \$1387.19 per week compared to the earnings of \$1,638.30 for men.

This fundamental gap in weekly wages can be attributed to a number of reasons, the most common of them being gender discrimination in the workplace and the impact of motherhood on a woman's career progression.

In fact, employers are not required to provide superannuation funds when paying for parental leave. Despite the maximum of 18 weeks for paid parental leave, the Australian Bureau of Statistics (ABS) recorded that the average length of maternity leave was 32 weeks in 2011, contributing directly to the super pay gap.

Gender discrimination in the workforce plays a dominant role in perpetuating the super disparity as well. The ABS found that 34.1 per cent of women missed out on opportunities for promotion while they were pregnant, among other forms of discrimination.

One of the main factors contributing to a mother's return to the workforce, and therefore receiving super, is also the ability to find affordable childcare. This, coupled with other underlying concerns regarding gender wage gaps, places pressure on the government to provide the necessary benefits for families and their children in order to ensure that women continue to contribute to the Australian labour force and subsequently lower the super gap between men and women.



Your local Computer store in Gordon offering reliable, affordable & friendly Services

## Computer problems? Please call us for:

- ☛ On-Site service for Internet, Network issues
- ☛ Data Recovery for PC or Mac
- ☛ Data Transfer from old computers
- ☛ Check, Clean up Spyware & Virus
- ☛ Computer Hardware problems



**SPECIALS ON  
DESKTOPS,  
NOTEBOOKS,  
PRINTERS....**

Open: Mon~Fri 9:00am~6:00pm, Sat 10:00am~4:00pm

We've moved to Low Ground (same building)  
793-795 Pacific Hwy. Gordon NSW 2072  
Entry via Park Ave.

**Ingenuity Computer Systems Pty. Ltd.**

• Sales • Upgrade • Repair • Services

Email: sales@ingesys.com.au

Phone: 02-9418 2945 Mobile: 0430 210 332





# Summer Holiday Special

## A GUIDE TO STAYING FIT

Brooke Fryer

### HIIT workouts for people on-the-go

High intensity interval training (HIIT) seems to be all the hype right now as one of the most popular exercise trends going around. HIIT is the ideal workout for anyone who travels, has a busy schedule or just isn't motivated for a full hour at the gym. This type of workout is ideal as it involves no equipment, it's fast and it's convenient. Most of the HIIT workouts are 30 minutes or less, with fast, intense non-stop sessions that can be done anywhere. Popular exercises in a typical HIIT workout are, jump squats, burpees, push-ups and sit-ups.

### Workouts for busy mums

There's no denying that mums are busy people with almost no time for themselves. Keeping a fitness routine is hard enough, and for mums this may feel virtually impossible. Group training can involve cross-fit, cycling, yoga or anything else that may interest you. Taking one hour out of your busy schedule every few days may seem challenging, but joining a group can keep you motivated and determined to hit the gym. Alternatively, getting outdoors with the kids and going for walks, runs and bike rides can be just as rewarding for your fitness as going to the gym.

### Baby boomer fitness programs

Many gyms and community centres cater for the generation of baby boomers, with classes being one of the most popular fitness trends for older adults. Many classes are specifically designed and targeted at older adults with yoga aimed at balance, aqua aerobics aimed at physical fitness and functional fitness to improve coordination and endurance. Older adults don't have to stop there however, walking along a favourite path or track, or to even a walk to the local park keeps joints moving and active, as well as keeping the body fit and healthy.

## CHANGE SHAPE NOW!

LOSE UP TO 10 KGS IN 6 WEEKS! LOOK & FEEL YOUNGER FOR YOUR NEW JOB, OVERSEAS TRAVEL, WEDDING OR JUST FOR YOU



### SEVEN Guaranteed ways to change shape fast

1. IMPACT FAT CAVITATION alternative to surgical Liposuction
2. Lymphatic drainage Pneumatic massage detoxify
3. SLENDERTONE Infrared heat and EMS fat and cellulite reduction
4. BIO MESO SCULPTURE face and body reshaping naturally
5. M LISS BODY WRAPS Lose 4-14 inches in 1 hour
6. EXCLUSIVE PERSONAL TRAINING With Paul Goulding
7. OXYGEN FACIALS with Papaya enzyme peel instant results

Guaranteed results when following recommended Nutritional Advice

**50% off**  
Personal training  
When booking  
weight loss course

### Come and try our FAT BLASTER

on one area of your choice  
Hips stomach thighs or arms.  
Lose centimetres in one session  
Plus lymphatic drainage massage  
**ALL THIS FOR ONLY \$149**  
Normally \$ 325.00  
Only 27 trials available results  
guaranteed lose at least 1 cm in just  
one session or it is free  
Call DIANE NOW 9419 5022

**TOTAL WOMAN**  
"Multi Award Winning Salon"

Outstanding Beauty Slimming and Fitness ESTABLISHED 1982  
Open to 7.30 PM  
Level 1 376 Victoria Ave Cnr. Anderson St CHATSWOOD  
www.totalwoman.com.au



# HOLIDAY DESTINATIONS FOR THE WHOLE FAMILY

Brooke Fryer



## Jervis Bay

Jervis Bay has recently arrived into the social media world, attracting hundreds of people to the white sand beaches and turquoise clear water. Home to Hyams Beach, with the whitest sand in Australia, there's no wonder people are flocking to experience all that Jervis Bay has to offer. With endless spots to go snorkelling, boat tours to watch the dolphins and surf lessons for people of all ages, this is a family-friendly fun filled environment. Tourists can select from a number of hotels, camp grounds and short-term accommodation such as Airbnb.



## Blue Mountains

The Blue Mountains is the ideal holiday destination for all lovers of the outdoors. Wentworth Falls is currently one of the most visited places in the Blue Mountains, however, tourists are also able to go horseback riding, see the glow worms, abseil down the face of a cliff and spend a day being pampered in a hidden spa oasis. Those visiting the Blue Mountains this summer must be sure to walk through the Jenolan Caves, one of Australia's most magnificent cave formations. Scoopon offers package deals at affordable prices to take the whole family away this summer.



## Lord Howe Island

One of Australia's best kept secrets is being exposed – and that is Lord Howe Island. An island off the coast of NSW and only accessible by plane, if of course you don't have your own boat. This island offers it all, from subtropical rainforests with hikes and viewing platforms to sandy beaches leading to clear blue waters. The waters at Lord Howe Island are ideal for snorkelling, sitting at 31° celsius and have been listed as one of the best dive spots on the planet, there is also an abundance of marine life to explore.



## Byron Bay

Known for surfing, beaches, markets and coastal walks, Byron Bay is a perfect place to getaway this summer. Tourists are able to immerse themselves in the laid-back culture and learn to surf with lessons for beginners or perfect waves for professionals. There are also numerous boutique stores, handmade jewellery markets and beach front cafes to seek out an ideal brunch spot. Children can also enjoy the beauty of Byron Bay with playgrounds, skate parks and plenty of beaches to spend the day. Byron Bay is a nine-hour car ride North of Sydney's CBD, offering plenty of places to stop along the way for rest and exploration.

# NATIONAL SKIN CANCER ACTION WEEK

Tina Wu

With summer comes the sun and with the sun comes sunburn. But worse than the peeling skin and pain of skin cooked tender is the link between prolonged sun exposure and skin cancer.

Being a country of beach-goers and sun-bakers, skin cancer has become a vitally important health issue for Australians and that is only increasing over the years. According to Cancer Council Australia, two in three Australians are diagnosed with skin cancer by the time they are 70 years old.

To raise awareness for the deadly effects of skin cancer, Cancer Council Australia and the Australian College of Dermatologists will be launching Skin Cancer Action Week during the week of November 19-25 this year.

Last year's Action Week theme was "My #SunSmart5", which encouraged Australians to use all five forms of sun protection – wear sun-protective clothing, slop on SPF30+ sunscreen, slap on a hat, seek shade and wear sunglasses – and share their experiences on social media.

With cancer being the second-most common cause of death in Australia in 2014, skin cancer makes up approximately 80 per cent of all cancer diagnoses in the country per year.



Despite the special place that beaches occupy in our cultural psyche – Christmas and Australia Day at Bondi spring to mind – for too long Australians have not realised the extent of the harm that the sun can wreak on their bodies.

One pertinent example is the myth of the "healthy tan". The Cancer Council warns that a tan is not only a sign of skin damage that can lead to eventual wrinkles, sagging and brown patches, but can also increase your risk of developing cancer.

So keep sun-safe this summer by getting to know your skin. Keep an eye out for unusual-looking spots or lumps on the skin, including sores and freckles that change colour from brown to red or blue. It's important to note that skin cancer can also spread to areas not exposed to the sun, such as the soles of the feet, and if something looks suspicious, seek immediate consultation from your GP.

**YOUTH SAILING PROGRAM**

**SUMMER SCHOOL HOLIDAY SAILING CAMPS**  
December 2017 – January 2018

<p><b>Summer Program 2017</b></p> <p><u>Tackers Camps: (Ages 7-12)</u></p> <p>Tackers 1 – Having Fun!</p> <p>Tackers 2 – Tricks &amp; Techniques</p> <p>Tackers 3 – Sailing Fast</p> <p>4 day Camps – current MHYC Youth Members \$395 Non Members \$495 (includes MHYC Youth membership through to August 2018)</p> <p><u>Youth Discover Sailing Camps (Ages 12-18)</u></p> <p>International Cadet, 420, Melges 20's</p> <p>4 day Camps – current MHYC Youth Members \$395 Non Members \$495 (includes MHYC Youth membership through to August 2018)</p> <p>All information at <a href="http://www.juniorsailing.com.au">www.juniorsailing.com.au</a></p>	<p><b>Course Dates</b></p> <p>Tackers Holiday Fun 9am - 3pm Youth Discover Sailing Camps 9am – 3pm</p> <p>Mon - Thurs 18<sup>th</sup> -21<sup>st</sup> December Mon – Thurs 8<sup>th</sup> -11<sup>th</sup> January Mon – Thurs 15<sup>th</sup> -18<sup>th</sup> January Mon – Thurs 22<sup>nd</sup> – 25<sup>th</sup> January</p> <p><b>Course Highlights</b></p> <p>Fun sailing orientated holiday camps for 7 – 18 years of age</p> <p>A great way to make new friends, adventuring around the Harbour and learning all the aspects of sailing</p> <p>Safe, supervised holiday fun on the water!</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Proudly Supported by

Middle Harbour Yacht Club, Lower Parrri Road, The Spit, Mosman NSW 2088  
Ph: 02 9969 1244 Fax: 02 9969 3326 E: [sailing@mhy.com.au](mailto:sailing@mhy.com.au) W: [www.juniorsailing.com.au](http://www.juniorsailing.com.au)

## PROMOTION

**ASK US ABOUT OUR PACKAGE DEALS**

**\$599**  
SAVE \$250!

**Q**

An Australian design classic

**Total Bathroom Centre**

684 Pacific Highway, Killara 2071  
T 9880 2885  
[www.totalbathrooms.com.au](http://www.totalbathrooms.com.au)

**Call us on 1300 844 941 or visit our showroom.**  
Open **Mon-Fri: 9-5pm**  
**Sat: 10-4pm**



# MARKETS GALORE

Compiled by Tina Wu

## GLEBE MARKETS

Perhaps one of the most well-known markets in the inner-west, if not in the whole of Sydney, Glebe Markets will be sure to have something for everyone. With over 200 stalls, this distinctive market hosts everything from food stalls to original designer clothing stands, books and art to jewellery and hats. Outdoor entertainment includes acrobatic shows and live music performances with different talent performing every week. Drop in to this unique and vibrant market on **Saturdays from 10am – 4pm** at Glebe Public School.

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

## CHINATOWN NIGHT MARKETS

Sydney Chinatown Markets take place every **Friday until December 29 from 4pm to 11pm**. Immerse yourself into Sydney's multicultural heritage as Dixon and Little Hay Street come alive in dazzling red and gold. Food stalls and knick-knack stands crowd the pedestrian-only street and eager tourists cluster around exotic treats like the Dragon Beard Candy or Sichuan chillies. Intricate trinkets like robotic toys for the younger ones and Chinese paper cuttings will also be on display and for purchase. Try not to get lost within the throng if you're travelling as a group – you'll soon be bewitched by all the different stalls!

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

## ROZELLE COLLECTORS MARKET

Unlike your usual food or produce markets, the stallholders at Rozelle display various bric-a-bracs and beautiful antiques. It's an outdoor second-hand market and held **every Saturday and Sunday from 9am – 3pm**. The market is located in Sydney's inner west on the grounds of Rozelle Public School, a fitting location considering the school's historic buildings originally constructed in 1877. Expect to find plenty of bargains as the market is selling everything from collectibles, art, jewellery and fashion. Performers and delectable international food is on offer as you browse Sydney's most beloved second-hand market.

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

## MOORE PARK FOODIES AND FARMERS MARKET

Moore Park is currently selling the best quality produce with over 100 stalls **every Wednesday and Saturday from 8am – 2pm**. No good market is without live music and performances, as well as children's entertainment for the whole family. In particular, children are able to participate in activities such as the Choo Choo train and tour the Entertainment Quarter for \$5 per nine-minute ride, with inflatables and plaster-painting studios also available for kids during the school holidays. Two hours free parking is also available for those who visit the precinct on market days.

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



# THE WILD WEST AT WEBERS

The North Shore's favourite family-run circus is now in their sixth generation, with Rudy and Natalie Weber, both owners and coordinators, continuing to bring the art of performance back into the spotlight.

For yet another year, the family affair is touring the country with their Wild West themed show. Performances include everything from trapeze to gymnastics and juggling with over 15 cast members contributing.

This year, the family have added several new tricks to their trade, including the Russian Swing with the three Weber sisters somersaulting into the tent's top catcher and the addition of Wonona Weber being the only performer in Australia to complete a triple somersault. The addition of some friendly trick dogs and miniature ponies is also a great attraction for the kids.

The traditional elements of circus arts, including funny clowns and elaborate

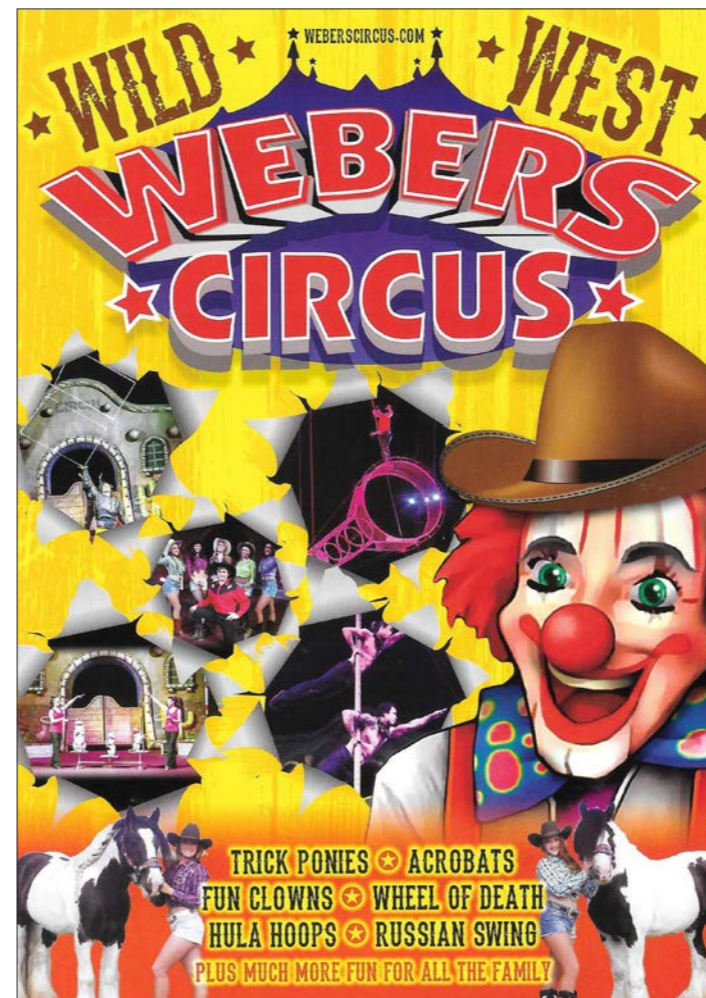
dancing, are expertly combined with death-defying acrobatics and other wild acts to create a truly exhilarating experience.

Perfect for the whole family and with plenty of audience participation, let Webers Circus take you on an adventure through the Wild West for your next family outing.

Webers Circus will be showing at Boondah Reserve Pittwater Rd, Warriewood from 10 to 26 November.

Book online or get your tickets at the door at least one hour before the performance.

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



### NARRABEEN PITWATER RD BOOND AH RES 10<sup>TH</sup> - 26<sup>TH</sup> NOV

#### Ticket Prices

VIP ring side	
Child	\$32
Adult	\$42
Ring side	
Child	\$25
Adult	\$35
A reserve	
Child	\$20
Adult	\$30
B reserve	
Child	\$18
Adult	\$28

#### CASH SALES ONLY

#### NARRABEEN

Fri 10 <sup>th</sup> Nov	7pm	Sun 19 <sup>th</sup> Nov	11am and 3pm
Sat 11 <sup>th</sup> Nov	2pm and 6pm	Thurs 23 <sup>rd</sup> Nov	6pm
Sun 12 <sup>th</sup> Nov	11am and 3pm	Fri 24 <sup>th</sup> Nov	7pm
Thurs 16 <sup>th</sup> Nov	6pm	Sat 25 <sup>th</sup> Nov	2pm and 6pm
Fri 17 <sup>th</sup> Nov	7pm	Sun 26 <sup>th</sup> Nov	11am only
Sat 18 <sup>th</sup> Nov	2pm and 6pm		

'With a Touch of The Wild West' Featuring Wheel of Death, Trapeze, Miniature Horses, dogs & clowns plus exciting circus acts and Western dancing. Fun & laughter for all ages.

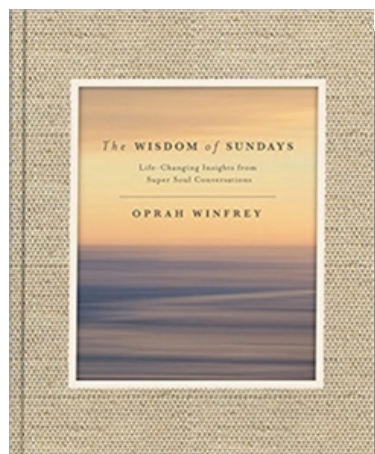
PHONE BOOKINGS 0448 247 287 – 0448 CIRCUS  
(Just Under 2 Hours) (CHILDS PAYING AGE 3 to 14 YEARS) or  
CASH SALES AT THE ON SITE BOX OFFICE (Wed - Sun) (10am-5pm) or  
BOOK ONLINE: [www.weberscircus.com](http://www.weberscircus.com)



# TOP FIVE BEACH READS THIS SUMMER

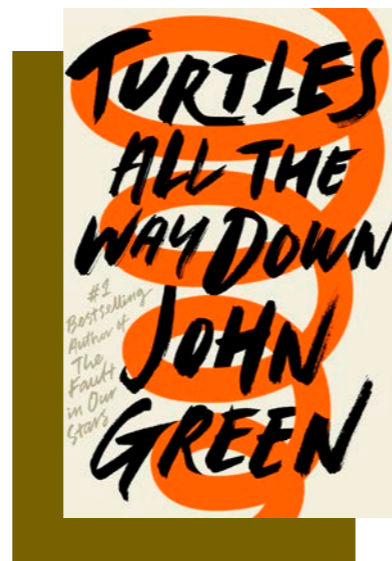
Hanna Moore

As the weather gets warmer, it becomes harder to resist a relaxing weekend at the beach with a book in hand. *Sydney Observer* recommends these new releases to keep you company on your next weekend adventure.



**THE WISDOM OF SUNDAYS:  
LIFE-CHANGING INSIGHTS FROM SUPER  
SOUL CONVERSATIONS**  
By Oprah Winfrey

With 14 seasons and counting, Oprah Winfrey's Super Soul Sunday has tirelessly worked with viewers to awaken their best selves through a deeper connection with the world around them. Now, a number of the insights drawn from the show have been collated into a powerful and deeply-affecting book. Each chapter explores the best conversations had between Oprah and a number of inspiring thought-leaders, paired with beautiful photographs to drive the reader on a journey of self discovery.

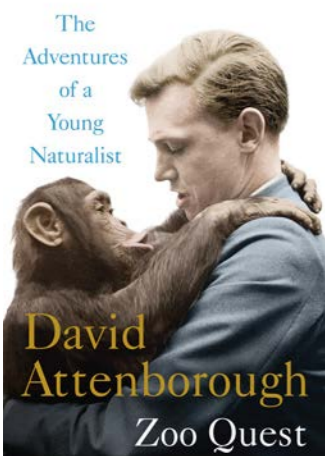
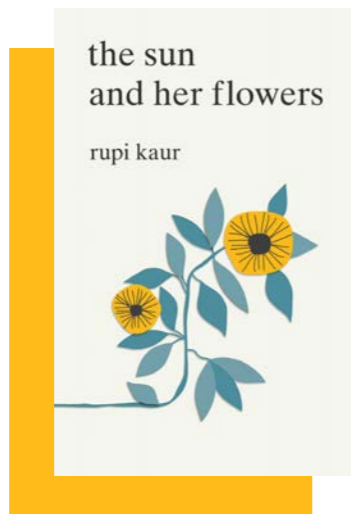


**TURTLES ALL THE WAY DOWN** By John Green

Sixteen-year-old Aza Holmes is on the hunt for clues in the case of a missing fugitive billionaire. Aza and her best friend Daisy are eager for clues, all while Aza navigates living with an ever-tightening spiral of her own mental illness. With unflinching clarity and universal themes, the long awaited arrival of John Green's novel continues to show the world that Young Adult fiction doesn't necessarily have to be restricted to young adults.

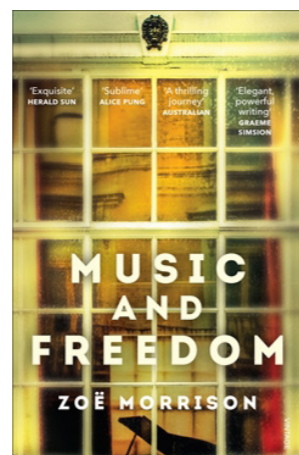
**THE SUN AND HER FLOWERS**  
By Rupi Kaur

The long awaited second collection of poetry from New York Times best-selling author Rupi Kaur delves into a transcendent journey of self-discovery, personal growth and healing. Divided into five chapters and illustrated by Kaur herself, this collection is also a celebration of love in all forms.



**ADVENTURES OF A YOUNG  
NATURALIST: ZOO QUEST**  
By David Attenborough

When Attenborough was offered a chance to film for BBC's Zoo Quest, it was an opportunity of a lifetime. Exploring the world to find rare and wonderful species and bringing to an audience a greater understanding of the natural world around it, Attenborough delves into a remarkable career with a signature wit and flair.



**MUSIC AND  
FREEDOM**  
By Zoë Morrison

Morrison delves into the tale of woman who must embrace life again to survive after tragedy strikes and the power of recovery through music. Alice, an aspiring concert pianist, navigates the

dark terrain of violence and the transformative powers of music through a journey to the Royal College of Music in London, and her troubled relationship with Edward, a professor from Oxford.



**ComfortHeat**  
Superior Floor Heating Systems



"The experts in **underfloor** heating..."

**Electric & Hydronic** floor heating systems  
Polished concrete / Tile / Carpet / Timber  
In slab/ In screed / Ultra thin  
**DIY Kits or Supply & Install**

[www.comforheat.com.au](http://www.comforheat.com.au)





## HEALTH CORNER



### Is smiling the key to a long life?

Researchers at Gettysburg College have found that physical facial expressions can be linked to better health. The physical expression of smiling can make the face look healthier or more youthful. Smiling doesn't only positively impact your mental well-being, but can also indirectly impact how long you live. Researchers found that positive expressions are often just as important as other measures of health, such as BMI and skin adiposity or colouration.

Tina Wu

### Protein supplements

Branched-chain amino acid (BCAA) supplements are said to increase muscle mass without the bother of eating food after a workout. This supplement isolates three particular amino acids, the building blocks of protein and muscle, that were discovered to be especially effective in activating muscle protein synthesis. The benefits of this for gym-goers include the ability to gain muscle without the risk of consuming too many calories. However, the International Society of Sports Nutrition has revealed that protein synthesis after taking BCAA was only half (22 per cent) of what would be achieved when consuming the equivalent amount of whey. Scientists say that supplements should therefore not replace eating real foods and should co-exist with a regular diet and exercise.



### Two portions of fish a week for pregnant women

You may have heard that eating particular types of fish while pregnant is bad for the baby's development due to the levels of mercury present in fish such as swordfish, marlin and shark. However, researchers from the University of Bristol recommend that pregnant women can consume two portions of fish per week, one of which should be oily, in order to reap the benefits of foetus development without worrying about blood mercury levels. In fact, recent research has found that this plays little to no role in impeding a child's growth, from IQ to social and motor skills.

For more information about these topics, head to [theconversation.com/au/health](http://theconversation.com/au/health)

## DENTAL TOURISM

Overseas medical tourism is becoming popular for a number of procedures ranging from cosmetic medical to extensive dental procedures. The internet has certainly made the world smaller and easier to find overseas facilities willing to offer such procedures.

Unfortunately, the perceived cost benefits of overseas medical tourism may be relative once the final breakdown of overseas work is calculated.

In Australia, we are fortunate to have extremely high standards of education and regulatory bodies that monitor and manage consumer complaints. Such monitoring and standards may not always apply to other countries where treatment is performed or where practitioners performing treatment are trained.

Infection control is another area that may differ from country to country. Accredited practices in Australia need to meet certain standards of infection control and be able to show records and processes that maintain the standard.

Follow up care is crucial for all medical and dental procedures. Even in the cen-

tries that maintain the highest standards of care, occasionally problems may occur sometime down the track. Having access to the people who performed the initial procedure, knowing the materials used in the procedure and having access to these materials is important.

Dental implants are a case in point. There are literally hundreds of companies worldwide that produce dental implants. Some companies have come and gone; some will not sell spare parts to Australia, while some are just not seen here often at all. It is imperative to choose a system that is available worldwide, with continual ongoing manufacture of superseded parts and well documented and researched materials.

"Teeth in a day" is an example of a popular overseas treatment. Unfortunately, not all patients' mouths are suitable for such treatment. Rushing through treatment to meet a time frame may not always allow your body adequate time to heal and problems may occur sometime down the track. If the treating surgeons or dentists are in another country, you may find yourself paying large amounts of money for follow up care to be performed by

another dentist or surgeon.

Adding up the total cost of the airfare, accommodation, living expenses while abroad, loss of wages and the treatment cost, not to mention any potential follow up, the total out of pocket expense may not represent such a saving from treatment performed at home.

Health care professionals do just that—they Care for your Health. They are highly trained to perform procedures and maintain a state of health for a long period of time. The perceived "bottom line" of overseas tourism must be carefully weighed up before booking that holiday.

Should you require medical or dental intervention, an opinion and even a second opinion from local practitioners may well be the best place to start.

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

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



Dr Ian Sweeney

## NORTHSIDE DENTAL & IMPLANT CENTRE

## NORTHSIDE SEDATION CENTRE

Trusted by generations of families, our friendly team at **Northside Dental®** can be relied upon to take expert care of your entire family's dental needs.

We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turramurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.

Let our family,  
give your family,



### Turramurra Practice

1253 Pacific Highway,  
Turramurra 2074

☎ 02 9144 4522

### Hornsby Practice

79 Burdett Street,  
Hornsby 2077

☎ 02 9987 4477

Visit: [www.northsidedental.com.au](http://www.northsidedental.com.au)



## Special Services

- ♥ Dental Implants
- ♥ Crowns & Veneers
- ♥ Whitening
- ♥ Preventive Dentistry
- ♥ Children's Dentistry
- ♥ Senior's Dentistry
- ♥ Special Needs
- ♥ Root Canal Therapy
- ♥ Sedation
- ♥ General Anaesthesia
- ♥ Fear Of Dentistry
- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
- ♥ Patients With Gag Reflex
- ♥ Special Needs Patients
- ♥ Hoist Available



## PERINATAL ANXIETY AND DEPRESSION AWARENESS

Tina Wu

Nearly 100,000 families throughout Australia have experienced perinatal anxiety and depression, an illness that seriously impacts the mental wellbeing of new and expecting parents.

Perinatal depression can encompass both antenatal (during pregnancy) and postnatal (after birth) depression. According to Beyond Blue, perinatal depression and anxiety is estimated to be just as common as depression in the year after giving birth.

Along with other factors that can contribute to depression or anxiety, such as genetics or previous experiences with an illness, other reasons can include complications during labour, difficulty breastfeeding, or unrealistic expectations of parenthood.

Treatment for those diagnosed with perinatal depression or anxiety can be similar to those used for other mental illnesses. These include psychological

therapy which may include a focus on developing mother-infant interaction and relationships, and medication such as antidepressants and benzodiazepines for panic attacks.

Despite the stigma surrounding parents who might not feel a deep connection to their child immediately after birth, it's important for those who experience perinatal depression to receive the necessary support.

Contrary to popular belief, this illness doesn't only affect mothers. According to Perinatal Anxiety and Depression Australia (PANDA), 1 in 10 expecting dads will also experience perinatal anxiety. In fact, it may be even harder for new fathers to open up about their struggles due to the added stigma that many men face when discussing their experiences with mental illness.

That's why PANDA will be fronting Perinatal Depression and Anxiety Awareness Week, which will run from

November 12-18 this year.

The week will feature the "It happened to me" campaign to encourage those who are afflicted with this perinatal depression or anxiety to talk about their experience, raise awareness and support solidarity among all parents.

PANDA provides intensive training and care programs throughout Australia as well as the only national helpline for those with perinatal depression. The Community Champions Program, run by volunteers, also aims to support families through the transition to parenthood and support the organisation's various fundraising events.

If you or a loved one is suffering from perinatal depression, call the PANDA helpline on 1300 726 306, or check out their resources online.

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



## ART AND WELLBEING

It has become clear as of late that there is a place for the arts in everyday mental wellbeing. This comes as a report by the All-Party Parliamentary Group on Arts, Health and Wellbeing (APPG) found that engagement with the arts can improve public health.

The report showed that engagement with the arts, be it visual, performing or even culinary and gardening arts can help with the self-management of chronic pain, mental health and aging well.

For example, the report found that engaging in visual and performing arts in healthcare environments can help

alleviate stress and anxiety, and further, the inclusion of participatory art programs within these settings also helped to reduce anxiety and depression.

So perhaps it's time that the incorporation of the arts into everyday wellbeing services and practices comes to the front and centre of public attention.

As such, the importance of art in everyday life can be seen within our own community. Throughout the entire month, Combined Art Societies of Sydney (CASS) will be showcasing their work through a direct art studio trail.

There will be six open studios in the

North Shore Area, with some featuring artists from the Ku-ring-gai art Centre (KAS), at Hornsby Heights, Turramurra, St. Ives, Gordon, Lindfield and Roseville.

This is a wonderful opportunity, not only for the artists to showcase the unique and creative side of the region, but for those who would like to get out and experience the magic of art for the soul.

For more information about a studio opening near you, head to

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

## FUNCTIONAL TEA

We're all weary of a liquid-only diet in today's nutrition climate, but can the benefits of adding a few cups of functional tea to an existing healthy diet have beneficial impacts on the body?

The benefits of loose-leaf tea can be largely attributed to their increasing popularity in recent years. According to World Tea News, green tea is on the rise for demand in 2017 for its antioxidants and weight-loss properties.

a study by the University of California, Los Angeles (UCLA) also showed that black tea can be beneficial for stimulating intestinal bacteria associated with lean body mass, and can also alter the stomach metabolites and energy metabolism of the liver.

Tea has been found to promote a number of health benefits, including a greater intake of antioxidants, improved digestion, better oral hygiene and a reduced risk of heart attacks and strokes.

For many of those addicted to the daily coffee grind, it could be more beneficial to forgo that for a nice cup of tea. It's this mentality that led family-owned tea company Yarra Valley Tea Co to create an innovative range of functional tea blends including black, green, herbal and chai tea. These include a variety of fresh seasonal herbs and ingredients housed in a biodegradable 'tea temple,' so it's great for your body, and the environment.

For those who love an early morning cup of coffee (like almost all of us here at *Sydney Observer*), the unique licorice overtones of 'Liven Up' make it sweet without the added sugar, and stimulating without the caffeine. This can help with energy and concentration levels, all without interrupted sleep

from a regular caffeine overload.

Further, for those who do wish to try a cleansing tea but are weary of nebulous internet trends, the gentle and pleasant-tasting 'New You Detox' is a great addition to a new healthy eating plan. To get the most benefit from this tea, combine with a sensible eating plan that includes lots of green vegetables and seasonal fruits and try to avoid foods with high saturated fat levels.

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



Ku-ring-gai  
**artcentre**  
ROSEVILLE  
Ku-ring-gai Council

VISUAL ART GUITAR CREATIVE WRITING

**SEMESTER 1, 2018**  
Bookings open 28 November

Left: 'Oak Park Rock Pool - Cronulla', oil on board, Kevin McKay (tutor). Right: 'Pond Ladies with Grey', acrylic and mixed media on paper, Cilla Davis (tutor)

**ENROL AT:**  
[kmc.nsw.gov.au/artcentre](http://kmc.nsw.gov.au/artcentre)

1958 - 2017  
**59**  
YEARS  
**PRICE'S**  
pharmacy  
WEST PYMBLE

Price's Pharmacy is proud to offer a number of special services including:

- **FREE BABY CLINIC** with Sister Vicki Wednesdays-10am to 1pm
- Preparation of **Webster-Packs** for daily medication regime
- Sub-agent for **Diabetes Australia**
- **FREE** local-area home delivery by "Delivery Boy" with over 50 years experience
- Justice of the Peace usually available but please ring first

**Our happy, dedicated staff giving caring, family friendly attention to your pharmaceutical needs.**

**PRICE'S PHARMACY 2 PHILIP MALL, WEST PYMBLE, 2073. PH: 9498 5552 - FAX: 9498 7537**



# SUPERFOOD Beauty

While we're all well aware of the benefits of superfoods such as acai and kale for our health, there are also benefits of using superfood-infused beauty and skincare products. Here are *Sydney Observers* picks for products challenging the mainstream, chemically-based beauty with natural goodness, and best of all, all products are cruelty-free!



## Beauty

### 1. RAWW Acai Berry Glow Illuminator

This radiant highlighting and illuminating stick is enriched with WildBerry Harvest™ Coconut Oil and Acai Berry. These are rich in hydration and nutrients for bright and glowing skin. Subtle when first applied, this cream illuminator is buildable to a blinding highlight.

### 2. RAWW Kale'd It Nail Lacquer

This breathable formula is boosted by the keratin-powered superfood Kale. This active vitamin and botanical complex is infused with kale to stimulate nail growth, as well as strengthening and improving dry and brittle nails.

## Skincare

### 3. Youth to the People - Age Prevention Cleanser

Made with key ingredients such as Kale, Spinach and Green tea, this product is a juice cleanse for your face. Including these ingredients means that this cleanser is loaded with vitamins and antioxidants, protecting you from free radicals and balancing the skin by improving tone and texture.

### 4. RAWW Polish-ME Face Exfoliator

This gentle exfoliator features WildBerry Harvest™ and Jojoba Oil to keep the skin hydrated whilst sweeping away pesky dry patches and smoothing the texture of your face. The added bonus of Goji Berry is also packed with antioxidants to help with the early signs of aging.

### 5. Youth to the People - Age Prevention Firm and Brighten Serum

Along with key ingredients such as Kale and Green tea, this product also contains Tripeptide 37, which is clinically proven to reduce wrinkles, improve skin smoothness and increase collagen for natural promotion of firmness and brightening. The addition of crosslinked Hyaluronic Acid, a chemical found naturally in the body and breaks down as we age, also helps provide moisture and promote skin elasticity.



FELTON

ARCHITECTURE  
CONSTRUCTION  
INTERIOR DESIGN

FELTON CONSTRUCTIONS (SYD) Pty Ltd  
THE TERRACE, 1844 THE HORSLEY DRIVE  
HORSLEY PARK 2175

info@feltonconstructions.com.au  
www.feltonconstructions.com.au

P 02 9620 2175  
F 02 9620 1792



# NOVEMBER HOTSPOTS

## Rootstock Sydney

Tina Wu

For the fifth year running, Rootstock Sydney will be holding a sustainable food and wine festival at Carriage-works from November 25 – 26. Wine makers, connoisseurs, farmers and artists will come together on this weekend to share their love and knowledge for all things wine. Rootstock Sydney is a non-profit organisation that aims to support the sourcing of sustainable produce with limited additions to the winemaking process. Both Australian and overseas artisans will participate in the event, including those from New Zealand, Italy and France. Tickets start from \$55 per session and \$95 for full-day access.

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

## Wine Island

Clark Island at Sydney Harbour will be hosting a weekend full of food and wine tasting experiences with masterclasses, treasure hunts and a silent disco feature as some of the main attractions this year. This year, Wine Island will be introducing the Wine Island Superyacht, which will ferry guests to the island in style on a five-star yacht before inviting them to attend private masterclasses. Award-winning chefs such as Warren Turnbull will be curating the island menus and those with a sweet tooth can attend a special dessert wine masterclass. Ticket prices start from \$99 and the event will take place from November 10 – 12.

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

## Colour Fields Pop Up Bar

From November 3 until February 18 the Museum of Contemporary Art will be lighting up your summer with a burst of colour at the Colour Fields pop up bar. Inspired by artist Pipilotti Rist's Sydney International Art Series exhibition, Sip My Ocean (on display from November 1 to February 18), this large-scale audio-visual installation at Circular Quay will be serving up some of your favourite summer drinks and treats. Wednesday nights will feature talks on topics such as DIY perfume-making and record label Future Classic will be playing mixtapes to feast your ears while you sip on a cocktail. The pop up bar will be open Wednesday to Sunday from 4pm.

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

## Giddy Up at Gowings Bar and Grill

On 7 November, Gowings Bar and Grill at Hotel QT Sydney will be hosting a lunchtime special before the McGrath Estate Agents Melbourne Cup Race Meeting at Royal Randwick. The three-course meal will feature dishes such as Sydney rock oysters, goat cheese stuffed zucchini blossoms and French beignets, just to name a few. Dress to impress for a chance to win fabulous prizes for their Fashions on the Field competition and a post-event celebration will be held upstairs in the luxe Gilt Lounge. The meal costs \$145 per person and bookings are essential.

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



## SMALL BUSINESSES AND SOCIAL MEDIA

Brooke Fryer

Tech savvy cafes are recognising that their audience no longer lies solely on Facebook, with 5 million active monthly users on Instagram, they have now shifted their focus to catch the wider attention of all customers.

With social media now more popular than ever, many people turn to these platforms as a first place of call to discover a new café, cool cocktail joint or burger stand. It is now crucial that small business owners jump on the social media bandwagon.

Social media has been a way to promote for years with positive results starting to show, leading hundreds of customers to up-and-coming café joints. This means, showing off a business with photography angles and edits that draw people in. From here comes the possibility of customers posting photos on their personal accounts, further promoting the business.

Putting in 20 minutes a day to post, engage with your customers, promote and comment on other people's photos can help get the business name out there and provide more chances for people to come across it.

Building up a reputable online profile may seem like an overwhelming task, especially when there's popular Instagram accounts such as Macquarie Park's Vogue Café. Every business, when enough time is invested, can stand out from the rest.

Many businesses use Instagram hashtags to draw in an audience, whilst others promote their page on Facebook for a small investment of \$4. By posting constantly, potential customers and a wider audience are likely to be more attracted to the content and in-turn are more interested in becoming a customer. Whilst posting constantly is a great start, engaging with the audience is also crucial in maintaining an online profile. By commenting, replying and building a relationship with the audience, followers will only grow.

There are a number of benefits that come with using social media to promote an up and coming business. The most obvious one being revenue, more time invested in the social media world, the more people will be attracted to a new business. Attracting customers can be done through giveaways and deals. Customers are more willing to see the engagement as more than a one-sided relationship with a business. Social media is also good for small businesses as owners are able to view the competition and take inspiration from their community.

If you are an up-and-coming business owner, try jumping on board the social media wagon in efforts to improve revenue and customer engagement.



# THE SAWMILL CANNOLI



Cannoli are Italian pastries of the Sicily region. Deriving their meaning from “little tube,” this dessert is hard to resist. At The Sawmill these crisp Italian shells are lined with chocolate and filled with our much loved mixture of ricotta and marscapone in vanilla, chocolate, hazelnut or pistachio flavour. Ruben, The Sawmill Head Chef was exposed to these delicacy’s at the age of 7 and spent this time making them under the guidance of his grandmother.

Enjoy a cannoli with your coffee when you visit The Sawmill. Open 6 days for breakfast, lunch and dinner. Closed Tuesday.



# THE SAWMILL

**OUR FULLY  
LICENSED ITALIAN  
RESTAURANT**

**IS OPEN WEDNESDAY THROUGH  
MONDAY FOR BREAKFAST,  
LUNCH & DINNER.  
CLOSED TUESDAY.**

*As featured in Sydney's  
Ultimate Italian Bucket List  
by the Urban List*



**BYO** WINE ONLY  
ON MONDAY &  
WEDNESDAY EVENINGS  
\*SURCHARGE APPLIES

**WOOD FIRED  
PIZZA**  
*in the evenings*

**SENIORS  
THURSDAYS**

*10% off your final bill*

ON PRESENTATION OF YOUR SENIORS CARD

**ALL DAY  
BREAKFAST**

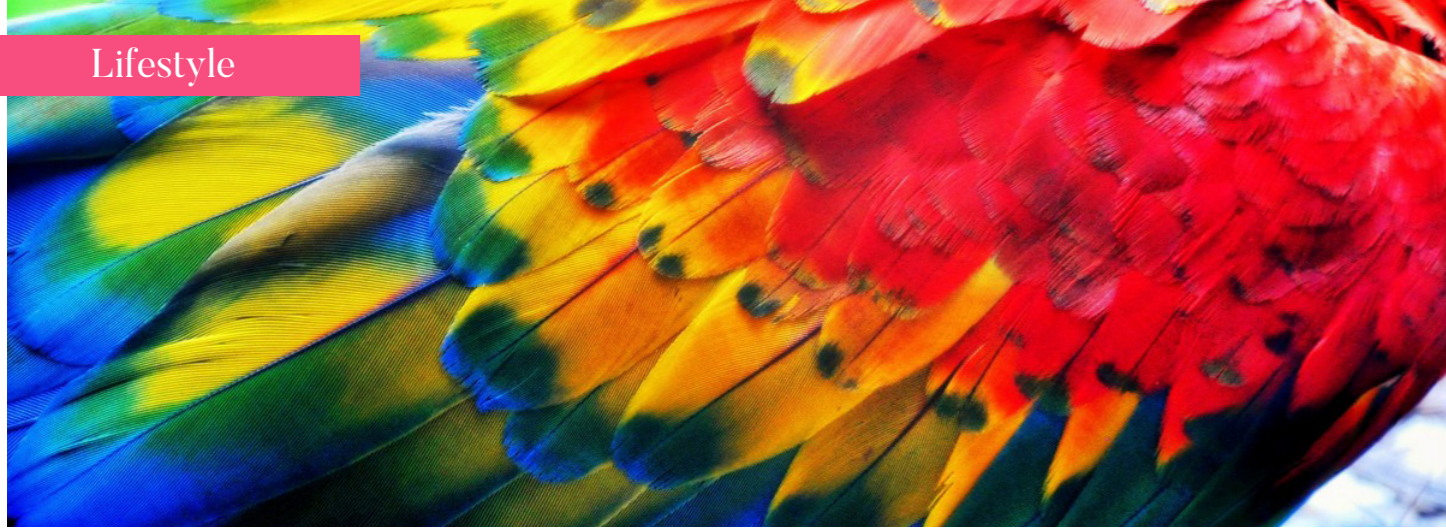
EVERY DAY EXCEPT TUESDAY

**BOOK YOUR  
CHRISTMAS  
EVENT NOW!**

EMAIL US AT [INFO@THESAWMILL.COM.AU](mailto:INFO@THESAWMILL.COM.AU)

7 Duneba Ave West Pymble | 9498 6565 | [www.thesawmill.com.au](http://www.thesawmill.com.au)





# URBAN BIODIVERSITY

Hanna Moore

From October 23-28 this year, the annual Aussie Bird Count took place for National Bird Week. In honour of the event, Ku-ring-gai Council held an informative talk fronted by Birdlife Australia expert Judy Christie.

As a part of the Birds in Backyards program, everyone has access to the Aussie-BirdCount app which can be used during National Bird Week to provide a standardised survey of the current habits of birds in Australia.

The Bird in Backyards program is a research, education and conservation program focusing on the birds that live where people live. So in the case of our local North Shore area, there are many types of birds that coexist in our urban environment.

According to Christie, in the urban area we have what are called 'urban special-

ists.' These include the Common Myna, the Spotted Dove and Rock Doves. These birds have adapted to prefer habitats with hard surfaces such as built structures for nesting, school yards and common house backyards (or where there's food scraps available).

In Ku-ring-gai last year, 337 people saw 107 different bird species. Further, the three most common types of birds seen in the Ku-ring-gai area in 2016 were the Rainbow Lorikeet, the Noisy Miner and the Sulphur-crested Cockatoo. Their popularity could be largely due to their broad diets and adaptability to a variety of habitats.

Despite the fact that these birds may have broad diets, it is important to be mindful of our impact on their ecosystem balance if we were to feed birds by hand regularly. According to Christie, bird-feeding is a personal choice and connecting with birds is one of the best ways to be in touch with

our natural environment. However, "We do need to be mindful that we might be creating a bit of an imbalance when we feed birds by hand," said Christie.

Beyond this however, getting to know your 'locals' and their habits is a great way to be in-touch with nature and ensure a greater enthusiasm for maintaining urban biodiversity in the future.

In Christie's words, "birds bring joy," so remember to stay involved in monitoring how these magnificent species coexist in the urban environment beyond National Bird Week. Head out to your own backyard and start taking note of what you see. Remember, different seasons bring different birds to Sydney, so there's always something new to see everyday.

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

Tina Wu

Recycling is one of the many ways that Australians are able to protect the environment after the introduction of a number of eco-friendly initiatives this year.

Planet Ark's National Recycling Week will run from November 13-19 and consists of several events to support kerbside, industrial and community recycling programs.

A range of activities will be held over the five days to educate students, workers and the wider community on the importance of recycling. Events will also be organised around Sydney to raise awareness of the issue, including free composting workshops and an art exhibition using recycled materials in Moruya.

According to the MRA Consulting Group, waste generation has grown by 170 per cent between 1996 and 2015. Planet Ark also said that the manufacturing industries are mainly "linear" rather

than "circular" despite the major developments that the introduction of kerbside recycling has made since the 80s and 90s.

Even so, there seems to be an emerging culture where Australians are becoming increasingly aware of their environmental footprint. Research from Planet Ark revealed that "88 per cent of Australians already purchase products that contain re-

## NATIONAL RECYCLING WEEK

cycled materials" with 70 per cent saying that "they would be more likely to purchase products and/or packaging if they contained recycled materials".

Various initiatives to support environmental protection are gaining traction in Sydney such as banning plastic bags in

supermarkets such as Woolworths, Coles and Daiso as well as the surge in 'keep cup' usage in coffee shops.

The City of Sydney Council has also made environmental protection a major strategy in their Sustainable Sydney 2030 plan, which hopes to "green" the city through initiatives such as planting trees, reducing carbon emissions and increasing energy efficiency in Sydney workplaces.

Locally, environmentally conscious initiatives are evident in various artistic ventures put forward by councils, with the Ku-ring-gai Council recently holding a Sculpture Walk competition based around the theme of environmental protection with contestants asked to use recycled materials.

After a busy year of environmental protection initiatives and rising awareness of becoming more eco-friendly, why not end this year on a high note during National Recycling Week this month and get more involved in reducing your own footprint.

**CUSTOM MADE KITCHEN & WARDROBE DOORS & PANELS**  
[www.sydneydoors.com.au](http://www.sydneydoors.com.au)

**RENOVATING YOUR KITCHEN OR WARDROBE? JUST REPLACE THE DOORS AND SAVE \$\$\$**

**DIY OR CONTACT AN INSTALLER TO:**

- Measure
- Install
- Get a Quote

**SHOWROOM/FACTORY**  
80 Redfern Street  
Wetherill Park NSW 2164  
Ph: (02) 9725 4444  
[sales@sydneydoors.com.au](mailto:sales@sydneydoors.com.au)

[www.comfortdiscovered.com.au](http://www.comfortdiscovered.com.au)
Celebrating 35 Years
ndis Hire / Sale

**LARGE DELUXE CTM HS 928**  
**\$6950.00**

**HUGE CLEARANCE SALE**

**LIFT CHAIRS**  
**ALSO ON SALE:**  
- Premium Leather Rise Recliners  
- Twin Motor Rise Recliners  
- Mini Rise Recliners  
- Recliners in various col, materials and designs  
**\$889.00**

**ELECTRIC BED + MATTRESS**  
**\$2299.00**

**ALSO ON SALE ELECTRIC MATTRESS \$1399.00**

**NITRO SEAT WALKER**  
**\$299.00**

Ultra Light Three Wheel Walker **\$129.00**  
8" Four Wheeled Seat Walker with brakes **\$79.00**

**TRANSIT WHEEL CHAIRS**  
**\$199**

**ALSO ON SALE:**  
-Ultra Light Transit Wheel Chair  
-Self Propelled Wheel Chairs  
-Children Wheel Chairs

**WALKING STICK \$5.00**  
**SHOWER CHAIR \$69.00**

Big Discounts on Selected Daily Living Aids, Crutches, Walking Aids

**GK9 LITTLE RIPPER \$2440.00**

**SHOPRIDER ROCKY 4 LARGE SCOOTER \$4495.00**

\* Trade-in welcome for Scooter upgrades

Registered NDIS Provider
Supplier for DVA Contracts
Supplier to Insurance Companies

**Comfort Discovered** Phone 9987 4500

**511 Pacific Hwy, Mt Colah, Hornsby, NSW 2079**  
(Next to McDonalds. Easy Parking)

\* Conditions apply \*Sale while the stock lasts images and style may vary \*Limits apply per customer and only for private customers \*Not applicable for online sales/hires



Brooke Fryer

The fast paced city of Marrakesh welcomes a wide range of diversity into its chaotic yet orderly streets. The city is crammed with clay-pastel washed buildings formed to create endless mazes of souqs, food stalls and spice markets. Each turn holds temptations for tourists to wander further into the depths of the Medina. Whether you are intrigued by hundreds of lanterns lining a string of markets, or hand woven carpets, Marrakesh is not just a hot spot for Europeans craving African heat, but for all travellers alike. The ideal time to travel to the thriving city of Marrakesh is between March and May, for a lush green Spring.

#### MONEY AND COSTS

The official currency in Morocco is the Moroccan dirham. Typically AUD\$1 is MAD7.5, making Morocco a fairly cheap destination for travel. It is always good to travel equipped with cash, but don't worry if you underestimated yourself, ATMs can be found throughout the major cities. For two people, the cost to stay in a riad or hotel averages at MAD744 (\$101AUD), with an additional daily cost of eating, shopping and travelling through the city at MAD550 per person (\$75AUD). It can be cheaper if travellers choose to eat at the markets, negotiate cab fares or even take on the city by foot.

## VISIT MARRAKESH

#### STAY AT A RIAD

It wouldn't be a trip to the North African city of Marrakesh without staying in a riad. A riad is typically a large traditional home built around an Andalusian-style courtyard that generally contains a fountain and walls adorned in zellige tiles. *Sydney Observer* personally recommends Riad Diana, a small and intimate red-pastel washed riad in the heart of Marrakesh and at complete walking distance to Bahia Palace, Jemaa El Fnaa and the exciting madness of the souqs. Upon arrival you will be greeted with a friendly staff and Moroccan tea, kicking off your stay with welcoming locals. Riad Diana also offers travellers the ideal spot to watch the sunset from the rooftop dining area. This also offers a shaded place ideal to escape the crowds and mid-day heat.

#### JEMAA EL-FNAA

By day, snake charmers bewitch their cobras with flutes and food markets line the large open space and broken concrete paths. But by night, the square is almost unrecognisable, and this is when Jemaa El-Fnaa comes to life. The square fills with hundreds of people throwing dirhams on cloth and an abundance of fortune-tellers, street performers, magic shows and acrobatics. Take a moment away from the crowd and people watch from above at dinner. Dine at one of the many roof top restaurants that sit above the square, lit by gas lanterns and table-top candles.

#### SAFETY

Tourists are often seen as wealthy, naturally making them a target for pickpockets and thieves. Many travellers wear a money belt when travelling to Morocco due to petty crime.

The Australian Government warns Australians travelling to Morocco to exercise a high degree of caution and warns everyone not to travel West of the Sahara due to active landmines.

# VOLUNTEERING OVERSEAS

## RISE IN 'VOLUNTOURISM' INDUSTRY LEADS TO A CULTURE OF EXPLOITATION

Tina Wu

Despite the fact that many Australians are taking part in volunteering overseas, it is becoming increasingly more risky. Known as "voluntourism", this particular activity has become increasingly popular in recent years, particularly for Australian students.

Approximately 15 per cent of high schools provide volunteer trips overseas in Victoria and the ACT. Research by ReThink Orphanages also found that 14 per cent of Australian schools were associated with an orphanage program in 2016.

Although voluntourism isn't new, this phenomenon has grown exponentially in recent years for young people wanting to take gap years abroad and using the opportunity to volunteer. The industry itself is estimated to be worth \$2.6 billion per year, according to a 2008 study on the practice by Tourism Research and Marketing.

Volunteer organisations often cite that voluntourism is highly beneficial to the country's economy, providing jobs for locals and increasing tourism revenue when the volunteer tourists go sightseeing.

However, voluntourism has also become a lucrative business for locals, with many exploiting children or "orphans" for financial gain. Many parents sell or lease their children in the hopes of giving them a better life, unaware that they are part of an elaborate scam.

Due to the short-length of many volun-

teer trips, there is a growing concern that children in these orphanages can develop attachment issues. Many of the students that are taking part in the industry are also unqualified for the roles they are undertaking, such as teaching or construction.

Volunteer tourism has been further criticised for its tokenism, in the notion that Western tourists are only volunteering for the sake of feeling like they have done something worthwhile, fulfilling a colonialist mentality of "saving" developing countries.

In fact, an Australian parliamentary committee in July has discussed the potential of outlawing this kind of orphanage tourism completely, receiving submissions from charities such as Save the Children calling for responsible and ethical volunteer efforts to be made instead.

Other organisations have taken it one step further by withdrawing their volunteer tourism partnerships altogether. World Challenge, one of the largest organisations for school-based volunteering in the world, has decided to shut down its orphanage packages in light of these discoveries of child exploitation.

However, alternatives to volunteer opportunities in orphanages are being fostered to ensure that those volunteering are doing so ethically. This would focus on a more holistic and educational development to empower children and their families to escape the cycle of poverty.



# November

11-25

## Australian Ballet presents - Sleeping Beauty

- 📍 Sydney Capitol Theatre
- 🕒 Various times
- 💰 Tickets from \$43
- 🌐 [australianballet.com.au](http://australianballet.com.au)

11

## Ballina Prawn Festival

- 📍 Missingham Park, KingsfordSmith Drive, Ballina
- 🕒 Various times
- 💰 Costs varying from Free to \$25
- 🌐 [ballinaprawnfestival.com.au](http://ballinaprawnfestival.com.au)

11

## Remembrance Day Commemoration Service

- 📍 Memorial Park, Meadowbank Crescent, Meadowbank
- 🕒 10:30am to 11:30am
- 💰 Free
- 🌐 [ryde.nsw.gov.au](http://ryde.nsw.gov.au)

12

## Bloody Long Walk

- 📍 From Palm Beach to Manly Beach
- 🕒 From 6am
- 💰 From \$99 plus booking fee
- 🌐 [bloodylongwalk.com.au/sydney-north/](http://bloodylongwalk.com.au/sydney-north/)

12

## Newtown Festival

- 📍 Camperdown Memorial Rest Park, Newtown
- 🕒 9:30am to 5:30pm
- 💰 Donation
- 🌐 [newtownfestival.org](http://newtownfestival.org)

16-19

## Kennards Hire Rally Australia World Rally Championship

- 📍 Stadium Drive, Coffs Harbour
- 🕒 Various times
- 💰 Costs varying from \$10 - \$300
- 🌐 [rallyaustralia.com.au](http://rallyaustralia.com.au)

18-19

## Vino Paradiso in The Rocks

- 📍 The Rocks, Sydney
- 🕒 Various Times
- 💰 Free
- 🌐 [vinoparadiso.com.au](http://vinoparadiso.com.au)

19

## Avalon Beach Market Day

- 📍 Avalon Beach village and Dunbar Park
- 🕒 9am-4pm
- 💰 Free entry
- 🌐 [avalonbeachmarketday.com.au](http://avalonbeachmarketday.com.au)

21

## Nepean Paddle Wheeler Excursion

- 📍 Marian Street Theatre, Killara
- 🕒 9:30am to 4:00pm
- 💰 \$65 per person
- 🌐 [kmc.nsw.gov.au](http://kmc.nsw.gov.au)

24-26

## The Big Design Market

- 📍 Royal Hall of Industries, Moore Park
- 🕒 From 10am
- 💰 Adults \$2, children free
- 🌐 [sydney.thebigdesignmarket.com](http://sydney.thebigdesignmarket.com)

25

## Output Festival

- 📍 Sydney Harbour National Park, Manly
- 🕒 From 2pm
- 💰 \$89 plus booking fee
- 🌐 [outputfestival.com.au](http://outputfestival.com.au)

25

## Etsy Made Local

- 📍 Brewery Yard Markets, 28 Broadway, Chippendale
- 🕒 10am to 5pm
- 💰 Free entry
- 🌐 [etsy.wishpond.com](http://etsy.wishpond.com)

# COMMUNITY NOTICEBOARD

## Air - Four Elements

- 📅 2 - 12 November
- 📍 105 Abbott Road, North Curl Curl
- 💰 Free
- 🕒 10am
- 🌐 [alicia.terry@northernbeaches.nsw.gov.au](mailto:alicia.terry@northernbeaches.nsw.gov.au)

## "Nature's Revelry" Exhibition

- 📅 15 November to 3 December
- 📍 Incinerator Art Space, Willoughby
- 💰 Free
- 🕒 Open Wednesday to Sunday
- 🌐 [theincinerator.com.au](http://theincinerator.com.au)

## Relay For Life

- 📅 4 - 5 November
- 📍 Rofe Park, Hornsby
- 💰 \$20-\$30
- 🕒 Starting 10am
- 🌐 [relayforlife.org.au](http://relayforlife.org.au)

## Farm Open Day and Free Spirit Markets

- 📅 5 November
- 📍 Bella Vista Farm Park, Bella Vista
- 💰 Free
- 🕒 9am-2pm
- 🌐 [bellavistafarm.com.au](http://bellavistafarm.com.au)

## Sketch Club

- 📅 11 November
- 📍 Mona Vale Library
- 💰 Free
- 🕒 12pm-2pm
- ☎ *Call 9970 1600 to book*

## Twilight Markets

- 📅 17 November
- 📍 Kellyville High School
- 💰 Free
- 🕒 6pm-9pm
- 🌐 [trristan.smith25@det.nsw.edu.au](mailto:trristan.smith25@det.nsw.edu.au)

## For Sale

MacKillop Grange Retirement Village is situated in Mosman, on Sydney's beautiful North Shore.

Our modern self-care apartments offer complete privacy whilst providing the advantage of living in a caring community environment. MacKillop Grange offers on-site management and a 24 hour medical alert.

Secure your chance today to live at this exclusive address in the heart of Mosman.

JOIN OUR WAITING LIST TODAY

**MacKillop Grange Retirement Village**  
28 Wudgong St

**28 Wudgong Street, Mosman**  
Phone: (02) 8969 3240  
Email: [info@mackillopgrange.com.au](mailto:info@mackillopgrange.com.au)  
[www.mackillopgrange.com.au](http://www.mackillopgrange.com.au)

**MacKillop Grange**



# HOW TO RECOGNISE ANGELS IN THIS DAY AND AGE



Kerrie Erwin, Psychic and Medium

Angels are spirits without bodies. They enjoy an intimate relationship to God and have never been incarnated on earth. They possess superior intelligence, incredible strength and great holiness.

These beautiful beings can be part of your life as well. All you have to do is call on them in times of trouble, or if you need heavenly love support as they can also be messengers and bring judgment to the world.

To recognise the presence of angels is mostly through the senses and a knowing that you have help from a heavenly nature. We all have our own experiences so for me, Angels let us know they are here by our side through the sense of smell as they always have a very pleasant sweet fragrance like roses or jasmine. They also let you know they are around through the auditory

senses, like beautiful voices singing in the distance, sweet tingling bells or far away chimes. For myself, I always imagine Christmas carols in my mind when angels are around and this sensation always puts a smile on my face, no matter how I am feeling.

Anyone can work with them as long as it's for your highest good as they are here for humankind to assist. When you are born, you have a guide that stays with you from birth till death and a guardian angel from heaven, that stands by your side always so you are never alone.

You know when angels are near when you smell sweet perfumed flowers like jasmine or roses, you may hear bells chime, singing or see tiny little flickering lights through the sides of your eyes.

Angelic energy is always soft, ethereal, subtle and gentle. Here are some ex-

amples of how to call on angels to help you! I always light a beautiful white candle on my alter in my home and ask the angels for assistance in almost anything I need. Personal angels are integrated with our higher selves; they act as guides and teachers and come in and out of our lives when called.

Can you think of a story to share where you have experienced the love, support and miracles of your own guardian angel? I have had many of these amazing experiences and it is because I am simply aware and believe. Always trust, hope, and have faith that your guardian angel is always with you and you, believe it or not, are never alone.

### Blessing and LOVE

Kerrie

**INTERESTED IN A PSYCHIC READING**

Email [editor@kamdha.com](mailto:editor@kamdha.com) with your **name, D.O.B** and **question** for our resident Clairvoyant Kerrie Erwin

**Rug Revival**  
by A.G.I. Carpet Services

PH: 9997 8888

**THE RUG CLEANING SPECIALISTS**

- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service
- Quality Second Hand Rugs for Sale

For our other services, visit our website:  
[www.agicarpetservices.com.au](http://www.agicarpetservices.com.au)  
A.G.I Carpet Services  
2/45 Bassett Street Mona Vale

**Jorian Blanch & Co**  
With Richard Fischer

- Conveyancing
- Guardianship
- Powers of Attorney
- Wills and Probate
- Aged Care Law

*Proudly servicing the local community for over 40 years*

Telephone 9144 1102 at Turramurra or 9449 4422 at Pymble Office  
1269 Pacific Hwy, Turramurra. 2074  
Email: [richardfischer@bigpond.com](mailto:richardfischer@bigpond.com)

**ROOFS**  
ABOVE & BEYOND

Don't Wait Until Your Roof Has Started Leaking... Act Now

Contact us for a free no obligation quote

Phone: 9654 6000  
[www.roofsabove.com.au](http://www.roofsabove.com.au)

Services available include....

- All Repairs, Restoration and Replacement to Metal & Tiled Roofs
- All Guttering, Downpipes & Leaf Guard

HIA members  
the best in the business

MONIER  
Dulux  
Acra-Tex  
Stramit

**KURT & DANIEL SEIFERT**  
JEWELLERS

Local family owned and run

Alterations • Remodelling • Repair  
Engagements • Weddings • Anniversaries

Together we can design an original piece of jewellery and quote while you wait.

If you have your own gold

- Whether to save or sentimental we can reuse.
- We also buy jewellery and gold.

onsite workshop

1A William St, Hornsby • ph: 9476 4711  
e-mail: [kurtsfrt@iprimus.com.au](mailto:kurtsfrt@iprimus.com.au)

**Northside Washer Service**

authorised agent  
Kleenmaid  
Speed Queen

WASHING MACHINE & DRYERS, REPAIRS & SALES

- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

**Graeme Shepherdson**  
Ph: 9457 9162 / 9481 8505  
Mob: 0418 679 596

**BOOK RESTORATIONS**  
Bookbinding and Repairs  
Since 1976

We sympathetically repair and restore your cherished volumes. Traditional hand bookbindings in leather, as well as special bindings, are also undertaken. Old family Bibles, dictionaries and childhood favourites are our speciality.

By appointment

34 Clanville Road, Roseville, NSW 2069.  
Telephone: (02) 9416.9900  
[www.bookrestorations.com.au](http://www.bookrestorations.com.au)

**GORDON MARKETS** 2nd Sunday of every month

Gordon Station Council Park (middle level)

12 Nov, 10 Dec & 14 Jan  
8.30am to 3pm

**UNDERCOVER**  
Protected from heat and rain!

Information: [www.gordonmarkets.com.au](http://www.gordonmarkets.com.au)  
Bookings: Message Service (02) 9418 2373

ROTARY INTERNATIONAL

Need help with Web sites and online IT services?

**LINUXPEAK**

- Domain name management
- DNS hosting
- Web site design and hosting
- Email hosting and archiving
- SSL encryption & security
- Project management software
- IT problem solving

02 9499 3080 [www.linuxpeak.com](http://www.linuxpeak.com) [hello@linuxpeak.com](mailto:hello@linuxpeak.com)



# Len Wallis Audio takes you back to the moment of creation...

## Join the HiFi revival.

Globally, music lovers are rediscovering High Fidelity.

During the last decade we have gained almost unlimited access to our music; now we are demanding to hear it at its best.

Your choice of music may come from sources as diverse as vinyl, or from newer formats such as Hi-Resolution downloads.

Irrespective of how you source your music, you now have the opportunity to get much closer to the original performance.

Never before have we had the opportunity to recreate a musical experience with such clarity, realism and involvement.

This comes naturally to Len Wallis Audio.

We have been playing in this space since 1978, audio excellence has been our passion for close to four decades.

**Len Wallis Audio**  
**64 Burns Bay Rd, Lane Cove**  
**Phone 02 9427 6755**  
**[www.lenwallisaudio.com](http://www.lenwallisaudio.com)**



BLUESOUND

HEOS  
BY DENON

Bowers & Wilkins



DEVIALET

FOCAL

JVC

KRELL  
THE LEADER IN AUDIO ENGINEERING

TRIANGLE  
MANUFACTURE ELECTROACOUSTIQUE

marantz

MUSICAL FIDELITY

NAD naim

oppo

Panasonic

rega

SONOS

Sunfire

YAMAHA



LEN  
WALLIS  
AUDIO



MULTI RESIDENTIAL DEVELOPMENTS  
 COMMERCIAL PROJECTS  
 NEW HOMES  
 ALTERATIONS AND ADDITIONS



MACKENZIE ARCHITECTS INTERNATIONAL IS A WELL ESTABLISHED ARCHITECTURAL FIRM WITH A VAST ARRAY OF EXPERIENCE IN THE BUILT ENVIRONMENT. AS ARCHITECTS WE THINK, CREATE, RESPOND AND DESIGN ARCHITECTURAL PROJECTS TO SUITE THE SPECIFIC NEEDS OF OUR CLIENTS. OUR DESIGN APPROACH IS TO CREATE IMPRESSIVE ARCHITECTURE, WHICH IS RESPONSIVE TO ITS SITE, FUNCTIONAL AND ECONOMICAL.

**AT MACKENZIE ARCHITECTS INTERNATIONAL WE:**

- Work with the client to ensure the projects are well designed, functional and economical
- Ensure projects are completed within strict time frames and budgets
- Are competitive and have a strong customer focus
- Remove the guess work while dealing with local government and their complex development approval processes



[WWW.MAINTERNATIONAL.COM.AU](http://WWW.MAINTERNATIONAL.COM.AU)

4/3 THE POSTERN CASTLECRAG NSW 2068 | T 02 9967 9966 F 02 9967 9977 | [INFO@MAINTERNATIONAL.COM.AU](mailto:INFO@MAINTERNATIONAL.COM.AU)

This event only happens once a year...don't miss it...

# Spring Spa-athon



now on

During our **Spring Spa-athon** our suppliers provide factory backed discounts for a limited time...

We pass on these savings directly to you..

Visit Sydney's largest Spa and Swim Spa Display Centres today



fun4five  
 2m x2m  
 save  
**\$1300**  
**\$4990**



Dual Zone Swim spa  
 2 pump Hydro swim system  
 2 pump spa system  
 Fully insulated  
 Lockable cover  
 5.9m x2.3m  
 save  
**\$4000**  
**\$22490**

**Sylvania**

86-88 Princes Hwy  
 Opposite BMW  
 Sylvania Ph 9522 4044

**Hills District**

Inside Flower Power  
 609 Old Northern Rd  
 Glenhaven 9680 8444



**North Shore**

Inside Flower Power  
 277 Mona Vale rd  
 Terrey Hills 9450 0900

'Part of your backyard since 1993'

[www.splashes.com.au](http://www.splashes.com.au)





**Homesafe,  
helping  
over 60s  
live the debt  
free way.**

**For over 12 years, Homesafe Wealth Release<sup>®</sup> has given thousands of older homeowners the ability to access the funds they need to stay in the home they love, surrounded by memories of special moments with friends and family.**

Talk to the team at Homesafe to find out how you can access a lump sum cash amount now, and in return, Homesafe will receive a capped share of the sale proceeds of your home when you choose to sell.

---

Call us on **1300 307 059** or visit **[homesafe.com.au](https://www.homesafe.com.au)** to learn how you can achieve financial freedom in retirement!

 **Homesafe**  
**Wealth Release<sup>®</sup>**  
*Change nothing. Change everything.*

Homesafe Solutions Pty Ltd (ACN 106 784 918). Terms, conditions & eligibility criteria apply.  
Available in most metropolitan postcodes in greater Sydney.