


DECEMBER 2017 / JANUARY 2018 - FREE

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 Sydney Observer

Sydney Observer



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SPECIAL**

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**Summer
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**2018 Year
of the Dog**

BELINDA DAVIDS

On Being Whitney

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FROM THE EDITOR

Welcome to the festive season! With our special combined issue we'll be delving into all the latest education news (12-19), a special two-page beauty spread (36-37) with plenty of gift ideas and an interview with Belinda Davids, star of *The Greatest Love of All*, *The Whitney Houston Show*, which one lucky reader can win tickets to see – check out 'Giveaways' (5).



This issue also features a special for parents (22-29) made with submissions from a number of special contributors on advice and ideas about the complex and wonderful experience of parenthood.

Our two page travel spread (38-39) is also a great edition from our contributors for those seeking out ideas for that perfect Summer holiday to guide you into the year of the loyal Earth Dog (46).

From the team at *Sydney Observer*, we wish all our readers a wonderful festive season, no matter how you're spending it, and best wishes for the new adventure that will be 2018.

Hanna

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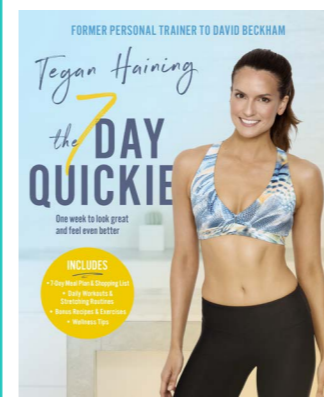


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GIVEAWAYS



One copy of *The 7 Day Quickie*

Tegan Haining is a globally respected fitness and wellbeing expert with over ten years of comprehensive experience in the industry. The 7 Day Quickie is a simple, yet effective seven-day fitness and diet plan to kick-start your new year with a plan compatible with everyday life.



1 x Double Pass to *The Greatest Love of All – The Whitney Houston Show*

Two tickets to see the wonderful Belinda Davids reprise the role of Whitney Houston in this spectacular performance. Ticket dates are February 2, 2018 and will be shown at Sydney's State Theatre.

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HOW TO ENTER

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

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

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Ku-ring-gai Council Wins Urban Planning Award

Ku-ring-gai Council has won a nationally-acclaimed award for their Activate Ku-ring-gai program that aims to renew local urban spaces. The Excellence in Open Space Planning category award was presented by Parks and Leisure Australia, the peak industry body for professionals working in the country's parks and leisure sector.



“Activate Ku-ring-gai is an ambitious program of urban renewal and transformation,” said Parks and Leisure Australia. “Successful delivery of the projects will set a precedent for renewal projects in Greater Sydney.”

Since 2013, the program has reinvigorated various public facilities and spaces in Lindfield, Gordon and Turramurra, including libraries, new community centres and residential housing.

kmc.nsw.gov.au

New Look for Council Road Safety Calendar

Northern Sydney Councils have decided to use humour to promote safe driving as they unveiled a new 12-month Road Safety Calendar for 2018.

The councils, including Ku-ring-gai, Hornsby, Willoughby and Ryde among others, have created a fresh new design using retro images, that featuring specific monthly topics such as “Roundabouts” in January and “Buckle up your precious cargo” in December.

The calendar will also provide information on speed and braking times during dry and wet weather conditions as well as explanations on mobile phone usage and emergency contacts.

The calendar will be available free for all road users of all ages in Council libraries, Customer Service Centres and other community locations.



kmc.nsw.gov.au

Hampers for Lifeline



Ku-ring-gai Council has launched its annual Christmas Hamper Appeal for 2017 and are accepting donations of non-perishable foods and other gifts for Lifeline clients.

These clients are experiencing financial hardship, social isolation and distress

and these gifts are given as a source of comfort during the festive season. Donations can include food items such as pasta and pasta sauce, chocolates, soft drinks, canned tuna and tinned fruits. Gifts of backpacks, CDs, toiletries and gift cards for adolescents are also encouraged.

The gifts can be dropped off at all Ku-ring-gai libraries, the Council's Customer Service Centre and the Lifeline Harbour to Hawkesbury office at Gordon. Donations are open until 14 December.

kmc.nsw.gov.au

Local Independent Schools Receive Funding

The NSW government has awarded additional funds of \$273,372 to non-government schools in the Davidson electorate.

This comes from the government's “additionality funding”, a needs-based program that aims to provide resources such as teacher's aides to support students with disability, teacher training and literacy and numeracy intervention programs. The NSW government has also increased independent and Catholic school funding from \$25 million in 2016 to \$45 million in 2017.

“Schools know best where to direct these funds, and we're pleased to provide this funding for a range of programs and resources to best support local students,” said Jonathan O’Dea, Member for Davidson.



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TWILIGHT EMPLOYEES AWARDED FOR OUTSTANDING CONTRIBUTION

Fiona Keiman, of Twilight Aged Care, has been awarded the John Laurie Staff Member of the Year award for her work as a Facility Manager at Horton House, Gordon.

This award was introduced in 2016 by Chairman and Board Director of Twilight Aged Care John Laurie to thank the employees who exhibited exceptional care and strong alignment with the core values of the company.

“It is important to reward those team members who are consistently striving to be the very best they can,” CEO of Twilight Aged Care, Lesley Jordan says.

These core values of Respect, Commitment, Integrity and a drive to provide high quality care for members of the Northern Sydney community is exemplified by the wide variety of roles

nominated for the award.

“Providing the highest quality of care in a positive and nurturing environment is of great importance at Twilight Aged Care,” says Jordan.

A total of 12 staff were nominated across roles such as Administrations, Registered Nurses and Personal Care Assistants with six members also awarded with Highly Commended certificates. Laurie awarded these to Sandy Bailey, Jennifer Evans, Indira Kandel-Sapkota, Amul Sthapit and Hay Blu Wah.

This award aims to continue highlighting the importance of quality aged care and representing those who strive for excellence in their roles each day.

twilight.org.au



Fiona Keiman



FLYING BYPASS OVER PRIVACY: DRONE REGULATIONS

Tina Wu

The increasing prevalence of public and commercial use of drones has sparked debate about the privacy of individuals and raises questions about the ethics of data surveillance.

Though drones have been useful for military purposes and conducting rescue services, the technology’s rising popularity for recreational use has given rise to calls for tighter regulation on recreational drone usage.

In response to this growing concern of privacy breaches, Jonathan O’Dea, Member for Davidson, has recently proposed a motion to the NSW Parliament for greater regulation on both industry and recreational use of drones.

“They are providing governments, companies and individuals with a more cost-effective way to gather information and observe individuals, sometimes without their knowledge or consent,” Mr O’Dea says.

“The Civil Aviation Safety Authority (CASA) legislates for drone usage primarily from a safety perspective rather than from a privacy perspective.”

“Currently, there is little that can be done about a nosy neighbour, potential developer or recreational user flying a drone over a person or their property to take video footage,” says Mr O’Dea.

Under the current Privacy Act, there are no clear laws regarding whether a private individual can take another person to court for privacy breaches caused by recreational drones, other than perhaps for public nuisance or trespass offences.

However, despite the fears of data surveillance some drones, particularly

those that are available in stores, can provide great benefit for entrepreneurs and companies wishing to expand their business.

“We also see the enormous opportunities that new technology brings to revolutionise our economy,” says Matt Kean, NSW Minister for Innovation and Better Regulation.

Though drones typically weigh two kilograms or less, the ones readily available for recreational usage do not need to hold an operator’s certificate under the current CASA regulations.



LIVING LONGER AND LONELIER



Sustaining social connections in an ageing population

Christmas and the holiday season are traditionally a time when friends and family gather to celebrate and spend time together. Sadly for many, particularly senior Australians, this time of the year can be a lonely, isolating experience.

With over-55s in Australia set to top 7.2 million by 2020, according to the Australian Bureau of Statistics, and 5.5 million falling into the over-85 category

by 2101, maximising the health and wellbeing of our seniors, and eliminating the feelings of loneliness is a top priority for the team at Cranbrook Care.

One way Cranbrook Care is making sure that the elderly are cared for over the festive season is by offering respite care. Respite care is temporary time in an aged care facility and allows at-home carers to take a break from caring for a loved one. This means that carers get a well-deserved break, while their loved one is well looked after over the holiday period.

During respite, your loved one gets the opportunity to experience the Cranbrook Care’s Leisure and Lifestyle team’s range of activities and outings for residents to help ensure our ageing Australians feel cared for and included, particularly over the holiday period.

The Leisure & Lifestyle teams coordinate a wide selection of life enriching activities including daily exercises, cards and other games, art and crafts, in-house concerts and seminars, in-house movies, bus outings and art classes. Other programs such as music appreciation, men’s luncheons and Dance for Life have been specifically designed with our residents’ wellbeing in mind. Often these activities and events involve local groups allowing residents to connect with the broader community.

Whether our ageing population opt to continue living at home, to join a retirement living community or, when necessary, to live in an aged care residence, addressing their social health and minimising loneliness throughout the continuum of care should be a primary priority for all of us.

cranbrookcare.com.au

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BELINDA DAVIDS

ON THE GREATEST LOVE OF ALL



Hanna Moore

Honouring the talent and the musical memory of one of the world's greatest performers is no easy task. It took Showtime Australia 15,000 auditions across 12 countries to find the perfect Whitney Houston in accomplished South African vocalist Belinda Davids.

Davids, accompanied by a six-piece live band, dancers and incredible lighting and effects, bring the audience on a heartfelt journey through the greatest hits of Houston's 30-year career. Davids delivers a performance with impeccable resemblance to Houston herself, and this spectacular tour will be headed to Australia in January and February 2018.

Davids took some time out to chat with *Sydney Observer* about touring and what it means to be playing her idol.

.....
When did you start singing? And when did Whitney Houston make her way into your repertoire?

I've been singing as long as I can remember, I grew up as part of a Gospel church community. The first Whitney song I sang was Greatest Love of All in school, and at the time I didn't even know who Whitney was! My teacher made me practice it over and over and over until it was perfect.

How did you get started in the industry?

I've done everything from singing in the church to session work to releasing my own solo album.

How have you found touring? How do you maintain the energy to perform such an impressive show for so long?

I really have to take care of myself and my body and voice. That means getting enough sleep, though that's very hard to do on tour, keeping my talking to a minimum when my voice is tired, exercising and eating well. I keep ginger tea on hand at all times and one of my dancers gives me stretching routines to do each morning when I first wake up which helps a lot.

What inspired you to take the role as a tribute to Houston's stunning career in *The Greatest Love of All – The Whitney Houston Show*

She was my idol... it was my dream role come true!

How has Whitney Houston influenced your own career?

She influenced everything in me from a small girl – she was my idol so I wanted to emulate her anyway I could – whether that be voice or hairstyle or fashion – as little girls do. But then, aside from wanting to sing like her, I think it's important to acknowledge what an inspiration she was to young girls of ethnicity at a time when strong role models were hard to find in the media. She gave hope to me and lots of girls that it was possible to reach the highest of heights in music.

How does it feel to pay homage to one of the world's greatest singers (and your personal idol)?

I feel blessed and also I feel the weight of expectation and responsibility – I want so much to do a good job, to do Whitney proud. Her fans are fiercely loyal to her memory and legacy, but so am I, there will never come a day when I walk on stage complacently and don't want to perform perfectly for her.

Are you excited to be heading to Australia to perform?

I am thrilled to be coming to Australia. It will be a return to Melbourne for me but my first visit to the other cities. When I last played in Melbourne I was struck with bronchitis in my final week; I still managed to get through the final shows and got ovations but it will be nice to return and hopefully be able to give my full strength to every performance.

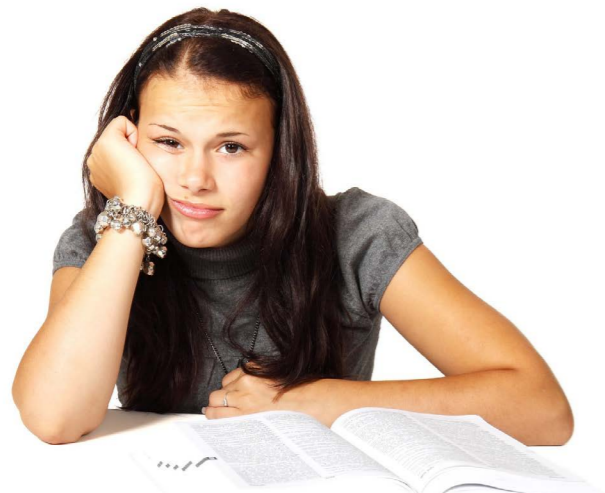
What has been your favourite moment while touring and what are you looking forward to next?

The love and gratitude of fans and audiences who say I have reignited wonderful memories for them – that will never get old. It is rewarding in a true way that things like fame and money can never be.

I'm looking forward to working with an orchestra for this first time when I return to the UK for a special event tour in April 2018. The famous Hammer-smith Apollo is one of the venues I'll get to play, which will be a big tick off the bucket list!

thewhitneyhoustonshow.com

THE HSC AND POST-EXAM ANXIETY



Brooke Fryer

Exam periods can be a stressful time for students, and some even feel the pressure after their final exam finishes and they are free from their studies. Many students feel this post-exam anxiety, especially during the lead up to finding out the results.

The Higher School Certificate (HSC) puts a lot of stress on students, often hindering their ability to live a normal life.

The National Youth Mental Health Foundation has reminded students playing the waiting game for results and university offers that during this time anxiety and stress can be heightened. This can then lead to a greater effect on a young person's wellbeing and ability to cope.

"Anxiety becomes a problem when it occurs frequently, feels overwhelming and interferes with daily functioning," Mr Simon Dodd, Senior Clinical Advisor at Headspace, says.

"For some people, if left untreated, anxiety disorders can develop into other mental health difficulties and drugs and alcohol."

UNSW School of Education conducted a survey to determine just how stressful this period really was for students.

722 students were surveyed, and 42 per cent of them claimed to have high-level anxiety. These levels are high enough to be concerning and many were able to be medicated for anxiety during this time.

According to the survey, 44 per cent of students said this pressure came from themselves, whilst 35 per cent said their parents and 21 per cent said their school was contributing to anxiety and stress.

Headspace Youth Advocate Niharika Hiremath, 23, said she noticed her anxiety peaked around exam time but learnt ways to manage the thoughts and support herself throughout this period.

"It becomes easy to prioritise study, which is great as you want to be working hard. But then you look back and realise you haven't had more than four hours sleep a night in the past few weeks," Hiremath said.

"To help manage anxiety, it's about identifying those things you know you're prone to and doing something before it gets worse. Having external support when your internal support and motivation is lacking is important. Support from family, friends and places like Headspace is great."

Headspace advise that if you feel as though you have anxiety or extreme levels of stress, to reach out to someone and seek help.

headspace.org.au



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KIDS AND SCREEN TIME

Tina Wu

As smartphones and tablets become an inexplicable part of one's childhood, it is inevitable that the amount of 'screen time' for children has increased in an educational setting.

Many educators believe that screens can be a distraction for children in the classroom, particularly with the proliferation of laptop computers for study purposes. Away from the eyes of teachers, students can surf the web or log onto social media during class time with no repercussions.

In 2015, the Centre for Economic Performance at the London School of Economics also found that the test scores for 16-year-old students increased by 6.4 per cent after a number of schools banned mobile phone usage in the classroom in England, sparking widespread debate regarding the banning of screen-based technologies in schools.

In a study conducted by the Society for Neuroscience in San Diego in 2016,

scientists found that 10-day-old mice that were exposed to "excessive" audio-visual stimulation displayed signs of attention deficit hyperactivity disorder, impairing their learning and memory abilities. These findings suggest that screen time can adversely alter the cognitive development of toddlers and children.

In fact, the American Academy of Paediatrics recommend for children younger than 18 months not to be exposed to any screens except video-chatting, and in Australia, screen time is not recommended at all for children under 2 years old.

However, the positives of screen-time in an educational setting cannot be denied. The Victorian Department of Education and Training says that screens can supply invaluable learning opportunities

for children by providing educational programs, or chances to address children with special needs.

Moreover, the use of technology in an educational setting can also inspire creativity, collaboration and innovation, skills that are important in our rapidly expanding global sphere.

Further, some make the argument that the educational system has worked through many technological advancements and upheavals throughout history – such as the switch from ink to pencil – and that the incorporation of screens into the classroom is one of the many inevitable changes in society with which the educational system must keep up.



STUDENTS AWARDED PRESTIGIOUS SCHOLARSHIPS

Paul Fletcher announced early this month that two Bradfield undergraduates have been awarded with New Colombo Plan scholarships to undertake further study and internships in the Indo-Pacific.

Mr Brian O'Callaghan, A Bachelor of Engineering (Civil Advanced)/Bachelor of Commerce (Finance and International Business) student from the University of Sydney will conduct his honours research at Nanyang Technological University in Singapore for six months, and intern at Arup consulting in renewable technologies and sustainable energy markets.

Ms Phoebe Rollin, a Bachelor of Environment student from Macquarie University,

will study environmental science and management at the University of Malaya in Malaysia and intern with the Southeast Asian division of the United Nations Environmental Program in Thailand.

The students were among scholarship applications from 37 Australian universities of which 120 scholarships were granted to 33 institutions.

"During their scholarships, they will build connections with their peers, get real-life work experience and boost their employability in the graduate job market. They will return to Australia with a deeper understanding of our region and form part of an Indo-Pacific literate, next-generation workforce," Mr Fletcher said.

NEW ICT PROCUREMENT RULES

Recent changes to the Commonwealth's ICT (Information and Communications Technology) procurement rules will allow many smaller tech companies in the Bradfield region to benefit from a level enterprise playing field.

These changes include an immediate cap on ICT contracts, restricting them to \$100 million in value and/or three years' duration, and standard ICT contract terms, dynamic pricing and an 'ask the market' capability to be implemented throughout 2018.

The immediate cap will mean that large contracts will be broken down into smaller

parts, allowing smaller businesses to provide products and services directly to Government, rather than as a subcontractor to a larger provider.

"Bradfield has a widely unknown, but very successful technological innovation industry which will undoubtedly benefit from these new opportunities," said Mr Paul Fletcher, Member for Bradfield.

"I encourage local tech businesses to take advantage of this opportunity and register on the Governments Digital Marketplace and keep a close eye on contracts and offers."



BISHOP'S ART PRIZE

253 students in Year Ten and below from across the Broken Bay Diocese entered their artwork in this year's Bishop's Religious Visual Art Prize.

The theme was 'Walking the Way' and students were inspired by Scripture to create works of art expressing their individual life journey with God.

The competition was open to students within the Diocese from congregational and systemic schools, as well as government schools.

Rebecca Bosley who is in Year 10 at MacKillop Catholic College in Warnervale took out the top prize for her artwork, 'For I was hungry and you gave me something to eat.'

The judges praised Bosley's work, "This realistic and detailed drawing reflects the journey of Jesus and emphasises the value of compassion he lived by. The artwork asks the

viewer to consider this in our own life experiences and encourages us to demonstrate compassion as Jesus did."

Members of the judging panel were Elisa O'Brien, professional graphic artist and former student of St Leo's Catholic College, Wahroonga; Maree Board, Primary Religious Education Co-ordinator at Holy Family Catholic School, Lindfield; and Rochelle Wooldridge, secondary art teacher at Mater Maria Catholic College, Warriewood

The works were judged on their artistic merit with consideration to the age of the artist. Prizes were presented by Mr Peter Hamill, Director of Schools and Mrs Virginia Ryan, Assistant Director Evangelisation and Catholic Formation.



ADVERTISEMENT

Wishing you and your family a Merry Christmas and Happy New Year.

PAUL FLETCHER
Federal Member for Bradfield
Minister for Urban Infrastructure



Paul and Manuela Fletcher

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Authorised by Paul Fletcher MP, Level 2, 286 Pacific Highway, Lindfield NSW 2070.

BROKEN BAY SWEEPS WRITEON AWARDS

Three students from Broken Bay schools won Gold in the NSW Education Standards Authority (NESA) WriteOn Awards.

Broken Bay had winners in each of the three categories. Hakone Licerade from Sacred Heart Catholic School Pymble won in the Stage 1 category with 'The Boy Who Cried Tiger,' while Sienna Rowe from St Gerard's Catholic School Carlingford took out the Gold prize in the Stage 2 category with her poem, 'Waiting, Waiting.'

In the Stage 3 category, Abby Brady from St Patrick's Catholic School East Gosford won Gold for her story 'Chaos and Understanding,' while two other Broken Bay students, Rachael de Courcy from Our Lady Star of the Sea Catholic School Terrigal, and Finlay Smith, from St Mary's Catholic School

Toukley, both won Silver.

In the Stage 1 category, Brianna Serrano also from Our Lady Star of the Sea won Bronze.

Students entered the competition with a piece of imaginative writing inspired by a photograph, and entries included narratives, poems, and letters.

The awards were presented by NESA CEO David de Carvalho, at a ceremony at the State Library of NSW. Winners were also published in the WriteOn anthology.

Mr de Carvalho said that the winning entries were outstanding. "These young students will become published authors, which is a brilliant achievement," he said. "Writing is integral to students' learning throughout their time at school and beyond."

SLOW DOWN: KIDS AROUND

Brooke Fryer

Many local members of Ku-ring-gai Council are in full support of the Hold My Hand campaign.

The campaign aims to advocate road safety through school communities, and government campaigning to implement local and national road safety initiatives. The campaign is here to help raise awareness of the dangers associated with children in playgrounds near busy roads and other public spaces.

The Hold my Hand campaign is a product of The Little Blue Dinosaur Foundation. The Foundation was established to raise awareness of road safety when children are about following the death of four-year-old, Tom McLaughlin, who was in a pedestrian accident

whilst holidaying with his family on the Central Coast of NSW.

As a part of this year's campaign, the Foundation have distributed hundreds of "Hold my Hand" campaign signs for councils to put up in local parks and Community Centres around the Ku-ring-gai area. Nearly 40 signs have been put up so far.

KMC Jennifer Anderson says the signs are "a reminder to everyone in our community never to take the safety of young children for granted."

"It's very easy to become distracted at times but the simple act of holding a child's hand can easily avert a potential disaster."

littlebluedinosaur.org



FUNDING PROVIDED FOR PERMANENT CLASSROOMS

Tina Wu

New building facilities are next on the education agenda as the NSW government invests \$4.2 million into delivering 1500 new classrooms over the next four years.

This investment is as an effort on the government's part to reduce the number of unpopular demountable classrooms, a short-term facility that has been criticised for their continued and increasing presence in NSW public schools.

Instead, the government is calling for designers to put forward ideas for buildings that are "permanent" and "sustainable" to cater for the 7200 permanent classrooms expected to be required over the next 15 years due to a baby boom and a "growing NSW economy".

"We need to be able to construct permanent buildings which are responsive to demand and growth in student populations," says NSW Education Minister Rob Stokes.

"The building type must be flexible enough to be customised for individual schools, including school halls and libraries."

Demountable classrooms have received significant disapproval by the wider community for their intrusion into school play-

grounds while failing to offer a long-term solution to allocate adequate learning spaces for a growing student population.

The Planning for School Infrastructure Performance Audit report claims that investment into permanent educational facilities have been severely underfunded, curtailing the development of facilities that accommodate contemporary learning needs. According to the report, there are over 4200 demountable classrooms located in government schools.

Demountables, according to department policy, are not supposed to be used for longer than seven years. However, many of these temporary facilities continue to be used as a permanent solution, with some of these classrooms used for over a decade.

However, it can be seen that demountables have received their fair share of upgrades to keep up with the latest safety and architectural needs. Insulation and acoustics have all been taken into account when designing the latest demountable classrooms.

As well as these physical attributes, demountables also seem to hold a place in Australia's educational history, with the first classrooms built in the 60s to provide for the post-war baby boom, its recognisable features becoming a unique national icon.



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.

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AS THE 2017 SCHOOL YEAR ENDS...

We congratulate the Class of 2017 on completing their schooling, and wish each student our very best as she awaits her HSC results. You are in our thoughts and prayers.

To all our students, from Kindergarten to Year 12, and their families, we pray for a safe and joyous Christmas, and refreshing, happy holidays – wherever you venture.

We congratulate Year 12 Community Service Captain, Annabella Teale, on receiving a 2017 Dame Marie Bashir Peace Award from the National Council of Women (pictured, top, with Dame Bashir and Roseville College Principal, Ms Deb Magill).

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:

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BARKER COLLEGE TO INTRODUCE CO-ED PREPARATORY CLASSES



Although founded in 1890, Barker College has been located on its current site in Hornsby since 1895 and successive generations of leaders and families have contributed to the beautiful campus enjoyed by our students today. The educational landscape has changed immeasurably over the decades and development and refurbishment of facilities are a key part of Barker's Master Plan. The School seeks to provide outstanding facilities for its students, staff and parents.

Work has recently commenced on new Preparatory classrooms, which will be located adjacent to Barker's existing Junior School. This new building will see all Junior students from Pre-Kindergarten to Year Six educated on the same campus.

Head of Barker College, Mr Phillip Heath, said the new classrooms will look out on to a type of "village square" where children and adults can gather.

"This is part of the Reggio Emilia philosophy of learning that the School follows in students' early years which embraces building a strong learning community," Mr Heath said.

"We want to invite parents to the village square – we want them to enjoy seeing their children learn in a formal and safe way."

Barker's plans include areas in

which students and teachers can collaborate, offering more learning flexibility. It will mean students can learn and even make their own technology, electronics and robotics and explore subjects like philosophy in the same space.

Flexible and engaging spaces will provide the Preparatory students with every opportunity to begin their Barker journey in an inspiring learning environment, as well as allowing greater access to the vast resources of the main campus.

2018 marks the introduction of female students into Pre-Kindergarten and Kindergarten classes. Girls first started in the Senior School at Barker in 1975. By 2022, the School will be fully coeducational from Pre-Kindergarten to Year 12.

"We know the world is changing and so must we," Mr Heath said. "Increasing global interdependence, rapid growth of knowledge, environmental concerns and the expanding role of technology all mean that we need to prepare our children for an uncertain but exciting future."

"We must teach them to think in a respectful and loving environment and to find ways to nourish their soul and inspire hope in the world."

www.barker.college

**Potential is given.
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Enrolling girls into Pre-Kindergarten, Kindergarten and Year 3 for 2019. Welcoming girls in Year 7 from 2020.

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SECURING SENIORS FINANCIAL WELLNESS

Unfortunately, too many seniors are being denied a dignified, stress free and financially secure life in retirement – far too many seniors continue to suffer unnecessary financial, emotional and often health related hardship.

The solution may well be the elephant in the room – the untapped equity in the family home.

Accessing the equity in the family home continues to be misunderstood by seniors, adviser intermediaries and government.

Any solution needs to ensure that peace of mind and the right to live in the family home until death as being sacrosanct.

These were the very principles on which Homesafe was developed over a decade ago.

As the result of deep emotional attachment to the family home and desire to leave a legacy for the kids, seniors and advisers deliberately omit the family home from the advice process.

Unfortunately many seniors endure unnecessary hardship whilst residing in very valuable residential homes with untapped equity.

With rising health costs, rapidly depleting nest

eggs and income sources failing to keep pace with inflation, it is now commonplace to see seniors defer medical and dental procedures that would alleviate pain and improve quality of life.

In addition, undertaking maintenance, major repairs to the home or alterations that would improve mobility and reduce risk of falls and injury are also often deferred.

A decision to downsize to free up funds needs to be examined very carefully from both a financial and emotional perspective. The emotional cost may outweigh the financial benefit.

Homesafe's equity release offering was developed to allow seniors to live in the comfort of their home by providing seniors the ability to sell a share of the future sale proceeds of their home for an immediate cash sum.

These funds can then be used for any purpose such as paying off debts or simply meeting every day needs.

Seniors need to be aware that the wealth they have built up in their homes can be accessed to improve their lives.

homesafe.com.au

Stamp duty reforms a boon for first home buyers

Tina Wu

The first effects of Gladys Berejiklian's stamp duty reforms have been noted after the first quarter of this financial year, with over 10,000 people taking advantage of the exemptions since July 1.

The housing affordability package was created in an attempt to level the competition between first home buyers and investors in the property boom that has dominated Sydney in the past year. First home buyers are now exempt from paying stamp duty for both new and existing properties up to \$650 000 with discounts for housing between \$650 000 and \$800 000.

Indeed, the number of homebuyers were also up by 59 per cent between June and August, according to data

from CoreLogic. The number of first home buyers in August were also the highest they have been since January 2012, numbering 2462 commitments in monthly buyer commitments. First home buyers accounted for 12.9 per cent for the total number of owner occupier commitments in that month as well, again the highest since October 2012.

"Overall, first home buyers are expected to continue to increase, driven by NSW and VIC where buyers are taking advantage of the concessions to enter into the market," the report finds.

Despite these discounts, NSW continues to have the lowest number of first home buyers compared to the rest of Australia in the September quarter,

according to the Real Estate Institute of Australia. The proportion of first-home buyers in Western Australia, for example, constitutes a whopping 33.7 per cent of all owner-occupier markets in the state.

More locally, however, Jonathan O'Dea, member for the Davidson electorate, is urging young buyers to consider utilising the concessions and returning to reside in the local area.

"I urge young people in Davidson who aren't aware of these reforms and think home ownership is out of reach to take a look at our relief package and consider their options, including entering the market in a more affordable area with a view to moving back to this area over time," says Mr O'Dea.



SHORT TERM HOLIDAY LETTING

Brooke Fryer

For many travelers there is no better way than to become a local in a city than to rent out a room or home for a short period of time. Short term holiday letting is essentially a term that means individuals or a group of people let out a home in a new destination, and make a holiday of it.

AirBnB is an extremely popular short term letting option, with over 150 million users, as of March 2017, plenty of property options and over 25,000 listings on the site in Sydney alone.

Short term letting provides significant economic benefits to local governments, as well as state and federal governments. AirBnB draws an extra \$214 million into Sydney each year. Further, a study by AirBnB in partnership with BIS Shrapnel

showed that home owners often pay their bills and mortgages with the money they earn from letting out their room or apartment through Airbnb.

Despite this economic impact, AirBnB owners often lack in areas such as regulations and the law.

AirBnB has also had a significant impact on current and future homeowners and future owners, as it inflates local housing prices as there is now a higher demand to buy and rent, with lesser properties on the market.

This shortcoming is allowing for many owners to orchestrate a hotel-like situation by buying out floors in apartment blocks, buying multiple rooms across cities, or even buying and renting out different rooms in an entire home. While reaping

the benefits of a hotel, it is still unlicensed and the owners are not required to pay the tax fee that hotels need to.

Sensible controls have been introduced by NSW government, outlining that strata body laws should be able to prevent people purchasing an entire floor and letting it out under AirBnB.

The rights of neighbours and AirBnB apartments are also being questioned with issues of safety and extra noise after hours hotly contested by many.

Australia has not yet introduced domestic laws in regards to short term letting, but each state government are taking different approaches. Victoria, for example, has lent significant consideration into introducing strata laws to help govern regulations within apartment buildings.

The Councillors and staff at Ku-ring-gai Council wish you a Merry Christmas and a Happy New Year!

Please note our business hours during the festive season. The call centre will be open:

- **Friday 22 December** 8.30am to 12.30pm
- **Thursday 28 December** 8.30am to 5pm
- **Wednesday 27 December** 8.30am to 5pm
- **Friday 29 December** 8.30am to 5pm

The customer service centre at 818 Pacific Highway Gordon will close at **12.30pm on Friday 22 December** and reopen at **8.30am on Tuesday 2 January 2018**.

Our after hours call centre will operate continuously for urgent issues only on 9424 0000.

kmc.nsw.gov.au





Parenting Special

MONITORING SOCIAL MEDIA

Brooke Fryer

The Australian Psychological Association (APA) has published with a new survey, Digital Me, and the results are staggering. Out of 1000 adults and 150 kids aged between 14-17 surveyed, 54 per cent of adults and 78.8 per cent of teens are highly active on their phone and social media. Teens spend an average of 3.3 hours on social media a day, leaving them open to bullying and being contacted by strangers where 15 per cent said they have experienced this on a daily basis.

60 per cent of parents do not monitor their child's behaviour on social media, but many teens are exposed to bullying-making up 28.7 per cent. Many are also exposed to unrealistic images and photographs, influencing and hindering their own wellbeing. Despite teens being influenced by social media, parents and adults still play a highly influential role in their life.

Dr Lyn O'Grady, an APS Spokesperson states that adults exhibiting healthy technological use is one of the most powerful ways to guide their own child towards healthy habits on their phone and other devices.

"Social media is an asset for teens that are at a stage in their development where there is a strong need to reach out and commu-

nicate with others," says Dr O'Grady. "But they are less able to identify risks and more likely to act impulsively compared to adults, and need boundaries, rules and the guidance of parents to help them make good decisions – just as they do offline."

Parents are able to monitor and have conversations with their children about healthy social media and online use and what is and isn't appropriate behaviour. Implementing rules on a child isn't seen as invasive, but more as a safety mechanism to prevent bullying and being negatively influenced.

The APA suggests setting boundaries in areas such as messaging, who and what is appropriate for a message, and website usage including what websites should and should not be accessed, privacy settings, and what topics are acceptable to discuss online.

This however, is specific to each individual family and their dynamic, and should therefore be discussed within the context of each situation to ensure that both parties feel safe and respected.



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CREATE A HAPPIER HOME WITH BOUNDARIES

Sarah Wainwright

Setting rules and limits with your children is an important part of everyday parenting. Asking children to participate in the rule-making and limit-setting also helps them to be part of the decision-making process. Here are some tips on how to set these boundaries within your own home.

Remain predictable and consistent.

For example, if a parent or care-giver says to a child that we will leave the park, parents need to carry through with this expectation.

Also, before arriving at the park, parents can speak quietly and deliberately with the child and set the expectation that when the adult says it's time to go, then it's time to go. Explain that after having a fun time, you can go back again another day for more fun.

It can be explained to a toddler or child that there are immediate rewards for doing as asked and consequences for not doing as asked. This leaving the park scenario is a classic situation where I observe parents negotiating and bargaining with kids and when they become exasperated they use the 'abandon-the-kid-technique' ("Okay, Mum's leaving now and I'm going without you"; the child is now screaming and crying, and mum is angry).

Being predictable and consistent is the key when explaining to the child what they can expect with certain behaviours.

Sarah Wainwright is a Sydney-based parenting expert who shares her experience and observations regularly on Instagram.

Follow her at [parentingtips](#) for more information and photography.

Inductive Discipline

Explaining to children why we have rules, limits and expectations, and helping children to reflect on their behaviour is called Inductive Discipline.

Discipline that relies on withdrawing love and punishment makes children more anxious and frightened, which may exacerbate unwanted behaviours.

Explanations, as well as warnings and commands, help children understand the benefit of these rules and expectations. This form of discipline (explanations) can help to increase a child's empathy and positive social behaviour, as well as further developing their self control.

Direct Communication

As limits or boundaries are put in place, tantrums may escalate! Be prepared, remain calm and allow time to explain to children why you are requesting something. Clear, direct, open communication with kids is essential, and always avoid sarcasm. Saying a categorical NO to kids won't harm them either. It can be very helpful to kids to know what no means immediately.

These are life lessons best learned early. Don't forget to parent with confidence! Forgive yourself for mistakes you have made, apologise and move on. At the end of the day, you are the best parent your child will ever have.



NEW GUIDELINE FOR PERINATAL MENTAL HEALTH

Hanna Moore



The Commonwealth Government of Australia commissioned the Expert Working Group (EWG) in July this year to review and update the Australian perinatal mental health guideline. This update includes the recommendation that every woman be screened for mental health issues during pregnancy and after birth as a part of routine perinatal care.

"As well as screening and psychosocial assessment, the Guideline provides guidance on care for women with depressive and anxiety disorders, severe mental illnesses (schizophrenia, bipolar disorder and postpartum psychosis) and borderline personality disorder," Executive Director of the Centre of Perinatal Excellence (COPE) Dr Nicole Highet said.

Since October this year, the guideline have allowed depression screening and psychosocial assessment to be made through Medicare for private obstetricians and general practitioners.

For many women, their struggles with peri-

natal and postnatal mental health are often underestimated, with many suffering from more severe cases such as schizophrenia and postnatal psychosis unable to access care facilities that accommodate both mother and child, leading to a separation during a crucial time in development.

St John of God Burwood Hospital is one of few services in NSW that offer this kind of mental health care in the perinatal period. The Antenatal Risk Questionnaire (ANRQ) was also developed for inclusion in the guideline by hospital researchers, fronted by Professor Marie-Paule Austin, a doctor at St John of God Burwood Hospital.

"Screening a woman's emotional wellbeing during this time is particularly important because about 10 per cent of Australian women will develop a depressive or anxiety disorder in pregnancy and the first year after birth," says Professor Austin.

"Often affecting their intimate relationship, parenting confidence and bonding with their baby."

The Mother and Baby Unit at St John of God Burwood provides specifically for this type of care and has shown to be effective in making the transition to parenthood a better process.

The program includes a combination of group therapies or programs, as well as key skills and support with feeding and sleeping. Partners are also encouraged to visit and stay overnight during the treatment process.

The Commonwealth Government's commitment to fund these screenings through Medicare will allow for many more women to receive treatment and early intervention, and allow for further research into improving this area in the future.

"It is even more rewarding to know that our years of research will benefit hundreds of thousands of women each year who will not only have their risks identified but be able to get early intervention so they can enjoy their pregnancy and newborn baby," says Professor Austin.



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BOOKS TO ENCOURAGE KIDS READING

As the Summer holidays are well and truly upon us, there's plenty of time for the kids to get some reading done – and not just for school! Here are some picks of a few great reads for the kids, and they make great gifts for the upcoming festive season too.

Tales from a Tall Forest by Shaun Micallef

In true Micallef style, the satirist unravels traditional children's stories and their characters and takes them on many new and surprising adventures. Illustrated by award-winning artist Jonathan Bentley, this captivating subversion is a hit with kids and parents alike.

The Trials of Morrigan Crow by Jessica Townsend

The series debut is an enchanting tale of Morrigan Crow who finds herself both cursed, and on a magical adventure through an unknown world. Morrigan is put to the ultimate test to keep her safety in this new world and must learn to overcome obstacles never imagined in her wildest dreams.

Diary of a Wimpy Kid: The Getaway by Jeff Kinney

In the twelfth instalment of the Diary of series, Greg Heffley and his family decide to take a well-deserved holiday. That is, until the creepy-crawlies, sun poisoning and stomach sickness threaten to ruin their idyllic vacation. Will the Heffley family be able to pull their heads in and save their trip, or will it end in disaster?

Good Night Stories for Rebel Girls: 100 Tales of Extraordinary Women by Elena Favilli

This stunning and original book is a staple for any young person's book collection. Detail the lives and achievements of over 100 women throughout history, showing that true heroines don't always need saving.

Summer Holiday Stories by Enid Blyton

This enchanting book of short stories (some dating back to the 1930s) by one of Australia's much-loved children's author is here to take the reader on a fantastical adventure through each story. This could mean a visit to the seaside, or even a trip on a magic aeroplane, this book makes for a perfect summer read for the kids.

SUMMER SAFETY AND THE 'ACTIVE KIDS' REBATE



As we head into 2018, the NSW Government is encouraging parents to take advantage of the 'Active Kids' rebate for sporting and fitness related costs.

From 31 January, parents will be able to claim up to \$100 per school-enrolled child per calendar year as a voucher to reduce the cost of eligible sport and fitness activities. This rebate will help ease the cost of family living and I encourage all eligible families to apply. Guidelines can be viewed at:

www.sport.nsw.gov.au/activekids

Summer months bring exciting outdoor activities, but can come with hidden dangers. When boating, wear a life jacket and ensure pool gates and fences are in good condition, with young children constantly supervised. Be careful not to swim immediately after a meal, under the influence of alcohol or at the beach at night. During the day, always swim between the flags.

Prepare for bushfires by removing excess ground fuels and clearing gutters, and ensure barbecues are in good condition. Gas connections can be checked by using soapy water, and don't use electric barbecues in the rain or near water. Avoid driving motor vehicles or boats after consuming alcohol and remember to apply sun protection when outdoors.

Hot weather can also take its toll on personal health through dehydration – particularly in the elderly and the very young. Fluid intake, especially water, should be increased.

Being aware of the dangers and taking the necessary precautions will help ensure each of us experiences a summer of good times and wonderful memories over Christmas and the holiday season.

Further safety tips can be found at websites including: www.kidsafensw.org, www.slsa.asn.au and www.marinerescuensw.com.au/boating-safety

Jonathan O'Dea
Member for Davidson

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Member for Davidson

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MINDFULNESS TRAINING

Liz Kraefft, Yoga Teacher and Owner of Ku-ring-gai Yoga

What is Mindfulness? It is simply paying attention to an activity, having a present moment focus and purposefully concentrating on that one thing without thinking about a whole host of other things.

Children will find benefits like increased self-awareness, social awareness and self confidence. Being mindful can assist everyone to regulate emotions and notice when there is stress, anxiety and fear. As soon as we notice difficult emotions we can begin our strategies to step away and create peacefulness.

Be the model for your children as they follow your ways and mirror your habits so it is very important that as parents we begin our own journey of present moment focus and mindfulness too.

1. Mindful play: Turn off devices and other distractions like TV, radios and mobiles and just play! A game of cards, pitching a ball, colouring in or sketching. Any game you can focus on together. Create a game, make it fun but make it your total focus.

2. Mindful cooking: Cooking is fun! You can prepare a meal, a cake, a snack. Smell the cooking, look at the colours and as you enjoy creating the meal create another opportunity.

3. Mindful dinnertime: Find time to sit and enjoy and have that special time just doing nothing else but eating together. No devices and no other interactions. Perhaps this is a once-a-week thing to do but these rituals are a lovely addition to family time.

4. Mindful teeth brushing: It can be a challenge to get kids to brush teeth. Invite them to brush with awareness and ask them to pay attention to the taste, textures and the sensation of the brush on their teeth and gums. Ask them what they felt.

5. Mindful Tree Decorating: Get into the Christmas spirit together in a way that is not frenzied, but ordered and precise with attention to the colours, the shapes and the sparkle.

Remember, no devices or distractions that will take you away from your mindfulness experience. Have fun, be mindful and create times of peacefulness in your life by simplifying the everyday.

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NORTHCONNEX INCREASES HEALTH CONCERNS

Brooke Fryer

NorthConnex is a \$3 Billion nine-kilometer motorway tunnel currently under construction. The tunnel will connect the M1 Pacific Motorway to the M2 Hills Motorway taking 5000 trucks per day off the road, and improving traffic along Pennant Hills Road. Whilst such a big infrastructure project has provided many jobs for workers and will provide more reliable trips and save time on travel once complete, the health effects upon the wider community are seen as a major concern by doctors and locals.

The Australian Medical Association NSW and the Asthma Foundation NSW are both concerned about the impacts of the NorthConnex project on young children and the

elderly. Despite these concerns, the state government insists that they would not have gone ahead with the project unless it was safe for local residents.

The project has seen pollution growth, and health professionals are concerned that this extra exposure to pollution will hinder the development and growth of young lungs, which can potentially lead to long term affects with asthma.

The ventilation stacks are the most common health concern. One of the stacks is in Wahroonga, where schools such as Knox Preparatory School, Abbotsleigh School for Girls and 17 other schools are within a one-kilometre radius. Such exposure and close proximity will see students facing continuous pollution which can in-

crease the risk of lung cancer and asthma. However, this remains controversial as homeowners near the Lane Cover Tunnel exposed to ventilation stacks have seen a decrease in lung problems.

According to NSW Health, concentrations of nitrogen dioxide in the tunnel exceeds 300 micrograms a cubic metre, where exposure to such levels for more than 30 minutes can lead to extreme asthma.

Various doctors across NSW started a petition, Doctors Against Pollution, asking for leading filtration and ventilation to be installed so emissions don't build up and cause health problems. Many doctors also believe that the project is being rushed, leaving limited time to conduct appropriate health assessments.

MANAGING OSTEOARTHRITIS IN 5 STEPS

Brooke Fryer

Osteoarthritis is the most common condition of joints, affecting over 2 million Australians. This condition occurs when the cartilage between the joints breaks down leading to swelling, stiffness and pain.

NPS MedicineWise has since released their top 5 health tips for managing osteoarthritis. NPS MedicineWise medical advisor, Dr Jill Thistlethwaite said that according to a growing body of research, managing osteoarthritis should not just come down to medicine, but also ongoing self-management with health and fitness.

"We encourage people to take an active role in their management of osteoarthritis through speaking to their health professional about self-management programs. These include strategies such as: activity and exercise, diet, pain management, life balance, joint protection and emotional support," said Dr Thistlethwaite.



Managing Weight

For those overweight or not, losing or managing weight has shown to reduce the pain from osteoarthritis getting worse. NPS MediceWise states that every kilogram of body weight lost, there is up to a four-kilogram reduction in the load exerted on the knee.

Staying Active

Despite what people may believe about exercise making arthritis worse, it actually helps decrease pain, fatigue and stress levels. Further, exercise helps the mobility and movement of joints, whilst the best results are seen through low mobility exercises such as walking and Pilates.

Mindfulness

Mindfulness activities such as meditation are shown to lessen the pain of arthritis. Changing your thoughts can often lead to changing your

body's take on pain, as meditation teaches mind over matter.

Balance

Daily planning and organisation can help spread out the body's energy. By mixing activities and rest and planning ahead for a large task, can help spread out the days and keep the body moving and active.

Protecting the Joints

As we move daily, so do our joints, which makes protecting our joints important. Using objects that are easier on the joints such as ergonomic knives, utensils that allow easy gripping, using and equipment to help with opening jars for long-term benefit.



SHOP STRESS-FREE THIS CHRISTMAS

This year, Gordon Centre will be enlisting Santa's Little Helpers to create a convenient and stress-free shopping environment, as well as making the journey back to the car as easy as possible.

The Helpers are available as a personal guide to navigate the centre, help talk through gift ideas and be an extra set of hands with the shopping bags. The Helpers will be available from Saturday 16 December to Friday 22 December from 10:30am-2:30pm.

If you're stuck for gift ideas, Gordon Centre suggests a Christmas makeover at Priceline, Rodney Clark, Shear Talent or Professionail. Add a personal touch to an existing gift with engravings at Gordon Shoe Repair, or booking that holiday you've always wanted at Flight Centre.

Along with enlisting the Helpers this year, Gordon Centre has partnered with Lifeline to support locals in need.

"If you're looking to give back to the community, simply visit The Giving Tree in-centre, grab one of the tags provided and drop your present to Lydia's Jewellers near Woolworths and help brighten someone's Christmas," says Gordon Centre Marketing Manager, Rhys Simonds.

To make sure everyone also has enough time to get all the gifts they need, Gordon Centre has extended hours during the Christmas period. The centre will trade from 9am-6pm each day for specialty stores in the final lead up to Christmas, this excludes Thursdays which will continue to be open until 9pm. The Centre will also be trading from 10am-4pm on Boxing Day.

gordoncentre.com.au



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TOOTH DEVELOPMENT IN CHILDREN



Dr Ian Sweeney

is a dental surgeon at Northside Dental & Implant centre, Turrumurra.

northsidedental.com.au

A child's first baby tooth starts to develop around week 14 in utero. It is a complex process of formation and calcification which results in the creation of a tooth. A child's first permanent molar begins calcifying around the time of birth and will continue developing until the age of five or six.

Dental development mimics jaw development, growing slowly with the addition of new teeth until approximately the age of 18.

A child has 20 baby teeth that are replaced by 32 permanent teeth. The 12 permanent molar teeth erupt into the mouth behind the baby teeth. As a child grows, the roots of the baby teeth are dissolved by pressure from the erupting permanent

teeth. This process follows a precise timeline with each baby tooth being lost at a particular time.

Many people believe that a child's first teeth are not important as they will eventually be lost and replaced by permanent teeth. As a result, many children do not receive dental care at an early age, often waiting until their permanent teeth erupt.

A child's first teeth are just as important as their permanent teeth. Untreated dental infection in a baby tooth has the potential to cause a life threatening situation.

Baby teeth are necessary for a child to speak, chew and help maintain space for the permanent teeth to erupt.

Dental Development between 3.5yrs-4.5yrs:
The primary teeth (white) will be replaced by the permanent teeth (blue).

Dental Development between 5.5 yrs -6.5yrs:
The primary teeth maintain space for the permanent teeth to erupt.

Dental Development between 9.5-10.5 years:
The primary teeth guide the permanent teeth into their correct positions.

Early loss of a baby tooth may have a dramatic result on the eruption pattern of the permanent teeth. For example, should a baby molar tooth (a tooth that is usually lost around 10.5 years) be lost prematurely, the first permanent molar tooth (that erupts into the mouth at six years) may drift forward to fill the space where the baby tooth was lost. This forward movement of the permanent molar may block the eruption pathway of another permanent tooth. In other words, one permanent tooth may end up above another. Extensive orthodontics or even surgery may then be required to correct such a problem.

If the baby tooth (yellow) is lost, this permanent molar will move forward, blocking the pathway of the other permanent tooth.

Blocked permanent tooth. Permanent tooth pathway has been blocked by another permanent premolar.

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NEW DRUG MAY HELP STOP BINGE-DRINKING

Brooke Fryer

Binge-drinking amongst young Australians can lead to a dependence on alcohol and other substances in the future, according to researchers from the University of Adelaide.

When heavily drinking, young people are more likely to be involved in risky behaviour and in 2004, 25 per cent of people ages 14-19 drank alcohol on a weekly or daily basis, according to the Australian Bureau of Statistics (ABS).

Researchers have had a breakthrough in a study suggesting they have found a way to switch off adult binge drinking in those who used to binge drink throughout their adolescent years.

“During our teen years, the brain is still in a relatively immature state. Binge drinking worsens this situation, as alcohol

undermines the normal developmental processes that affect how our brain matures,” Mr Jacobsen, PhD student in the University of Adelaide’s Discipline of Pharmacology, says.

“Therefore, when an adolescent who has been binge drinking becomes an adult, they’re often left with an immature brain, which assists in the development of alcohol dependence.”

Mice were used by researchers in laboratories to test a new drug that may prevent adult binge drinking. The drug is (+)-Naltrexone which is known to block the immune receptor Toll-like receptor 4 (TLR4).

“This drug effectively switched off the impulse in mice to binge drink,” says senior author Professor Mark Hutchinson, Director of the ARC Centre of Excel-

lence for Nanoscale BioPhotonics at the University of Adelaide and leader of the Neuroimmunopharmacology lab in which this work was conducted.

The mice still sought for alcohol, but the level in which they did so was greatly reduced due to the drug. This new drug, and its positive, result showed a link between the brain and the immune system which in this case, results in long-term problems associated with binge drinking.

“We’re excited by the finding that we can potentially block binge drinking in an adult after they have experienced such behaviour during adolescence, by stopping the activation of the brain’s immune system. It’s the first time this has been shown, and gives us hope that our work has implications for the eventual treatment of alcohol addiction in adults,” Professor Hutchinson says.

WALK YOUR WAY TO A HEALTHIER HEART

Tina Wu

The health “burden” of inactivity is a recurring issue in Australia and certainly not a surprising one. According to the Department of Health, adults spend an average of 39 hours per week in sedentary activity, with almost 10 hours just at work.

However, a new study from the Australian Institute of Health and Welfare (AIHW) has found that nine in 10 Australian adults could reduce their risk of heart disease by walking as little as 15 minutes more each day.

By increasing the amount of moderate activity every day, such as brisk walking, the risk of potential disease burden

due to physical inactivity can decrease by 13 per cent out of the 89 per cent of the total Australian adult population who are most “at risk” – that is, those who complete only sedentary, low or moderate levels of activity on a regular basis.

This can be done as simply as taking a walk while on lunch break from work, or getting off the bus a couple stops earlier. The full benefits of this increased exercise will be felt if activity is sustained for at least five days a week.

The study has found that the burden was especially prominent in illnesses such as diabetes, bowel and uterine cancer and dementia, with sedentary activity also responsible for 11 per cent of the total burden for breast cancer and coronary heart disease.

This increased activity will be especially effective for adults aged 65 and over. This will not only produce positive physical results, but also provide a chance to increase one’s mental wellbeing. By joining a community walking group, older people can reap the social benefits of exercise in their daily routines.

“We know it can be difficult to start new habits, or even maintain exercise routines, but that’s where programs such as Heart Foundation Walking can be great,” says Heart Foundation National CEO Adjunct John Kelly.

“Not only will participants’ physical health benefit from more walking, but they often feel happier, make more friends and feel more connected to their community,” he says.

ACTIVISM AGAINST GENDER-BASED VIOLENCE

Tina Wu

In Australia, one in three women have experienced physical or sexual abuse by someone known to them. Approximately one woman is killed each week over 12 months by a current or former partner.

November 25 marked the beginning of the international 16 Days of Activism Against Gender-Based Violence campaign, which will run until December 10. This campaign is co-ordinated by the US-based Center for Women’s Global Leadership. The Center regularly organise international programs that emphasise issues including violence against women and women’s wellbeing.

The 16 Days of Activism campaign will aim to take this a step further from simply raising awareness to include recommendations on policy, legal and institutional changes for the education of gendered vio-

lence as part of their Campaign Action Kit.

This campaign has also garnered significant national attention. Gender-based violence was addressed by Australia’s national White Ribbon Day on November 25 where participants were encouraged to wear the colour white and raise awareness as a community.

According to White Ribbon Australia, a multitude of reasons exist as to why there is such a severity of violence against women. Gender norms, gender inequality and recurring social attitudes are the main drivers of violence against women. In addition to this, a history of domestic violence, current alcohol and substance abuse, as well as some cultural and religious factors may also impact assault rates.

Gendered violence within marginalised

communities is also at the helm of this year’s campaign with the UN aiming to bring particular attention to violence against women in refugee, migrant, minority and indigenous groups. In fact, in Australia, Indigenous women and girls are 35 times more likely to be hospitalised due to family or domestic-related violence than non-Indigenous women, according to the National Plan to Reduce Violence Against Women and their Children.

Locally, various councils have also dedicated to advocate for this issue with community events dotted throughout the length of the campaign. Hornsby Shire Council has organised a Walk the Talk event on December 1 that aims to show their solidarity against gender-based violence and an information display and art exhibition will also be available for the public to educate themselves on this issue.



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GIFT IDEAS FOR BEAUTY-LOVERS



As the holiday season is quickly approaching, finding the perfect gift becomes a top priority. For all the beauty-lovers out there, this season brings brand-new holiday-exclusives and a chance to find that new favourite product. Here are *Sydney Observer's* picks for a perfect gift this festive season.



\$32.00 each
sephora.com.au

TARTE Rainforest of the Sea Creamy Lipstick

The long wearing, full-coverage and hydrating formula make this buttery-smooth lipstick a staple for any collection. This product is powered by water but conditioned so the colour locks in place without feathering or bleeding. This product is also vegan and contains Tarte's unique complex to help smooth out lip lines.

\$20.00
thebodyshop.com.au

THE BODY SHOP Shea Cosmetic Bag

This deliciously scented beauty bag contains a shower gel, body butter and hand cream to make the perfect gift for someone special. Purchasing this collection also supports the Body Shop's 'Peace Play Project' which provides Syrian refugee children with a safe place to heal through play.



\$98.00
sephora.com.au



OLE HENRIKSEN Three Little Wonders

This three-in-one skincare routine brightens, smooths texture and reduces the look of fine lines and wrinkles. The unique formula of vitamin C, potent antioxidants and multi-fruit acids helps to hydrate and brighten the skin for a youthful glow all day long.



\$14.99
dbcosmetics.com.au



DESIGNER BRANDS Paparazzi Eyeshadow Tin

This stunning 18-shadow tin contains 8 glowing shimmer and metallic shades, and 10 creamy matte shades to pull-off any look. The stunning array of shades provides wearable day-to-night looks suitable for the festive season and beyond.



\$60.00
thebodyshop.com.au

THE BODY SHOP The Finest Facial Mask Duo

This duo set includes the Himalayan Charcoal Mask which deeply purifies, and the British Rose Mask to plump and moisturise the skin, perfect for combination skin types. The formulas are 100 per cent vegan and purchasing this product also helps to support the Peace Play Project.

\$80.00
sephora.com.au



HUDA BEAUTY 3D Highlighter Palette

Four stunning shades combined in a convenient palette create a beach-inspired three-dimensional glow suitable for all skin tones. A creamy base expertly combined with shea butter creates a seamless 'glowing-from-within' look without an unnatural glitter finish.



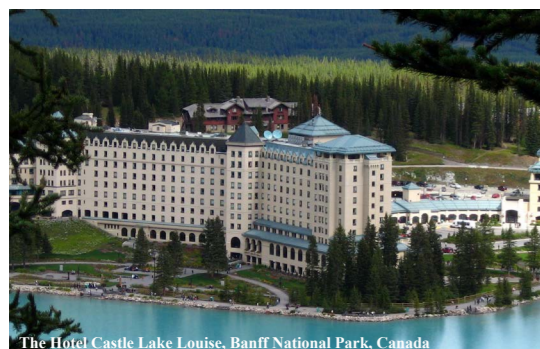
CANADA BANFF NATIONAL PARK

A NOT SO TROPICAL GETAWAY

Brooke Fryer

Who needs the tropics when you have one of the most fascinating places in the world located in the heart of a national park? Banff is hidden within the Canadian Rockies in the provenance of Alberta. Only a four-hour drive from Edmonton, tourists will quickly find themselves surrounded by clean air, wildlife and snow-topped mountains. Banff National Park is also home to Banff Town, an array of wildlife as well as endless hikes with views as far as the eye can see.

Peak season is from June to August during the warmer months where snow is hardly spotted, and December to March for those who want a real taste of a white Christmas and Canadian Winter. People who adore all things in nature will benefit more visiting the park during the warmer months, where the weather is more forgiving and the animals are out-and-about.



The Hotel Castle Lake Louise, Banff National Park, Canada

Things to do:

Banff Town is scattered with wooden buildings, fireplaces and lamp lit roads with Mt. Cascade and Mt. Rundle dominating the skyline. With an occasional bear spotted on the main street, there is a wealth of boutique stores, restaurants, bars and 5-star resorts. Banff Town is also home to the Bow River, which runs off glacier water and is particularly vibrant during the warmer months. Canoeing and kayaking is a common activity for all tourists and locals, not only is there a non-obstructed view of the surrounding mountains, plenty of wildlife also come out of hiding to the water's edge each day.



Lake Louise, Canada

Lake Louise is a show stopper in Canada, and a spot that many people trek far and wide to experience. Just one glimpse of the turquoise blue water and the soaring mountains create a picturesque background that will give any traveller itchy feet. The lake is most vibrant during the months of July and August, when the glacier is melting and the lake water looks full with colour. During Summer, the lake is a paradise for all lovers of hiking and canoeing. There is one particular hike named Lake Agnes, which has an elevation of 400m, taking tourists to glaciers and one of Canada's oldest and highest tea houses.

Tunnel Mountain Hike is one of the easier hikes in Banff and the most popular amongst them all. A quick two-to-three hour round hike, with one of the most beautiful views of Banff Town from above, is welcoming for all types of fitness levels. Animals are almost rarely spotted on this hike due to the busy walking trail, making it a perfect first hike to ease first timers into the much-loved hiking environment. Although it is the smallest mountain in Banff, the panoramic views will have visitors believing otherwise.

banff.ca



Banff National Park, Canada



AUSTRALIA CAIRNS

Tina Wu

Humidity will be the first thing you notice in Cairns, followed by the gorgeous mountain ranges that seem to surround you on all sides. Take a look around the sleepy home of the Great Barrier Reef before rolling your luggage out of the airport, ready for a week of snorkelling and beach-town fun. With wet monsoon season between October and March followed by drier winter months from April to September, it's recommended to visit Cairns mid-year to escape the worst of the humidity, perhaps during the winter school holidays for a family trip.

Skyrail Rainforest Cableway

This multi-award winning cableway is definitely not one to miss, travelling along 7.5km of lush green rainforest over the top of the dense canopy of the Barron Gorge and Kuranda mountain village. Alight at any of the four stations of the Cableway to go sightseeing over boardwalks and rainforest tracks and immerse yourself fully into one of the world's best-preserved natural landscapes. Half-day and full-day packages are available starting from A\$51 per adult for a single trip, with pricing available for families.

skyrail.com.au



Skyrail Rainforest Cableway

Costs and Transport

The daily expenses in Cairns average at approximately A\$104 per person with accommodation priced at A\$43 a day for one traveller. Apart from public bus and railway services, the Cairns Regional Council also provides bike lanes for those who wish to opt for a more active approach to travelling and take the time to truly soak in Cairn's local geography.



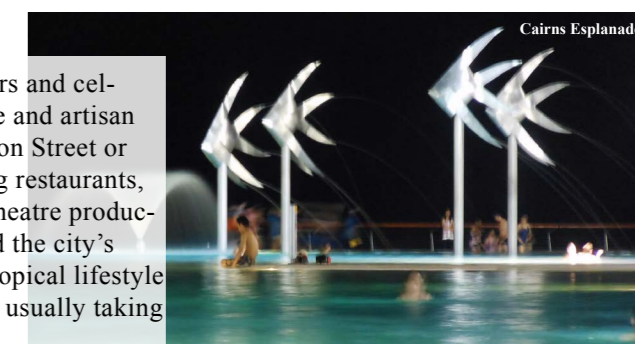
Wilderness Eco Safari

Eco Safari

The time has never been more necessary to become aware of the environmental issues surrounding Australia's reefs and rainforests. Climate change and human traffic as a result of the tourism boom has brought about coral bleaching and widespread pollution. *Sydney Observer* suggests booking yourself into an Eco Tour instead, such as the Wilderness Eco Safari that aims to take visitors on an alternative safari experience through some of Queensland's less-travelled rainforests in an environmentally sensitive way. For more information about this particular experience, visit wildernessecosafaris.com. For eco-friendly trips to the Great Barrier Reef, check out the Great Adventures eco-tourism cruises departing from Cairns at greatadventures.com.au or visit ecotourism.org.au for a list of available ecotourism options.

Experience Cairns' beach town culture

This sleepy coastal town has truly embraced tourism over the years and celebrates a diverse and artistic community. Taste the local produce and artisan products at Rusty's Markets on Friday, Saturday or Sunday on Grafton Street or visit the Cairns Esplanade for an outdoor dining experience featuring restaurants, cafes and markets selling wares from local artists. Book a seat at a theatre production in one of Cairns' performance halls or schedule your trip around the city's widely-anticipated annual Cairns Festival, a 10-day celebration of tropical lifestyle showcasing performances, exhibitions, film-showings and carnivals, usually taking place between the end of August and early September.



Cairns Esplanade



Brooke Fryer

Balmoral Beach

This summer is expected to be a scorcher, and what better way to spend time in the sun than at a beach. Balmoral Beach is suitable for all ages, with shady parks for picnics, playgrounds for children, cafes for all ages and safe swimming spots, there's no wonder Sydney-siders are heading to Balmoral this summer. Only a short walk away, locals are able to find Chinamans beach for those who enjoy the lesser crowds.

SeaLife Sydney Aquarium

Get out of the sun with the children this summer and experience an array of sea life at SeaLife Sydney Aquarium. The Aquarium has on display 700 species of Australian aquatic life, from sharks to clown fish, children are sure to be amazed as they watch these little creatures swim around. Visitors are also able to get up and close to Pig and Wuru, two orphaned Dugongs who were saved off the coast of Queensland.

The Greens, North Sydney

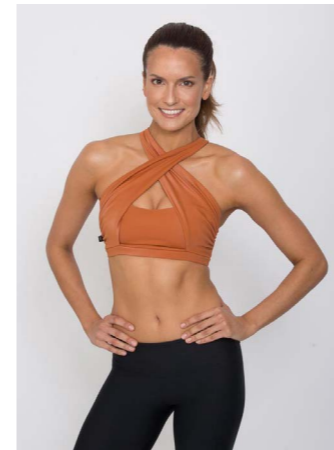
Visiting for a game of bowls, a cocktail or some food, The Greens in North Sydney is an ideal location this summer. Not only are The Greens the second oldest bowls club in Sydney, but is home to actively competing members who play to represent the club. The Greens is a family suitable environment, with smoking and non-smoking seating areas, as well as events and activities happening all summer long.

Snorkel in Gordons Bay

Australia is home to some of the most beautiful aquatic life in the world, and this summer, there's no better excuse than to grab the snorkeling gear and explore the aquatic life for yourself. Gordons Bay is one of Sydney's most popular snorkeling spots, located in Coogee. Snorkelers are likely to see Starfish, Cuttlefish, Sea Urchins and Blue Groper. There is also an underwater nature trail, with plaques attached to concrete drums filled with information about local sea life.



FEEL GOOD IN SEVEN DAYS



Tegan Haining is a globally respected fitness and wellbeing expert who has been transforming bodies with incredible success for over ten years. After breaking into the international modelling world, Haining realised how many

models, including herself, were undertaking gruelling travelling schedules with no idea how to properly train and look after their bodies. This would also ultimately impact Haining's understanding of her own approach to health and fitness, "I needed to find a balance between looking and feeling good – and not just for my career."

This inspired a passion for health and fitness that culminated into becoming a personal trainer, opening up incredible opportunities to work with some impressive talent, including David Beckham and Lara Stone, to name a few.

In her new book *The 7-Day Quickie*, Haining takes the reader on a seven-day journey, specifically designed to work within a busy schedule, to achieve whatever personal goal may be desired. As such,

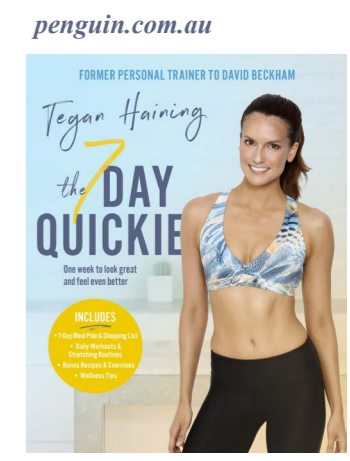
the process of incorporating the lessons learnt can be a means of starting a long-term journey of balanced health and wellbeing.

This simple plan is filled with wellbeing advice, healthy recipes including vegetarian and vegan options, such as the 'Naked V Burger,' a great, guilt-free family meal option, and plenty of delicious smoothies to keep you energised. Daily exercise and stretching routines that are customisable to different fitness levels, and fully illustrated for easy use to accompany each meal plan. Journal activities to track your progress with sleeping and breathing exercises are also included to ensure a fully well-balanced approach to personal health.

In the age of social media and fitness-blogging, the importance of understanding that mental and physical wellbe-

ing are inextricably linked is incredibly important to starting any fitness journey. Haining expertly combines the two to create an approachable and well-rounded book that is a staple for any recipe collection and a great way to kick-start whatever personal goal you wish to achieve in the new year.

Tegan Haining: The 7 Day Quickie - \$29.99



ULTIMATE BACKYARD CHRISTMAS BBQ

Brooke Fryer

Summer is quickly approaching and what better way to bring on the festive season than by being spoilt with an abundance of food under the warm Australian sun. Australia is a country that loves the outdoors, and is well known for scorching hot summers and Christmas by the pool.

The Christmas season is filled with picnics, dining at extravagant places, taking endless shopping trips and spending time with family. Many Aussies look elsewhere to host their Christmas fondues and parties, but what

about their own backyard?

Getting festive is a new and creative way to spruce up the backyard, it's an opportunity to cook food and to blast Christmas tunes. Firstly, for the perfect Christmas setting the place with a theme is the first stop for any backyard. From a red and white table cloth to strands of holly garland and pine cones scattered on the outdoor table, guests will be falling for the setting and the never ending esky of beer and drinks at their disposal.

BBQ's in Australia are a part

of the Aussie culture, and even more so when the sun is out and children are swimming in the pool. A three course BBQ is perfect for the festive season and the perfect opportunity to cook up the best steaks, sausages, rissoles and chicken. An abundance supply of meat and even more when it comes to the sides with baked potato, salad, sweet potato fries and Yorkshire puddings, it is now the ultimate Aussie BBQ.

The perfect dessert consists of pavlova, fruit bowls and puddings, as well as ice cream and chocolates. Setting

the scene is ideal, with inflatable picnic buffets available from Big W, it is the perfect place to store ice and showcase the dessert options.

The BBQ isn't complete without keeping the children, and older children, entertained. Favourite's amongst backyard BBQ's include backyard cricket, inflatable pool toys and football.

Not only is summer the perfect excuse to be outdoors, but even more of an excuse to invite friends and family around to enjoy food, activities and music.

Atlantis Bar & Dining

Atlantis Bar & Dining at North Ryde has recently installed a wood fired pizza oven and are proud to announce that they are ready for the summer months.

A high class fine dining restaurant with vast premises is a rarity these days but here you can organise large scale gatherings under one roof-from weddings to big corporate functions as well as small intimate private meetings.

They have a fully functional bar and al-fresco dining is available on the terrace.

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atlantisbardining.com.au



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PLENTY OF PARKING



DECEMBER 2017

1

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📍 745 Pacific Highway, Gordon
 ⌚ 4pm to 9pm
 💰 Free
 🌐 stjohnsgordon.org.au

5-22

Alice's Adventures in Wonderland

📍 Capitol Theatre, Haymarket
 ⌚ Various times
 💰 \$53-\$268
 🌐 australianballet.com.au

7-27

Sydney Santa Spectacular

📍 Rosehill Gardens
 ⌚ Various times
 💰 \$35-\$55
 📞 Event Manager: 0499 565 786
 🌐 rbgsyd.nsw.gov.au

Until 15

Titanic Exhibition

📍 Moore Park
 ⌚ 10am to 6pm
 💰 \$18-\$65
 🌐 titanictheexhibition.com.au

16-24

Christmas Wonderland

📍 Sydney Olympic Park
 ⌚ Various times
 💰 \$40.96
 🌐 christmaswonderlandssydneyshow-ground.com.au

17

Carols in the Domain

📍 The Domain, adjacent Royal Botanic Gardens
 ⌚ From 12pm
 💰 Free Unless VIP (\$49 - \$125)
 🌐 carolsinthedomain.com

Until 29

Chinatown Night Market

📍 Chinatown
 ⌚ 4pm to 11pm
 💰 Free
 🌐 chinatownmarkets.com.au

Until 29

Parramatta Farmers Market

📍 Church Street, Parramatta
 ⌚ 8:30am to 2:30pm
 💰 Free
 🌐 parracity.nsw.gov.au

Until 30

Orange Grove Organic Markets

📍 Perry Street Corner of Balmain Road, Lilyfield
 ⌚ 8am to 1pm
 💰 Free
 🌐 organicfoodmarkets.com.au

Until 31

Royal Botanic Garden Tour

📍 Royal Botanic Garden
 ⌚ Various times
 💰 Free
 🌐 rbgsyd.nsw.gov.au

Until 31

Harbour Sunset Cruise - Joy Bar

📍 Various locations
 ⌚ Various times
 💰 \$45-\$99
 🌐 fantasea.com.au

31

New Year's Eve

📍 Sydney Circular Quay
 ⌚ All day
 💰 Free
 🌐 sydneynewyareve.com



JANUARY 2018

5

Garden Night-Life

📍 Woolloomooloo Gate, Royal Botanic Garden
 ⌚ 8:30pm to 10:30pm
 💰 \$35 - \$39
 🌐 rbgsyd.nsw.gov.au

5-28

Four Thousand Fish at Barangaroo Reserve

📍 Barangaroo Point Park
 ⌚ 4pm
 💰 Free
 🌐 barangaroo.com

6-28

Sydney Festival

📍 Hyde Park
 ⌚ 9am to 12pm
 💰 Various costs
 🌐 sydneyfestival.org.au

7

Newport Pool to Peak Ocean Swims

📍 Barrenjoey Road, Newport Beach
 ⌚ 9am
 💰 \$30 - \$55
 🌐 newportsurfclub.com.au

11-14

Green Day's American Idiot

📍 Sydney Opera House
 ⌚ Various times
 💰 From \$69.90
 🌐 sydneyoperahouse.com

12

Outdoor Stories and Songs

📍 Piazza Dining, Top Ryde City Shopping Centre
 ⌚ 10:30am to 11am
 💰 Free
 🌐 ryde.nsw.gov.au

18 Jan -24 Mar

Sunset Cinema

📍 North Sydney Oval
 ⌚ 7pm
 💰 \$12 - \$40
 🌐 sunsetcinema.com.au

21

The Girl to Woman Festival

📍 Lennox Head Cultural & Community Centre
 ⌚ 10am to 3pm
 💰 Up to \$35.57
 🌐 girltowoman.com.au

26

Australia Day 2018

📍 Bicentennial Park, West Pymble
 ⌚ 10:30am to 2pm
 💰 Free entry
 🌐 kmc.nsw.gov.au

26

Australia Day Family Concert

📍 North Ryde Common
 ⌚ 5pm to 9pm
 💰 Free
 🌐 ryde.nsw.gov.au

26-28

HSBC Sydney 7's

📍 Allianz Stadium, Moore Park
 ⌚ Various times
 💰 From \$20
 🌐 sydney7s.com.au

Until 28

Wizard of Oz Musical

📍 Capitol Theatre, Haymarket
 ⌚ Various times
 💰 \$69.90 - \$159.90
 🌐 wizardofozthemusical.com.au

YEAR OF THE EARTH DOG

CHANGING AWARENESS AND CONSCIOUSNESS



Kerrie Erwin, Psychic and Medium

2018 looks like a year marked with security and concern about the rise of social conservative movements within society. This year is all about communication, universal values of dialogue and solidarity, which is mandatory at this time on our planet and important values for the loyal Earth Dog year.

Letting go of selfishness, greed and ignorance can give a new hope to the millions of people in the world who are still suffering from neglect, indifference and rejection from their community. In other words, this is a year to use diplomacy, compassion and kindness as it will go well in a sometimes-hostile world and create universal love, harmony and balance.

This is also a good year for lifestyle changes, improving self-image, getting our health on track, helping with a charity and aiming for a lifestyle that suits us better with a much better job that we love.

In order to gain happiness, joy and fulfillment this year, it's important to think of others, especially the elderly and those less fortunate than ourselves, to share our time more, have empathy for others and to show unity with our brothers and sisters. We can also see the change in consciousness when it comes to improving our planet with pollution, changes in the structure of industries worldwide and improving the quality of life with new discoveries and amendments to the health care system.

'Unsuccessful people live in fear. They hate, are envious, continually complain all the time and are stuck in the 'poor me' energy. Successful people, on the other hand, are blessed and operate at a more blissful, lighter vibration as they build each other up, encourage others less fortunate than themselves and attract wonderful opportunities to their life, thus living their lives to the fullest.' - White Feather

Patience, tact and diplomacy are the keywords for this year and it will help by slowing down and not rushing things. Whatever projects you have will take time. With careful planning, networking and creative input you will find by being careful and not rushing into things, this will bear fruit and bring incredible success. For those who have had no success in the past and rushed into things, without careful consideration to detail, this is a time to start again and plan carefully exactly what it is you really want to do realistically. By doing this, you will have far better outcomes. Many of us have done things the hard way so changing our mind sets will allow the energy to flow and help make things come into place. Patience is a virtue, so if there is a wall, we go around this time. The key action is not causing any problems with others like we have done in the past.

Slowing down, breathing and not sweating the small stuff are the key words of wisdom for this cycle, which starts from January 1. This is also the year of working on those relationships and creating boundaries for others that may have been intrusive in our life, with diplomacy of course.

Everybody deserves love and nobody wants to feel lonely. So this is also a good year for love and personal relationships or taking that relationship to a whole other level. People wanting to meet that special someone so they can spend their life on a soul mate level will make the time to do so.

ENERGY EXCHANGE

Sharing is caring and when you give back to the universe this year, there is always a reward. We must remember our friends, our loved ones, and those who are not as fortunate as ourselves. Caring and sharing brings many spiritual rewards and good karma. I firmly believe what we give back will always come back tenfold.



KERRIE ERWIN

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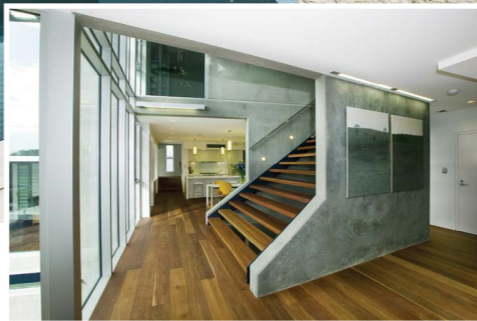
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