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 Sydney Observer

Sydney Observer



Peter Kirkwood
Citizen of the Year 2018

Australia Day Award Winners

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SCHOOLS
WEEK**

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FROM THE EDITOR

Welcome back to another year of *Sydney Observer*! We're giving you all the education news you'll need heading back into the school year (12-17), and a look into the achievements of the 2018 Ku-ring-gai council Citizens of the Year (8-10).



Both Hannah Burn and Peter Kirkwood have demonstrated exceptional community spirit and this has been aptly rewarded at the recent Australia Day ceremony. We delve into their volunteer work and the development of the new Hornsby/Ku-ring-gai PCYC to learn more about the importance of community development.

Along with the regulars, we also introduce our new resident Astrologer, Glenne Clifford, who will be providing your latest Horoscope and some information about the recent eclipse (33).

Happy New Year!

Hanna

- Sydney Observer
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- sydneyobserver.com



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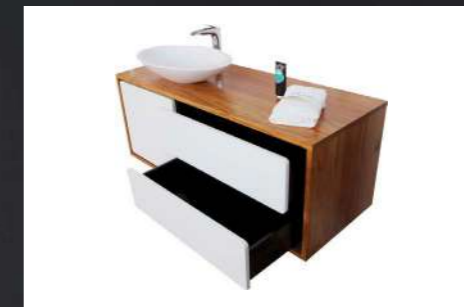
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Gordon	Roseville Chase	Warrawee
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Lindfield	St Ives	Willoughby
North Turramurra	St Ives Chase	

NEW YEAR SPECTACULAR SALE

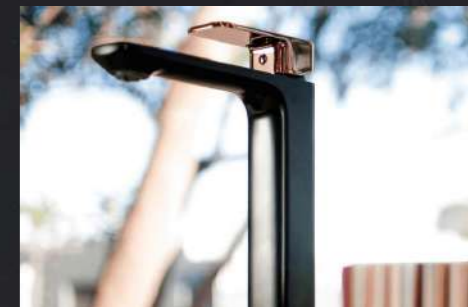
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SNIPPETS

KILLARA RESIDENT NAMED WOMAN OF THE YEAR

Mrs Yvonne Taylor was named the 2018 Woman of the Year by Member for Davidson Jonathan O'Dea for her tireless and continued work in youth services and education.

With around 30 years of experience teaching in schools with high multicultural populations, Mrs Taylor served on the Ministerial Committee, served the Lindfield Rotary Club as President and a member of the Board of Directors, and is currently involved in the Peer Support Program at Killara High School.

"Yvonne has dedicated her life to inspiring youth from all classes and cultures to contribute to their local communities. This is highly commendable and worthy of recognition," Mr O'Dea said.

jonathanodea.com.au

EXERCISE CLASSES FOR SENIORS

Ku-ring-gai council will be hosting its Functional Fitness classes in partnership with Master Trainer Sally Castell from Movement Matters for a ten-week series designed to improve fitness and overall health.

The classes will be particularly relevant for less active mature adults with focus areas in fall prevention, strength and mobility training, balance and coordination.

The cost of all 10 classes is \$102 with Fallproof classes being held at Gordon Library from January 31 until March 28, and Back to Basics classes held at Church of Christ Hall in North Turramurra from January 30 until March 27.

kmc.nsw.gov.au

'THE WHOLESOME CHILD' AUTHOR TO VISIT HORNSBY LIBRARY

Author and paediatric nutritionist Mandy Sacher will be discussing her latest book at Hornsby Library this February 10.

The book is based on Mandy's experiences with her own children's health and wellbeing, aided by 22 years of experience in the industry, with 140 inclusive and nutritional recipes to help change the way families approach food in the home.

Parents will have the opportunity to meet and discuss the book's eight steps to improve the entire family's nutrition with Mandy herself.

hornsby.nsw.gov.au/library

KU-RING-GAI BUSHFIRE PLANNING RECEIVES FUNDING

The NSW Department of Planning and Environment has approved the Ku-ring-gai council's evacuation and control planning for 13 areas of high bushfire risk.

The Ku-ring-gai Local Environmental Plan (LEP) has included large areas of North and South Turramurra, Killara, Wahroonga and St Ives since May 2017 with the final approval of these areas made late last month.

The Plan has been in effect since February 2, and will prohibit aged care homes and childcare centres from being built to further minimise the evacuation risk in the event of major bushfires.

kmc.nsw.gov.au

NOMINATIONS FOR NSW TRAINING AWARDS OPEN

Employers and trainers in the Northern Sydney area are being encouraged to nominate outstanding local apprentices, trainees and organisations for the 2018 NSW Training Awards.

Nominations close March 16, regional award winners will be announced in June and invited to the State Finals in September where those selected will go on to compete at the Australian Training Awards in November.

"As a university drop-out and tradie myself, I want us to do everything we can to recognise and celebrate our apprentices, and promote the benefits of Vocational Education and Training (VET)," Deputy Premier and Minister for Skills John Barilaro said.

Nominations can be lodged online now.

training.nsw.gov.au/training_awards/

NEW SCHOOL ZONE IN ST IVES

There has been a change in traffic conditions outside Sir Eric Woodward School following the installation of a new school zone after the Roads and Maritime Services recently conducted a review of the site.

The new 40 km/h school zone is being installed along Ayres and Acron Roads and Athena Avenue to increase safety for school children during peak traffic periods.

Member for Davidson, Jonathan O'Dea is reminding motorists to be aware of these changes in the upcoming school year.

"School zones help protect children on their way to and from school at times and places where they are often present in high numbers.

"This lower speed limit will reduce the risk and potential severity of a crash," Mr O'Dea said.

jonathanodea.com.au

ADDITIONAL BUS SERVICES FOR COMMUTERS

On January 15, 100 additional services to and from Gordon, Macquarie Park, St Ives Chase, Belrose, Chatswood and Brookvale have been implemented as a part of the NSW Government's Growth Services Program.

The changes include additional weekly services of routes 195, 196 and 197, additional peak period services on route 270 from Terrey Hills to Sydney CBD and 280 Chatswood to Warringah Mall.

This comes as a part of the biggest increase in public transport services in Sydney's history, with the number of new weekly bus services provided increasing to over 24,000 since March 2011.

jonathanodea.com.au



Congratulations to the 2018 Ku-ring-gai Australia Day Award winners!

Citizen of the Year
Peter Kirkwood

Young Citizen of the Year
Hannah Burn

Individual Awards for Outstanding Service
Jo-Anne Perry and Richard Babb

Group Award
Ku-ring-gai Neighbourhood Centre, St Ives

On behalf of our community, Ku-ring-gai Council thanks all our wonderful volunteers who do such great work caring for residents.

kmc.nsw.gov.au





LOCAL LIVES THRIVE IN KU-RING-GAI

Hanna Moore

Chatting with Citizen of the Year Peter Kirkwood, and Young Citizen of the Year Hannah Burn, Sydney Observer gains an insight into the importance of giving back to the local community.

Every year, Ku-ring-gai council holds a Citizen of the Year ceremony to recognise those who have significantly contributed to their local community and to pay respect to their dedication in helping local people.

This year, 21 year-old Hannah Burn won Young Citizen of the Year for her work as the Volunteer Coordinator at St James Anglican Church in Turramurra, putting in countless hours to help those in need.

“We love looking after families, our hope is not to become well-known, expand or do more, but rather continue to love and care for those in need in our community.

“As a Christian, I think that as Jesus first loved us, we should go and love others, not because we have to but rather because of the gift we have received, that’s why I decided to join this program,” Hannah said.

Hannah has worked tirelessly to coordinate six teams of around 100 volunteers, who then venture out into

the community twice in the school term to provide assistance for families in crisis.

“Whether that involves gardening, house cleaning and maintenance, looking after fun-loving kids – we do it all!

“We also have two teams which visit local nursing homes to sing and chat to residents,” said Hannah.

Hannah’s drive to provide love and equality for all members of the community has shined throughout her time as Volunteer Coordinator. Currently studying a Masters in Teaching, Hannah is looking forward to being able to provide more for youth in the community throughout her career.

“It is humbling to be given the Young Citizen of the Year award and to be recognised for the work we have done. I look forward to the opportunities I will have to speak to young people in schools.”



The ceremony was also marked by acknowledging the 2018 Citizen of the Year, Peter Kirkwood, after almost 30 years as a resident of the Upper North Shore and countless hours spent giving back to the community.

Some of Peter’s credits include former president of the Rotary Club of Wahroonga, helping the development of the new Hornsby/Ku-ring-gai PCYC, and involvements with Hornsby Community Safety Precinct Committee, Ku-ring-gai Police Community Safety Committee and St Paul’s Anglican Church.

Peter was kind enough to show off the newly developed Hornsby/Ku-ring-gai PCYC centre, and after 16 years in the making, memberships have sky-rocketed to over 5,000 since its inception in September 2017.

With a number of multi-purpose rooms, a modern gym, two premium indoor sports courts, a fully-catered café and more development in sight, the Hornsby/Ku-ring-gai PCYC has become a cornerstone for community development.

“For a lot of people, we’re the new backyard, kids in these high-rises don’t have a backyard – so we’ve kind of become the heart of the community,” Peter said.

Peter notes that what sets them apart from others is their ability to create opportunity out of a community that is rapidly changing. For instance, the increasing development of high-rise buildings, and more specifically the building next door to the PCYC, which will be turned into a 12-storey apartment block for seniors – so how can they cater themselves towards the interests of older people?

“How do we look outward to meet community expectations?”

“You have a lot of the community who don’t want to get involved in sporting or fitness, but want something more cultural, so you’ve got to cater for everyone,” Peter said.

After being approached by a coordinator of the local Neighbourhood Watch when first re-locating to Wahroonga, Peter followed a previously un-tapped passion for community development that ultimately saw the development of the Hornsby site.

“Over 16 years, there were four different sites, four different designs, four different Development Application’s, four PCYC CEO’s over that time, four different Hornsby Shire Mayor’s, I just hung in there and never lost sight of the vision.”

When asked about what has driven this vision for so long, Peter is simply unsure. Peter does however attribute the comfort of having a home in the area as a drive to consistently give back wherever he can.

“I think one of the things that drove me through Rotary, and PCYC, and the Chamber of Commerce, was travelling a lot. So I think getting involved in the community gave me another dimension on life.

“Coming back to grassroots after travelling a lot was a big motivator.”



Citizen of the Year, Peter Kirkwood



Mayor Jennifer Anderson with Peter Kirkwood



Freeman Dancers



The Australian Native Animal Show



The Indian Dance Centre



A part of the work that makes PCYC so different, and yet similar to the work Hannah is currently doing, is the emphasis on youth development and providing a system of support for those who might not have one.

“If you’re not working with youth now, and youth at-risk, you’ve got a much bigger problem later on, so there’s a lot more emphasis on sorting the kids out before it gets to the point that it becomes harder to reverse.”

“When you come to the PCYC, it’s part of the ethos to show a lot of respect, and therefore respect for other people, respect for authority, respect for police, so you do see a lot of change.”

For both Peter and Hannah, the motivation for their commitment to the community is not for the recognition received, such as that on the Australia Day ceremony, but the ability to engage and give back to a community that has so consistently been able to provide for them.

“It’s not for personal reward, you don’t get any money out of it, I think it’s just to see the community build,” Peter said.

pcycnsw.org.au/hornsby-ku-ring-gai/



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BACK TO SCHOOL

It's a new school year, which calls for reflection on the achievements of the previous year to inspire us moving forward with our educational pursuits.

Along with the accomplishments of schools on the North Shore, 2017 also saw a record number of students sit the HSC exams with 77,150 NSW students completing at least one HSC course, and 68,816 were awarded a HSC, according to the NSW Department of Education.

Locally, Roseville College ranked 25th in the state, North Sydney Boys High School received five First in Course certificates and Pymble Ladies College received three. These eight students were recognised in a First in Course ceremony held in December.

"The HSC is challenging for every student, so to come first in a course is an outstanding achievement. These students have risen to their potential through ability, hard work and enthusiasm for their studies," NSW Premier Gladys Berejiklian said.

According to Mark Scott, Secretary of the Department of Education, a number of promising trends arose from the recent exam

results. STEM (Science, Technology, Engineering and Mathematics) subjects were an area that showed significant increase, with 81 per cent of students taking at least one mathematics course. Further, Advanced English courses saw an influx of 700 new students in 2017.

"These are all skills and knowledge our students need to flourish in a rapidly changing world," Mr Scott said.

For many students, the end of high school marks a new beginning for higher education, be that further study at university or application into vocational and technical courses.

According to the Australian Bureau of Statistics, 59 per cent of school leavers from 2016 were enrolled in further study in May 2017. Further, around 179,000 people aged 15-24 were enrolled in a technical institution such as TAFE.

"Students receiving their HSC this year should be proud of what they have achieved. It is a starting point as young people move forward to discover their full potential," State Education Minister Rob Stokes said in a statement last year.

CHOOSING THE RIGHT PATH

Brooke Fryer

As many students are currently finding out whether they have been accepted into their desired university degree, Federal Minister for Education and Training, Simon Birmingham, has suggested that it's important for students to consider all options before accepting an offer.

Minister Birmingham is urging university students to carefully consider study options as new data reveals differences in job prospects and satisfaction levels between areas of study.

"Accepting an offer can be a life changing decision and it is vital students have the tools they need to make the best possible choice when selecting a course and institution," Minister Birmingham said.

"That's why the Turnbull Government has ramped up its efforts to improve the transparency and availability of information available in areas including the satisfaction of students and employers, the quality of teaching in courses and job outcomes."

The 2017 Graduate Outcomes Survey is funded by the Australian Government's Department of Education and Training and was administered by the Social Research Centre throughout 2016 and 2017.

The Graduate Outcomes Survey measures the medium-term of employment for up to three years of higher education graduates.



The survey shows that for medicine graduates 97.8 per cent found full-time employment, and further, 79.4 per cent of creative arts graduates found employment.

"It's also clear that graduates in vocationally oriented fields such as dentistry and vet science are more likely to gain full-time employment than graduates with more generalist degrees such as management and commerce and social sciences.

"It's examples such as these that students should pay close attention to when considering offers," says Minister Birmingham.

Since 2014, the rate of employment for higher education graduates has improved overall, rising from 89.7 per cent in 2014 to 91.7 per cent in 2017.

Minister Birmingham encourages prospective students to visit qilt.edu.au to view past university students and their experiences and job outcomes when deciding on their next education pursuit.

ROSEVILLE COLLEGE SHOWS STRENGTH WITH HSC RESULTS

Roseville College ranked 25th in NSW in the 2017 HSC examinations with Year 12 graduate Claire Chen announced as Dux for scoring a 99.7 ATAR.

Along with this achievement, three students within the class of 2017 received a Premier All Round Achievers Award, these students were Claire Chen, Remi Krenkels and Natasha Turner-Cohen.

Principal Deb Magill noted that more than a third of exams taken by Roseville College students achieved an ATAR of 90 or more, and more than two thirds of students received at least one Band 6 score.

"I am delighted that, as a cohort, this year group has achieved a rank of 25th in NSW, which is a tremendous improvement for the school this year," said Ms Magill.

"Outcomes like these are in reward for hard work and commitment by the students."

Claire is excited to have the door opened for a double degree of Law and Commerce at Sydney University, however, this time of year is also common in disappointment for many students who may not have achieved their desired results.

"No matter what your mark is, everyone should keep working hard and chasing what's important to them," advises Claire.

Ms Magill also advised that we congratulate the support system surrounding the students each year and acknowledge their effort in helping them continue to do their best.

"There is always a team of family, friends, teaching professionals and academic leaders who deserve congratulations too," Ms Magill said.



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

In 2018, we celebrate 110 Years of realising purpose in the lives of young Australian women. Roseville College ranks among NSW's best in HSC achievement and delivers world-class learning initiatives such as the IB Primary Years Program and Cambridge Courses in Years 9-10.

Celebrating
110
years 1908-2018

CONGRATULATIONS TO OUR CLASS OF 2017

Roseville College ranked 25th in NSW in the HSC, with nearly a third of graduates scoring an ATAR of 95 or above. Almost half of the Class of 2017 scored 90 or above, and 80% scored 80 or above. We congratulate Premier Award winners, pictured with Principal Ms Deb Magill: Claire Chen (left), Remi Krenkels (right) and Natasha Turner-Cohen.

PERSONALISED TOURS

The College's 10th Principal, Ms Deb Magill, welcomes families with daughters to visit our campus for a personalised tour with our Registrar. Tours, by appointment and held weekdays during term time, are tailored to your daughter's specific needs and interests. Please contact:

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

Roseville College is a school within the Anglican Schools Corporation

www.rosevillecollege.com

CATHOLIC SCHOOLS SHINE

Every year, Catholic Schools Week showcases the benefits of receiving a Catholic education, and this year, from March 4-10, Sydney Schools will be allowing the public to join the community for open days and events all across the diocese.

Open for both primary and secondary enrolments, this week will allow parents to consider their options for when it comes time to send the kids off to school. Check out a few snippets below from a number of local Catholic schools in the North Sydney area that showcase the important role that Catholic schools play in Australian society.

ON THE ROAD TO CHANGE



Drama students from Mercy Catholic College Chatswood received a grant of \$2,200 from the Roads and Maritime Services to perform plays that encourage road safety.

Year 9 students at the College used the awarded grant to orchestrate performances for primary students at Our Lady of Dolours Catholic School Chatswood and St Patrick's Catholic School Asquith, which were performed towards the end of last year.

The interactive performances focused on pedestrian safety, passenger safety, and safety on wheels.

Schools were encouraged to implement a PDHPE Road Safety 'Unit' three-to-five lessons prior to the performance, which would be further enhanced with a survey project discussing the safety of the school zone.

"Our students have this fantastic opportunity through performance to connect with primary school students on road safety issues that are relevant to primary-aged children," said Amy Gill, drama teacher at Mercy Catholic College.

Special congratulations to Michael Dalton, a Year 5 student at St Patrick's Catholic School at Asquith, for his outstanding achievement in the area of Digital Technologies in this year's ICAS Program administered by the University of New South Wales.

ICAS is an independent, skills-based assessment program which recognises and rewards student achievement in a variety of learning areas. It is a prestigious, quality assessment and over one million student entries are accepted from over 6,300 schools in Australia and New Zealand annually.

Recently Michael received a medal at the University of New South Wales ICAS Medal Award ceremony. Medals are awarded to students with the top score in each subject for each year level. This year over 980,000 entries were received but only 514 students from Australia and 100 students from New Zealand and the Pacific Region were awarded medals for their outstanding achievement. Michael was the only Year 5 student in NSW and the ACT to achieve the highest mark in the Year 5 Digital Technologies Competition.

Whilst waiting to accept his medal, Michael said that he felt nervous, but excited. He indicated that Digital Technologies is an area of learning that he particularly enjoys. He likes writing programs and enjoys helping the teacher each week with his school's coding group.

STUDENT ACES DIGITAL TECHNOLOGIES



PRINCIPAL AWARDED FOR OUTSTANDING CONTRIBUTION

Each year the Principals Australia Institute (PAI) conduct the John Laing Awards which recognise outstanding contributions to professional learning by primary and secondary principals in each state.

Principals from the Public, Catholic and Independent sectors are nominated by their peers to receive the award.

Meredith Tomkins was one of six NSW principals nominated by their respective schools systems, for the contribution she has made to professional learning in her own school and for the way she has shared her work across systems in state, national and international forums over the years.

CODING FOR KIDS



CODE4FUN (the Sydney Programming School) teaches children how to code, create their own computer games, websites and mobile apps. Recently over 1300 students were invited to participate in a challenge to create a Time Machine app.

Students were given 10 weeks to work on their projects with 210 projects submitted including nine students at Our Lady of Good Counsel Catholic School at Forestville.

It took the CODE4FUN team two weeks to judge the entries with one winner, Patrick Nixey, a Year 4 student at Our Lady of Good Counsel. His app is a collection of games, which the user plays while teleporting to a specific time period. Patrick took home a new laptop with touch screen display as a prize. Mateo Smith, also from Our Lady of Good Counsel also performed well with his project ranked in the top 20 per cent of entries.

Both Patrick and Mateo were invited to visit Atlassian, a successful Australian tech company, where they met the Atlassian team and were able to learn all about what it takes to become a software engineer.



A place to belong.

CATHOLIC SCHOOLS WEEK, 4 - 10 MARCH 2018 COME TO OUR OPEN DAYS AND SEE WHAT A CATHOLIC EDUCATION CAN OFFER YOUR CHILD

Quality education in a faith centred environment that promotes the development and wellbeing of students as individuals, and as valued members of the community.

Contact your local school for Open Day details:

- PRIMARY ASQUITH • BEROWRA HEIGHTS • CARLINGFORD • CHATSWOOD • DAVIDSON
- EPPING • FORESTVILLE • LINDFIELD • NORTHBRIDGE • PENNANT HILLS • PYMBLE
- ST IVES • WAHROONGA • WAITARA • WEST PYMBLE • WILLOUGHBY
- SECONDARY CHATSWOOD • WAHROONGA

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BUILDING RESILIENCE

It's the start of a new school year, so it's important to consider the way in which we approach fostering resilience in children before entering adolescence. According to research conducted by beyondblue, increasing resilience among children aged 0-12 could potentially prevent mental health issues arising from around 14 years of age.

Focus on resilience training is often reserved for those entering adolescence, and rightfully so, as according to MindMatters, the biological, psychological and social demands of this period shows those who are more resilient are more readily able to cope with such demands, and as such foster greater life opportunities and fewer mental health issues.

To develop this further, beyondblue have launched a new guide to help children learn resilience from parents, teachers and the wider community.

"Most of the existing research about resilience seems to focus on developing this skill during adolescence rather than the early years and through primary school, so we wanted to fill this gap," beyondblue CEO Georgie Harman said.

This research and the subsequent guide have found numerous strategies through which resilience can be developed in children.

Communication

In this case, parents and teachers are encouraged to reinforce the benefits of talking about feelings openly and honestly to children, especially in a situation where support is needed. This is to help them understand what emotions they might be feeling, and in-turn provide the benefit of being able to regulate those emotions for themselves.

Independence

Supporting the independence of children by allowing them to experience this through simple challenges and activities incorporated into routine practice. For example, allowing a child to make the decision of how they wish to arrange their room. Providing support through encouraging strategies that will help overcome certain obstacles is also a great way for parents to improve resilience.

Relationships

Encouraging children to build positive and close relationships with family and friends is key to ensuring a strong support system should the child experience difficulties and wish to seek help. Knowing they are loved builds self-esteem, and practising empathy builds character and understanding.

Thinking Habits

Promoting healthy thinking habits is also a great way in which to overcome adversity, positive thinking can be learned from an early age as a means of overcoming routine mental obstacles.

For more information about this guide and further practical resilience training activities for parents, teachers and the greater community, head to the website below.

beyondblue.org.au/resilience-guide



TO BUILD CHARACTER WE NEED COMMUNITY

Russell Bailey, Headmaster, Redeemer Baptist School

We're just finishing our exciting summer of sport. It's great to win another Ashes series! Now think back to the Rugby League World Cup semi-final when the Fiji Bati, gracious in defeat, won our hearts as they sang us into their community in a circle of prayer with the Kangaroos.

Australia's 2018 Local Hero – a suburban high school Mathematics teacher, Eddie Woo – encouraged us on Australia Day to celebrate the care, integrity and kindness demonstrated by the entire school community, sometimes in harrowing circumstances. He said that serving others through self-sacrifice is always worth the cost.

What does it take for students to be delivered into a healthy adulthood through the competition, challenges and tragedies that they will face? A winning team needs to be able to trust each other. Humans are, and always have been, social creatures who need community.

Professor Schwab – founder of the Davos World Economic Forum – worries that the emerging artificial intelligence economy

has the potential to 'diminish some of our quintessential human capacities, such as compassion and cooperation.' I believe that excellence in STEM will need to be matched by excellence in the virtues that build community if our children's generation are to enjoy rich human interaction and the support of neighbours when bleak clouds put hope behind a veil.

In an online motivational speech, the actor Will Smith urges young people 'to live in service, not to you but to humanity, to your family, to your church, to your city, to your country, to the world – that is the purest form of joy.' A first century letter encourages Christian communities to add to your faith virtue. That is, to virtue knowledge, to knowledge self-control, to self-control perseverance, to persevere godliness, to godliness brotherly kindness, and to brotherly kindness love.

In this new academic year, let's commit to bless all of our children in all of our schools with communities of teachers, staff, parents and volunteers who are ready to give from their hearts when there is real need – so that our next generation learns by example the personal virtues that are expressed in serving others, and thereby cultivate pure joy.



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a ministry of Redeemer Baptist Church

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- > 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

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FUNDING INCREASE FOR GREAT BARRIER REEF

The Federal Government announced last month a \$60 million investment for measures aimed at protecting the Great Barrier Reef. In response, Australia's leading research organisations will unite to design measures to repair the icon and build further resilience for the future.

The \$6 million concept feasibility phase will be led by the Australian Institute of Marine Science (AIMS) and the CSIRO along with other partners to develop the Reef Restoration and Adaptation Program.

According to the AIMS, this Program seeks to deliver the best science and technology options to help the Great Barrier Reef resist, repair and recover. Faced with a growing number of threats, including climate change, this program will also be aided by the collaboration of more national and international organisations.

"In adopting a broad-based partnership approach, there is now also an unparalleled opportunity for philanthropists, businesses and individuals from around the world to invest in the future of the Great Barrier Reef," Anna Marsden, Great Barrier Reef Foundation Managing Director said.

The funding provided for this Program is also recognition of

the economic and social values of the Reef. This is a notable effort given this year is the International Year of the Reef, where various campaigns and initiatives will be carried out in direct response to increasing threats against coral reefs.

This funding will also include \$10.4 million invested into gaining control over the coral-eating crown-of-thorns starfish. Despite being native to coral reefs, their significant outbreak was responsible for almost half of the reefs decline recorded between 1985-2012, according to AIMS.

"This funding will enable us to protect live coral cover by expanding our crown-of-thorns starfish control program. Ramping up our on-water presence in the Marine Park to improve compliance with Reef-wide zoning and doing more in-park conservation work will protect Reef biodiversity," Great Barrier Reef Marine Park Authority Chairman Dr Russell Reichelt said.

The Program will also aim to combat the most recent spate of damages inflicted upon the Reef with significant back-to-back bleaching throughout 2016-2017. However, the Reef still shows enough diversity that the opportunity to act for the future is still available, to which the Program and the funding provided will take the first major step to achieve.

CTP OVERHAUL TO SEE MASSIVE REFUND EFFORT

The refunds promised in last year's CTP Green Slip overhaul has begun to be sent out to over 100,000 business customers and will continue to be rolled out over the next month.

According to the NSW State Insurance Regulatory Authority, NSW had some of the highest premiums in Australia with many options not providing enough care for those injured on the road.

The new scheme aims to provide more benefits to those injured, regardless of who was the at-fault driver of any incident. Previously, at-fault drivers could only claim a maximum of \$5,000 for combined medical expenses and loss of income.

These changes also provide more support to those who are at-fault as a result of an unfortunate situation such as poor weather conditions and wildlife.

The overhaul is also a win for taxi drivers and those signed to other ride-sharing services, providing a more level playing field in reducing taxi premiums by around 40 per cent. This resulted in a large number of refunds provided to those who operate these services.

"CTP refund cheques are now on their way to thousands of businesses across the state. As a result of the Government's reforms, \$52 million will be returned to business customers, including taxi operators, over the coming

weeks," said Minister for Finance Services and Property Victor Dominello.

In the future, taxi and ride-sharing services will have their premiums based on usage, leaving those who travel on the road more frequently with higher premiums, while those who use this purpose for a limited time, an Uber driver for example, will pay less.

Motorcyclists will not be included in this refund effort, but are given more cover for injury with a six-month no-fault period that allows them to receive more benefits in the case of an accident, regardless of fault. This is largely due to motorcycle riders making up only 4 per cent of registrations, and yet account for 12 per cent of accidents, according to the Centre for Road Safety.

Individual policy holders will be able to access their refunds online through Service NSW in the coming months, with businesses having received their refund cheques in the mail. According to Mr Dominello, the average business will receive around \$265 in refunds, while taxi owners will receive approximately \$1,255.



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CRACKDOWN ON DRUG AFFECTED DRIVERS

Last month, the NSW Government announced it will be strengthening laws to boost roadside drug testing following the death of 392 people throughout 2017, with 42 deaths a result of drug affected driving alone.

These measures double the number of roadside tests to 200,000 a year by 2020, increasing maximum penalties for drug drivers and provide greater restrictions on those who drive after using prescription drugs that may still cause impairment.

Data also showed that drug affected drivers were a major contributing factor in 231 fatal crashes from 2012 to 2015 and this was reflected in the road toll in 2017, along with other major factors such as drink-driving, speeding and fatigue.

"Many families and friends have been left with the heartache of losing loved ones while thousands will now live with lifelong injuries from crashes," NSW Premier Gladys Berejiklian said.

Along with tougher initiatives on drug affected drivers, the NSW Government will be providing more education initiatives and police operations, such as Operation Safe Return which took place over the Australia Day weekend, to target specific risk areas.

Police were ultimately disappointed in the results of Operation Safe Return with 303 major crashes reported, resulting in 91 injured and three dead.

"It's quite simple, people are dying on our roads because of poor decisions made by drivers and riders," Commander of the State's Traffic and High-

way Patrol, Assistant Commissioner Michael Corboy said.

"If people don't stop making stupid decisions on our roads, the unfortunate reality is that many more people will die this year."

Assistant Commissioner Corboy has joined Roads, Maritime and Freight Minister Melinda Pavey in insisting that everyone made road safety their New Year's resolution for 2018.

"This year, I want everyone behind the wheel [...] to think about what they are doing and take responsibility for their actions," Mr Corboy said.

"Road safety is a shared responsibility so if you see unsafe behaviour – and you can prevent it – please do something about it!" Ms Pavey said.

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BIOBANKING SITE PROPOSED FOR KU-RING-GAI

A new conservation site, known as a 'BioBank', has been proposed to the local council to protect biodiversity across four bushland locations lining the suburbs of Pymble, South Turramurra and Wahroonga.

'BioBanking', or the Biodiversity Banking and Offsets Scheme, is designed to address the loss of biodiversity values, such as endangered species and native ecosystems, from habitat degradation.

'Biodiversity credits' are generated by landowners and developers during this time and allow for more funds to be generated towards management of a particular site through later selling these credits.

The loss of value has been addressed given the historically high clearing rates of natural vegetation for increased urban

development. According to the Australia Bureau of Statistics, land clearance has been increasing since the mid 1990s and continues to have a major impact on biodiversity, soil and water.

"For adjoining residents, it's an assurance that the BioBanked land will never be developed," said Ku-ring-gai council Mayor Jennifer Anderson.

Ku-ring-gai council had already implemented a BioBanking site back in 2014, covering the Sheldon Forest, Rofe Park and Comenarra Creek Reserve between Turramurra and West Pymble. The current proposal will cover Blackbutt Park, Clive Evatt Reserve, The Glade Reserve and Sir David Martin Reserve.

For Ku-ring-gai, this proposal will provide the council with funding to manage and

maintain natural areas, which is used to undertake works such as controlled burns, pest control and large scale protection of ecological communities, natural features and vegetation.

For this particular proposed site, the biodiversity credits created will be sold to offset impacts on biodiversity that any future development in the local area may have.

"BioBanking is considered one of the best conservation management systems because funding is permanently guaranteed. No other form of funding has so effectively managed the long-term future of Australia's bushland," said Mayor Anderson.



BACK TO SCHOOL WITH HEALTHY TEETH

Despite increasing technology and many modern day advances in dentistry, an alarming number of children still suffer from dental decay. Australian statistics show decay rates in children have been increasing since the mid 90's. Figures show nearly half of children aged 12 have experienced decay in at least one permanent tooth.

It is specifically the sugary foods and drinks in our everyday diet which are capable of causing dental decay. While we all strive to pack a healthy lunch, having a second look at what goes into a school lunch box may save your child from experiencing pain due to tooth decay.

It is important to be aware of many "hidden" snacks in your child's diet. Birthday cake, cupcakes and other snacks may creep into your child's diet without you ever being aware.

Many perceived healthy foods and snacks have very high sugar content. Foods including fruits, dried fruit, muesli bars, snack bars, peanut butter, biscuits, crackers and potato chips have the potential to lead to dental decay. Especially harmful are the sticky fruits and snack bars that stick to teeth for long periods of time. Likewise, sipping juice or frozen juice bottles, although refreshing, will also prolong the food source for decay caus-

ing bacteria. Water remains the best option for a refreshing drink.

Many of these foods are hard to avoid, however it is worth reminding children of the importance of having a good drink of water after eating snack foods.

Cheese is one of the healthiest snacks for your child's teeth. In addition to providing large amounts of much-needed calcium, cheese also does its part to fight cavities. Cheddar, swiss and mozzarella all stimulate saliva glands to clear the mouth of debris. Saliva helps to protect teeth by neutralising acid produced after eating sugary snacks. Other good snacks are nuts and fruit (as long as you wash it down with some water straight after you've eaten).

Many children suffer dental trauma from falls while an object is in their mouth. Bottles, pacifiers, sippy cups, lollipops and even tooth brushes will produce lacerations to the lips or gums and palate. It is therefore crucial to encourage children to sit down whilst eating or drinking.

Protecting your children's teeth with a mouthguard is a relatively easy way to prevent dental trauma during sporting activities. There are many types of mouthguards, however, the best protection is provided by a custom made mouthguard



Dr Ian Sweeney

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

northsidedental.com.au

from your dentist. The mouthguard is made from a simple impression or mould that can be taken of the mouth. It usually takes less than a week for one to be manufactured and they are available in all team colours!

Remember: Flossing teeth is the only way to prevent holes forming in between teeth and children need to brush and floss twice daily with adult supervision until age 12.

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MAKING HEALTHY NORMAL IN 2018

It's no secret that the pervasiveness of media on one's self-image is as common as ever, with social media and 'fitspo' now a bigger presence in everyday life than ever.

'Fitspo', or 'fit-inspiration' is the common name for the trend of posting and sharing images of 'ideal' body types and fitness outcomes on social media.

The pitfall of such a phenomenon is the often unrealistic conventions they portray. Typically, these images are attractive, thin and predominantly female bodies that are placed on a public platform and aggravated as the norm. For many people, however, this simply isn't their reality.

An Australian study, conducted by researchers at Flinders University, the University of the Sunshine Coast and Melbourne's Burnet Institute and published in *Body Image*, showed that a campaign focused on functional fitness, or what we can 'do' with our bodies and included images of all body types in athletic and active situations was ultimately more successful than a campaign that used aestheticised 'fitspo' content.

NSW Health has urged people to ditch the over-ambitious New

Year's resolutions, often a peak time for this kind of aestheticised diet culture and fitness trends to arise, and start slowly with small, healthy lifestyle changes over the course of 2018.

"People often make and break their New Year's resolutions within a few weeks because they try to change old habits too fast," Executive Director of the Centre for Population Health, Dr Jo Mitchell said.

"Walking, however, is a much more pleasant way to get active and reduce the risk of chronic diseases. Doing any physical activity is better than doing none, and just an extra 10 minutes a day on most days will make a difference."

Dr Mitchell provides an example of a functional campaign, 'Make Healthy Normal,' as a means of pacing yourself towards achieving a healthier lifestyle.

"The campaign website is full of tips and teaches people that less is more – small steps, small portions, small improvements – lead to long-term habits."

makehealthynormal.nsw.gov.au

WORLD HEARING DAY

This year, World Hearing Day will take place on March 3 and aims to raise awareness of the various causes, risk factors and resources available for hearing loss.

According to the website for Hearing Awareness Week, 73 per cent of Australians aged over 70 have a mild to severe hearing loss, and this typically increases with age.

Further, Australian Hearing has found new research that the majority of Australians are unaware that untreated hearing loss is often associated with other health conditions such as diabetes, depression and poor language development.

Emma Scanlan, Australian audiologist and founding member of the Hearing Health Advisory Panel (HHAP) notes,

"One in six Australians experiences some level of hearing loss, and that figure is set to increase to one in four over the next 30 years. It's time for us to be a part of the solution and drive much needed awareness."

This year, the theme for World Hearing Day will be 'Hear the future' and will draw attention to the anticipated increase in the number of people experiencing hearing loss due to an increasingly aging population.

As such, it will focus on prevention, ensuring those experiencing symptoms are no longer embarrassed or unsure how to seek help, as well as the implementation of appropriate tools, products and resources for people with hearing loss.

According to the Deafness Forum of Australia, the most common cases of deafness are caused by damage to the tiny hair cells in the inner ear, most often from excessively loud noise.

Preventative measures can include using earplugs, turning the volume down on all electronic devices when in use, talking to a human resources department if the noise at work is too excessive, and giving your ears valuable time to recover after exposure.

Hearing Awareness Week will be taking place from February 25 and will lead into World Hearing Day. The initiative will aim to bolster support and awareness raising activities for this important cause.

For more information, head to the website below and check out any events or fundraising activities in your local community.

hearingawarenessweek.org.au



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FREE FLU JABS FOR KIDS UNDER FIVE

Brooke Fryer

The NSW government is introducing a new influenza vaccination program allowing children aged between six-months and five years to have a free flu jab this coming winter.

Last year was the worst case of the flu in NSW since 2009 with 12,000 cases of vulnerable children suffering from influenza reported. This year the NSW Government is investing \$3.5 million to reduce these numbers and to keep these children safe.

"NSW, like the rest of the country, was subjected to a horror flu season last year. The program will target more than 400,000 children and ensure better protection for them and the wider community," Ms Berejiklian said.

"NSW is now ensuring every child under five has the opportunity to be better protected this winter."

Minister for Health, Brad Hazzard, said that young children under the age of five are more likely to spread the flu and suffer severe to life threatening flu infections. By receiving a free flu vaccination, not only will it con-

tinue to keep these children protected, but it will also help protect their family and friends.

Minister Hazzard also noted that NSW childhood vaccination rates had increased by 6.3 per cent since 2010, to 93.9 per cent in 2017.

"We already have some of the best childhood vaccination rates in the country and this free flu jab will go even further to protect our little ones from potentially deadly flu infections," Mr Hazzard said.

The vaccine will cover four strains of the influenza virus, two A strains and two B strains, which are most likely to be circulating this winter.

Children who have never had a flu vaccination will need two doses, one month apart, and these will be available at any GP clinic, community centre and Aboriginal medical centre.

health.nsw.gov.au/immunisation

OVARIAN CANCER AWARENESS MONTH

The entire month of February is Ovarian Cancer Awareness Month. According to Ovarian Cancer Australia, around 250,000 women are diagnosed with ovarian cancer each year worldwide.

With no early detection test available, this initiative asks those affected, or who know someone affected, or who have never been affected by this insidious disease, to #KnowAskAct.

Knowing the signs and symptoms of ovarian cancer is vital to early detection. According to Ovarian Cancer Australia, the symptoms experienced is often those which many women will experience at times and may also be associated with other, less serious health problems.

The website offers a Symptom diary to aid in understanding whether these symptoms are a cause for concern, which can then be taken to your GP if the results are troubling.

Asking for help in the case that these symptoms occur is an important step, regardless of whether the symptoms end up being benign, it's important to know your body and the chang-

es it may go through. Other risk factors to discuss with your GP are a family history of cancer, endometriosis, smoking or obesity, if you are using hormone replacement therapy or if you're over 50 years of age and are experiencing symptoms.

Learning to Act on this important cause is key to creating better awareness of this issue for those around us. This can be through an 'Afternoon Teal' which is a fundraising initiative that encourages people to host an event with family friends and colleagues.

This initiative will also include Teal Ribbon Day on February 22, and funds raised through buying a Teal Ribbon or simply donating to the cause will continue to fund support measures for women with ovarian cancer.

The organisation offers a free Resilience Kit to inform and support those affected, as well as information about treatments, support groups and a series of personal stories of women who are living with this disease.

ovariancancer.net.au

1958 - 2018

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EXPLORE NEW YORK CITY

Brooke Fryer

A city with endless references in Hollywood, a city where famous artists like Frank Sinatra sing so passionately in its honour and a city where excitement is found in every borough.

The Big Apple is a year-round city, with plenty of entertainment available each season, such as ice skating under Rockefeller Center in Winter or rowing boats in Central Park during Spring. But to experience this city in all its glory, Summer is a hard season to beat.

Summer in New York is like Summer anywhere else in North America, humid and sticky. But this season makes for clear skies and clear views, which will come in handy when admiring the views of Rockefeller Center or the Empire State Building.

New York is also a foodies dream. With Italian food found in Eataly, Chinese food in Chinatown and food stands along every street, there is no escaping the smell of pizza, hotdogs and fried rice.

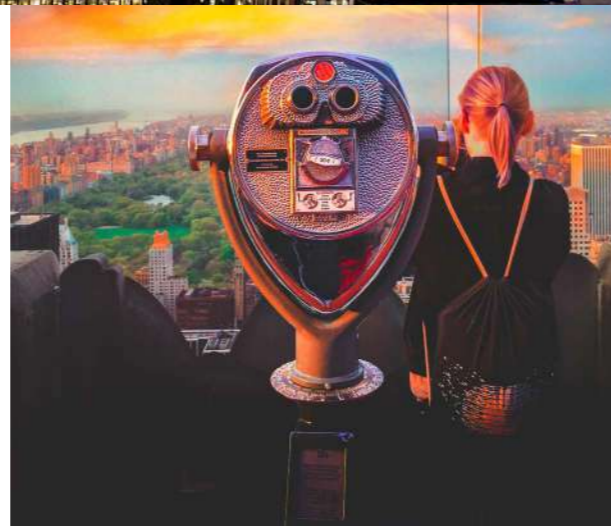
The meatpacking district in New York is deemed one of the best places to grab brunch and celebrity hunt. It is known for gourmet French food and an abundance of restaurants lining the cobblestone streets of what were once meatpacking factories.

Not only is food a key selling point in New York, but rooftop bars are where you will find the locals enjoying the view of their city after clocking-off. Time Out New York have had their say on the best of rooftop bars, including Pod 39 Rooftop, Berry Park and Roof at Park South. Each location offers a different view of the City from overlooking the Chrysler to the Empire State Building, each with a different atmosphere and a quality offering of cocktails.

As many tourists already know before visiting New York, there really is an endless list of things to do. There are plenty of entertainment options, such as a day out for the family at the Central Park Zoo, or a date night on Broadway and shopping on 5th Avenue, even the locals never tire of things to do.

The most acclaimed spots every tourist must see in New York City are the National History Museum, Times Square, the Brooklyn Bridge and a River Cruise out to the Statue of Liberty.

Daily costs for tourists can vary from 100USD-500USD depending on accommodation, food options and attractions. There is a wide variety of options for all sorts of travellers, making it easy to keep to a strict budget, or to splurge on the Upper East Side.



FEBRUARY HOT SPOTS

SERBIAN FESTIVAL ^{10-11 February}

This free, family-friendly cultural event is filled with food and activities to celebrate the fascinating world of Serbia, spanning throughout Darling Harbour from Tumbalong Park to Park Grove.

Along with amazing food such as Krofne and Pita, the event will be hosting a variety of live performances from musicians and Folkloric Dancers.

This free event will take place over the weekend of February 10-11, visit the website for volunteer opportunities and the full programme of the day.

serbianfestival.com.au

TROPFEST ^{17 February}

This free event is a highlight for anyone looking for good food, film and fun that brings thousands of Sydney-siders and visitors to the heart of Parramatta. With plenty of food to accompany your film, the festival will have a variety of vendors available including De Wafel, Gourmet Pizza and Cuba Cantina.

After settling on your flavour of choice, head down to watch all the finalists selected for this year's viewing. The Tropfest website suggests adhering to the old rule of 'slip, slop, slap' and bringing along a picnic rug, an esky and a camera to fully enjoy a magical night under the stars.

tropfest.org.au

TOMATO FESTIVAL SYDNEY ^{17-18 February}

Returning for its fifth year, the award-winning two-day Tomato Festival Sydney at the Royal Botanic Gardens will be packed with new features and exciting festival favourites.

Over the weekend of February 17-18, the whole family will be enticed by tomato-themed everything, with new exciting themes every year. Last year, the focus was on the addition of herbs, and this year the festival will be exploring the wonders and opportunities of the edible garden.

This wholesome event will provide both free and ticketed events throughout the weekend and will be sure to spice up your Summer.

rbgsyd.nsw.gov.au/visit/tomato-festival-2018

THE ULTIMATE MAKE UP MASTERCLASS WITH CHRISTINA SIKALIAS ^{25 February}

This intimate and informative beauty Masterclass will be held at the prestigious Doltone House in Hyde Park on February 25.

Bringing the artistry and transformative qualities of make-up, Christina strikes a balance between a total transformation and embracing natural qualities by expanding into the digital world with online tutorials of signature looks.

The masterclass will take this one step further, with tips and tricks of the trade demonstrated on live models with extensive instruction. Each student will walk away with a bag of goodies worth \$800 and a Certificate of Participation.

Tickets start from \$365 and can be booked online.

christinasikalias.com

February

What's On

9

Carriageworks Night Market

Where: 245 Wilson Street, Sydney
When: 5pm - 10:30pm
Cost: \$10 adult/Free for children under 12
Contact: carriageworks.com.au

Begins Feb

11

Mamma Mia! The Musical

Where: Capitol Theatre, Sydney
When: Various times
Cost: \$89.95 - \$149.49
Contact: mammiamiamusical.com.au/tour-info/sydney/

14

Valentine's Day Cruise

Where: Harbourside Cruises, Lime Street, Sydney
When: 7pm-10pm
Cost: Adult: \$99
Contact: harboursidecruises.com.au

Feb 15

~Mar 1

Mardi Gras Film Festival

Where: Event Cinemas, George Street, Sydney
When: 7pm-9pm
Cost: Various costs
Contact: mardigras.org.au/events/

Ends Feb

18

Colour Fields

Where: Museum of Contemporary Art, Sydney
When: Wed-Sun 4pm-9pm
Cost: Free
Contact: mca.com.au

Chinese New Year Lantern Festival

Where: Tumbalong Park, Darling Harbour
When: Various times
Cost: Free
Contact: cnylf.com.au

22 ~ 25

Humans of New York

Where: Sydney Opera House
When: 10:30am and 1pm
Cost: \$29-\$59
Contact: sydneyoperahouse.com

Tall Ship Valentines Cruise

Where: Campbell's Cove Pontoon
When: 5:45pm-8:15pm
Cost: Adult: \$139
Contact: sydneytallships.com.au

Opera Bites

Where: Stamford Hotel, 93 Macquarie Street, Sydney
When: 7pm-9pm
Cost: Adult: \$129
Contact: stamford.com.au

Chinese New Year Opening Night

Where: Circular Quay, Sydney
When: 5pm-11pm
Cost: Free
Contact: whatson.cityofsydney.nsw.gov.au

Pipilotti Rist: Sip My Ocean

Where: Museum of Contemporary Art
When: Mon, Tues, Thurs-Sun 10am-5pm
Wed 10am-9pm
Cost: Adult: \$22/Child: Free
Contact: mca.com.au/pipilotto-rist/tickets

The Book of Mormon

Where: Sydney Lyric Theatre
When: Various times
Cost: \$77-\$155
Contact: sydneylyric.com.au

10

14

14 ~ 17

16

Ends Feb 18

Begins Feb 23

COMMUNITY NOTICEBOARD

February 6

Author Encounter with Joe Williams

Where: Lindfield Library
When: 2pm-3:30pm
Cost: Free
Contact: lind.library@kmc.nsw.gov.au

February 14

Library Lovers Day

Where: Turrumurra Library
When: 4:30pm-5:30pm
Cost: Free
Contact: younglibrary@kmc.nsw.gov.au

February 15

An Evening with Richard Glover

Where: Gordon Library
When: 7:30pm-8:30pm
Cost: \$5 per person
Contact: gordon.library@kmc.nsw.gov.au

February 17

Crop Swap Sydney

Where: Hornsby Shire Council Chambers
When: 10am-12pm
Cost: Free
Contact: hornsby.nsw.gov.au

February 18

That Great Market

Where: East Lindfield Community Hall
When: 9am-3pm
Cost: Free entry
Contact: thatgreatmarket.com.au

February 23-March 23

Recording and Production Workshop

Where: Fitz Youth Centre Sound Recording Studio
When: 6pm-8pm
Cost: \$40 for four weeks
Contact: youth@kmc.nsw.gov.au

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LEARNING THINGS THE HARD WAY



**Kerrie Erwin,
Psychic and Medium**

Peter was a client of mine on social media who had been following my posts for a couple of years. He was a widower and taking what I had read from his posts, had fallen on rough times over the years and was experiencing a great number of difficulties.

One day I saw he had written on social media that he had to leave his rented home. Peter said that the cause were bad spirits constantly attacking him for months, scaring him out of his wits, leaving him no option but to sleep in his car. He also went on to say that he had been paying a woman, who claimed to be a healer, large amounts of money. Peter believed she was helping him and I felt sick when he told me she was clearing out his home, at a very expensive price, energetically by phone. This healer had managed to do nothing throughout the duration of time he had been living there.

Destitute and mentally exhausted he was now homeless, living in his car with his dog and covered in large bruises from what he believed to be a supernatural being. He was mentally at an all time low, suffering from loneliness and depression and didn't have the energy to stay in the home.

Feeling curious as to what exactly was going on in his life, I messaged him and asked who is the person he was paying to supposedly clear out this toxic energy as I know it takes only one session if done correctly. As soon as he told me, I understood why I felt sick to the core when I had first read what he was going through. It was no wonder the house wasn't

cleared. The person who was supposed to be helping him was renowned in my industry, which isn't regulated, as being fraudulent, fake and a nuisance to society. Unfortunately, I knew this to be true as I had witnessed this pest of a woman do this many times before. Most recently when a young woman came to me in tears at a festival I was working at and told me the same woman had told her that her baby, only a few months old at the time, had a weak heart and wouldn't live long unless she was given healing by her.

This type of behavior makes my blood boil, but I also understand spirit has a way of dealing with such situations and I also understand the way Karma works. The healer in question would eventually suffer the consequences as we are after all, working for the spirit world.

Asking Peter if there was anything I could do, as it was Christmas and it saddens me to know that there was somebody out there suffering and all alone, I decided to ring him and show him how to clear his energy over the phone. Feeling grateful he then told me his medical history and about his very sad life. I suggested he go back to his doctor straight away and get back on his anti-depressants the doctor had prescribed, as this would be the most sensible way to cope with what he was going through.

Why the woman told him to go off the medication in the first place seemed completely reckless to me. People who take themselves off medications prematurely may be leaving themselves energetically open without a filter. Nasty spirits in the astral are prone to bombard them, as they are so sensitive to these energies on a massive scale.

I also suggested that Peter try to return to his home, as I would clear whatever negative spirit or energy was there so he could live peacefully. A couple of weeks later the man messaged me and said things had improved greatly since he was back in the home and was feeling better since being back on his medication.

Reader Question

Perihan, July 1964 - Can you see a new relationship coming with a man who is right for me 2018? I have had some heartbreaks with men but haven't been in a relationship for a number of years. I do feel ready for someone to come into my life.

Dear Perihan

I feel you are holding betrayal and disappointment from the past and I will advise you to cut ties with the person who had hurt you the most. You can download this off my website, cutting the ties as it will free you up and release the energy

You are a strong person who had learnt a lot and you will be enjoying happier times after August when there will be a chance meeting with someone a little older than you who is very soft and with a gentle nature.

Don't be afraid as Love is on your side.

INTERESTED IN A PSYCHIC READING

Email editor@kamdha.com with your **name, D.O.B** and **question** for our resident Clairvoyant Kerrie Erwin



HOROSCOPES AND THE ECLIPSE

Glenne Clifford, Astrologer



Eclipses are astronomical events that offer a break in the normal patterns of everyday life. They herald times of change in our lives and act like a reset button asking us to release, let go and find a balance.

February began with a Total Lunar Eclipse, often referred to as a Blood Moon, which was visible from Sydney late January 31 and into the early hours of February 1, followed by a New Moon Solar Eclipse set for February 16.

The effects of these Eclipses can be felt for up to 6 months after and often dictate how the house areas for each sign will play out during 2018.

facebook.com/astroangelinsights

Pisces- (February 20 – March 20)

The Full Moon can indicate shake-ups at work or a change of job. Let go of any self sabotaging behaviours and unhealthy habits. The New Moon shines a spotlight on rest and relaxation. Make time for meditation, journaling or time alone.

Aries- (March 21-April 20)

The Full Moon can highlight the need for wanting more fun in your life. Children may be more demanding of your attention now. The New Moon can bring fresh insights around friendships and about finding a community or tribe where you fit in.

Taurus- (April 21-May 21)

The Full Moon can bring insight into taking care of your personal life; family may need your attention now. Home improvements or a house move may be on the cards. The New Moon is a time to plant seeds around your career direction or a new goal.

Gemini- (May 22 – June 22)

The Full Moon is an ideal time to release any drama with siblings or neighbours and learning new ways you can express yourself more authentically. The New Moon can be a time to set future travel plans or dreams of pursuing higher education.

Cancer- (June 23-July 23)

The Full Moon can reveal new strategies you can apply to improve your financial situation. There may be important purchases you would like to make in the near future. The New Moon can illuminate joint finances and investments with a partner or business in moving forward.

Leo- (July 24- August 23)

The Full Moon can help to release roles and habits that allow for self improvement. It's about investing time in you. The New Moon can bring clarity and new beginnings in love and with some of your closest friendships.

Virgo- (August 24 -September 23)

The Full Moon brings a quiet reflective quality which is ideal for rest, rejuvenation and for spending time connecting with spirit. The New Moon highlights a new beginning in setting intentions around health, wellness and work routines.

Libra- (September 24 – October 23)

The Full Moon shines a light on your hopes, wishes, possibilities and what you need to let go of. Possible drama with friends and groups you associate with. The New Moon is putting a spotlight on ways to have fun and bring more creativity into your life.

Scorpio- (October 24 – November 22)

The Full Moon illuminates your career sector, which may result in growth and recognition. Alternatively there may be dissatisfaction, resulting in resigning or retraining. The New Moon may trigger the need for home repairs and greater attention on the home front.

Sagittarius- (November 23 – December 21)

The Full Moon shines a light on broadening your horizons through travel and adventures which may connect you with foreign people or cultures. The New Moon brings fresh insights around communication and dealing with paperwork.

Capricorn- (December 22 – January 20)

Your money axis is highlighted under this Full Moon, finances you share with a partner or business partner. You may be dealing with debt, taxes or financial security. The New Moon provides insight around your own money, evaluating ways you earn, spend and save money.

Aquarius- (January 21 – February 19)

This Full Moon shines a cosmic spotlight on relationships and the needs of your partner. Ideal to release any pent up frustrations and focus on compromise and balance. The New Moon may inspire you to get to know your true self, your likes and dislikes and your wants and needs.




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