

NEW BOOK

What life can be like as cop

PAUL REVEALS BATTLE WITH STRESS DISORDER



Paul Horner's book is an honest take on his career as a police officer.

Stacy Thomas

PAUL Horner has spent time in some of the state's busiest and hardest police stations.

Now the police officer has written a book, *Jack Knife – The Crashing of a Policeman*.

His honest take on his career as an officer talks openly about his experience with post traumatic stress disorder.

"I want to help people not only understand what policing is like but to also help others with PTSD or any other kind of mental illness," he said.

"*Jack Knife* is about trust. It is about loyalty. It is about mateship. It is about courage and determination.

"It's about trusting others with your life and others trusting you with theirs."

Mr Horner is also looking to tour suburban Sydney.

Purchase the book through zeus-publications.com or email crumbshorner@hotmail.com.

QUAKERS HILL

Art flair finds full expression

Lawrence Machado

IT'S been an exciting roller coaster ride for Shanika Gunasekera since her family migrated to Australia two and half years ago.

Hardly encouraged in painting in her native Sri Lanka, she now is one of the top young artists in NSW, with her works being displayed at the prestigious Artexpress exhibition.

The annual exhibition features works from outstanding HSC students in visual arts. Shanika and fellow Wyndham College students, Courtney Hansford, Hannah Klomp and Holly Cornish, all achieved high marks in their arts.

"I'm excited to be included in Artexpress and have my hard work recognised," Shanika, 18, of Pendle Hill, said.

"It took me at least four months to complete the paintings, working at least 18 hours per week.

"In Sri Lanka the arts don't play as big a role as they can in Australia and schools are really strict in comparison to Australian schools as are their ideas of success.

STAND OUT WORKS

■ Artexpress works demonstrate exceptional quality across a broad range of styles and media, including painting, photography, drawing, printmaking, sculpture, ceramics, digital animation, film and video.

■ Of the more than 8000 student submissions for the HSC examination in visual arts, around 200 are selected for the exhibition.

■ Shanika's works will be exhibited at the Armory Gallery, Sydney Olympic Park, from March 6 to April 29.

"I had never attempted a painting before and challenged myself to complete a painting for my HSC."

She said deciding to study art at Riverstone High School in 2009 was one of the best decisions she has made.

"My initial inspiration came from my studies at the National Art School, an intensive HSC theory course in year 11, where I was introduced to the work and philosophies of Titian (the renowned 16th century Italian painter), Shanika said.

MT DRUITT, ST MARYS

Get help to cut your power bill

Ryan Lipman

ELIGIBLE Mt Drutt and St Marys residents to take advantage of the state government's free Home Power Savings program.

The program can help residents save about \$265 a year on energy bills by offering eligible households power-saving devices such as a standby saver power board, shower timer, water-efficient shower head, tap aerator and draught stoppers installed for free.

Blacktown Mayor Alan Pendleton said the program could help many pensioners and lower-income families cut their bills by up to 20 per cent and cut carbon pollution.

The program is open to eligible Centrelink and Department of Veterans Affairs cardholders as well as social housing tenants and some utility customers.

All households, businesses and public facilities can learn simple actions to reduce energy use through the state government's Save Power program.

Call 1300 662 416 or go to savepower.nsw.gov.au.

Plumpton
Marketplace



Meet Po from Kung Fu Panda this January!

Kids, enjoy the Kung Fu Panda 2 Lantern Decorating Workshop these school holidays!

Plus, meet Po himself.

Monday 16 until Friday 20 January 2012.

11am - 2pm outside Big W.



Kung Fu Panda 2™ & © 2012 DreamWorks Animation L.L.C.

WOOLWORTHS | BIG W

Cnr Hyatts & Jersey Roads Plumpton NSW 2761

Phone 02 9832 7726 Fax 02 9832 7735

www.plumptonmarketplace.com.au

DEXUS
PROPERTY GROUP