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FROM THE EDITOR

Happy New (Financial) Year! Ok, so it may not be the end of the actual year but we've decided it is as good a time as any to kickstart our wellbeing journey. Why bother waiting another six months to make those healthy resolutions? After all, they do say summer bodies are made in winter! July marks our Health and Fitness Special (22-33) with 12 pages packed full of healthy inspiration for not just your body but your mind and soul as well.



It's important not to underestimate the value of downtime when you're implementing a new health regime. With the temperatures rapidly dropping outside, this time is increasingly being spent in the comfort of our own homes. To help ward off winter boredom head to our Home & Garden pages (34-39) for creative ideas on how you can revamp your home's style and also cut costs on those pesky electricity bills.

Remember to enjoy the change of pace winter brings!

Sabrina



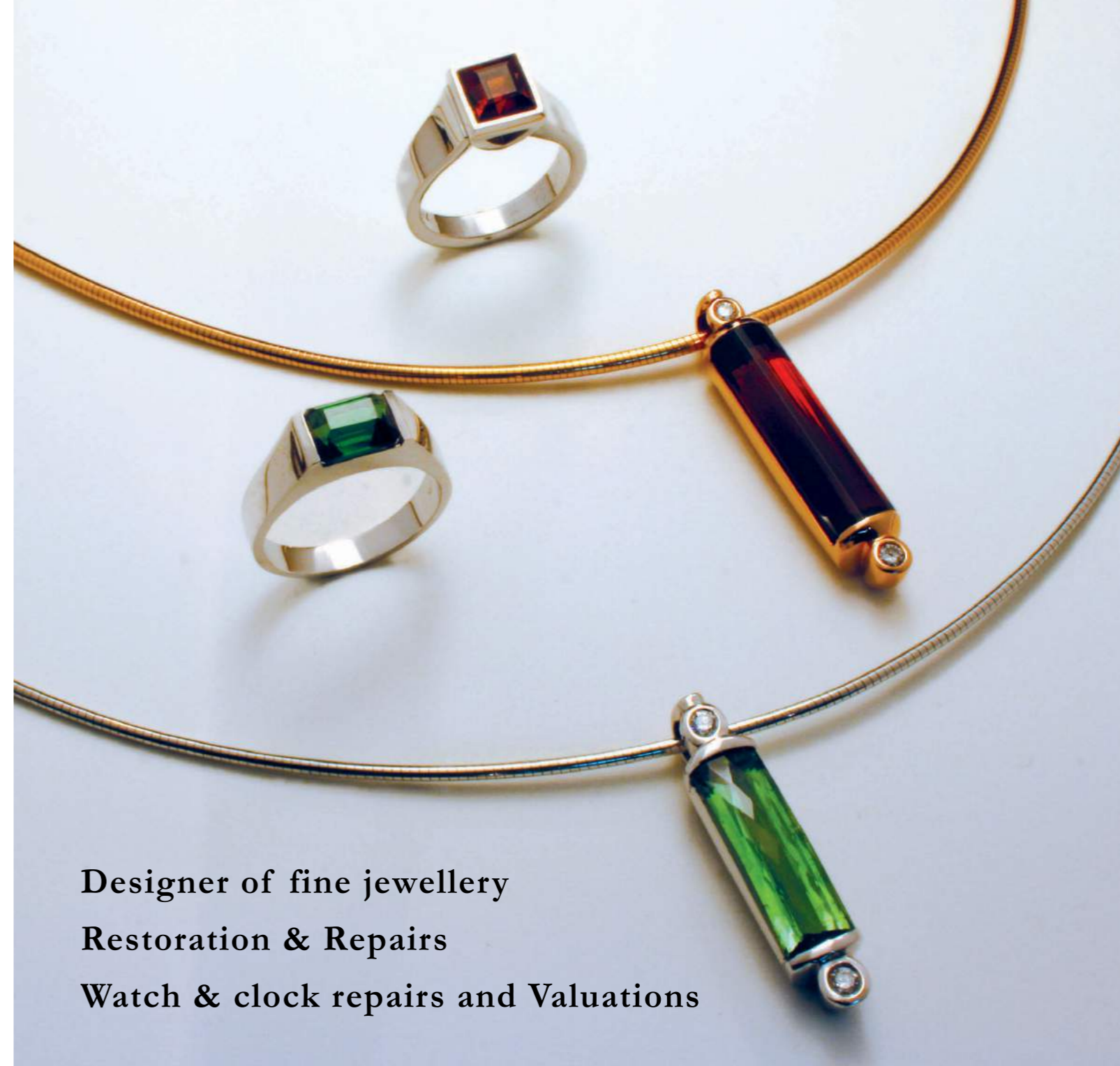
PUBLISHED BY: Kamdha Pty. Ltd.
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BOOKING DEADLINE: 15th of the month
PHONE: (02) 9884 8699
ADDRESS: PO Box 420, Killara NSW 2071

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

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From the readers

My first experience of being introduced to your magazine was at our monthly Hornsby CWA meeting on 10th June. My congratulations on the wide variety of interesting articles. Naturally I especially enjoyed the interview with Lyn Braico and the photos taken at the St Ives show, being in one of the photos. As an "over 80's, ex-South African, 'new' Australian", I have made many friends through the CWA and this has enriched my new life here in Hornsby."

Rykie Knott, Hornsby.

I could not decide what I enjoyed most in the June edition. There are always so many great articles and many snippets of useful information. So that's what I love about the Sydney Observer – diversity. With the Federal Election thrown into the mix, your publication is a veritable pot pourri.

Judy Hopwood, Hornsby.

Giveaway

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Snippets

Danielle Armour & Juliana Kichkin



Marian Street Theatre

KU-RING-GAI COUNCIL has proposed a three year business plan to help Marian Street Theatre for Young People. Under the plan, the Council will provide grant money to the theatre in three instalments in exchange for the introduction of marketing initiatives to boost audience and membership numbers.

Marian Street Theatre is a not-for-profit theatre organisation that provides youth with opportunities to participate in all areas of theatre.

"The theatre has fostered a love of drama in our young residents for over 30 years. We need to give them some level of financial certainty so that they can continue their great work," says Mayor Cheryl Szatow.

Total Smoking Ban

There could soon be a total smoking ban in all public areas in Ku-ring-gai. While smoking is currently prohibited within 10 metres of public spaces, the Council seeks to ban smoking completely in all of Ku-ring-gai's local playgrounds, bushland reserves and parks.

The new smoking proposal comes as a result of a meeting between Mayor Cheryl Szatow and the Northern Suburbs Cancer Network.

There will be an upcoming opportunity for residents to give feedback on the proposal before a final decision is made.

"Clearly community education is also an important factor in changing behaviour around smoking outdoors and will form part of any ban," says Mayor Szatow.

Girls Night In

Former Film and TV producer Anne Kenyon invites you to a free make-up tutorial in an evening of fun, pizza and a movie.

Anne knows the importance of good skin and will teach you and your girlfriends how to apply makeup well and how to maintain a good skin care regime.

If you are between the ages of 12-24 get a group of girlfriends together to meet at Gordon library July 15, 5-9pm.

Ku-ring-gai Internationally Recognised

Ku-ring-gai Council has been recognised internationally for the excellent standard of its 2014-2015 Annual Report, taking out the prize for the second year running.

The Council beat out annual reports from organisations in both the public and private sector across Australia and Asia, receiving the award in the government reporting category.

The report was commended for its 'quality coverage' of the Council's performance and achievements during the 2014-2015 financial year.

"This award is proof that as an organisation we are open and honest about our operations and committed to a philosophy of continuous improvement," says Mayor Cheryl Szatow.

Fighting Back Pain

Ku-ring-gai Council's Seniors in Action program is holding a back pain workshop on Thursday July 7 at the Council Chambers.

Presented by experienced Physiotherapist Craig Berry, the seminar will look at how the back works, common ways people damage their backs and how to prevent back injuries.

Calling All Up-Coming Writers!

Entries are now open for Ku-ring-gai Council's inaugural Mayoral writing competition. Open to two age categories 13-15 years and 16-18 years, with cash prizes to be won!

Earn some school holiday money by thinking about what the idea of home means to you. In 1000 words or less consider what does the future look like for Ku-ring-gai? How can you shape Ku-ring-gai? The limit is your imagination and prizes will be awarded for originality. So for your chance to win get your creative juices flowing and floor the judges with your take on our community's future.

A \$300 cash prize will be awarded to the winners of the two age categories with second and third place receiving \$200 and \$100 cash prizes respectively. Deadline for submissions is 5pm, Wednesday July 20.



FRESH TRACKS: A FRESH START

Juliana Kichkin

FRESH TRACKS, A foundation set up to assist young patients recovering from brain injuries with rehabilitation, has its training facility located at the heart of our community in St Ives.

Providing low-cost services such as physiotherapy, occupational and speech therapy, the organisation brings together the best medical research from the Royal Hospital at Ryde and Macquarie University to help patients improve their physical health and psychological wellbeing.

Across Australia there are 80 000 people with a severe brain injury aged between 15-34 years. Around 500 people with a severe head injury under 40 years of age are living in the Ku-ring-gai, Warringah and Pittwater areas and organisations like Fresh Tracks are here to support the brain impaired in our community.

How do we get involved? Alan Lawrence of Fresh Tracks says, "in regards to volunteers we are looking for people who could assist us on the cycle days." This would involve assisting in a communal bicycle ride providing supervision for the other participants.

Supported by Ku-ring-gai Council, Mayor Cheryl Szatow says, "The Council is delighted to be a major supporter of this initiative. Having visited the centre and tried out one of the trikes myself, it was inspiring to meet the professionals who are continuing to ensure young people with these debilitating injuries have an opportunity to re-activate physical skills they thought they had lost."

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Charles Bean: The Father of Australian History

Juliana Kichkin

IF NOT FOR the tenacity of World War 1 historian, Charles Bean, the experiences of our soldiers in World War 1 would have died with them.

A fierce public intellectual and author, Bean called the North Shore home for around 30 years, with much of his private life remaining obscure.

Born November 18, 1879 he dedicated his life to those lost in the mass carnage of war, in particular World War 1. Documentation of the Great War is mired in conflicting accounts. What exactly happened in the heat of Gallipoli battles, or on the Somme, Fromelles, Pozieres?

What is certain, however, is that to the world Australian soldiers were not protagonists of these wars, but Bean, through his meticulous documentation sought to place a spotlight on these tenacious and at times, doomed young men.

A fore-runner of investigative journalism, Bean was not shy of the battle ground and his press accounts at the time and the six volumes of official history he penned over two decades give a voice to the thousands who lost their lives, giving them an identity irreversible to the mark of time.

Having won an Australian Journalists Association ballot and becoming an official correspondent to the AIF, he accompanied the first convoy to Egypt, landing at

Gallipoli on April 25, 1915.

His account of that first dawn is legendary, depicting young men in the throes of burgeoning youth, that both highlights the tragedy of the masses that never returned home and their integrity, depicting them as pioneers of the Australian story.

"[Those] who saw the Third Brigade go up those heights and over successive summits like a whirligig with wild cheers, and with bayonets flashing, speak of it with tears of enthusiasm in their eyes... Australian infantry, and especially the Third Brigade, have made a name which will never die."

Conceiving of the idea to found what we know today as the Australian War Memorial, Canberra, Bean was present at the building's opening on November 11, 1941.

Combining a shrine, a world-class museum and an extensive archive this physical building encompassed the longevity Bean wished to impart on all those lost protecting the Commonwealth of Australia.

To mark the centenary anniversary of the Australian War Memorial, the 'Charles Bean's Legacy' conference is to be held at UNSW/ADFA Canberra on Friday 29 and Saturday 30, July 2016.

unsw.adfa.edu.au/conferences/charles-beans-legacy



Crows Nest's Changing Face

Emily McDonagh

NESTLED CLOSE TO the city but on this side of the bridge, Crows Nest residents are proud of their village aesthetic. Quaint bars, wholesome cafes and boutique shops have been the pride of the area, but recent development approvals by the local council have called the North Shore suburb's future into question.

Two high rise apartment blocks set side by side on the Pacific Highway have been approved by the local council, with 500 apartments to be built. The tallest tower will stand 35 storeys tall and the second 27 storeys, offering sweeping views of the harbour and suburban Sydney. Developers have sold 90 per cent of the apartments in tower one in the first day, with massive demand for the Crows Nest/St Leonards location.

With the new Crows Nest Metro Stop planning underway the location is hard to beat, but some residents are less than pleased.

"There will be certain sections of the community who don't like the

advancement of the high-rise, but this is reality," says Tony Arena, president of Business North Shore.

Due to be completed in 2024, the local council has conducted a wider survey to ensure residents are kept happy and the community values upheld throughout the process. When residents were last surveyed in 2011, the focus on low rise buildings, (rising maximum six storeys) and the remaining presence of heritage buildings such as the Crows Nest Hotel were made clear to the council.

"Over 400 local residents have been trying to stop the changes to proposed developments with complaints, petitions and attending meetings," says local resident Pat.

Residents also say the increased number of developments will jeopardise these community objectives by raising housing prices to unattainable levels.

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SAM WOOD:

Beyond The Bachelor



Photo: Peter Brew-Bevan



Sabrina Muysken

Photo: Peter Brew-Bevan

HE FILLED OUR screens with red roses and romantic picnic dates in Network Ten's third installment of ratings magnet *The Bachelor Australia*. A year later, after the whirlwind televised romance that saw him find love, Sam Wood is back in front of the camera. Yet this time around it is his health and fitness expertise rather than his relationship status that are garnering the attention.

The latest TV gig sees Sam co-hosting Channel 10's hotly anticipated daily program, *Everyday Health*, that sets out to discuss, dissect and debunk all things health and wellbeing. Rounding out the panel of four is sports broadcaster Tiffany Cherry, health journalist Casey Beros and Dr Bridie O'Donnell. Sam says the healthsome foursome along with various specialists who advise on each episode look to cover a multitude of issues across the health spectrum, from disease to sleep and appropriate physical training for your age.

"We want to educate people, create some conversation and dispel some myths. It's really about pulling out the key three or four messages in each episode and providing the audience with a better

understanding of sometimes complex health issues, but in layman's terms," enthuses Sam.

Currently, there seems to be a genuine market for shows like *Everyday Health*, as recent years have witnessed the health and fitness industry experience a substantial boom. When asked on the increasing popularity of the concept of 'wellbeing' Sam predicts the public's interest is unlikely to waiver anytime soon.

"Things work in cycles and we tend to as a society not just in Australia but worldwide be quite reactive. Unfortunately, or fortunately depending on how you look at it, the fact that the health of Australians is in such a dire state means we're all starting to wake up, pay more attention and want to be more educated on health issues."

Having experienced his own personal tragedy, Sam's mother passed away from cancer when he was just 15 years of age, Sam is genuinely understanding of the significant role health plays in our lives and the various ways it can affect us.

"These days it's only one degree of

"My dad says 'if you can handle The Bachelor then you can handle anything'."

separation. We all know someone or have a loved one who has been deeply affected by an illness or condition. That obviously hits home hard and we're finally starting to be more preventative in health rather than reactive."

Despite welcoming this new chance to share his passion for health and fitness, Sam still speaks fondly of his time on *The Bachelor Australia* and attributes the show to his current ease in front of the lens.

"It was not only an incredible life experience but also a steep learning curve when it came to television. Even though *Everyday Health* is the polar opposite, it has helped my communication skills and I definitely don't get the same nerves in front of the camera.

"My dad says 'if you can handle *The Bachelor* then you can handle anything'. There is a little bit in me that probably thinks there is some truth to that!" laughs Sam.

Before his days of handing out long stemmed roses Sam had already become a pioneer of children's sport and fitness after opening Australia's first kids' gym and launching his widely successful company Gecko Kids. Even though the former bachelor has since extended his area of work to adults, his ultimate passion still remains instilling the value of an active lifestyle within youngsters and watching the tailing positive outcomes.

"The great thing about working with children is you can have a positive impact on their lives so early. You can really make a huge difference and create lifelong healthy habits.

"There is something incredibly rewarding about working with children. They tend to not have any preconceived ideas and they really trust your lead. Also, it's genuinely fun and that's the most important thing. If it's fun for them it's fun for me and that's a pretty good way to make a living."

"You get one life and you really do just have to look after it."

Beyond his work with children Sam has expanded his expertise to adult fitness through his personal fitness, health and performance facility, The Woodshed. More recently, the budding entrepreneur has channeled these expertise into his very own fitness app '28:28 by Sam Wood'. Via an online platform the program has been designed to educate, motivate and support clients in achieving their desired results and implement healthier lifestyle choices.

"Being a personal trainer for 16 years I know that motivation will go up and down. I know that unless you have that personal support network around you it won't be easy. We've got nearly 10 000 people in our facebook community now and it's this beautiful safe place where people can ask



28bysamwood.com



Everyday Health airs on TEN at 2.30pm Monday to Friday.

questions, share success stories and talk about the challenges they're facing.


"I don't have an extreme view on health and wellness. I think everything needs to be in moderation, everything needs to be enjoyable and everything needs to be sustainable...That's what the program is all about."

With an amounting health and fitness empire, Sam is content with how his career has progressed so far.

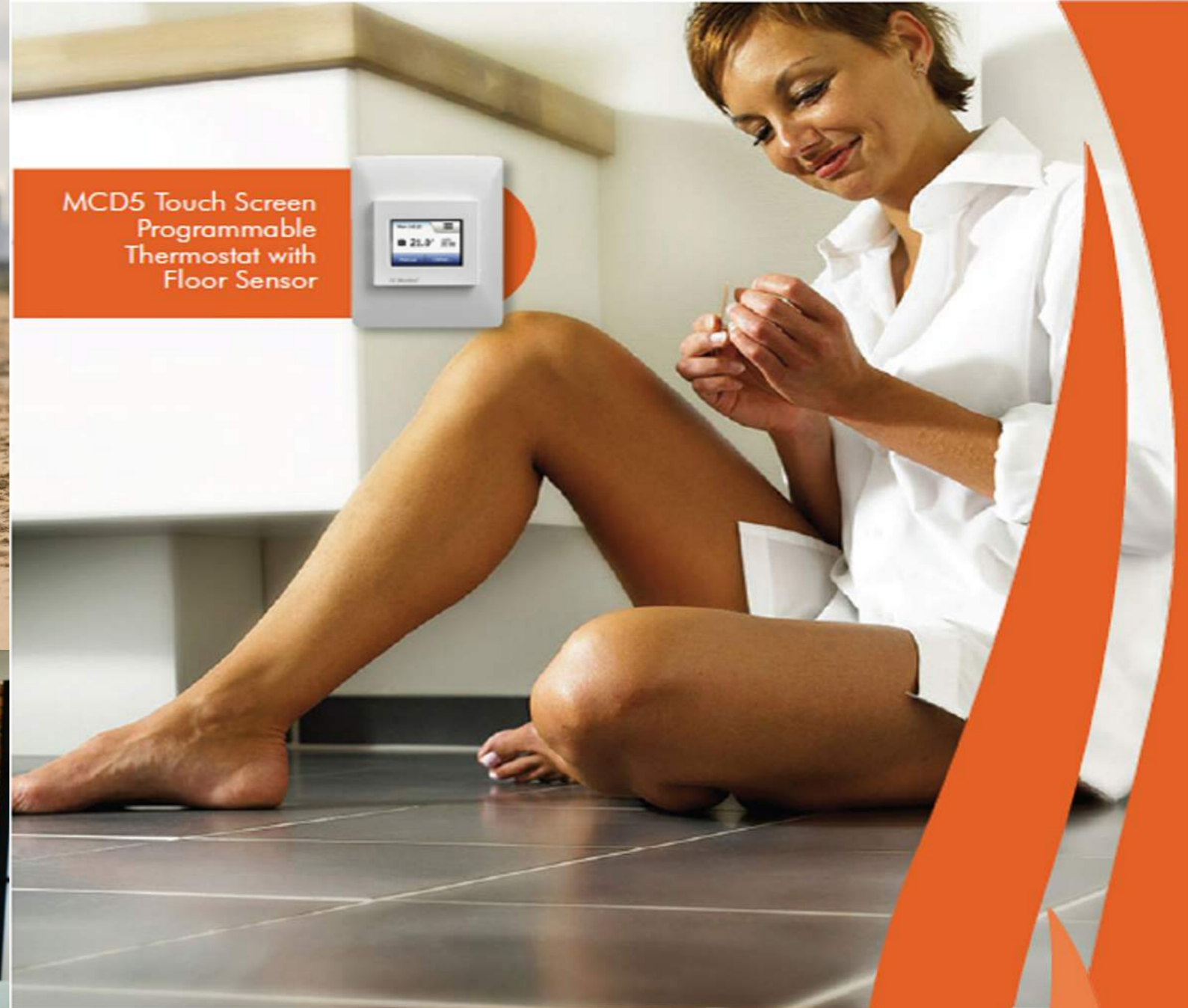
"I'm loving what I'm doing right now. I don't

want to be on TV for TV sake. I really only love this opportunity because it's doing what I love. Anything in the media that I can do to help people on their wellness journey is a privilege."

And, when it comes to offering advice on how to finally implement those healthy resolutions the fitness expert says starting is always the most challenging part, but once you do momentum will build.

"Take that first step, have the courage and the commitment to do it. You get one life and you really do just have to look after it." 

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IMPROVING EDUCATION STANDARDS

Juliana Kichkin

THE MOST RECENTLY published PISA study indicates that the graduating high school class of 2012 embarked on their university degrees as if they had missed out on six months of school in comparison to the class of 2000.

This however comes as no surprise to Dr Rachel Wilson who has been campaigning for a multi-pronged approach to reform the education system in Australia.

The PISA results, the program for international student assessment, ranked Australia 19th for Maths and 14th for literacy.

Due to be released later this year, the most recent PISA report on November 2015, will reflect declining scores, Dr Wilson, a senior lecturer in educational assessment and evaluation at the University of Sydney, warns.

"I expect we'll be ranked in the 20s when that comes out. But the ranks are not so important as how much we decline in terms of real scores," she said.

Recent research suggests a growing disparity in Australian schools, which doesn't work in favour of improving education standards.

The OECD studies of international education systems have identified equality of education as an indication of overall high performance.

"The top performing countries in education have schools, which are pretty much homogeneous from one school to another...they have high standards and they have high levels of equality," Dr Wilson said.

One of the increasingly alarming trends of segregation Dr Wilson has found in her research is the segregation of educational ability.

"That message and that labelling at that young age is mindfully destructive. We have so much enthusiasm now for opportunity classes, selective schools, accelerated programs and really a lot of that stands in opposition to the research evidence," she said.

"That message and that labelling at that young age is mindfully destructive. We have so much enthusiasm now for opportunity classes, selective schools, accelerated programs and really a lot of that stands in opposition to the research evidence," she said.

The push to segregate classes by educational ability however stems from a wider issue of increasing decline in teaching standards, particularly in Maths.

A recent report by the Productivity Commission found almost one-quarter of Australians are capable of only basic mathematics, such as counting. Many universities now have to offer basic (school level) maths and literacy development courses to support students in their study.

Increasingly offers are being made to students with very low ATARS for entry into teacher education programs. The proportion of teacher education entrants with an ATAR of less than 50 nearly doubled over the past three years.

Dr Wilson suggests that the first area of action in addressing the standard of education would be the quality of intake to teaching education programs.

"We don't have Maths for high school graduation in Australia and it's seriously perplexing and disturbing," she said.

Fewer than one in ten Australian students studied advanced maths in year 12 in 2013.

"Since 2011 the proportion of students with very low ATARs, some of them less than 30...who haven't done Maths in high school, going into teacher education has escalated," Dr Wilson said.

For the upcoming federal election Dr Wilson has a clear message to voters where education has again become a hot topic of debate.

"The PISA data is being related directly to the IMF economic competition data and it's very predictive of it. If you have declines in PISA education data that's suggesting that your economic competitiveness is at jeopardy," she said.



ROSEVILLE COLLEGE AND NASA

GROWING UP TO become an astronaut has been the dream of many children for generations. Five students from Roseville College are one step closer to making that dream a reality.

Ella Boulton, Phoebe Xu, Josephine Harrison, Gemma Lambourne and Jessica Murray, despite being in years 7-9, have been given the opportunity to travel to Houston, USA for the Houston Association for Space and Science Education (HASSE) Junior Space School program.

The students will visit Houston's NASA Johnson Space Centre as well as the Space and Rocket Centre in Alabama to get a first-hand look into the behind the scenes of space exploration and the various science based careers that make space travel possible. The program integrates culture, space, science, medicine and marine life, giving students an insight into the life of a NASA employee.

At just 12 years old, Ella Boulton is the youngest Roseville College student participating in the program and says that science has always been a passion of hers.

"My room was adorned with posters of the solar system and constellations," says Ella.

While Ella has aspirations of pursuing an earth based career with NASA, Roseville College science teacher, Ms Jenny Collins, who will be accompanying the girls on their trip, says that the trip is also a chance for her to fulfil her childhood dream of visiting the Space Centre.

"I remember my primary school experience in 1969, when we all crowded around to stare at one of the few TVs and witness the lunar landing; man walking on the moon. I've had an interest in space ever since, and will share the same excitement and anticipation of the girls because it's a first time experience for all of us," she says.

The HASSE Junior Space Program runs from 26 June to 10 July and has had more than 8000 participants since the program began in 2002.

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A Positive Community Approach To A 'Digital Age' Issue

Russell Bailey, Principal of Redeemer Baptist School

A RECENT EDUCATIONHQ news article carried this headline: Children's access to online pornography demands action. The opening paragraph said: 'Exposure to online pornography – whether by accident or design – is of increasing concern to the community'.

Schools are already doing a lot to protect children from harm with internet filters, monitoring students in class, and 'acceptable use' agreements. But the survey report from AHISA – which was submitted to the Australian Parliament this year – concluded that we need to be doing more:

A growing body of research showing that exposure to online pornography has a negative effect on the wellbeing of some children and young adults, demands a response from governments and schools. Protecting young people necessarily requires equipping them, and their caregivers, with adequate knowledge, skills and resources.



I am both a parent and a Headmaster. I want a resource to help me respond to distinctively 'digital age' issues – for my students and for my sons!

A few weeks ago in my school, we invited a self-proclaimed 'campaigner for the innocence of children' to speak at a dinner for parents and teachers. Our focus was the problem of sexualised media images that are impacting our children. Our purpose was to agree together on an approach to help our children make a positive response when exposed to potential media-imposed harm.

Many NSW public schools have adopted an approach to effecting change behaviours in schools called Positive Behaviour for Learning (PBL). They create a simple message – like 'be a learner, be safe, be respectful' – that is consistent throughout the school. On a national scale we see this PBL approach implemented in the successful Slip Slop Slap campaign against skin cancer.

Our school decided that, like the sun smart campaign, we could engage the entire school community to make an impact for change among students who have access to the full gamut of media images 24/7 through large and small screens in every corner of their lives.

So we began with parents and teachers together at the school dinner where our invited expert – Wendy Francis, a successful government lobbyist – informed parents and teachers, together, about potentially harmful media content.

We then launched a resource to be used in our school to help our children protect themselves from harm. The resource, based on some ancient apostolic wisdom (Philippians 4:8), carried this simple 'three T' message:

- Turn – turn it off, turn around
- Think – think about something beautiful, something pure
- Tell – tell a trusted adult (a parent or teacher)

Having launched the program with more than 100 parents to thunderous applause, we then distributed bookmarks and fridge magnets to every student and put up posters in every classroom to reinforce these simple protective behaviours that could help students focus on their learning and – potentially, in the future – help prevent domestic violence or preserve a faithful marriage.

If our PBL campaign strikes a chord with you, why not promote something similar in your school?

TURN
Turn your eyes away from rude, unkind or angry images wherever you see them - on TV, movies, mobile phones or tablets, on billboards, shop advertising, magazine covers or anywhere else.

THINK
Think about something good, beautiful or fun straight away - like playing games with your friends, a beautiful flower, a colourful sunset, or maybe your favourite animal.

TELL
Tell your parent or a trusted adult what you saw and where you saw it.

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think on these things. Philippians 4:8

The Mozart Effect

IT IS WELL known that there is a strong link between classical music aiding the development of young children's brains. The 'Mozart effect,' took parents by storm over the last decade, eager to lend the genius of some of the greatest composers the world has ever seen to the absorbent, young minds of their infants.

For the educationally progressive Redeemer Baptist School, it would come as no surprise that as part of their curriculum all students from kindergarten to year eight attend concerts performed by the Sydney Symphony Orchestra every year.

Interactive concerts hosted at the Riverside Theatre, introduce young children to the dramatic world of classical music and encourage higher learning skills.

"The different instruments and sounds hones students' listening skills. I've had teachers tell me the program has changed students," learning and engagement director Linda Lorenza said.

First published in 1993 in the respected journal Science, the 'Mozart effect' could be the way of the future for giving our education system a competitive edge.

It showed that teenagers who listened to Mozart's 1781 Sonata for Two Pianos in D major performed better in reasoning tests than adolescents who didn't.

"They become more engaged in the classroom and are more inspired to learn an instrument and go to more live performances. What they learn here is beyond the world of music and can be implemented in their whole lives."

Recently James Poyitt of Redeemer Baptist School was one of four students in NSW to win a Grand Award at the largest school science fair in the world.

Poyitt has his future secured with a four-year scholarship to the University of Arizona worth \$48 000.

With its cutting-edge approach to developing young minds, it's clear that Redeemer Baptist School is a high competitor.



REDEEMER BAPTIST SCHOOL a ministry of Redeemer Baptist Church

"Committed to a Christian Worldview in Education"



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



- > STANSW Young Scientist Intel ISEF nominee, Phoenix Arizona, 2016
- > National Finalists in BHP Billiton Science Awards, 2007–2016
- > \$48,000US university scholarship at Intel ISEF, 2016
- > Winners, Dorothea Mackellar Poetry Competition, 2010–2015
- > Gold Awards, BOSTES Write-On Competition, 2010–2015
- > ICAS English UNSW Medal Winner, 2015
- > Winners, University of Wollongong Industrial Technology Awards, 2015
- > Redeemer Alumni University Deans' Medals, 2013–2015
- > Gold, Silver & Bronze medals in State CIS athletics & swimming, Primary & Secondary, 2013–2015
- > Winners, Lions Voice of Youth Public Speaking Competition, 2014–2015

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

ENROLMENT 2 Masons Drive **Email:** redeemer@ozemail.com.au **Phone:** (02) 9630 6311
ENQUIRIES North Parramatta NSW 2151 **Web:** www.redeemer.nsw.edu.au **Fax:** (02) 9683 5338

CHATTING WITH MARSHA IVINS

Emily McDonagh chats with space veteran Marsha Ivins about her experiences as an astronaut and her consultancy work on the upcoming IMAX space documentary *A Beautiful Planet 3D*.

Tell us about being a space operations consultant for *A Beautiful Planet 3D*

"I was the IMAX interface with the NASA teams at the Johnson Space Center in Houston during the certification, manifesting, and integration of the hardware prior to flight. I was also the prime interface with the payload mission control team at the Marshall Spaceflight Center in Huntsville, Alabama managing the official communications between the ISS crews and the IMAX team. I supported training of all of the ISS crews in the operation of IMAX equipment, helped design some of the on orbit support hardware, and along with James Neihouse, the Director of Photography for the film, wrote all of the camera procedures and operational notes for the crew. I was also responsible for overseeing the successful downlink and transfer to IMAX of over 11 terabytes of imagery data captured on ISS."

The documentary implores the audience to take better care of our planet beyond our nationality, did your experience of outer space give you a greater perspective to this issue?

"Orbiting the planet gives all astronauts the opportunity to see the earth from a uniquely global perspective. You don't see borders or boundaries separating the countries. You don't see the political turmoil that ravages the populations of large parts of the world. You DO see the environmental effects when we treat our planet with a heavy hand and this movie hopes to share that perspective with audiences all over the world."

You've also consulted on the film *Interstellar*, how important is portraying space realistically to you?

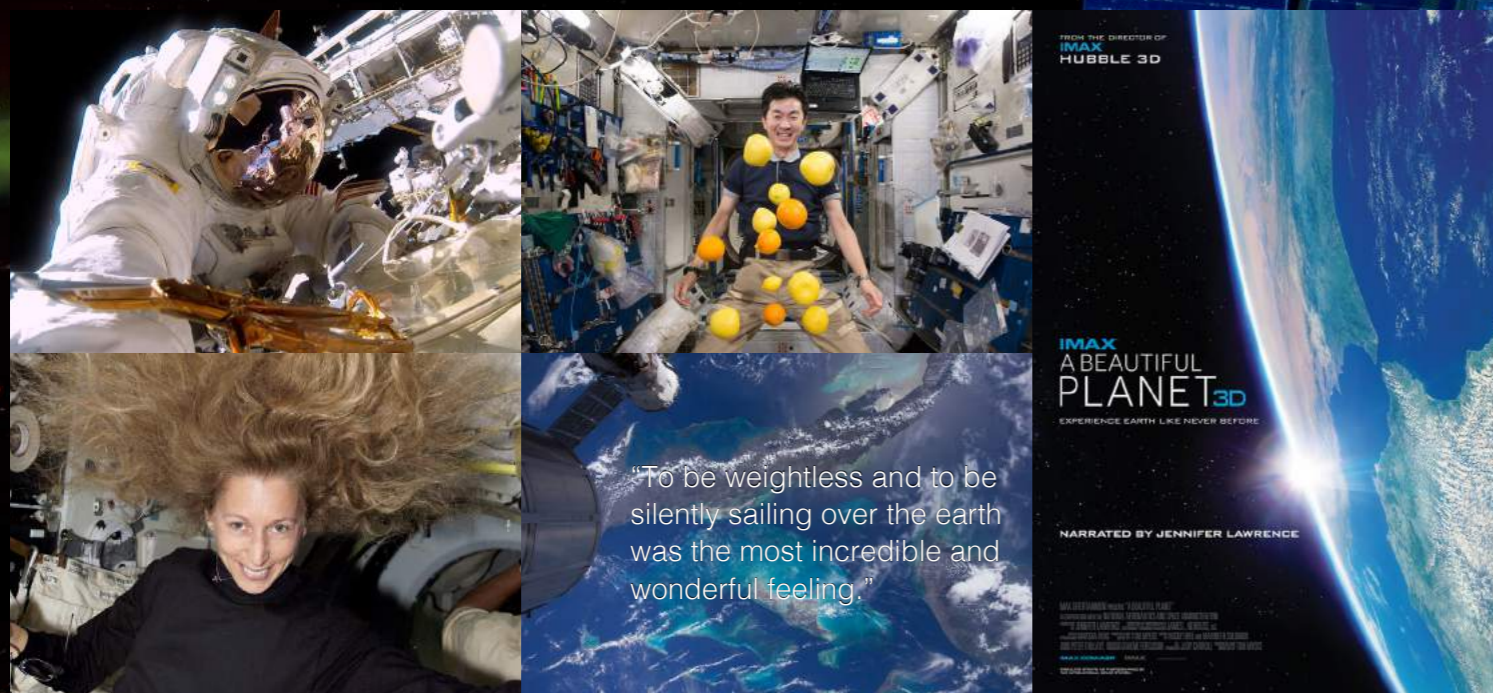
"I love science fiction stories and I love science fiction movies. When they involve stories in yet to be realized futures (Star Trek, Star Wars, etc.) then I am totally fine with seeming violations of the known laws of physics. But when the stories are about today's space programs, or the very near future, then I am unhappy with the laws of physics and orbital mechanics are blatantly violated for effect! The beauty of *Interstellar* was the attention to astrophysical details Chris Nolan spent making the film. All of the digital effects of the wormholes and black holes were based on real scientific data from the world's leading expert in that field, which I thought was pretty cool!"

What was the most exhilarating part of your five spaceflights?

"The most exhilarating thing that happened to me was just the fact of being in space! Of being "off the planet". One day people will think no more about going to space than they do about flying in an airliner but that day has not come yet, even for someone who was a career astronaut. To be weightless and to be silently sailing over the earth was the most incredible and wonderful feeling." ○

A Beautiful Planet 3D airs from September 8, 2016 at IMAX Sydney.

imax.com.au



Negative Gearing Property

Peter Vickers, Chartered Accountant

Why were the candidates talking about negative gearing during the election campaign and what is it?

THE ELECTIONS ARE over but negative gearing will remain a useful investment tactic especially for smaller investors that have few options for increasing their wealth. They mainly invest in rental home units.

Our tax laws generally tax all income and against that income you can claim all the expenses in earning that income including interest. However, if the value of the property goes up then that capital gain is only taxed when you dispose of that property.

Currently if the property is owned by an individual and not a company, then the capital gain is halved before being added to your taxable income. The rationale for this halving is that the gain often arises from inflation therefore is not a real gain and there needs to be an adjustment for inflation.

In your tax return you need to declare the rent as income as well as being able to claim the following; council and water rates, land tax, strata fees if it is a home unit, agent's fees, repairs (not improvements), insurance and the interest on any loan used to buy the property.

Additionally, you can claim depreciation of capital assets like carpets and ovens, but not built-in cupboards or the bathroom. If the property was built after 1985, then you can also claim a proportion of the cost of the building but not the land.

If you have borrowed a reasonable proportion of the purchase price then the expenses and the interest will be larger than the rent received. This is then termed negative gearing (borrowing). Under current laws, this is allowed to be offset against your other income in your tax return and thus depending on your tax rate you will pay less tax or get a refund.

The tax laws already make adjustments for investment losses for some tax concessions. The election argument was that the rich people use this as a tax avoidance mechanism. Our experience is the opposite. The seriously rich structure their affairs so they make no losses and it is the professionals and tradesmen that negatively gear.

However be warned this loss is a real loss that you have to make up from your other income. The tax refund only covers part of the loss depending on your tax rate. Remember that you will continue making and paying for the loss until you sell the property, the rents go up or you pay off part of the loan.

This real loss only becomes a profit when the value of the property goes up. Residential property goes up in cycles. The previous up swing was in 2003 then the market was flat till 2013/15, a ten to twelve year period. So you must be a long term investor. The classic error here is to buy in 2003 then get frustrated with no capital gain and sell in 2012.

Like any investment, you need to do your numbers and homework. Not every property is a suitable investment. It is imperative to seek profession advice before investing.

Together Ku-ring-gai Chamber of Commerce and Peter Vickers Business Group are sponsoring a seminar, 'Property Outlook 2016-17', on July 28, 2016 at 6pm.

For more information or to reserve a place email:

kathryn@pva.com.au.

vickersgroup.com.au



HEALTH & FITNESS SPECIAL



Get Down! On the floor...that is!

Liz Kraefft, Yoga Teacher and Owner of Kuring-gai Yoga

WHEN WE THINK of sitting how many of us consider the floor and not the chair or the lounge? To us in western societies we have become so used to sitting on a chair that the thought of heading to the floor as an alternative is just not part of our mindset.

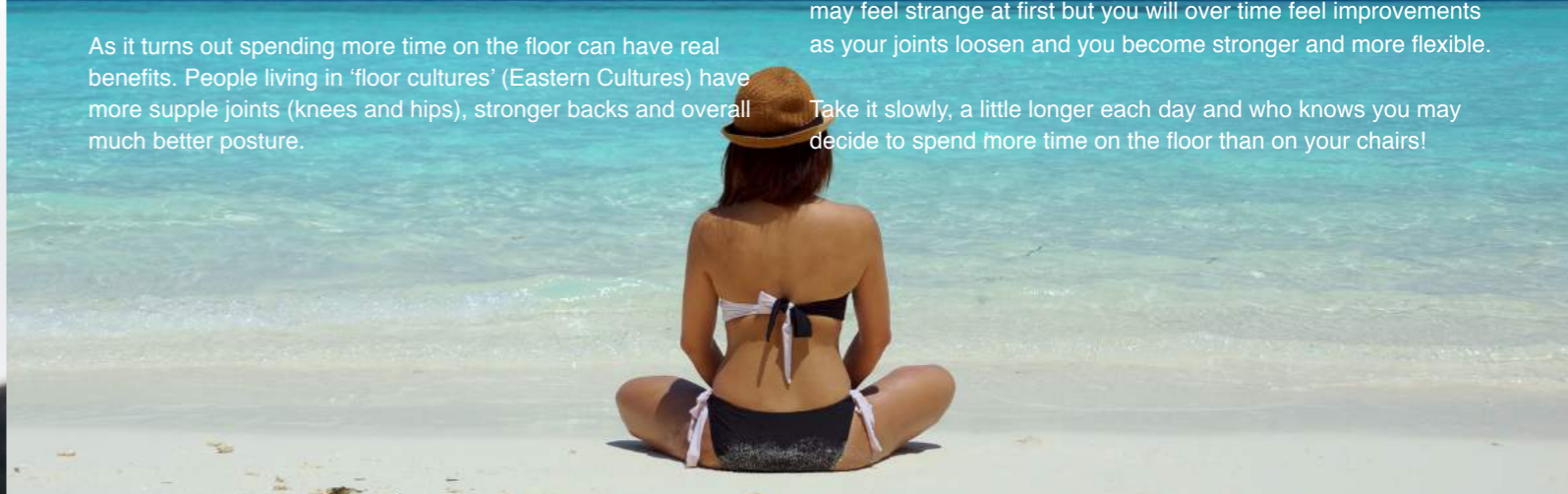
Before chairs were invented humans sat on the floor, it was the natural thing to do and we performed so many daily tasks from this position. Cooking, eating, socialising, washing, even going to the toilet... all done close to the ground.

As it turns out spending more time on the floor can have real benefits. People living in 'floor cultures' (Eastern Cultures) have more supple joints (knees and hips), stronger backs and overall much better posture.

Not only are we sitting in chairs most of our days we are also dropping our heads and slumping our shoulders over our technology (computers, phones) compounding the Kyphosis (rounding) of the upper spine. This creates tension in the neck, shoulders and back.

So let us all take the challenge! Try spending more time on the floor in kneeling, squatting and cross legged positions as we watch the TV, read our emails, play with the cat or read a book. It may feel strange at first but you will over time feel improvements as your joints loosen and you become stronger and more flexible.

Take it slowly, a little longer each day and who knows you may decide to spend more time on the floor than on your chairs!



STEP INTO LIFE LINDFIELD



step into life
Group Outdoor Personal Training

SOMETIMES IT GETS tough staying on track with your fitness. It's hard when you have to do it on your own. You feel like 'life' just always gets in the way. It may have been a while since you attempted exercising and you just don't know where to start.

If this sounds a little like you, consider giving Step into Life – Group Outdoor Personal Training, a go. It's that extra support you deserve.

Go on, do away with the crowded spaces, uninspiring equipment and overbearing instructors. Why not instead, exercise in some of the most beautiful outdoor spaces this country has to offer?

At Step into Life it's a real team atmosphere, where your team mates acknowledge your achievements and your Personal Trainer guides you to achieve your health and fitness dreams.

stepintolife.com.au



WE'LL KEEP YOU ON TRACK!

With our 7 different Group Outdoor Personal Training programs to choose from - at Step into Life you're spoilt for choice!

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Meet the locals! Book your **FREE** Training Session today.

step into life
Group Outdoor Personal Training

David Bowman
Step Into Life Lindfield and Turramurra
M 0408 647 690

Winter Fitness

Juliana Kichkin

Hot Yoga

Hot yoga is practiced in a heated room (ranging between 30 and 40 degrees Celsius) and includes popular styles such as vinyasa, Bikram and power yoga. The heat warms up your muscles and joints, encourages blood flow and increases flexibility, while soothing your nerves and calming your mind.

Mantra Yoga, Crows Nest

Price: beginners \$25 for five classes over two weeks, casual visit \$20, membership packages also available

mantrayoga.com.au

Power Living, Manly

Price: beginners \$20 for 10 days, casual class \$19, membership packages also available

powerliving.com.au

Swimming

A dip on a chilly winter's morning may have at once been unappealing but with the availability of many indoor heated pools, a morning swim is a winter exercise that many of us can enjoy and unlike other group activities, at our own pace.

Lane Cove Aquatic Centre

Price: Adult \$8, Child \$7 for casual pool use, childcare and membership also available

lanecoveaquatic.com.au

Hornsby Aquatic and Leisure Centre

Price: Adult \$7, Child \$5 for casual pool use, childcare and membership also available

02 9847 6300

hornsby.nsw.gov.au



Indoor Rock Climbing

Indoor rock climbing can be done at any time, in any weather giving everyone of all fitness levels a great workout. It improves flexibility, balance and co-ordination.

Climb for St Leonards

One of Sydney's largest indoor climbing facilities, with over 200 set routes for all levels of experience and expertise. Group bookings, memberships and courses are also available.

Price: entry starts at \$16 for adults and \$10 for children. Harness hire is an extra \$6

climbfit.com.au

Boxing

Boxing is designed to push your fitness to new levels while building muscle strength and stamina. It improves your hand-eye coordination while improving your overall fitness and calming the nervous system.

Hornsby Aquatic and Leisure Centre

Price: unlimited adult membership package \$16 per week, concession \$14 per week

02 9847 6300

hornsby.nsw.gov.au

Fitness First, Chatswood

Price: 1 day free trial, membership packages also available

02 8117 2600

fitnessfirst.com.au

Curves

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NO
CONTRACT



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Curves Complete

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Holistic Health

Danielle Armour

ALTERNATIVE ROUTES TO achieving optimal health are becoming increasingly popular as individuals are searching for a more natural and sustainable method of taking care of themselves. Holistic health is a field of alternative medicine that is becoming more common due to its focus on treatment of the 'whole person' as an integrated physical, mental, emotional and spiritual being.

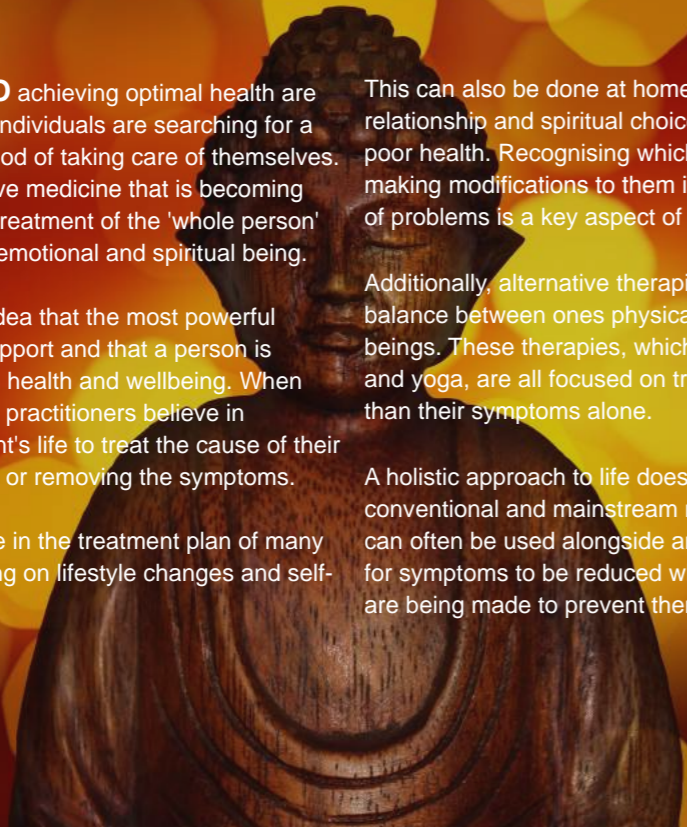
The concept revolves around the idea that the most powerful healer is unconditional love and support and that a person is ultimately responsible for their own health and wellbeing. When you become sick, holistic medicine practitioners believe in addressing all aspects of the patient's life to treat the cause of their condition, rather than just reducing or removing the symptoms.

Patient education plays a large role in the treatment plan of many holistic health practitioners, focusing on lifestyle changes and self-care to promote wellness.

This can also be done at home by reflecting upon diet, exercise, relationship and spiritual choices and how they may be related to poor health. Recognising which areas are causing poor health and making modifications to them in order to prevent the continuation of problems is a key aspect of a holistic health approach to life.

Additionally, alternative therapies can be used to help achieve a balance between ones physical, mental, emotional and spiritual beings. These therapies, which include acupuncture, naturopathy and yoga, are all focused on treatment of the whole person, rather than their symptoms alone.

A holistic approach to life does not mean abandoning more conventional and mainstream medicine. Holistic health practices can often be used alongside any prescribed medication, allowing for symptoms to be reduced while the necessary lifestyle changes are being made to prevent them from recurring.



SEASONAL EATING

Danielle Armour

WITH SO MANY healthy eating trends gaining momentum currently, it can be difficult to determine what you should eating in order to remain healthy, but also not blow your budget. Breaking through the sea of hard to stick to trends and diets can be as simple as choosing to eat seasonally.

Eating seasonally provides a greater variety to our diets, allowing our bodies to consume produce that helps our bodies adapt to the season.

"These days most people decide on a recipe and then go out and shop for it rather than source the ingredients first and work out what to do with it later," says The Food Coach Judy Davie.

Health experts believe that some produce may have up to three times more nutrients when grown in season.

This means that in winter, root vegetables are the go to, with turnips, parsnips and celeriac all hearty and delicious additions to any meal. When it comes to fruits, there is so many favourites to pick from. Navel oranges, mandarins and strawberries are some of the top choices for in season fruit this winter and can be easily incorporated into a wide range of cooking.

thegreengrocersdiet.com



Nature Care College Learning for life

NATURE CARE COLLEGE is passionate about health and wellbeing on all levels – from self-empowerment through education to holistic exercise options and everything in between, including:

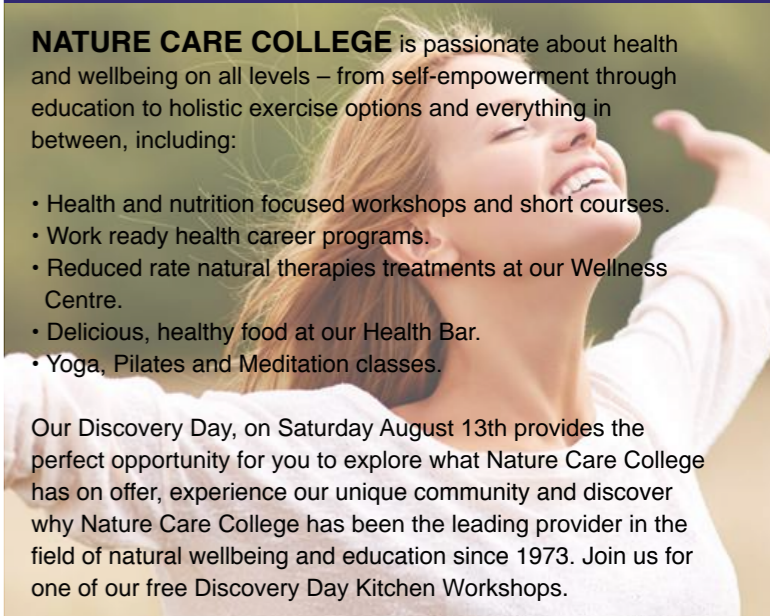
- Health and nutrition focused workshops and short courses.
- Work ready health career programs.
- Reduced rate natural therapies treatments at our Wellness Centre.
- Delicious, healthy food at our Health Bar.
- Yoga, Pilates and Meditation classes.

Our Discovery Day, on Saturday August 13th provides the perfect opportunity for you to explore what Nature Care College has on offer, experience our unique community and discover why Nature Care College has been the leading provider in the field of natural wellbeing and education since 1973. Join us for one of our free Discovery Day Kitchen Workshops.

(02) 8423 8333

info@naturecare.com.au

naturecare.com.au



Sleep Therapy

Cheryl Fingleston

DID YOU EVER say the words 'I'll continue to go out and have a social life!?' It never happened once the wee ones arrived, right? Having kids changes your life – FACT.

There are times, however, when your social life must continue. So, how do you manage attending an event with one or more children in tow?

There will be occasions that cannot be avoided and you will have no choice but to take offspring along. You might have a child that is adaptable and fairly content when routine is disrupted, or, you might have a child that simply cannot be 'settled', is hugely irritable and requires a heck load of maintenance to get through the event.

The key is to try and get back to the usual routine as quickly and as per normal, as possible. The natural body clock kicking in will have your baby or toddler up at their normal time. If this occurs, it's key to stick to the schedule, but extend sleep times a little.

The morning sleep for a baby should take place earlier as they will be more tired from not having had enough of their usual sleep throughout the night.

For a toddler who has woken sprightly and upbeat as if none-the-wiser, at their usual 6am time or earlier, encouraging a solid day-time nap is wise. It's important that this sleep or 'rest' time takes place as early as possible ahead of bed-time.

If you're fortunate enough to have been blessed with a lie in, then its back to normal sleeping as much as possible, remembering to limit nap-times in the day to not much more beyond usual hours of day-time napping. All of this is to ensure that the night after the night before is resumed back to a good nights sleep for all!

thesleepcoach.com.au



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HEALTH CORNER

Danielle Armour

Wellness Cruises

With temptations everywhere and exercise an afterthought, health can be difficult to maintain when on holidays. Wellness cruises offer the solution to this problem. Combining two of the biggest trends in Australia wellness cruises can either be themed, with the primary focus on a specific wellbeing or fitness activity, or a more traditional cruise that features enhanced wellness facilities. Options include a boot camp cruise, spa cruise or yoga cruise, with fitness and wellbeing facilities given prime locations towards the top of the ship.

Sensory Deprivation Tanks

Many of us struggle to find effective ways of relieving stress. Sensory deprivation tanks allow you to focus on nothing but yourself in order to relieve stress. The tanks, filled with salt and water are in a soundproof room. Users float in the water in total darkness, unable to see or hear. Flotation chambers like this have been shown to slow heartbeats, reduce blood pressure and lower levels of cortisol, the stress hormone. While a one off trip may be effective for those with mild stress, chronic stress sufferers will need multiple treatments to significantly reduce stress.

Chocolate & Heart Disease

A new study by the National Centre for Biotechnology Information in the US has found that there could be a link between eating chocolate daily and decreasing the risk of heart disease. Eating it can increase insulin sensitivity, reducing the risk for high blood pressure, diabetes and cholesterol abnormalities, all of which can lead to heart disease. Regular dark chocolate consumption can also improve fatty liver disease by reducing insulin resistance. The agent in chocolate responsible for insulin sensitivity, polyphenol, can also be found in red wine, olive oil and coffee.



Prevention: The key to dental success

LIKE ANYTHING, IT is easier to maintain healthy teeth and gums than repair the damage caused by disease. The signs of a healthy mouth include fresh breath, pink gums, plaque free teeth and enough teeth to eat and chew effectively. Healthy mouths also require a healthy diet.

Healthy teeth not only last longer, they help maintain your overall health. Brushing and flossing twice daily, together with regular dental visits help prevent problems before they become painful and complicated to treat.

Preventive measures include the application of Fluoride. Fluoride is absorbed into teeth strengthening the enamel. We require fluoride throughout life as our teeth are continually under acid attack from sugars in our diet. Fluoride is especially important for children's teeth as they are still completing mineralisation

after eruption. However, it is also important to monitor fluoride in small children, as too much may also cause problems.

The ADA recommends fissure sealing children's molar teeth as soon as they have fully erupted. Fissure sealing involves "sealing" the deep grooves and fissures in teeth that trap plaque causing dental decay. A thin film of resin is simply bonded to the tooth surface stopping decay causing bacteria from sticking to the tooth.

Diet is a major factor in maintaining a healthy mouth. Frequent snacking, eating sticky or chewy foods, or foods high in sugar will all lead to dental decay.

Many people clench and grind for up to eight hours at night. Prolonged periods of tooth grinding will cause enormous amounts of damage. In these cases, an occlusal splint or night guard may

be recommended.

Tooth loss may cause other teeth to tilt or drift, changing the overall bite. It is far easier to replace a single tooth which has had to be extracted, than waiting and then needing to move all of the other teeth that have moved.

Dental examinations are possibly the only time your mouth is ever examined for signs of oral cancer. Early detection of any cancer generally has a better prognosis.

Regular dental examinations are recommended six monthly. Patients with special needs, elderly patients, patient's with poor manual dexterity or eyesight should undergo a maintenance appointment every 3-4 months.

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

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

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Biomechanics Explained

Clare Crosswaite, Podiatrist at Turramurra Podiatry Centre

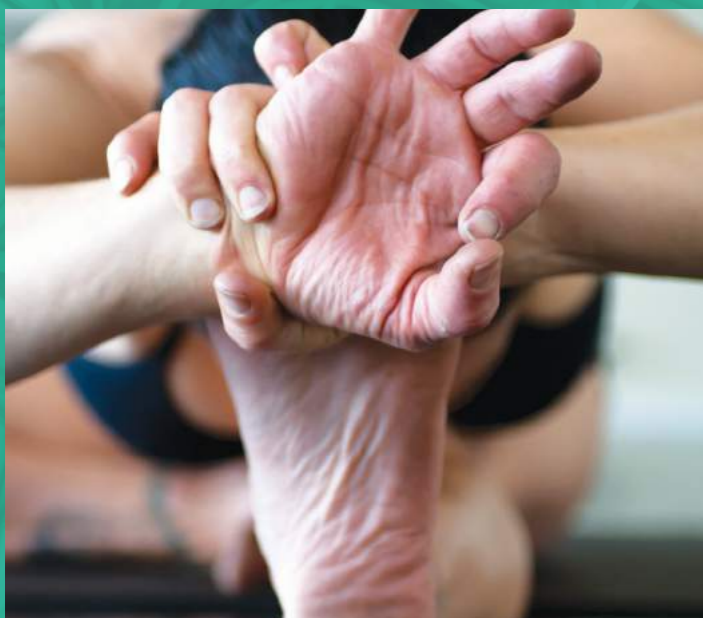
What is Biomechanics?

The study of one's structure and function. In Podiatry, we aim to identify pathomechanics (pathological biomechanics) of the feet, legs and lower back.

Do you get pain? Could this be a structural issue?

No-one has perfect lower limb mechanics and no-one is totally symmetrical. Some of us are blessed with more ideal mechanical genetics, getting occasional injuries e.g. doing too much too soon.

Others inherit a whole host of unwanted lower limb architecture that can cause an endless list of wear and tear (osteoarthritis) or injuries to muscles, tendons, ligaments and joints.



What is Orthotics?

A medical specialty that studies the design, manufacture and application of orthoses. In Podiatry orthoses fall into two main categories: pre-fabricated or custom-made orthoses.

These devices come in a variety of shapes, sizes and densities (soft/hard) and are then placed in suitable footwear for the individual's specific needs.

Why should one have a biomechanical and gait assessment by a podiatrist?

We all hope to live active happy lives. Why would anyone want to have unnecessary damage to joints and soft tissue structures? Would you want to buy a car with one wheel bigger than the other three? Would you still open your front door if you knew that one of the hinges had been twisted?

Hopefully one day biomechanical assessments could be part of routine child screening thus preventing orthopaedic surgery costs in 30-65+ years. A biomechanical assessment is an investment in your future weight-bearing movements.

Some examples of pathomechanics we treat include: Growing pains, foot pronation/ supination, tendinopathies, leg length difference, Achilles tendinitis, heel pain, foot, ankle, knee, hip and lower back pain.

Our pathomechanical treatments include: orthoses, stretches, exercise programmes, taping, needling, gait re-training, footwear recommendations and postural considerations.

Get a biomechanical assessment to reduce your risk of injury, unnecessary osteoarthritis and joint deformities.

Three Winter Essentials

WINTER IS THE time to review the comfort of your own home. As cooler temperatures lure us to stay longer in bed and the season begs us to spend more time indoors, it is imperative to be able to find a cosy place to sit down and relax. These three suggestions will make sure that you definitely add comfort and cosiness to everything you do at home.

Electric Bed or Mattress

Have a good look at your bed and pillow. Are they providing you with the support and comfort that you deserve this season? One creative way to multiply your comfort is to opt for an electric bed that provides a lot of great features including various flexible positions. This includes elevating your legs or providing you support in a seated position. If you don't like the idea of an electric bed, have you considered just replacing your existing mattress with an electric mattress? This innovative mattress provides all those wonderful features an electric bed can offer. Flexicare is a sophisticated alternative to an electric bed. After all, a comfortable sleeping surface is the first winter essential.



Rise Recliner

The second winter essential is a rise recliner or a lift chair. It is helpful in two ways – the rising actions helps you stand up and sit down independently. The reclining action can make you more comfortable, to the extent of becoming a temporary bed. It is important to know what to look for while selecting a Rise Recliner.



Sheep Skin

Our third winter essential needs no introduction. It's a medical grade Australian sheep skin. Nothing can be more natural to keep you warm and cosy this winter. It can add luxury and comfort to your body, either on bed, or on any chair. It can also work as an excellent pressure relief.

For more information on these winter essentials and other ideas to discover pure comfort head to:

comfortdiscovered.com.au



TURRAMURRA PODIATRY CENTRE

SHOP 2, 14 EASTERN ROAD, TURRAMURRA

Our experienced podiatrists have been treating feet in Turramurra for over 15 years.

Our focus is to restore foot function and improve quality of life to our community.

We offer a complete range of podiatry services such as ingrown nail surgery, sports podiatry, diabetes assessments and children's foot conditions.

Our clinic has extended hours available by appointment.

PHONE: 9144 6227

- * Biomechanical Assessments
- * Foot/knee/back pain
- * Paediatric Assessments
- * Sports Podiatry
- * Diabetic Assessments
- * Orthotics
- * Acupuncture
- * Nail Surgery / Ingrown Toenails

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National Diabetes Week

Danielle Armour

DIABETES IS THE fastest growing chronic condition in Australia, with 280 people developing the condition every day. National Diabetes Week will run from July 10-16 and focus on raising awareness of prevention and treatment of type 1 and type 2 diabetes.

While type 1 diabetes is an autoimmune condition that has no cure or prevention, type 2 diabetes is estimated to be able to be prevented or delayed in up to 58 per cent of cases by exercise and healthy eating. Type 2 diabetes makes up over 85 per cent of all diabetes cases in Australia and is most common in people over 45 years of age with high blood pressure and/or are overweight.

As part of this year's campaign, Diabetes NSW is raising awareness of the risk of amputation for diabetics. Diabetes is the leading cause of non-traumatic lower limb amputations with nerve damage to the legs and feet present in around 13 per cent of people with the condition.

On July 12, Diabetes NSW is holding their 'Standing On One Leg' event at Victoria Park in Camperdown. The event will attempt to break the Guinness World Record for the most people standing on one leg simultaneously for two minutes.

Along with the 'Standing On One Leg' event, Diabetes NSW will hold its second Live your Life Expo on Saturday July 9. The Expo will offer talks by those living with diabetes as well as diabetes experts and live exercise workshops to demonstrate lifestyle changes that can reduce the risk and severity of diabetes.

diabetesnsw.com.au



Redefining Success - Living Successful Lives



Vera Randall, Founder of Knitwit & Owner of Just Better Care Northern Suburbs

IN HER BOOK Thrive, author and co-founder of *The Huffington Post*, Arianna Huffington says that over time our society's notion of success has been reduced to money and power and that we need to add a third dimension to live the successful lives we want and deserve.

She writes about four additional things we need to support whatever level of success we achieve: wellbeing, wisdom, wonder and giving – and is emphatic that people are turning to activities that give life meaning.

Every day at Just Better Care, I see our community support workers doing just that, as they work toward successful outcomes for the people they serve and in doing so for themselves.

As they care for people who are frail, aged or living with dementia or disability, they take care of their own wellbeing to enable them to support others. They are wise about how they build relationships with their clients; they enjoy the wonder of listening to their life stories and most of all the giving of themselves.

Giving can take many forms. It can be a cheerful smile as they arrive at the door, paying extra attention to a task like light housekeeping, going shopping and preparing a meal or paying extra attention when prompting medication.

These are just a few of the ways our team of support workers live successful lives. Carrying out tasks to support others brings joy, and in doing so, they are adding to the third dimension Arianna Huffington writes about to support a successful life.

Yes, our support workers are redefining success in serving others, providing peace of mind to busy families and in doing so building up a bank of wellbeing and living successful lives.

If you are interested in exploring how you can join others redesigning success by becoming a community support worker send me a message. Maybe we could meet at our office at Gordon and talk about joining our team – casual work available.

justbettercare.com



National Pyjama Day

Juliana Kichkin

AS EVERY PARENT knows, foster care is a last resort for our children. That's where the Pyjama Foundation comes in. Founded out of the alarming need to support the lives of our community's most vulnerable children in 2004, founder Bronwyn Sheehan is determined to reverse the growing numbers of poor literacy and numeracy levels of children in care.

Currently looking after over 1300 children, Bronwyn Sheehan is a pioneer for community consciousness describing her mentoring program of children in foster care as the "ability to change children's lives."

With an established learning care program, volunteers help children develop learning skills as well as assure the child of their irreversible value to our community. Called the Love of Learning Program, one adult is matched with one child where each week for 1.5 hours they read books aloud, play educational games and work on numeracy skills.

Bronwyn also encourages members of the community to apply to become a Pyjama Angel on their website. Pyjama foundation provides full training for all their volunteers and ensures they are safe to work with children, with all volunteers required to receive their "safe to work with children check".

But for those juggling endless commitments there is July 22, National Pyjama Day. This is an opportunity for all of us to come together to ensure every child is given a high standard of education. So get out your best bedtime attire to help The Pyjama Foundation raise awareness and funds!

Money raised from Pyjama Day will aid offering learning and literacy skills to more than 1000 children, fund educational resources and reverse the tide of children in care leading disadvantaged lives.

thepyjamafoundation.com



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By Dezign - 20 Years Young!

A FEW OF our younger staff weren't even born when By Dezign first started business in 1996, with the bold idea of a store that sold everything you needed to fit out your home – from the living room, to the bedroom, the office, the bathroom, the laundry, the kitchen & of course, the kitchen sink.

Over the past 20 years we have constantly refined our offer, adapting to feedback from our customers and the constant evolution of designs and fashion. Our stores have changed as well. In 2000, we relocated from Homebush to Auburn and in 2010 we opened our second store in Artarmon. Along the way, we have been fortunate to win many awards, from Local Business awards at both Auburn & Artarmon, to national awards such as the ARA Independent Retailer of the Year and twice winning an Australian Business Champion award.

During 20 years a lot has changed, but the one thing that has always stayed the same is our commitment to providing By Dezign's customers with unique and beautifully designed products, at prices that represent the best value in the market.

As you walk through a By Dezign showroom, your mind, senses and imagination are constantly stimulated. Different styles, textures, colours – are juxtaposed with stirring results. One moment you are inside at a room that could belong in Provence and the next you're standing in a Barangaroo styled apartment or a traditionally styled mansion with old world charm. Materials and craftsmanship are celebrated through warm timbers, the sophistication of glass, sleek polyurethane and the subtle textures of leather and layered fabrics.

Our homewares and decorator products are as varied and eclectic as our furniture collections. Our range is constantly evolving, with each piece carefully selected and purchased in limited quantities to ensure its exclusivity. And then we have art – not just a small selection but hundreds of framed prints, canvases and mirrors to suit virtually any space & décor.

What you will find most of at By Dezign is inspiration. A million ideas for an open mind or a complete furnishing solution for customers who are exhausted after traipsing every furniture store and shopping mall in the market. Either way, with a selection as varied and bold as ours, we know we can help you create a look and furnishing solution to suit your home, your family and most of all, your lifestyle.

So if you are furnishing a whole home, or simply looking for something to decorate a difficult space, visit By Dezign – at our stores or on our website; we know you'll find something that makes the effort worthwhile.

By Dezign ... come inside, be inspired.

bydezign.com.au



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www.suncoastenclosures.net.au



Energy Saving

Juliana Kichkin

AS WINTER IS officially here homeowners are shopping around and switching energy plans for a better deal.

However, iSelect spokesperson Laura Crowden warns that price shouldn't be the only factor when it comes to choosing the right energy plan.

87 per cent of households said they would switch energy providers in order to save money but this may not be cost effective in the long-term.

"Sometimes the cheapest plan may not be the best value option over the long term. For example, many people get enticed by generous pay-on-time discounts but if they often pay their bills late, they could end up paying a lot more than expected.

"On average, NSW households would need to shave \$67 off their quarterly energy bill to be convinced to switch providers, although some households would switch for as little as a \$20 quarterly saving," Laura said.

Instead, North Shore residents are advised to look for a plan that offers the right balance between price and flexibility.

"Consider flexible payment options, such as paying your bills online, or the ability to pay your bills in instalments to avoid the bill shock that comes from unexpected large quarterly bills."

Taking the time to compare, isn't about switching, rather it's about having the certainty of whether you are currently on the best deal.

"One in five NSW households who did take the time to compare providers found they were already on the best deal."

Residents are also advised that if they did find a better deal, switching could take as little as 20 minutes.

12 per cent of households were found to be putting off changing providers because they felt it was too much hassle to switch to another alternative.

"Switching energy providers is a really simple process that could end up saving you significantly over the long term.

"Many calls with our energy experts only take around 20 minutes, right from comparing options through to taking care of the transfer process for you."

Downsizing

ACCORDING TO DOMAIN.COM there has been a 40 per cent increase in numbers of people over 50 who are considering downsizing to a smaller home. The main benefits are smaller mortgage repayments and less financial stress, less time cleaning and maintaining your home and a greater freedom to pursue leisure activities. Some people relish a clean slate and chance to de-clutter but for many, what to do with a house full of possessions can be the main obstacle between them and an exciting new life.

Local Interior Designer, Lindsey Blondel, is offering a new approach to downsizing, ensuring clients a smooth transition into their new home and taking the heartache out of the moving process.

"I believe that downsizing need not be daunting" says Lindsey, an experienced Interior Designer, "Through clever design and a belief in re-purposing existing furniture, re-using as many things as possible and releasing only what is necessary, it is possible to design a new home that captures the essence of everything you love about where you live now."

She can walk beside you through the process; "I am here as an Interior Designer to share my thoughts about how wonderful your cherished possessions might look set up in a brand new space. I can guide you on furniture placement and decoration and find ways to maximise the liveability and style in your new home-not to my personal style but yours."

Moving into a new home can be daunting, it's not just your heart that is embedded in the family home – it's your memories, when the time comes to move on it is possible to curate your things to create a lovely new home.

Lindsey has packages to suit different needs and is happy to have an obligation free conversation with you.

As a special offer for our readers, she is offering a Bed Bath & Table Gift Voucher worth \$50.00 for anyone who engages her services; just mention this ad when you make an enquiry.

Visit her website to access a free download "Downsizing-20tips to make it easy". Lindseyblondel.com.au

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BALANCED FLUE TECHNOLOGY: WHAT YOU NEED TO KNOW

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Balanced flue fires are so easy to install, with straight out the back venting options, they are ideal for multi-storey dwellings on an outside wall. The fireplaces can also be vented in a number of versatile vertical and horizontal fleeing options. In fact, you can vent fireplace units up to 4.9m horizontally with up to three 90 degree bends. This means your fireplace can be virtually anywhere and any style.

jetmaster.com.au



TOTAL BATHROOM CENTRE

REALISING ANY BATHROOM renovation is a major project. With seemingly unlimited amounts of colours, materials, fixtures, fittings and styles to choose from, it can be tough to know where to even begin! This is where Total Bathroom Centre comes in, to assist you on your renovation journey.

With a dedicated bathroom renovation and design team available, you will have help through every single step of the way. Whether you supply your own plans or not, their team will work with you to develop your ideas in their entirety. The team at Total Bathroom Centre pride themselves on taking the time to understand your unique needs, style and specifications in order to tailor just for you, the perfect bathroom renovation for your Sydney home.

Whether you are planning to renovate your home's existing family bathroom to meet the needs of a growing family, or you are

looking to bring a touch of sophistication and luxury to an ensuite or second bathroom, Total bathroom Centre has the answer. And, the best part? From concept to completion the process is sure to be a truly stress free bathroom renovation experience for you and your family.

A Total Bathroom Centre renovation experience includes:

- Professional bathroom designs.
- Colour consultation.
- Advice on choosing the perfect tiles, cabinets and vanity.
- All renovation, construction, plumbing and tiling.
- Supply and installation of all your personal choice items, fixtures and fittings.

totalbathrooms.com.au




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Food For Thought

Liz Kraefft, Yoga Teacher and Owner of Kuring-gai Yoga

HOW DO YOU feel about food? Do you love enjoying rather than creating? Do you have childhood memories of meals that were created with love by your Mother or Grandmother? Perhaps your emotional connection with food is troubled with poor experiences and negative emotional attachments that have left you with eating disorders or guilt.

Food is so central to our existence, but overtime we have become surrounded by so many dining choices, experiences and styles of cuisines that it gets difficult to navigate. We also often feel compelled to eat out more, as our lives become busier, and therefore less likely to stay home and cook with love for ourselves and our families!

Think back to those wonderful family events when the smell of baking filled the house and perhaps the sharing of special recipes was a familiar scenario! Have we lost this healthy connection with food?

Food, like music can transport us back to days gone by when our lives were perhaps less complicated and less stressed! In the restaurant industry and the world of the professional chef, the awareness of a well constructed menu and the importance of having the right balance: variety of tastes, textures and temperatures. It is no fluke that a 'good' menu has a diversity and why foods like potatoes, tomatoes, various cheeses, salty foods, cream based savoury sauces, mayonnaise derived sauces and sweet soft desserts such as those derived from custards and creams, feature so significantly.

Fat cut Potato Chips with Aioli sauce as bar food or a side dish at the local Hotel are always popular, varieties of Pasta served with tomato or a cream sauce ... grated parmesan cheese accompanied by a Caesar Salad and with that classic anchovy/garlic mayonnaise! Dessert? What about a Creme Brûlée with the soft baked custard and the textured toffee to create that appealing crunch! Mmmmm!

Emotional food connections such as these.... And so many more, play an important role on menus because it is the simple food that takes us back to a special place or an event. These experiences make us feel happy!

The psychology of food is to connect the diner to positive feelings and be transported to a time or memory of the past. I guess it is comfort food in a way!

In yoga we always try to move forward and not get stuck in the past or be weighed down with negative thinking, but with food, if your experiences have been good we should savor these memories and begin to create positives in our own family. In our own kitchens.



How? Make the time to enjoy the fun in the cooking and don't get confused by complicated recipes.

The 'better' you get and the more confidence you acquire you will want to experiment with recipes, make your own variations and just enjoy 'losing' yourself in the moment. Think about it as a mindfulness exercise!

Cooking can be such a relaxing task so long as you are under no pressure! So get that apron on, schedule an afternoon of cooking and enjoy the process and the sharing of homemade food.... cooked with LOVE!

TAPAS TAPAS BODEGA: Viva La Vida Tapa!

THIS AWARD-WINNING Spanish tapas restaurant has been a favourite with locals for over three years. With word of mouth spreading, Tapas Tapas Bodega has become a gastronomic destination for foodies from Sydney surrounds and international visitors who enjoy authentic Spanish Catalan and Basque cuisine. Although conveniently located mere footsteps away from Turrumurra station, there is nothing suburban about the quality and service of the food and Spanish wines here!

Tapas Tapas Bodega is a family run business where Ramon's Catalan and artistic heritage reflects heavily in the creation of delectable tapas. His son Julian has followed in his footsteps with creative flair and gusto and is now at the helm in the kitchen. The team travels to Spain once a year to visit the kitchens of top tapas Spanish chefs such as Arzak, Martin Berasategui and Antonio Gazquez for inspiration and the latest trends.

At Tapas Tapas Bodega good food should never be boring;

instead it should be an exciting way of eating. The tapas menu unites Spanish gastronomy and Australian produce in an artistic form expressing the joy of life, appreciation of good food and company. Plus with gluten free and vegetarian options also available nobody has to miss out on this delicious taste of Spain!

While the menu is authentically in Spanish there are English translations, making it easy to taste as many dishes as possible. Signature dishes include slow cooked pork belly in caramelized sauce Ramon's style, and crepe filled with smoked salmon, artichoke, onion and capers. Not only serving the very best of Spanish cuisine, a selection of imported Spanish wines are also on offer.

A trip to Tapas Tapas Bodega will have you wanting to plan your next trip to Spain, or at least your next tapas dining experience.

tapasbodega.com

Winter Warmer Special

Enjoy Escudella as Catalan as it gets!
A traditional soup of poached meats.
A perfect meal for a chilly winters night,
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SPECIAL



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\$15, modelcocosmetics.com



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This product is a cult favourite for a reason! It's a light-reflecting highlighting fluid that gives the skin instant radiance by defining and enhancing bone structure. Plus it doubles as a liquid eye shadow.

\$28, modelcocosmetics.com



PERCY & REED 'PERFECTLY PERFECTING WONDER CLEANSE & NOURISH'

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\$44, sephora.com.au



THE BODY SHOP 'LIP SCUFF'

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GYM BAG ESSENTIALS
Sabrina Muysken

Finding the motivation to hit the gym prework is tough. Reducing your morning beauty routine to minimum product usage is even tougher! To help keep your health regime on track, here are the essential items that won't weigh your gym bag down:

CROSS-COUNTRY UZBEKISTAN

Alex Dalland

FOR SOME COUNTRIES, the difficulty of reaching them is worth the reward. This is Uzbekistan. Despite a rich history dating back thousands of years, this former Soviet republic lies far off the radar for most Australian tourists. But the extended visa process and difficulty in getting there will pay off, with unspoiled and carefully restored heritage sites and a unique culture that is only just being discovered by western tourists.



Tashkent

A journey to Uzbekistan is most likely to begin in the capital, Tashkent, where most international flights arrive. The former Soviet capital of the entire Central Asian region – bordering as far south as Afghanistan, Iran and China – Tashkent is a relic of former communist days with a touch of modern Uzbek nationalism.



Chorsu Bazaar

Tashkent is home to the famous Chorsu Bazaar, which has been trading in the same location for over 2000 years. Known for its unusual dome-like architecture, the bazaar sells all kinds of fruit and vegetables as well as many of Uzbekistan's famous dried fruit and spices. The best deals are found at the end of the day, when the "black market" opens* outside the bazaar, with fruit like cherries being sold for less than one US dollar per kilogram!



Mustaqilik

Another essential stop is 'Mustaqilik' (Independence Square) in the heart of Tashkent. After the break-up of the Soviet Union, the incumbent Uzbek government dismantled a large statue of Lenin and replaced it with the now-famous Independence Monument – a giant golden globe. Pine trees have been planted throughout the square, and these have transformed the area from a sparse mass of Soviet concrete to a vibrant park where locals come to sit and relax or exercise. The square is also home to Uzbekistan's striking government buildings and several other monuments, including the national War Memorial.



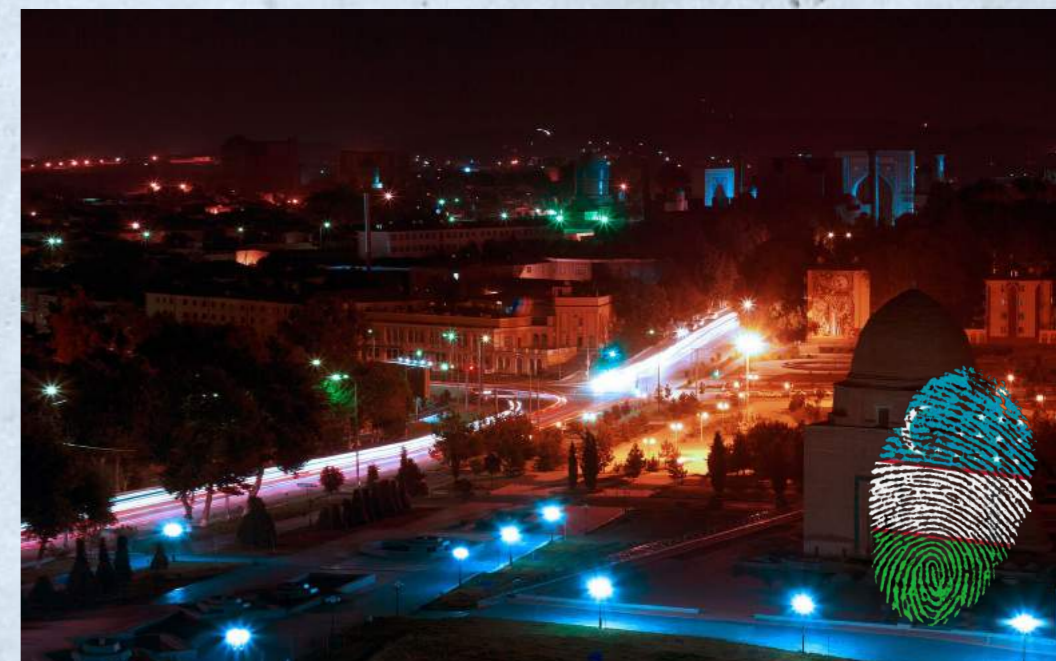
Samarkand

From Tashkent, the historic capital of Uzbekistan – Samarkand – is just a short train ride away. These can be booked in country or, more easily, with a specialised travel agency based in Europe or Australia.

Once the capital of Tamerlane's great empire, Samarkand is a city filled with thousands of years of rich Uzbek heritage. Visit Amur Timur (Tamerlane)'s Mausoleum, an excellent example of intricately decorated Islamic architecture. The Registan, a collection of medieval Madrasas (Islamic Schools) for which the city is famous proves an awe-inspiring place to walk around and take photos, and is home to a light show that takes place every night.

While in Samarkand, visit an 'Osh Khana' to try the famous Uzbek national dish 'Plov' (Pilaf). Restaurants all over Samarkand serve Plov from midday and range from cheap local haunts to extravagant fine dining restaurants depending on your price range. Any one of these will keep you full for the rest of the day, so don't eat beforehand!

Uzbekistan can be reached by flights via Bangkok, Tokyo and Delhi, usually with the national carrier Uzbekistan Airways. Australians need to complete a visa application and submit this overseas before they enter the country.



JULY

30 June - 17 July

Winter Festival Sydney

Where: St. Mary's Cathedral, Sydney
Cost: Free Entry & Ticketed Activities
When: Monday-Thursday 10am-7pm, Friday & Saturday 10am-9pm, Sunday 9am-7pm
Contact: winterfestival.com.au

3 July - 10 July

NAIDOC Week

Where: Various Locations in Sydney
Cost: Free
When: Various
Contact: naidoc.org.au

13 July

State of Origin Game III

Where: ANZ Stadium
Cost: \$45.88 - \$290.56
When: 8pm kick-off
Contact: tickets.nrl.com/origin

25 July

Helpmann Awards

Where: Sydney Lyric Theatre
Cost: \$55 - \$175
When: 7:30pm
Contact: helpmannawards.com.au

July 24

The Rocks Aroma Festival

Where: The Rocks
Cost: Free
When: 10am-5pm
Contact: therocks.com

17 July

Stadium Stomp Sydney

Where: Sydney Cricket Ground
Cost: \$65
When: Start times vary from 8am-11am
Contact: stadiumstomp.com/SCG

29 August

Singing in the Rain 7 July

Where: Sydney Lyric Theatre
Cost: \$81.26 - \$122.04
When: 8pm
Contact: sydneylyric.com.au



13 July - 17 July

Disney on Ice Magic Ice Festival

Where: Qudos Bank Arena
Cost: \$34.50 - \$86.50
When: 13-15 July 11am, 3pm and 7pm, 16-17 July 10am, 2pm and 6pm
Contact: disneyonice.com/au

June 19 - January 15 2017

Brewery Yard Markets at Central Park

Where: Central Park Mall, Chippendale
Cost: Free
When: Sundays from 10am
Contact: centralparksydney.com

June 18 - May 6 2017

Moore Park Produce Market

Where: The Entertainment Quarter, Moore Park
Cost: Free
When: Saturdays from 8am
Contact: entertainmentquarter.com.au

June 21 - January 24 2017

Groove Therapy

Where: 107 Projects, Redfern
Cost: \$15
When: Tuesdays at 6pm
Contact: 107projects.org/event/groove-therapy-1

Now - December 31 2016

Lights on Later

Where: Museum of Contemporary Art (MCA), The Rocks
Cost: Free
When: Mon-Wed & Fri-Sun 10am-5pm; Thu 10am-9pm
Contact: mca.com.au

June 22 - August 17 2016

Wines That Will Change Your Life

Where: United Cellars Tasting Room, Woolloomooloo
Cost: \$69
When: Wednesdays from 6pm
Contact: au.unitedcellars.com

June 19 - July 31 2016

Bondi Winter Magic

Where: Bondi Beach
Cost: Varies \$22 - \$25
When: Sundays 10am-9pm
Contact: bondiwintermagic.org.au

Christmas in July Lunch
 13 July
Where: Café Piemonte at Hills Flower Market
Cost: \$48
When: 11:30am-3:00pm
Contact: kmc.nsw.gov.au

The Mythra Ensemble - A Prelude In Tea Concert
 10 July
Where: The Independent Theatre, North Sydney
Cost: Child \$15, Adult \$45, Concession \$30
When: 2:30-5:30
Contact: theindependent.org.au

Crazy Science Kids Show
 14 July
Where: Dee Why RSL
Cost: \$10
When: 10:30am
Contact: dyrsl.com.au

Australian International Ice Hockey Cup 2 July- 16 July
Where: Sydney Ice Hockey Arena, Baulkham Hills
Cost: \$29-\$59
When: Times vary
Contact: australianicehockeycup.com.au

National Tree Day 31 July
Where: Loyal Henry Park, Roseville
Cost: Free
When: 10am-1pm
Contact: kmc.nsw.gov.au

In Style Turrumurra Markets 3 July
Where: Turrumurra Masonic Hall
Cost: Free
When: 10am-3pm
Contact: 0408 443 908

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ANIMAL SPIRIT GUIDES

Kerrie Erwin

AS A WORKING medium my mother always makes me laugh when it comes to making contact with a spirit animal or pets, she thinks for some reason it is ridiculous and I am making it up. Yet, when I tell her about all the spirit people I talk to on a daily basis, she has no worries and thinks it is quite normal.

I worry to tell her this, but throughout my lifetime, I have channelled or made contact with dogs, birds, horses, sheep and cats. I even made a feisty connection with a ferret at a spirit show once. Luckily for me the client thought it to be hilarious as it was evidence of her dad connecting. It was his way of getting the message of love across that he was around them and well and truly safe in the spirit world. The spirit man had been a bit of prankster in his day, loved his beloved ferrets but kept saying how the family thought they were vulgar and rather smelly.

We all love our pets, as they are gifts from God, give us so much unconditional love and give us companionship throughout lonely times. Animals also have living souls as they too have a cycle of life. They can also incarnate as humans if they want. Animals do incur karma just the same way humans do, because for every action there is a reaction. It may also surprise many of you to know that certain animals incarnate specifically to be companions to certain souls. How many times have you seen an animal or pet that is highly intelligent, just like a human? Every living species on Earth and other planets is connected to the Divine Source of love and has its own intelligence. As we evolve as humans and learn to raise our vibration we become more open to other concepts and start to be more open in other ways. As souls we are continually learning lessons of tolerance.

Blessings,

Kerrie

pureview.com.au



READER QUESTION

Ken, 1956 – Should I move to Tasmania or Port Macquarie?

Lots of good changes this year and a move, but I keep feeling to tell you that a move to the water, water ways and small beaches of Port Macquarie would be perfect for you as I see small boats around you. The warmer weather and sea change would be perfect for your health so you can get in touch with your spirit and soul again, to help lift your emotions. I have a few older spirit people around you and a dog and I keep hearing the name Peter if this is any significance. Make the break and enjoy your new holiday and lifestyle, it will be wonderful!

- Brilliant summation. I'm not sure who Peter is? Thank you Kerrie!



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